



## THOUGHTS

This month the topic of the NP News is “Security & Protection.” As you know, your future personal security and protecting yourself is one of the major reasons you choose to come to New Pathways.

To be personally secure you must have the ability to set goals for yourself. While this may sound easy, we are careful to say the “ability” to set goals. Many of you have never had the chance, before coming into New Pathways, to have a meaningful opportunity to make decisions about your own future, as things have always been decided for you. Also, it is hard to set meaningful long-term goals when you are worried about things like where you will be tomorrow and whether or not you will be safe. Once you are in a position to set goals, the next issue is possessing the needed strength to follow through on them, and this is certainly a quality that is impossible to measure before someone is here. This is the reason the staff here push you so hard to follow through on things because we all too frequently watch as young people set a goal and then watch as it slips by.

To protect yourself is one of the most difficult Life Skills you need to learn. One of the things that makes our program so unique is that you have the ability to choose what you will do in your free time, and how you handle that decision might be the most important decision you make while you are here. The ability to surround yourself with friends who will help you make good decisions, rather than steer you in a negative direction is paramount. What you choose to do when you are bored, angry, sad, or even in a mood to celebrate could make or break your experience at New Pathways, and more importantly, your future. The safety of everyone in this program is our main concern. We are reminded all too tragically on a daily basis that sometimes the simple choices we make can result in the worst possible outcomes. When we set simple rules, like curfews, it is not a way of trying to control, but a way of trying to teach the skill of making responsible choices. The staff at New Pathways hope that you make responsible choices in all aspects of your life, but most importantly with regard to what you do with your free time and with whom you choose to surround yourself.

Please take care and be safe.

### FEBRUARY IS BLACK HISTORY MONTH

The Cultural and Special Events Committee is planning a couple of activities, and we will be posting City activities throughout the month that we think would be of interest. Activities will be posted on the calendar and the bulletin board at the main office and the staff offices. You can also check with your Case Manager and Life Skills Counselors for more information on special events.

## THE GREATEST GIFT

Miss Tifani Davids



Anticipation rises as we come closer to this dedicated day of love. Valentine's Day is one day each year completely dedicated to showing how much you love or care for your family, friends, and that special “someone” in your life. Valentine's Day is quite possibly the most romantic day to choose to express how much you really love someone. All our hard earned money is making stocks rise on this day as we purchase our little tokens of affection. Nothing says love like chocolate, or a cute teddy bear, long stem roses, something shiny, perhaps diamonds, sweet nothings whispered into your ear, our true love confessed on pink and red paper. This is all very lovely, but do we really know what love is, or are we just infatuated with the shiny wrapper covering our romanticized idea of what we want it to be? This year I challenge you to really show someone how much you care, how much you truly love this person, how you would do anything to make them happy, and protect them. This person is you. This person is your best friend, your boyfriend/girlfriend, husband/wife, sister/brother. This Valentine's Day I would like to challenge you to go out and get tested for HIV/AIDS. Take someone with you or go it alone, just do it. This will be the greatest gift you can give yourself and everyone you love and who loves you. Protecting yourself against this deadly, life destroying disease, is an act of true and pure, unselfish love. Once you get tested, this doesn't mean you are completely in the clear. You need to continue making smart choices when you are in and out of relationships. Protect yourself and your loved one with a condom, show him/her that you really do care and love them. In 2003 Baltimore had the fifth highest AIDS rate in America. That's number five out of 51 states. New York, Miami, San Francisco, and Fort Lauderdale top Baltimore. What's more alarming is who this disease is truly affecting. Almost half of all new diagnosis of HIV/AIDS in 2003 was among African Americans, this now being the leading cause of death among African American women ages 25-34. These test show that the women were not living high-risk lives, simply engaging in unprotected sex. Homosexual males once had a statistically high rate of infection; however the categories are changing because of bi-sexual partners. Most heterosexuals are unaware of their partner's tendencies.

Protect yourself every time. The safest sex is none at all, but wearing a condom can save your life. In a study in Europe of 123 “discordant couples,” one infected, one not, couples who reported consistent use of condoms, none of the uninfected partners became infected. In contrast, of 122 separate discordant couples studied, inconsistent use caused 12 uninfected partners to become infected. This is a life or death situation of “Russian roulette.” Love yourself, love your partner, and give the gift of life. Protect yourself every time. This is my gift to you, Happy Valentine’s Day.

For more information visit [www.ashastd.org](http://www.ashastd.org)  
To get tested for free in your area call  
1-800-342-AIDS or make an appointment at the  
Towson Health Center 1046 Taylor Ave.  
410-887-5992

When walking, keep your car keys in your hand - one key facing out - when walking on parking lots. Keys are also useful as a weapon if assaulted. Be aware of what is going on around you as you walk. Listen to the news and be aware of what precautions you need to take when the country is in different stages of alertness: green yellow or red.

Miss Echo

**HOME SECURITY**  
Mr. Barry Smith

When accessing your home safety there are a few things to look for. Whether you are in an apartment or house, window security is essential. You can secure windows with window locks, which are removable or permanently secure windows with nails or screws through the windowsills.

Door security is very simple. Always use a deadbolt lock. Insurance companies give you preferred rates when a deadbolt is in place. For patio doors always use security bars.

If you follow these tips your home WILL BE secure. In light of the Johns Hopkins murders always know who is in your apartment. Don’t be so trusting, just because you meet someone through a friend does not mean they are cool! It is a fact that 80% of murders committed are by people that know the victim. So chilling can be DEADLY!

**Topic – Security & Protection**



The NP News asked its readers: What are your thoughts on Security & Protection? – What does it mean to you? How do you protect your self on a daily basis? What steps are you taking to make your future secure? What are your thoughts on the subject? And, here is what they said:

Security and protections means to feel safe and secure. That’s what it means to me. The way that I protect myself on a daily basis is remaining open minded and move with caution. One of the steps I’m taking to make my future secure is by staying in school so that I would have that education which can make my future secure. I think that the security and protection is an excellent topic for February. It would make a lot of people feel aware.

Harold B.

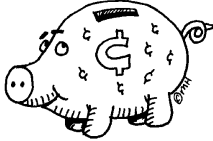
Security and protection is very important. Your personal security and security of others is most important. Three things I do on a regular basis for security are locking the top and bottom lock. Whenever entering or exiting my home, making sure all blow dryers, curlers, etc. are unplugged when not in use. Last, but not least, making sure the kitchen stove is always clean.

Brandy S.

Security to me means feeling comfortable in your daily surroundings and being secure when you go out into the community. Protection means putting extra effort into feeling secure in your daily routine and being on point when it comes to protecting your home and loved ones.

Ms. Gloria Taylor

**FINANCIAL TIP OF THE MONTH**



**SAVE MONEY WHEN DOING YOUR TAXES**  
Mr. Jamal Evans

Protect yourself by filing your taxes in a proper manner. First, contact Mr. Jamal or your case manager if you have any questions about how to file your return. Second, please do not visit H&R Block or Jackson Hewitt when you are prepared to file your tax return. Their fees are too expensive for you, me, or even George Bush. Also do not pay someone that says they can do your income taxes unless they are a licensed accountant. Tax laws change all the time so it is important that you have someone do your taxes that is aware of frequent changes that are made. So seek a professional. Not your cousins best friend that will do them for a six-pack and a chicken box. Also, do not assume that because you are a ward of the state that you are entitled to a refund. Third, stay away from rapid refund. If you have a checking account your State and Federal refund will be deposited into you account within 14 days. Last but not least, call 410-685-0525 for the locations of places that will help prepare your taxes for free.

## **SPECIAL INFORMATION SUPPLEMENT!**

### **IMPORTANT INFORMATION**

### **AN ATTORNEY'S ADVICE: IDENTITY THEFT**

**I felt this was too beneficial not to pass on to you.**

**Miss Na'Imah Ferdinand**

A corporate attorney sent the following out to the employees in his company.

1. The next time you order checks have only your initials (instead of first name) and last name put on them. If someone takes your checkbook, they will not know if you sign your checks with just your initials or your first name, but your bank will know how you sign your checks.
2. When you are writing checks to pay on your credit card accounts, **DO NOT** put the complete account number on the "For" line. Instead, just put the last four numbers. The credit card company knows the rest of the number, and anyone who might be handling your check as it passes through all the check processing channels won't have access to it.
3. Put your work phone # on your checks instead of your home phone. If you have a PO Box, use that instead of your home address. If you do not have a PO Box, use your work address. Never have your SS# printed on your checks. (DUH!) You can add it if it is necessary. But if you have it printed, anyone can get it.
4. Place the contents of your wallet on a photocopy machine. Do both sides of each license, credit card, etc. You will know what you had in your wallet and all of the account numbers and phone numbers to call and cancel. Keep the photocopy in a safe place. I also carry a photocopy of my passport when I travel either here or abroad.

We've all heard horror stories about fraud that's committed on us in stealing a name, address, Social Security number, credit cards. Unfortunately, I, an attorney, have firsthand knowledge because my wallet was stolen last month. Within a week, the thief(s) ordered an expensive monthly cell phone package, applied for a VISA credit card, had a credit line approved to buy a Gateway computer, received a PIN number from DMV to change my driving record information online, and more. But here's some critical information to limit the damage in case this happens to you or someone you know:

1. We have been told we should cancel our credit cards immediately. But the key is having the toll free numbers and your card numbers handy so you know whom to call. Keep those where you can find them.
2. File a police report immediately in the jurisdiction where your credit cards, etc. were stolen. This proves to credit providers you were diligent, and this is a first step toward an investigation (if there ever is one).

But here's what is perhaps most important of all: (I never even thought to do this.)

3. Call the 3 national credit reporting organizations immediately to place a fraud alert on your name and Social Security number. I had never heard of doing that until advised by a bank that called to tell me an application for credit was made over the Internet in my name. The alert means any company that checks your credit knows your information was stolen, and they have to contact you by phone to authorize new credit. By the time I was advised to do this, almost two weeks after the theft, all the damage had been done.

There are records of all the credit checks initiated by the thieves' purchases, none of which I knew about before placing the alert. Since then, no additional damage has been done, and the thieves threw my wallet away. This weekend someone turned it in. It seems to have stopped them dead in their tracks.

Now, here are the numbers you always need to contact about your wallet, etc. has been stolen:

- |  |                |
|--|----------------|
| 1. Equifax:  | 1-800-525-6285 |
| 2. Experian (formerly TRW):                        | 1-888-397-3742 |
| 3. Trans Union:                                    | 1-800-680-7289 |
| 4. Social Security Administration<br>(Fraud line): | 1-800-269-0271 |

On the back of this page is a Personal Information sheet. Please feel free to use this and most importantly, keep it in a safe place.

**PERSONAL INFORMATION  
(Keep in a Safe Place)**

<b>GENERAL</b>	
Name	
Address	
Phone	Cell

<b>IN CASE OF EMERGENCY</b>		
Name		Relationship
Phone	Work	Cell
Address		

<b>MEDICAL</b>	
Physician	Phone
Insurance/HMO	Policy #
Medical Alerts	Blood Type

<b>LOST OR STOLEN CREDIT CARD</b>	
Card	Phone
Card	Phone
Equifax	1-800-525-6285
Experian	1-888-397-3742
Trans Union	1-800-680-7289
Social Security Administration (Fraud Line)	1-800-269-0271

<b>BANK</b>	
Name	Phone Number
Savings/Checking #	
Name	Phone Number
Savings/Checking #	

<b>AUTOMOBILE</b>	
Insurance Co	Policy #
Agent	Phone
Drivers License #	Exp. Date
Plate#	Exp. Date

<b>HOME OWNERS</b>	
Insurance Co	Policy #
Agent	Phone

## MOVIE REVIEW

### LADDER 49

Reviewed by Miss Echo G. Hester

VHS/DVD Available 3/8/2005

As of 1/27/2005 at Beltway Movie Theater  
Starring: Joaquin Phoenix, John Travolta,  
Jacinda Barrett, Billy Burke, Jay Hernandez,  
Special Cast: Martin O'Malley (III), Mayor of  
Baltimore

The story is about a fire that traps a firefighter in a Baltimore building. While trapped he thinks about the last 10 years of his life. During those years he became a part of a large family, gained a lot of experience as a firefighter, married, had two kids, watched some of his co-workers get injured and some die. And in the end ....

The movie filmed in Baltimore is a document of landmark history. This movie gives us the opportunity to watch and say hey I know where that was filmed; I've walked/ridden though that area; The Mayor in the movie is actually our own Martin O'Malley.

I found the movie entertaining on two levels. The story was excellent and seeing my own hometown on the big screen gave me chills.

This is a definite go see if you haven't already.

### A BEAUTIFUL MIND

Reviewed by Miss Tifani Davids

Drama

VHS/DVD

Staring: Russell Crowe, Jennifer Connelly, Ed Harris

Based on a true story about John Forbes Nash, Jr., a prominent mathematician whose life seems to be great when he marries the love of his life in the early '50's. Professor Nash comes to believe he is assisting the CIA, which spirals him into a paranoid state of schizophrenia. Through his wife's love, and his own determination and stubbornness, Nash leads a fulfilling life as a professor who later wins the Nobel Prize. Most people, who know him, think he is brilliant, but he still believes he is assisting the CIA.

## HAPPY BIRTHDAY

New Pathways wishes the following people a very Happy Birthday: Jerad, Wonderlyn, Audrey, Le-wallace who is turning 21 and graduating from New Pathways, Miss Jodi, Mr. Barry and Ms. Judith...congratulations!

# Welcome

New Pathways would like to extend a warm welcome to Corey D and Michael Y!

## NP RECIPE OF THE MONTH EASY "SUPER BOWL" OF CHILI



Miss Tifani Davids

Serves about six:

One pound ground beef or ground turkey  
One 8 oz. can of diced tomatoes, undrained  
One can of red kidney beans, drained  
One medium onion  
One or two green peppers  
One can tomato sauce  
One packet your choice chili seasoning

Cook meat in skillet and add seasoning, drain; dice green peppers and onion; in a large pot add can of tomatoes, tomato sauce, meat, and vegetables; stir and heat on med/high in covered pot for about 20-30 minutes to soften vegetables and marinate flavor into your chili.  
Feel free to add whatever vegetables you may have in your house.

For an added twist top off with shredded cheddar cheese and serve with corn chips (Fritos)!



## LETTERS TO MR. BOB

Dear Mr. Bob,

I feel more down and depressed during the winter. Is there anything to "Seasonal Affective Disorder?"

Winter blues!

Dear Winter Blues:

Some people believe that they benefit from "light boxes" to aid more light and brightness during the darkest, shortest winter days. If you stay active and realize down feelings are temporary and that days will get longer again and good feelings will return. If two or more weeks pass by and depressed feelings worsen contact your M.D. or other support systems.

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.

## KITCHEN SAFETY

By: Ms. Tia Dickson

If a fire starts in your kitchen here are a few safety tips to follow so there are no major injuries.

- When there is only one adult at home, get everyone out immediately. Once outside, call the fire department.
- If there are two adults at home, one should get the kids out and call the fire department while the other assesses the possibility of extinguishing the fire.
- A grease fire on the stove can spread throughout the kitchen in a matter of minutes.

For a pan/grease fire:

- Place a lid over it
- Turn the burner off
- Keep it covered until the pan cools
- **NEVER MOVE A PAN WITH A GREASE FIRE TO THE SINK – THAT CAN FAN THE FLAMES.**

- Always use baking soda – never water – to extinguish the fire.
- Always keep your back to the exit so you can quickly escape should the fire spread.

If the fire is in the oven:

- Shut the oven off and keep the door closed
- The oven's seal should eventually starve the fire of oxygen.
- Always keep your back to the exit so you can quickly escape should the fire spread.

If the fire is in a trash can:

- Use an ABC fire extinguisher.
- When you have a fire extinguisher in your home, make sure you know how to use it before you actually have to use it.
- Always keep your back to the exit so you can quickly escape should the fire spread.

Hopefully, these kitchen safety tips will help you and keep everyone safe and happy. Happy Cooking!

## ALERT! ALERT! ALERT!

### ETV UPDATE

(Education and Training Voucher)

As of Thursday, January 27, 2005 we will not be processing ETV applications for youth that are over the age of 21. **All applications must begin processing prior to your 21<sup>st</sup> birthday.** Also, all youth must be currently participating in an educational program prior to turning 21 in order to qualify for ETV funding. **Once you turn 21 you will not be able to start your educational program using ETV funds.** Remember that once you start the process and meet the above criteria prior you remain eligible for the funding until the age of 23 as long as you remain enrolled in school. If you wish to learn more about the Education Training Voucher and how it works please contact Brenda Campbell at the Main Office.

## MOTIVATIONAL QUOTE:

“Even if you're on the right tract,  
you'll get run over  
if you just sit there”  
---Will Rogers---

**VOCATIONAL CORNER**  
From Miss Brenda,  
Director of Training & Vocational Services

Remember that you must renew your financial aid for 2005/2006 before March 1<sup>st</sup>. Please see Miss Brenda as soon as possible if you have not completed your application.

Congratulations to all young people that have started school this semester. Please contact Miss Brenda if you run into any academic hurdles. Don't make quitting part of your plan.

**Job Search Assistance**

Please use the following websites to assist you with your employment search:

Maryland's Job Bank –  
[www.careernet.state.md.us](http://www.careernet.state.md.us)

Mayor's Office of Employment Development –  
[www.oedworks.com](http://www.oedworks.com)

[WorkBaltimore.Com](http://WorkBaltimore.Com)

Employment Guide –  
[www.employmentguide.com](http://www.employmentguide.com)

When applying for positions on the internet you must have your resume ready. Please see Miss Brenda if you need to create or revise your resume. Also, see Miss Brenda if you submitted a resume template but did not receive your resume.

**KEEPING YOUR COMPUTER SAFE**



Jeff Lambert

Many clients have received new computers, and others will be getting new computers. It is important that you protect your computers from spyware and adware programs. These programs are designed to get into your computer and monitor what you're doing online. They enter through downloaded software, e-mail messages and Web sites.

Adware does not cause damage. It tracks where you're web surfing and will send ads to you to get you to visit certain websites. Spyware is more damaging. It will flood your computer with pop up ads that can pop up whether you're on the internet or not. Spyware can also gather your personal information and sell it to a third party.

**Getting Rid of Spyware and Adware Programs**

There are several programs available to remove spyware and adware after they've become part of your computer and have started spying on your movements, cluttering your hard drive and taking over your Web settings.

AdAware by Lavasoft ([www.lavasoftusa.com/software/adaware](http://www.lavasoftusa.com/software/adaware)) and PepiMK Software's Spybot Search & Destroy ([www.safer-networking.org/en/download](http://www.safer-networking.org/en/download)) are two pieces of freeware recommended by PC World, MSNBC, and our own IT consultant Lester Davis.

**Avoiding Spyware and Adware Programs**

The following are tips on what can you do to keep adware and spyware from taking up residence on your computer. They are provided by the Nonprofit Risk Management Center.

**Carefully read licensing agreements** during installation. Look for language indicating that you're agreeing to accept piggybacking adware when you click "Yes" to install and run the software.

**Only accept downloads from sites you know and trust.** Install it, but immediately afterward, scan your PC with an anti-spyware utility or two.

**Be wary of peer-to-peer file-sharing programs**, such as Kazaa, Imesh, BearShare, Snood, Real Player, or other games and software. Most adware and spyware come bundled with free programs.

**Do NOT click on banner ads with suspicious claims:** not even to close them or click "no." The click invites any attached Spyware into your computer, and it will show up on each subsequent Web site you visit. Ignore it like the plague it is.

**Understand your browser security settings.** Up the browser's security settings to avoid what Scott Spanbauer of *PC World* calls "drive-by installations." For instance, setting the security level to medium or higher on Internet Explorer, the main target of these, will prevent automatic installations of most Web-based adware and spyware."

**Keep software up-to-date.** Routinely check the manufacturer's Web site for new releases (i.e., 2.0.1 vs. 2.0) and patches. Ask your IT person about setting your computer to receive automatic updates or alerts.

**Add the Google bar to your Web site to stop pop-up ads.** Go to [www.google.com/options/index.html](http://www.google.com/options/index.html), scroll down to Google Tools and select Google Toolbar for more information and to install. Also check out your browser's privacy and security options under Preferences to block pop-up ads.

**NEVER follow an e-mail link from "recognized" businesses.** "Phishers" send e-mail that appears to be from Amazon, your bank, PayPal, requesting you verify personal information. If you think e-mail is legitimate, contact the business directly by phone. Always type in the company's Web site URL, rather than clicking on an e-mail link, which could redirect you to a scammer's site.

When you get a computer, I will be happy to help you with the settings to prevent spyware and adware. Give me a call at the office if you need help

## NP NEWS FEBRUARY 2005 WORD SEARCH

V E N Z B S E D C J O L U I T  
W A Q O K E E Q O E Y Z K D N  
T K L C I A A B U T H I T E E  
T S O E D T S U I I T W N N T  
B L E B N E C R T C F O Q T S  
A R O T A T U E H I I A M I I  
L L E R A C I E T N F J X T S  
T R C D E E N N U O N U M Y N  
I H Z S D S R S E M R M L T O  
M L Q B A A N G G S Z P X H C  
O Y Z F A A L A C I D E M E S  
R H E N R E X P E R I A N F E  
E T G T A X R E F U N D Y T X  
Y N O I T A M R O F N I N H A  
S T H G U O H T C H I L I L T

BALTIMORE	KITCHENSAFETY
BEAUTIFUL	LADDER
CHILI	LOCKS
CONSISTENT	MEDICAL
DEADBOLT	PROTECTION
EQUIFAX	SECURITY
EXPERIAN	TAXES
GREATEST	THOUGHTS
IDENTITYTHEFT	TAXREFUND
INFORMATION	TRANSUNION
JOBSEARCH	VALENTINESDAY

## CALENDAR OF EVENTS February 2005

2/1/2005 LST Housing/Transportation – Ms. Daphney – 6 pm – Walker Manor  
2/2/2005 LST HIV/Aids – Mr. Arnold/Ms. Tonya – 6 pm Reisterstown  
2/2/2005 LST Cooking Class – Ms. Tiffani – 6 pm – Walker Manor  
2/3/2005 LST Employment – Ms. Tia – 11:00 am Main Office  
2/3/2005 LST Personal Hygiene – Mr. Jamal – 6 pm Main Office  
2/7/2005 LST Men's Group – Mr. Arnold – 6 pm – Walker Manor  
2/8/2005 LST New Client Training – Mr. Jamal – 6 pm – Main Office  
2/8/2005 LST Cooking Class – Ms. Daphney – 6 pm – Walker Manor  
2/9/2005 LST Legal Services – Mr. Arnold/Ms. Tonya – 6 pm Reisterstown  
2/9/2005 LST Emergency & Safety I – Ms. Tifani – 6 pm – Walker Manor  
2/10/2005 LST Employment – Mr. Sippio – 6 pm Reisterstown  
2/12/1809 Former President Abe Lincoln's Birthday  
2/14/2005 Valentine's Day  
2/15/2005 LST Employment – Mr. Jamal – 6 pm Main Office  
2/15/2005 LST Cooking Class – Ms. Daphney – 6 pm – Walker Manor

2/16/2005 LST Cooking Class – Mr. Arnold/Ms. Tonya – 6 pm – Reisterstown  
2/16/2005 LST Employment: Interview – Mr. Jamal – 6 pm – Main Office  
2/17/2005 LST Employment – Ms. Tia – 11 am – Main Office  
2/17/2005 LST Cultural Perception – Mr. Arnold/Ms. Tonya – 6 pm Reisterstown  
2/17/2005 All Client Meeting at Walker Manor Staff Office  
2/21/2005 Men's Group – Mr. Arnold – 6 pm Reisterstown  
2/22/1732 Former President George Washington's Birthday  
2/22/2005 LST Employment – Mr. Jamal – 6 pm – Main Office  
2/22/2005 LST Cooking Class – Ms. Tifani – 6 pm – Walker Manor  
2/23/2005 LST Emergency & Safety I – Mr. Arnold/Ms. Tonya – 6 pm – Reisterstown  
2/24/2005 LST Cooking Class – Ms. Tonya/Mr. Arnold – 6 pm – Reisterstown  
2/24/2005 LST Personal Hygiene – Ms. Na'Imah – 6 pm – Main Office

### NOTE FROM THE EDITOR Miss Echo G. Hester

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 this possible.



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