



## BLACK HISTORY MONTH Ms. Michelle

Black History Month is more than just a celebration of African people, it's a celebration of America. Black History Month was originally named Negro History Week. Negro History Week was celebrated the second week of February, reason being, Frederick Douglass and Abraham Lincoln were born this week.

By the 1940's white politicians began to sponsor events during the month of February. Negro History Week then became Black History Month. Black History Month was celebrated throughout America, Latin America, The West Indies, Africa, The Philippines and The Virgin Islands.

Black History Month gives us the opportunity to reflect on the individual achievements of great Americans. As Americans we should do no less and live up to those who have fought and died for us.

\*\*Come join us on February 15, 2006 at the Black Heritage Celebration at Idlewyde. See your Case Manager or Life Skills Counselors for details.

## “More Winter “ Or “An Early Spring” Ms. Chemere’

If the sun made an appearance on Candlemas Day (the 40<sup>th</sup> day of Christmas); an animal would cast a shadow, thus predicting six more weeks of winter. Germans watched a badger for the shadow. In Pennsylvania, the groundhog, upon waking from a mid-Winter hibernation, was selected as the replacement.

Pennsylvania's official celebration of Groundhog Day began on February 2<sup>nd</sup>, 1886 with a proclamation in the Punxsutaway Spirit by the newspaper's editor, Clymer Freas: "Today is Groundhog Day and up to the time of going to press the beast has not seen its shadow." The groundhog was given the name "Punxsutawney Phil, Seer of Seers, Sage of Sages, Prognosticator of Prognosticators, and Weather Prophet Extraordinary" and his hometown thus called the 'Weather Capital of the World.' On his debut performance he proclaimed no shadow – early spring, "So don't put those coats away just yet."

If he sees his shadow it will be six more weeks of winter. If he does not – early spring. What will it be this year???

## THE HISTORY OF VALENTINES DAY



D'anna M

Valentines Day was named after a saint named St. Valentines. This holiday contains Christian and ancient roman traditions. The Catholic Church honors three different men who were all named Valentine or Valentines, and they were all martyred. There are many legends that tie into Valentines Day and how this day came to be a holiday that we all celebrate..

The first legend started in the third century Rome. Valentine was a priest during Claudius II rule. Claudius II decides that single men made better soldiers than men who had families. He outlawed marriage for young men, for they were his potential soldiers. Valentine felt that this law was wrong and secretly married young couples. When Valentine was caught he was put to death. Valentine may have also been killed for helping Christians escape Rome during the time that they were getting beaten and tortured.

The second legend states that Valentine sent the first valentines to himself. While Valentine was in jail he fell in love with one of the jail guards daughters that used to visit him. Before he died he wrote a letter that said "From your Valentine." This phrase is still used today.

There is really no way of knowing how this day got started. We all like this holiday because it sets a time out for us to get close to that special person that we are with. Happy Valentines Day!

## THOUGHTS FROM MR. KEVIN

Welcome to the coldest month of the year, although at this point we are getting off very easily with winter. My worry is that we will be paying the price with snow in April when it is supposed to start getting warm.

As everyone knows, this is Black History month, and we just lost a very special ambassador of Martin Luther King's message when Coretta Scott King passed away. The message of non-violence applies every bit as much today as it did 40 years ago, and maybe even more. The most important thing about history is to learn from it, because if we do not we are doomed to repeat it. This does not only apply to society as a whole, but to our own selves as well. While everyone will make mistakes in their lives, we must learn from them and use them as opportunities to grow. We need to take advantage of events like Black History Month to learn about ourselves and our culture.

As I hit the big 40 a few months ago, the one thing I realize is how much I still have to learn. I hope to see everyone at our events celebrating Black History Month and we can all take some time to learn together.

Take care and be safe,  
Mr. Kevin

## HAPPY BIRTHDAY



## & WELCOME

Happy Birthday to Jerad, Wonderlyn, and Audrey, all turning 21 this month!! Best of luck and keep in touch! Happy Birthday also to Eugene, Reggie and Jeremy. A Big Happy Birthday to Mr. Barry, Ms. Judy and Ms. Yolanda. Also, a belated Happy Birthday to Kisha who turned 21 in January.

A very warm welcome to Sherice, Caroline, Jeremy, Harry and Cheyenne. Second Generations would like to welcome Cimerae and her son, Travis! We're glad you came to New Pathways!

## "BIG UPS TO"



I want to give BIG UPS TO Ms. Laura for being the best case manager ever. Always working hard and keeping her Second Generation girls in check. Love Ya!  
Kyeshia J.

I want to give "BIG UPS TO: the Second Generations staff and clients. The SG Staff is always around to talk to and support their clients no matter what. The SG clients are determined to do what they have to do. Since most of them are single parents they have it a lot harder than most of the clients that come into Independent Living. Keep it up. Love Ya!!  
Kyeshia J.

New Pathways helped me find a job at Target and all the staff are helpful and make sure we are safe in our homes by checking up on us.  
Antonia R.

Big Ups to the whole New Pathways team for providing me with several different opportunities to become the successful persona I always dreamed of being.  
Denise W.

Big Ups to Lisa C for becoming Manager at After Hours! Congratulations.  
Mr. Tom

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.

## FINANCIAL TIP OF THE MONTH



Dear Penny Bank

I want to get a credit card. Is there a good way to do this?

Credit Hungry

Dear Credit Hungry:

We all need credit but we don't need debt. So how can we accomplish this? One solution is to get a prepaid credit card. A Prepaid Credit Card allows you to deposit money in the form of a check, money orders or ATM deposits in to an account that can be used to build credit. With a prepaid credit card, any purchase made will only establish credit and not create debt, because all the money comes out of your own pocket and not that of a lender. Unlike the debit card you receive from the bank with a Visa or MasterCard logo, with every purchase made with a Prepaid Credit Card is reported as credit purchase.

Keep in mind that a Prepaid Credit Card comes with a monthly service fee and a onetime activation fee. But that is far less expensive then the interest payment associated with your standard Credit Card.

Penny 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.

## FEBRUARY MOVIE SUGGESTIONS

Ground Hog Day:

**Ground Hog Day** (1993) with Bill Murray. Have you ever had a day you would like to live over and over till you got it right? Watch and see what happens.

Valentine's Day:

**An Affair to Remember** (1957) with Cary Grant and Deborah Kerr. Two people meet on an ocean liner and agree to meet again in six months at the top of the empire state building. What happens next? See it and weep.

Presidents Day:

**Abe Lincoln in Illinois** (1940) with Raymond Massey – True story about Lincoln from his early days to his leaving for Washington after winning the presidency.

Black History Month:

**Glory Road** (2006) Josh Lucas, Derek Luke, Austin Nichols, Evan Jones & Emily Deschanel – True story about history's first all African American basketball team.

**Biography and Obituary of  
Coretta Scott King  
Jeff Lambert  
from Associated Press Report**

Coretta Scott King died on January 31 at the age of 78. Her life was shattered by her husband's assassination, and she turned it into one devoted to pushing his legacy of human rights and equality. After his assassination in Memphis, Tennessee, on April 4, 1968, she kept his dream alive while raising their four children. She became a symbol of her husband's struggle for peace. She worked for more than a decade to have her husband's birthday observed as a national holiday, which was first celebrated in 1986.

King also wrote a book, "My Life With Martin Luther King Jr.," and, in 1969 founded the Martin Luther King Jr. Center for Nonviolent Social Change. She saw to it that the center became deeply involved with the issues she said breed violence — hunger, unemployment, voting rights and racism. She became increasingly outspoken against businesses such as film and television companies, video arcades, gun manufacturers and toy makers she accused of promoting violence. She called for regulation of their advertising.

Coretta Scott was studying voice at the New England Conservatory of Music and planning on a singing career when a friend introduced her to Martin Luther King, a young Baptist minister studying at Boston University. On June 18, 1953 they married at her parents' home in Marion, Alabama. The couple moved to Montgomery, Ala., where he became pastor of the Dexter Avenue Baptist Church and organized the famed Montgomery bus boycott in 1955. At that time, King began enacting his philosophy of direct social action.

Over the years, King was with her husband in his finest hours. She was at his side as he received the Nobel Peace Prize in 1964. She marched beside him from Selma, Alabama to Montgomery in 1965 in his drive for a voting rights law.

Only days after his death, she flew to Memphis with three of her children to lead thousands marching in honor of her slain husband and to plead for his cause.

In 1976, she was named by President Jimmy Carter to serve as part of the U.S. delegation to the United Nations, where the ambassador was Andrew Young.

In 1997, she spoke out in favor of granting a trial for James Earl Ray, who pleaded guilty to killing her husband and then recanted his guilt. The trial never took place; Ray died in 1998.

King was born April 27, 1927, in Perry County, Alabama. Her father ran a country store, and she picked cotton to help her family during the Depression.

In 1994, King stepped down as head of the King

Center, passing the job to son Dexter, who in turn passed the job on to her other son, Martin III, in 2004. On the 25th anniversary of her husband's death, April 5, 1993, King said the war in Vietnam which her husband opposed "has been replaced by an undeclared war on our central cities, a war being fought by gangs with guns for drugs."

**MOVIE REVIEW**

**King Kong  
Reviewed by: Cornelius C.**



King Kong is one of my favorite movies. I like King Kong because it's a movie with lots of action. Also I like King Kong because it's a movie with good effects. "They should have that movie in 3D." My favorite part is when King Kong was fighting four Trex's at the same time to save the woman. I also like the part when the native people tried to kill people. I can't wait until the movie comes out on DVD and video. That is why I like the movie so much.

**NP NEWS FEBRUARY 2006**

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

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|--------------|-------------|
| ACHIEVEMENTS | MARDIGRAS   |
| BIOGRAPHY    | MARGARINE   |
| BIRTHDAY     | MARRIAGE    |
| BLACK        | NONVIOLENT  |
| CELEBRATION  | POLITICIANS |
| HISTORY      | PREPAID     |
| HUNGRY       | PRESIDENTS  |
| KINGKONG     | REMEMBER    |
| LEGEND       | VALENTINE   |
| LINCOLN      | VOTING      |
| MARCHED      | YEAST       |

**NP RECIPE OF THE MONTH**  
**Enjoy!**

The Mardi Gras season begins twelve days after Christmas (January 6) when Christians celebrate the coming of the three wise men bearing gifts to the Christ Child (known as Epiphany) and ends on Fat Tuesday, the day before Ash Wednesday. On 12th Night (January 6) many people exchange gifts and feast. This is a time of the year steeped in history both good and bad.

Today, in New Orleans "Mardi Gras" refers to the final and most elaborate day of the Carnival Season. One of the most popular customs during this holiday is to make a special cake in honor of the three kings – A Kings Cake. As part of the celebration it is traditional to bake and decorate a cake in an oval shape and decorate it with the colors: purple (represents justice), green (represents faith) and gold (represents power) and baking a small toy baby in the cake to represent the baby Jesus. There are many variations of the Kings Cake from the simplest to the most difficult. Enjoy!



**MINI KING CAKE RECIPE**

1 can of cinnamon rolls, with icing  
3/4 cup of sugar, separated into 3 parts of 1/4 each  
food coloring

Separate the cinnamon rolls and roll them out by hand so that they look like a hot dog. Shape the roll into an oval, pinch the ends together, and place on a cookie sheet. Cook as directed.

While they are cooking, use food coloring to dye sugar. Make one part purple using blue and red, one part green, and one part gold using yellow. When they are finished cooking, ice the tops with the white icing. Sprinkle the different colors of sugars alternating as you go around the oval. Enjoy!

**MARDI GRAS KING CAKE**

4 ¾ cup all-purpose flour  
1 cup sugar  
4 ½ tsp. Salt  
2 pkgs. Fleischmann's Rapid Rise Yeast  
¾ cup milk  
½ cup water  
1/2 cup butter or margarine  
2 large eggs  
¼ cup melted butter or margarine  
1 tbsp. ground cinnamon  
1 plastic baby

1. In a large bowl, combine 1 1/2 cups flour, 1/4 cup sugar, salt and undissolved yeast.
2. Heat milk, water and butter until very warm (do not boil or overheat). Add to dry ingredients and beat for 2 minutes with electric mixer at medium speed.
3. Add eggs and 1/2 cup flour. Beat on high speed for 2 minutes.
4. Stir in remaining flour to make a stiff batter. Cover tightly with plastic wrap; refrigerate 2 to 24 hours.
5. Punch dough down. Remove dough to lightly floured surface. Divide into 3 equal pieces. Roll each into a 28- by 4-inch rectangle. Brush melted butter over each rectangle; sprinkle evenly with remaining 3/4 cup sugar and ground cinnamon. Beginning at long end, roll each up tightly as for a jelly-roll, pinch seams to seal to form ropes. (This is a good time to tuck that little baby doll in there.) Braid ropes; form braid into an oval. Pinch ends together to seal. Cover; let rise in warm, draft-free place until doubled in size, about 4 hours.
6. Bake at 375 degrees for 25-to-30 minutes or until golden. Remove from baking sheet; let cool on wire rack. Brush liberally with glaze.\*\*
7. Sprinkle with colored sugars (purple, green and gold) before the glaze hardens. Sprinkle them in solid, wide stipes, alternating colors all the way around the cake.

\*\*Powdered sugar glaze:

In medium bowl, combine 2 cups sifted powdered sugar, 2-to-3 tablespoons milk or light cream, 1/4 teaspoon vanilla and 3 drops almond extract. Stir until smooth.

**HOME SECURITY**  
**Mr. Barry Smith**  
**Safety & Operations Coordinator**

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. 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!

## CALENDAR OF EVENTS February 2006



2/1/2006 LST Healthy Relationships – 6 pm Main Office – Mr. Jamal

2/1/2006 LST New Client Training – 6 pm Main Office – Mr. Jamal

2/2/2006 **Groundhog Day**

2/2/2006 LST Self-Advocate – 5 pm Main Office – Mr. Sippio

2/2/2006 LST Daniel Memorial – 6 pm Reisterstown – Ms. Kim & Mr. Vonzell

2/3/2006 Bee-you-tiful Workshop – 6 pm Walker Manor

2/4/2006 LST Health & Safety – 3 pm Reisterstown – Ms. Deborah

2/5/2006 LST Employment – 4 pm Walker Manor – Mr. Al

2/6/2006 LST Personal Hygiene – 5 pm Main office – Mr. Jamal

2/7/2006 LST Cooking class – 6 pm Walker Manor – Mr. Jr.

2/8/2006 LST Budget – 6 pm Main Office – Mr. Jamal

2/9/2006 LST Housing – 6 pm Reisterstown – Ms. Kim & Mr. Vonzell

2/9/2006 **Movie Night at Senator**

2/10/2006 Bee-you-tiful Workshop – 6 pm Walker Manor

2/11/2006 **Black's Wax Museum & Movie (Glory Roads)**

2/12/2006 LST Cultural Perception – 4 pm Reisterstown – Mr. Al

2/13/2006 LST Personal Hygiene – 6 pm Walker Manor

2/13/2006 LST Personal Hygiene – 6 pm Reisterstown – Ms. Kim

2/14/2006 **Valentine's Day**

2/14/2006 LST Cultural Perception – 6 pm Walker Manor – Mr. Jr.

2/15/2006 **Black Heritage Celebration at IdleWyle**

2/16/2006 All Client Meeting – Walker Manor 6 pm

2/17/2006 Bee-you-tiful Workshop – 6 pm Reisterstown

2/18/2006 LST Health & Safety – 4 pm Walker Manor – Ms. Sharnett

2/19/2006 LST Employment – 4 pm Walker Manor – Mr. Al

2/20/2006 **President's Day – Main Office Closed**

2/21/2006 LST Cooking Class – 6 pm Walker Manor – Mr. JR

2/21/2006 LST Vocational Readiness – 6 pm Main Office – Mr. Jamal

2/22/2006 LST HIV/AIDS – 6 pm Main Office – Mr. Jamal

2/23/2006 LST Cooking Class – 6 pm Reisterstown – Ms. Kim

2/25/2006 LST Health & Safety – 3 pm Reisterstown – Ms. Deborah

2/26/2006 LST Cultural Perception – 6 pm Reisterstown – Mr. Al

2/28/2006 LST Employment – 6 pm Walker Manor – Mr. Jr.

3/1/2006 LST New Client Training – 6 pm Main Office – Mr. Jamal

3/2/2006 LST Employment – 6 pm Reisterstown – Mr. Vonzell

3/4/2006 LST Health & Safety – 4 pm Walker Manor – Ms. Sharnett

2/28/2006 **Mardi Gras Fat Tuesday Shrove Tuesday**

### LEARNING OPPORTUNITY ALERT



Ms. Laura is planning a four week long program of horseback riding and learning horse care. If you have any interest, please let your case manager know or call Ms. Laura at 410-323-7680.

## BASIC RESUME WRITING

If you don't have a resume, here is how to create one. A resume should be typed and with you at all times when you are job hunting and when you go on the job interview.

**Name**  
**Address**  
**City, State, Zip**  
**Phone**  
**Email Address**

### Objective

Text Here

(Be specific, employers don't have time to choose what job you are applying for)

### Professional Summary

Text Here

### Experience

Text Here

Begin with your most recent job.

(Include full address and phone number of your former employers. New employers don't have time to look up addresses and phone numbers.)

### Education

Text Here

(Begin with your most recent education)

### Professional Affiliations

Text Here

### References Available Upon Request

#### NP News Staff

**Echo G. Hester**  
**Jennifer Pettis**  
**Jeff Lambert**

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.



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Chemere N. Battle, Receptionist  
Michelle DeJesus, Receptionist  
Barry Smith, Safety & Operations Coordinator  
James G. Sutton, Jr.-Facility Manager  
Angela Womack – Housekeeper  
Brenda Campbell, Dir of Training & Voc Svs.  
Jamal Evans, Life Skills Trainer

#### Independence Plus

Jennifer Johnson Pettis, Program Director  
Tom Mumaw, Case Manager  
Adia Crawford, Case Manager  
Shavonda Rivers, Case Manager  
Jamila Blake, Case Manager  
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Kimberly Armstrong, Life Skills Counselor  
Vonzell Barker, Life Skills Counselor  
Kenneth Barnes, Life Skills Counselor  
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Tonya Brown, Coordinator of Residential Life  
Kelly Ellerbe, Life Skills Counselor  
Yolanda Hawkes, Life Skills Counselor  
Sharnett Kelly, Life Skills Counselor  
James Richard Jr, Life Skills Counselor  
James Sippio, Sr. Life Skills Counselor  
Gloria Taylor, Life Skills Counselor  
Alexander Watson, Life Skills Counselor  
Gerard Washington, Life Skills Counselor  
Alexander Watson, Life Skills Counselor  
Daphney Williams, Life Skills Counselor  
Dante Wilson, Life Skills Counselor  
Deborah Young, Life Skills Counselor

#### Second Generations

Laura Fertig, Program Director  
Makda Belay, 2G Life Skills Counselor  
Beth Bitler, Parenting Trainer  
Judith Dukes, 2G Life Skills Counselor  
Kerisha Hart, 2G Life Skills Counselor  
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