



WOMEN'S HISTORY MONTH

By: Ms. Michelle DeJesus

The saying goes "If March comes in like a lion it goes out like a lamb" and vice versa. The saying is referring to the weather. If the weather is cold and snowy at the beginning it will end calm like a lamb. So how do you think March will come in as a lion or lamb?

March is also known to be Women's History Month. In the nineteenth century women were looked upon as physically and mentally inferior to men. Activists such as slave-born Sojourner Truth, Susan B. Anthony, and Elizabeth Stanton petitioned and lectured the government with belief that once war was over women and slaves would be granted the same rights as the white men. However the Negro vote passed and the women's did not.

In 1919 the nineteenth amendment was passed. The amendment goes as follows: 1. The right of citizens of the United States to vote shall not be denied or abridged by the United States or by state on account of sex. 2. Congress shall have the power to enforce this article by appropriate legislation.

Women did not stop advocating for their rights with the right to vote. They also advocated for Equal Pay for Equal Work, Family Medical Leave, the right to an abortion, the right to bear arms next to their men at war, the right to have birth control, and much more.

March is the month to celebrate women and their struggle to achieve the same rights as men. Not to be men, but to have the same privileges they receive at work, in healthcare, and government. How can you celebrate and continue the struggle for women's rights?

ST. PATRICK'S DAY

By: Chemere B.

St. Patrick was born in Britain to wealthy parents at the end of the fourth century. At age sixteen, Saint Patrick was taken prisoner by a group of Irish raiders that were attacking his home. He was transported to Ireland, where he spent six years in captivity. During this time he worked outdoors and away from people. Lonely and afraid, he turned to his religion for solace, becoming a devoted Christian.

Saint Patrick escaped from captivity after more than six years. It believed by many people that he died on March 17, around 460 A.D.

Saint Patrick's Day is celebrated on that day, with a religious feast and the anniversary of his death during the fifth century. The Irish observed this day as a religious holiday for thousands of years. The day falls during the Christian season of Lent. Most families traditionally go to church in the morning and then celebrate in the afternoon. During this time, Irish people would dance, drink and feast on the traditional meal of Irish bacon and cabbage.

The First Saint Patrick's Day parade took place in New York City, where Irish soldiers marched through the streets playing their music on March 17, 1762? All that marched were in the English Military. Marching that day helped them to reconnect with their roots as well as their fellow Irishmen. Over a thirty-five year period, Irish patriotism among many American immigrants began to flourish. Many so-called societies were formed such as "Irish AID" societies, the Friendly Sons of Saint Patrick and the Hibernian Society. Each have a parade every year featuring bagpipes and drums.

RANDOM THOUGHTS ON SPRING



By Jennifer Pettis

I hate cold. Especially when it's windy and the wind chill factor kick's in. Sometimes I wish I were a bear so I could hibernate when it's cold. Therefore, I love it when spring comes. Those first few days I can leave the house without a coat, I'm thrilled. When the sun is still shining several hours after I leave the office, I'm ecstatic. For me, warm weather and the longer days of spring inspire to make resolutions (forget New Year's resolutions...it's too cold in January to think). Spring makes me want to do good things, like exercise and eat healthy, and set goals for the future. So, as it gets warmer, start thinking about the things you want to accomplish before the cold weather comes again next winter. Spring is the perfect time to form good habits to replace the bad ones. There's never a better time than now to focus more on yourself and your goals.

Girl Scout Birthday



March 12, 1912

Juliet "Daisy" Gordon Low spent time a lot of time in England where she learned about the "Girl Guides," an organization that allowed girls to develop their physical, mental and spiritual skills. She felt that there was a strong need for this type of organization in the US and formed the Girl Guides (later named the Girl Scouts). The first meeting was held on March 12, 1912 consisting of 18 girls. Ms. Low's vision of Girl Scouts has grown to over 3.6 million members. The Girl Scouts is an organization that gives girls of all ages an opportunity to learn and grow. Some of the activities include salesmanship (cookie sales), survival skills (camping, cooking, knot tying, etc.), medical skills (First Aid and CPR training), sportsmanship (skating parties, etc.) and many more opportunities to learn and grow. There is a saying among scouts "Once a Girl Scout always a Girl Scout." When a person joins the scouts they join a large family.

For more information on Girl Scouting check out the web www.gscm.org

MARCH MOVIE SUGGESTIONS

Ash Wednesday

Jesus Christ Superstar (1973): Story about the last six days of Jesus life. Available on DVD.

Girl Scout Day:

Troop Beverly Hills: Phyllis (Shelley Long) is given an opportunity to spend quality time with her daughter, Hannah (Jenny Lewis) and several other young girls by becoming a Wilderness Girl troop leader. Phyllis learns not only how to teach survival skills in Beverly Hills, but also learns how to survive in the real wilderness. Available on DVD

St. Patrick's Day

The Quiet Man: (1952) An old fashioned Irish love story set in Ireland starring John Wayne and Maureen O'Hara.

First Day of Spring

The Sound of Music (1965) Maria, a postulate for the Catholic Church (Julie Andrews) leaves the convent to care for Captain Georg von Trapp's (a widowed retired naval captain) seven children.

MOVIE TO SEE

Tyler Perry's Madea's Family Reunion



Tyler Perry stars as (Madea/Brian/Joe) as Madea is a southern matriarch who handles her families business. She takes on relatives and plans a family reunion. Madea uses all her skills to keep the peace and the family together. A must see for laughs and a tear or two. (2006)(<http://movies.yahoo.com>)

"BIG UPS TO"



I like that there is staff at the Reisterstown Office overnight on the weekends. Whoever thought of this is very smart.

Ryan

BIG UPS to Brandon for completing his weekly goals.

Miss Jamila

Big Up's to Kimberly Dennis and Robin Bowman for great progress in the program! Keep up the good work!

Miss Shavonda

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.

Preventing Home Invasion Robberies By Jeff Lambert Adapted from the Crime Doctor

One of the more frightening and dangerous crimes that can occur is a home invasion robbery. A home invasion is when robbers force their way into a home or apartment to commit a robbery or other crimes. Home invasion robbers work more often at nights and on weekends when residences are more likely to be occupied. The home invaders will sometimes target the resident as well as the residence. The selection process may include a woman living alone or a man living alone or a senior citizen. A robber may follow you home based on the jewelry you are wearing or the kind of car you got out of. Some home robbers have been in your home before as a delivery person, installer or repairman. Home robbers rarely work alone and rely on an overwhelming physical confrontation to gain control and instill fear in their victims. The greatest violence usually occurs during the initial confrontation, and home invaders often come prepared with handcuffs, rope, duct tape, and firearms.

Once the offenders take control of a residence they can force the occupants to open safes, locate hidden valuables, and give PIN numbers to ATM cards. Home robbers will try to increase their escape time by disabling the phones and sometimes will leave their victims bound or incapacitated. They may even load up the victim's car with valuables and drive away without anyone in the neighborhood taking notice.

The most common point of attack is through the front door or garage. Sometimes the home invaders will simply kick open the door and confront everyone inside. More common is when the home invaders knock on the door first or ring the bell. The home invader hopes that the occupant will simply open the door, without question, in response to their knock. Unfortunately, many people do just that. Home invaders will sometimes use a ruse or impersonation to get you to open the door. They have been known to pretend to be delivering a package, flowers or lie about an accident like hitting your parked car. Once the door is opened for them, the home invaders will use an explosive amount of force and threats to gain control of the home and produce fear in the victims. Once the occupants are under control the robbers will begin to collect your valuables.

Remember these important security steps:

- Lock all doors, windows, and garages at all times
- Use the door peephole BEFORE opening the door
- Use your porch light to help you to see clearly
- Never rely on a chain-latch as a barrier to partially open the door
- Never open the door to strangers or solicitors
- Call the police if the stranger acts suspicious
- Alert your neighbors to suspicious solicitors

The weakest home security link is the home occupant who fails to lock doors or windows or who will open the door without question at the sound of a knock. The best defense against home invasion is education and planning.



LETTERS TO MR. BOB

Dear Mr. Bob

I am upset that some NPW's clients are being discharged due to arguments or fights. What gives?

Upset

Dear Upset:

It is NPW's policy to discharge any clients that resort to physical fighting. It is illegal (assault) and you could end up in jail or a lawsuit of some kind. NPW's makes "safety" a very high priority to living in any of our programs. Please report any roommate, client disharmony to your support person before angry/annoyed feelings result in a physical altercation.

Please send other questions to Mr. Bob.

Mr. Bob

Dear Mr. Bob

I love my boyfriend deeply but I am always with him. I can't complete my schoolwork, hang out with my friends, and find a better job for myself. I don't want to tell him this because I am afraid of hurting him. What should I do?

Anonymous

Dear Anonymous:

Learn to prioritize your life. Romantic relationships often interfere with one's ability to give equal time to all areas of your life. It sounds like your boyfriend and you have not developed any boundaries. Learning to set boundaries is not only important, but one of the hardest life skills young adults needs to acquire. When you learn to use personal boundaries, you will be able to use time to your best advantage in many areas of your life.

If you don't feel comfortable talking to him about your needs, you may need to discuss this issue with a mentor, friend or counselor. It seems like you may need the support and direction of a third party. Let me know what happens.

Mr. & Mrs. 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.

HAPPY BIRTHDAY



& WELCOME

Happy Birthday to Ryan D, Chanel H, Monique G, and Kim D! Also a big Happy Birthday to our staff: Mr. Stanley, Miss Echo, Mr. Jeff, Ms. Lois, Mr. Sippio, and Ms. Deborah.

A warm New Pathways welcome to Dwayne D and welcome back to Shannel A!

FINANCIAL TIP OF THE MONTH



Dear Penny Bank:

I have received two W-2 forms for working last year. They show that Federal and State Taxes were taken out, but I didn't make much money. What do I have to do to get my refund?

Tax Questions

Dear Tax Questions:

You need to file tax returns by April 15th. To file a return you can go on the Internet at www.irs.gov for **FREE** Filing instructions and forms. There you can print tax forms to file your taxes and get answers to your questions. You can pick up tax forms from the Post Office or the Library. You can also call the IRS with tax questions and assistance in filing your taxes at 1-800-829-1040. Happy refunding.

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.

NP NEWS MARCH 2006

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

ADVOCATE
 ASHWEDNESDAY
 DANGEROUS
 FINANCIAL
 INFORMATION
 LAMB
 LION
 MATH
 RESOLUTIONS
 ROBBERIES
 STPATRICKSDAY
 SUSPICIOUS
 TRAINING
 WORK

AMENDMENT
 CHEESE
 EXERCISE
 GIRLSCOUT
 INVASION
 LIBRARY
 MARCH
 ORGANIZATION
 REUNION
 SKILLS
 SURVIVALSKILLS
 TAXES
 WOMEN
 WORKSHOP

NP RECIPE OF THE MONTH LASAGNA

Some people are intimidated when it comes to lasagna because it looks like it would take forever to make, but it really doesn't. Don't be scared of making lasagna. It's basically a layer of sauce, a layer of noodles and a layer of cheese repeated at least two times and topped with a layer of noodles and sauce. That's it! Try it and enjoy!

- 9 lasagna noodles (cooked per package directions)
- 1 Jar of your favorite spaghetti sauce
- 1 2-cup bag of Mozzarella Cheese
- 1 (15 Ounce) container ricotta cheese
- 1 cup Parmesan Cheese
- 1 Egg
- 1 tbs. Fresh or dried parsley
- 1 10 oz package of chopped Broccoli cooked per package directions (Optional)

Preheat oven to 350 degrees. In a large bowl, beat egg. Mix in cheeses and parsley. Grease a rectangular baking dish with margarine.

To layer lasagna: *spread a thin layer of spaghetti sauce over the bottom of the dish. Top with three lasagna noodles. On top the noodles spread ½ of the cheese mixture. On top of the cheese mixture spread ½ of the broccoli. Repeat from * one time. Top with the remaining lasagna noodles and sauce. Bake in oven for 30 minutes. Let stand for 10 and then it is ready to eat.

Lasagna is a creative dish. Do not be afraid to use your imagination when creating your own personal lasagna. You can use different vegetables in the layers, or different kinds of meat, such as ground beef, turkey or sausage.

ANOTHER WAY: Using the basic method of layering sauce, noodles and cheese you can make a Mexican Lasagna by substituting refried beans for the sauce (heat them up before layering so they spread easier), taco seasoned beef, and a mixture of cottage cheese and shredded Mexican cheese mix. Enjoy!

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.

Vocational Corner Miss Brenda Campbell

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.**

Assistance with Academic Skills

All clients that require assistance with writing skills please attend the Writing Skills workshop at the main office on Tuesday, March 14th, 5:30pm at the Main Office. Miss Brenda Campbell will assist you with proof reading papers and show you some techniques for writing essays and research papers. If you require assistance with your Math skills please contact Miss Tonya to schedule a Math tutoring session.

Financial Aid Reminder

Remember that you were supposed to renew your financial aid before March 1st. If you haven't renewed and need assistance please call Miss Brenda to schedule an appointment.

ETV Reminder

Please see Mr. Sippio if you have any questions about obtaining ETV money. Not all clients are eligible for these funds and you need to speak with him to find out if you qualify.

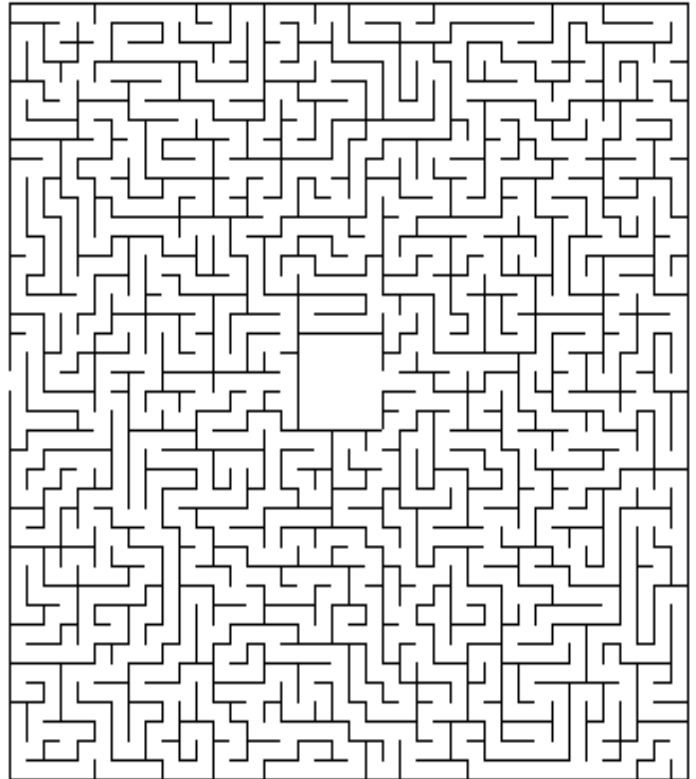
Job Search Assistance

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

- Maryland's Job Bank – www.careernet.state.md.us
- Mayor's Office of Employment Development – www.oedworks.com
- WorkBaltimore.Com
- Employment Guide – 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.

NP Maze March 2006



CALENDAR OF EVENTS MARCH 2006



3/1/2006 **Ash Wednesday**

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

3/2/2006 LST Self Advocate – 5 pm Main Office – Mrs. Brenda/Mr. Sippio

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

3/4/2006 LST Health & Safety – 5 PM Walker Manor – Ms. Sharnett

3/5/2006 LST Daniel Memorial – 5 pm Walker Manor – Mr. Al

3/6/2006 LST Personal Hygiene – 5 pm Man Office – Mr. Jamal

3/7/2006 LST Cooking Class – 6 pm Walker Manor – Mr. JR & Ms. Kim

3/8/2006 LST Budget – 6 pm Main Office – Mr. Jamal

CALENDAR OF EVENTS CONTINUED MARCH 2006



- 3/9/2006 All Client Meeting & a Movie – Look for the Flyer
- 3/11/2006 LST Health & Safety – 5 pm Walker Manor – Ms. Sharnett
- 3/12/2006 ***Girl Scouts Birthday***
- 3/12/2006 LST Employment – 5 pm Reisterstown – Mr. Al
- 3/13/2006 LST Personal Hygiene – 6 pm Reisterstown – Ms. Kim
- 3/14/2006 LST Writing Skills – 5:30 pm Main Office – Mrs. Brenda
- 3/15/2006 LST Employment – 6 pm Main Office – Mr. Jamal
- 3/16/2006 LST Mental Health – 6 pm Reisterstown – Ms. Adia
- 3/17/2006 ***St. Patrick's Day***
- 3/18/2006 Hiking with Mr. Jeff at Robert E. Lee Park – 10:00 am – Look for the Flyer
- 3/18/2006 LST Health & Safety – 1 pm Reisterstown – Ms. Deborah
- 3/19/2006 LST Employment – 5 pm Walker Manor – Mr. Al
- 3/20/2006 ***First Day of Spring***
- 3/21/2006 LST Cooking Class – 6 pm Walker Manor – Mr. JR
- 3/22/2006 LST Healthy Relationships – 6 pm Main Office – Mr. Jamal
- 3/23/2006 LST Cooking Class – 6 pm Reisterstown – Mr. Vonzell
- 3/25/2006 LST Health & Safety – 1 pm Reisterstown – Ms. Deborah
- 3/26/2006 LST Daniel Memorial – 5 PM Reisterstown – Mr. Al
- 3/27/2006 St. Patrick's Day Dinner at Ryan's Daughter – Look for the Flyer (Also St. Patrick Green & White Best Dressed Contest)
- 3/28/2006 LST Employment – 6 pm Walker Manor – Mr. JR
- 3/29/2006 LST Vocational Readiness – 6 pm Main Office – Mr. Jamal
- 3/30/2006 LST Employment – 6 pm Reisterstown – Mr. Vonzell
- 4/2/2006 Daylight Savings Time Begins – Clocks Spring Forward



New Pathways, Inc.
540 E. Belvedere Avenue
Belvedere Square Suite 201
Baltimore, MD 21212
Phone 410-464-2600 Fax: 410-464-2687

Staff

Kevin Keegan, Executive Director
 Jeffrey Lambert, Associate Director
 Lois M. Peach, Financial Director
 Echo G. Hester, Administrative Assistant
 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
 Kimberly Armstrong, Life Skills Counselor
 Vonzell Barker, Life Skills Counselor
 Kenneth Barnes, Life Skills Counselor
 Karen Brown, Sr. Life Skills Counselor
 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
 Deanna Murray, Life Skills Counselor
 Brenda Phelps, 2G Sr. Life Skills Counselor