



NEW YEARS CELEBRATIONS

HAPPY NEW YEAR

Courtney L.

Austria: Sylvestrabend is the eve of Saint Sylvester's Day. The celebration involves a punch that is made with cinnamon, sugar, and red wine in honor of Saint Sylvester. The taverns and inns are decorated with evergreen wreaths. They also celebrate with confetti, streamers, and champagne. In order to start a new year they chase away evil spirits of the old year by the firing of mortars called boller. A midnight mass is attended and trumpets are blown from church towers at midnight and people exchange kisses.

Cambodia: Chaul Chnam Thmey The most popular holiday in Cambodia is New Year. The joyous celebration, beginning in mid April 2nd lasts for three days. Their celebration includes gathering at a Buddhist Temple for prayers and food, along classical dances, music and traditional games.

Chinese: 2008 Year of the Rat. This year the Chinese New Year begins on February 7, 2008. They have an animal that represents a different branch of the lunisolar calendar. The Chinese New Year is celebrated by visits from kin, relatives, and friends called "New-Year Visits." New clothes are worn to signify a new year. The color red is used in all decorations and red packets of yasui gian meaning "pressed money" is given to juniors and children by the married and elders. Red represents good luck.

Hispanic: Ano Nuevo In the majority of the Spanish speaking world their traditions include making a toast, exchanging a kiss or hug and eating twelve grapes, one for each stroke, at midnight to ensure wishes come true. Other good luck traditions include wearing the colors yellow or red, eating a tablespoon of lentils (edible seeds and leafy stalks used as fodder), and carrying a suitcase around the block if you hope to take a trip.

Greece: Festival of St. Basil's Day St. Basil was one of the forefathers of the Greek Orthodox Church. He is remembered for his kindness and generosity to the poor. New Year's in Greece is more festive than Christmas because it is the main day for gift giving and for stories of St. Basil's kindness to children and how he would leave gifts for children in their shoes.

These are a few of the different cultures and how they celebrate their New Year's. For more information on how other cultures celebrate check out the Web.

GREEN AND ECO-FRIENDLY RESOLUTIONS FOR THE NEW YEAR

Jeff Lambert

Following are some easy changes we can all make to help start us off to being environmentally friendly for the New Year.

Stop buying bottled water and use a tap purifier and reusable container.

Change all light bulbs from regular bulbs to CFC bulbs.

Unplug all electronic devices when you go to bed at night (Home electronics use 40% of their power when in the "off" position).

Recycle, recycle, recycle.

Hang up clothes rather than use a dryer.

Stop using paper towels and buy reusable towels.

Stop using paper napkins and use linen or cloth napkins.

Stop using Styrofoam containers and use reusable beverage mugs or Tupperware containers.

Take cloth tote bags or reuse plastic bags at the grocery store.

Use eco-friendly cleaning products.

Be aware of how much water you use.

Add layers of cloths before turning up the thermostat.

Use rechargeable batteries and recycle old batteries.

Plant a tree.

Ride a bike when you're within 5 miles of where you want to go.

Adopting any or all of these practices will be a great change for the New Year.



WORD OF THE MONTH

Resolution

Sharnett Kelly

Definition

- A resolve or determination: to make a firm resolution to do something;
- The act of resolving or determining upon an action or course of action, method, procedure, etc.
- The mental state or quality of being resolved or resolute; firmness of purpose.

As a New Year draws closer people everywhere think of new goals to resolve or to be more determined about within their lives in order to have a better year. One of the most common resolutions is choosing to better ones health either by dieting, exercising, losing weight and or changing eating habits. Other resolutions: rotating or changing people, places and things, better financial planning, setting goals and standards for ones personal life etc. Depending on that person's need a resolution can be anything from the simplest of things to something so complicated. What drives that person is their determination to want to see this firm declaration to the end.

But therein lies a problem. The problem isn't the resolution whether simple or complicated, but the person setting the resolution. Most people who will claim a resolution in this New Year, "2008", will begin by running fast and steady and have a strong determination, but before the month of February is out they begin to slacking up, slowing down eventually quitting and forgetting all about the promise to themselves until its time to set a new resolution. How can we keep from lying to ourselves and stay focused on what we've promised ourselves to do? Here are some tips:

RESOLUTION TIPS

- Make sure whatever you propose to do is something you really want to do. We all know what should be done and or what we should do but if it's not what we WANT to do it won't work. Determination and dedication has to first begin with a passion to want to.
- Don't set such high goals and or standards that are either hard or impossible to meet. Believe it or not people do it all the time and to themselves. Be reasonable. You know what you can and will do. There is nothing wrong with starting simple going into the complicated in order to over come and grow. Every strong successful person we see today started by crawling not running.
- Start with one resolution and work your way from that one point. It's impossible to watch TV, listen to the radio, talk on the home telephone, text message from the cell phone, check your email and entertain company and be in tune with every single thing that's going on. You will not totally be focused causing stress and overload. In the long run something will be short changed.
- If the right resolution is set it will be challenging. BELIEVE that you can do it, it can and will be done. Anything good doesn't come easy. If it did how would you really grow? We grow from hardship and things that challenge us and that gives us experience. So if it's something you're determined about that you want to see all the way through don't quit and allow the hardship to teach you experience.

Resolutions are promises made to you. Value yourself enough to not lie and let yourself down. Ms. Sharnett's 2008 resolution: *"Repair and build my credit so I can buy the house I WANT."* What's yours?



LETTERS TO MR. BOB

Dear Mr. Bob:

How can I find a new remedy to making news year resolutions that only last a week or two?

New Year's Resolution Option

Dear New Year's Resolution Option:

How about making a list of all the accomplishments you made in 2007 and a list of goals you expect to obtain in 2008. Most people are surprised to note the gains they made in the past year. Good luck.

Mr. Bob

Do you have a problem or question and don't know where to turn for an answer? Send your problem or question to the NP News Desk at the main office. We will respond in the next issue of the NP News. All submissions will be discrete and no names will be published.

New Pathways News

In this issue you will find words of wisdom, new ideas, and helpful information on life skills.

MOVIE REVIEW

"THE GREAT DEBATERS"

Ericka Morgan

'The Great Debaters' is not only a feel good story, but it's also moving and inspirational for all.

Melvin B. Tolson (Washington) is a debating teacher at small, all-black Wiley College in Texas. He wants nothing further than to have his team on equal footing with whites in the American south during the 1930s, when lynch mobs and Jim Crow Laws are prevalent. Every African American student who loves debating wants to be in his class but there's room for less than a handful of kids.

While Tolson relentlessly pushes his team to excel and be the best debating team in the country, he too has his strides he wants to accomplish, such as help the farmers form a union without them knowing who he is. His activities and eventual arrest lead to him not being accepted by members of the community and a high-ranking member of the team quitting. When the opportunity arrives to face Harvard University in a debate, the remaining members on the team have to pull it together for the sake of respect and equality.

This story was phenomenal and the performances were well-executed. At times, this film leaves you speechless and tearful. At other times you will be bursting with laughter and joy! There is just enough action to keep you intrigued. Denzel did an excellent job in directing this HARPO Films production. Let's not forget that this is based on a true story, although some dramatic licensing was taken for commercial reasons. One of the actual debaters eventually grew up to be a major civil rights leader as the founder of the Congress of Racial Equality. At the end of the day, what you see is something that is emotional, educational, and uplifting. This movie is a must see!

RECIPE SUGGESTION OF THE MONTH



HAMBURGER HELPER

Are you tired and hungry after a long day at work & school? Do you like to eat good hot food? Do you like to cook? How about an inexpensive and quick dinner? Hamburger Helper (HH) is a pasta and seasoning mix introduced by General Mills in 1970. The product was created because of a meat shortage and people had to cook wisely using small amounts of meat and feeding a lot of mouths. Hamburger Helper comes in many varieties with the options of Chicken Helper and Tuna Helper.

For your first time I suggest, following the recipe on the box. After that be creative – create your own variations of the main recipe.

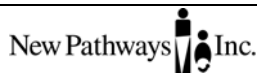
- My favorite is to make the Cheesy Tuna Helper and mix in either one can of drained green beans or drained peas. You can add a drained can of vegetables to most of the recipes.
- Some HH's call for milk – you can substitute water instead.
- Left over HH can be put in microwave containers and frozen to be eaten later.

**HOW ABOUT COOKIES FOR DESERT?
SNICKERDOODLES**



- 1 cup butter or shortening
- 1 1/2 cups sugar
- 2 eggs
- 2 3/4 cups flour
- 2 teaspoons cream of tartar
- 1 teaspoons baking soda
- cinnamon and sugar mixed to taste

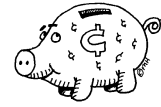
Preheat oven to 400°F. Mix together butter and sugar until smooth, then add eggs, cream of tartar, and baking soda. Stir in flour until well mixed. Roll into balls about 1" in diameter and roll in cinnamon and sugar to coat. Place on ungreased cookie sheets and bake 8-10 minutes. Cookies are done when they are just barely browning.



**Independent Living Programs for Maryland's Youth
Mission**

New Pathways is committed to the development of self-sufficiency in young adults. We prepare youth to become empowered, educated, and economically independent adults, who are able to meet the daily challenges of life and make positive contributions to the community.

**FINANCIAL TIP OF THE MONTH
SAVE \$1,200 THIS YEAR**



If you plan to save \$1,200 this year, you only need to save \$100 per month. To accomplish this task here is how you can do it. If you are paid bi-weekly (every other week) you need to put \$50 in your savings account. If you are paid weekly (every week) you need to put \$25 in your savings account.

By following this simple plan, at the end of each month you will be able to see your money grow!

Month	Savings Amount	Total
January	\$100	\$100
February	\$100	\$200
March	\$100	\$300
April	\$100	\$400
May	\$100	\$500
June	\$100	\$600
July	\$100	\$700
August	\$100	\$800
September	\$100	\$900
October	\$100	\$1,000
November	\$100	\$1,100
December	\$100	\$1,200

Suggestion: Set a goal to save at least \$100 per month. Cut out this column and paste/staple/tape it to an envelope. Each time you get paid, put money in your savings account and put the deposit slip in your envelope (try not to take the money out of your savings account). Then watch your money grow each month and keep an eye on your own personal prize in December (\$1,200 in the bank).

Do you have a question or problem about bill paying, saving money, budgeting or other money related question? If so, please send your questions to Penny Bank NP News c/o Main Office (this can be done via your case manager or other staff member) and we will be happy to answer your question in the next issue. Answers to Penny Bank will be kept simple.

**Educational Opportunity
Brenda Campbell**

The Plumbers & Steamfitters Local Union 486 is currently accepting applications for their fall semester (2008) Apprenticeship Class. This is a CAREER opportunity as this is local only accepts applications for a short (announced)time. The cut-off date is January 31, 2008.

This is a chance to attend TRADE SCHOOL FREE OF CHARGE. The apprenticeship period is for FIVE (5) years. During this time you will be placed with a participating contractor (Johnson Controls, Carrier, Honeywell, John H, Kirlin, Emcor/Poole&Kent to name a few) who specializes in Mechanical Service and Construction Trade.

The starting pay for first year apprentices is \$16.09/hr, with yearly pay raises earned at the completion of each semester (Family health benefits/401K and annuity are in effect here). The current Journeyman's rate is \$32.17 /hr.

APPLICATIONS ARE ACCEPTED MON – THURS for 10 am – 5:30 pm and **Fridays** 10am – 3:00pm. At 1202 66th Street Baltimore, Md. 21237 (Just off of Pulaski Highway heading East). (410) 866-5313

This is First Come – First Serve!!!
So Don't Delay.
There are a limited number of seats!!

This program is for Males and Females!!

Other Important Criteria: Applicants **MUST BE**

- ❖ 18 years Old
- ❖ High School Diploma
- ❖ Good Math Skills

**Financial Aid Announcement
Brenda Campbell**

It is now time for Financial Aid Applications to be submitted for the 2008/2009 school year. **EVERYONE** should complete an

application before MARCH 1, 2008. Please contact Miss Brenda Campbell or Mr. James Sippio if you need assistance with completing your application.



MENTORING PROGRAM
Courtney L
Xia W

Peer-to-Peer Mentoring Program- The mentoring program is off to a fresh 2008 start. To date we have 45 mentors matched with mentees. January, 2008 is national mentoring month. To support this annual event we are having a 1/17/08 Mentor/Mentee Party to say thanks for all the hard work. This event will take place at the recently refurbished RSQ Clubhouse at 6:00pm-Wednesday 1/17/08. Please RSVP for this event. Also, we have created a "Mentor of the Month." Antonio R. was chosen as the 12/07 mentor of the month and received a gift card for all his dedication and hard work. If you are interested in becoming a mentor of the month please contact Courtney L. or Xia W. Thank you once again to the YAR, Inc, for their support and funding for 2007-2008.

YOUTH ADVOCACY PROGRAM

We are still recruiting for 5-7 youth who will participate in bi-weekly meetings whereby each youth verbally makes suggestions (advocates) for the other NPW's youth. Do you want to be heard by the NPW's staff and Board of Directions? Please do not miss this opportunity. Phone or stop by Mr. Tom Mumaw's desk or call him at 410-207-3481.

AFTERCARE

The aftercare program is up and running in 2008. Each graduate departing NPW's will be supported with a follow up face-to-face meeting within 60 days of graduation. A monthly support group is being formed to add support and direction to each graduating client as they transition into the real world of independent living. If any valued previous graduates of NPW's are interested please contact Mr. Tom at 410-464-2600 x103.



Parenting January 2008

ASKING THE WRONG QUESTION OF CHILDREN UNDER 5 Sheena-Marie Hill

So often when a child misbehaves, particularly if the infraction is of a messy nature, a parent's first and most persistent question is "why"? The common response, "Why did you do this, you know better" is usually a rhetorical question, but many parents do expect an answer. The parent wants to know why because they now have to clean up the mess and it quite possibly feels like a personal affront on the parent. Of course, this is not true and the child never intentionally tries to frustrate or harm the parent. Most often, the child is simply seeking attention or exploring their environment.

When your child misbehaves, it can feel as though they are deliberately trying to make a mess for you to clean up or make you angry or upset. While it is true that children often test their boundaries, they need to be shown that boundaries are set in a gentle and loving, yet firm way. Testing boundaries is a way for a child to explore their world and understand their place in it and this should not be confused with intentional vindication. It is hard not to take the way that our children act personally. But the solution to this challenge is often a change of perspective. If you keep asking the child "why," you are only going to get more frustrated. The answer to the "why" question is that they *actually* did not know better (even if you think they should). Even if they had been told once or twice prior, they have not computed in their brain yet that this is a permanent rule. The best ways to ensure that they do make sense of what is expected of them is to be clear and consistent. Over time, they will begin to understand that rules apply to situations outside of the present one and they can be expected to be held more accountable for their actions.

The real question that parents should be asking is, "What could I do to prevent this in the future?" After all, if the child is looking to explore or express themselves, they should be encouraged to do so and need to be able to embark on these developmental discoveries in a safe and healthy way. Remember that you're not going to receive an answer for the elusive "why" question to misbehavior and that a better approach may be to seek what the child was trying to achieve or learn about and create a safe way for the child to do so. This fresh perspective will not only allow you to be less frustrated with the inevitable mishaps, but also helps your child learn that they can make mistakes and that you support them and their explorations.

RODENT OF THE MONTH









Bed Bugs

Angel Lyles







Hatchling bed bugs are about the size of a poppy seed, and adults are about 1/4 of an inch in length. From above they are oval in shape, but are flattened from top to bottom.



Top View ↑ *Side View* ↑ *Bed Bugs on a mattress* ↑

-  Their color ranges from nearly white (just after molting) or a light tan to a deep brown or burnt orange.
-  The host's blood may appear as a dark red or black mass within the bug's body.
-  When disturbed, bed bugs actively seek shelter in dark cracks and crevices.
-  Bed bugs seek out people and animals, generally at night while these hosts are asleep, and painlessly sip a few drops of blood.
-  While feeding, they inject a tiny amount of their saliva into the skin.
-  Repeated exposures to bed bug bites during a period of several weeks or more causes people to become sensitized to the saliva of these bugs; additional bites may then result in mild to intense allergic responses.
-  The skin lesion produced by the bite of a bed bug resembles those caused by many other kinds of blood feeding insects, such as mosquitoes and fleas.
-  The affected person should resist the urge to scratch the bites, as this may intensify the irritation and itching, and may lead to secondary infection.

REPRODUCTION

-  Female bedbugs can lay up to five eggs in a day and 500 during a lifetime.
-  The eggs are visible to the naked eye measuring 1 mm in length and are a milky-white tone.
-  The eggs hatch in one to two weeks.
-  The hatchlings begin feeding immediately.
-  They pass through five molting stages before they reach maturity.
-  They must feed once during each of these stages

THE MESSAGE BOARD



Hello New Pathways Family, Happy New Year to you all. I wish you a peaceful, prosperous, stress free New Year.

I wanted to reflect on that awesome Christmas party we had. I have been going to the parties for years and I must say that this is the best one we have ever had. Everyone looked so nice. I always love seeing our former clients join us. The food was on point, yummy, yum. I got to see, Aujaé, and Marqué! throw down on the dance floor. Oh my, these young folks were rocking. They just took over the dance contest. Speaking of the contest, Frances also did a marvelous job dancing ooo he got moves okay. Well I too must add that Justin did a great job with his inspirational rap. We jammed too. Everyone just had a blast, hey I can't wait for the next party...It was also great seeing Mr. Kevin pass through.....I love you New Pathways family....

Ms. Karen Brown

Happy New Year to everyone and their families. Be safe and have a great year.

Courtney L

Happy New Year to the entire New Pathways Family. May your struggles be few and your successes be many this year.

Ms. Echo G. Hester



A big Happy January Birthday to Pricilla D, Dimitra D, Maureen M, Jada W, Tyler L, Ms. Makda, Mr. Darrick and Ms Christine.

"BIG UPS TO"



BIG UPS to Monique H for being accepted into two colleges: University of Maryland at Eastern Shore and Coppin State University.

Ms. Shawn Robinson

BIG UPS to Courtney L, Duanita W, Desirae L, and Jamal C, Nathan M and Elaina M for completing another successful semester.

Mr. James Sippio

What is "BIG UPS TO" you ask? It is your opportunity to acknowledge something good about a staff member or client at New Pathways. Did someone do something nice for you? Did you enjoy an event or class at New Pathways? Do you have something nice to say about someone at New Pathways? This is your chance to share your thoughts and feelings. Please write down your Kudos and forward them to the NP News c/o Main Office (this can be done via your case manager or other staff member). Thank you.

HOLIDAY CONTEST WINNERS



"Door Decorating Contest"

1st Prize from Reisterstown: Shalise H.

2nd Prize from Reisterstown: Elaina M

1st Prize from Second Generations: Courtney H

2nd Prize from Second Generations: Mercedes B.

"Talent Show Winners"

1st Place: Aujaé C. W. L. and Marqué! C. (hip-hop dance routine)

2nd Place: Francis S. (modern dance routine)

NP News Staff

Echo G. Hester - Jeff Lambert – Sheena Marie Hill

The New Pathways News is a monthly publication for staff and clients. Any client or staff member may submit articles, stories, poetry, etc. for publication. Articles must be submitted by the third Friday of the month for the next month edition.

A special thank you to all clients and staff who have made the NP News possible.

NP NEWS January 2008

S S S E A A R S T H Y Y X H P
 U N E Y C I S A A V N E O A I
 N R O T L E D M G O Z F D R L
 T O I I N V B O I U S I O D S
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|-------------|----------------|
| ACTION | APPRENTICESHIP |
| CAMBODIA | CELEBRATIONS |
| CINNAMON | DEBATERS |
| DEPOSITSLIP | FINANCIAL |
| FOOTING | GOAL |
| GRAPES | HAMBURGER |
| HARDSHIP | KINDNESS |
| ORTHODOX | PARTY |
| PASSION | PRODUCTION |
| RECYCLE | RESOLUTION |
| RESPECT | ROCKING |
| SAVE | SUGAR |
| SYLVESTER | TREE |
| VISITS | WORK YEAR |

Sudoku

			9		1	8		
	7							
8	4			2				9
5		6			8			
		4				1		
			5			6		7
2				9			4	1
							8	
		3	6		2			

Fill in the grid so that every row,
 every column, and every 3 x 3 box
 Contains the digits 1 through 9.

Still want to search for words?
 Find the list of words in the NP News and circle them for an
 additional Word Search Challenge

CALENDAR OF EVENTS & HOLIDAYS



JANUARY 2008

- 1/1/2008 Happy New Year
- 1/10/2008 All Client Meeting – Belvedere Square
- 1/15/2008 Staff Lunch & Training
- 1/21/2008 Martin Luther King Jr. Day – Belvedere Square Office Closed
- 1/26/2008 Client Shopping Trip

****ALL DATES SUBJECT TO CHANGE**



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Staff

- Jeffrey Lambert, Acting Executive Director
- Lois M. Peach, Financial Director
- Echo G. Hester, Administrative Assistant
- Angel Lyles, Secretary
- Barry Smith, Safety & Operations Coordinator
- Angela Womack, Housekeeper
- Michael Stokes, Facilities Manager
- Brenda Campbell, Dir of Training & Voc Svs.
- Jazmin Cryor, Life Skills Trainer
- Sheena Marie Hill, LS Crdtr/Parenting Trnr.
- Greg Palmer, Residential Coordinator
- Thomas Mumaw-Mentoring Coordinator
- Independence Plus**
- Jennifer Johnson Pettis, Program Director
- Christine Adams, Case Manager
- Aaron Milton, Case Manager
- Erica Morgan, Case Manager
- Shawn Robinson, Case Manager
- Dara Alper, Intern Case Manager
- Kenneth Barnes, Life Skills Counselor
- Karen Brown, Sr. Life Skills Counselor
- Cornell Dews, Life Skills Counselor
- Kelly Ellerbe, Life Skills Counselor
- George Hairston, Life Skills Counselor
- Yolanda Hawkes, Life Skills Counselor
- Darrick Holland, Life Skills Counselor
- Sharnett Kelly, Life Skills Counselor
- James Sippio, Sr. Life Skills Counselor
- Gloria Taylor, Life Skills Counselor
- Nathan Toth, Life Skills Counselor
- Daphney Williams, Life Skills Counselor
- Deborah Young, Life Skills Counselor
- Second Generations**
- Makda Belay, 2G Life Skills Counselor
- Desiree Claiborne, Life Skills Counselor
- Tonya Cook, Life Skills Counselor
- Tia Dickson, Life Skills Counselor
- Judith Dukes, 2G Life Skills Counselor
- Deanna Murray, Life Skills Counselor
- Brenda Phelps, 2G Sr. Life Skills Counselor
- Zea Forrest, 2G Case Manager

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