



WOMEN'S HISTORY MONTH



Miss Echo G. Hester

You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, "I lived through this horror. I can take the next thing that comes along." . . . You must do the thing you think you cannot do.

Eleanor Roosevelt (1884-1962) *You Learn by Living* (1960)

Greetings and Best Wishes to all Women of New Pathways. This is our month to celebrate our history as women.

If you added together all of our NP ages, it would equal over one thousand years of experience and span over the 1950's, 1960's, 1970's, 1980's, 1990's and 2000's. Just in this short time women have become more educated, been recognized for both working and running a house, received better pay (we still do not equal men, but we are getting there), had more laws passed to protect us personally and our rights, and have more freedom to choose how we want to live our lives. We have improved our learning skills on how to lead successful lives, be more proactive with our health, and learned how to have fun while we are at it.

There are also more pitfalls now than ever before. Women today face acknowledged health concerns (heart attacks, strokes, cancer, stress disorders, etc.), growing environmental concerns (pollution, lack of clean living environments, over population, etc.), religious struggles (yes women can believe and not be subservient), political struggles (the ERA-Equal Rights Amendment was passed by Congress in 1972, but was it ever ratified?), and public humiliation (Susan B. Anthony, Harriet Tubman, Hillary Clinton).

We have survived wars, hunger, poverty, loneliness, and somehow we always found hope when there was none to be found. We enjoy who we are and the freedom to become the women we want to be. There has been no better time in history to be a woman than now.

This month – take a moment to pursue the Internet. Learn about some of the famous women in history that helped us get where we are today. After all, we are the women making tomorrow's history.

CELEBRATING BLACK HISTORY MONTH THROUGH FOOD: A GOOD TIME WAS HAD BY ALL Ericka Morgan

February 20, 2007 ushered in a time of joyous fellowship for the New Pathways family. We had the pleasure of sharing a meal at Dukem Ethiopian Restaurant on Maryland Avenue to celebrate Black History Month. The sights, sounds and foods were pleasing to all of the senses. The most interesting moments included learning how to properly eat the food; watching coffee being freshly roasted and brewed; and, of course, tasting various foods indigenous to Ethiopia. Although the food was an acquired taste for some, most of us seemed to enjoy the experience of doing something new. Everyone appreciated Ms. Makda's knowledge of the culture as she shared information about the lifestyle, food and beverages in Ethiopia.

THOUGHTS FROM MR. KEVIN

For the past couple of weeks I have been out of the office talking with people who run other programs, including many who run programs in other parts of the country. The one thing that I took away from most of these interactions more than anything else was how fortunate we are here to be able to provide support to young people through the age of 21. So many other States only offer services through 18, and I think we all can agree on how crucial these few years can be. What upsets me the most is when I see young people not taking advantage of these opportunities and letting them slip through their fingers. As this springtime approaches, my hope and wish for everyone is that you understand and appreciate the opportunities that you have here, and take full advantage of them. New Pathways can surround you with so many opportunities, but as I tell everyone at your orientation, we can't do it for you.

As always, please take care and be safe,

Mr. Kevin



Mr. Bob:

I hear New Pathways, Inc is starting a new mentoring program. What is a mentor supposed to do?

Curious

Dear Curious:

Yes, NPW's has offered a Mentoring Coordinator position to Mr. Tom Mumaw effective Thursday, 3/1/07. Mentoring is a structured and trusting relationship that brings young people together with caring individuals who offer guidance, support and encouragement aimed at developing the competence and character of the mentee. There will be more news coming soon on this new program.

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.

FINANCIAL TIP OF THE MONTH



Dear Penny Bank:

I filed my income taxes and am getting back \$500. Besides putting it in a savings account, how can I hold on to it? I spend every cent I get.

Big Spender

Dear Big Spender:

What better way to spend money, than to buy something you can hold on to and still have. By asking questions, you are taking a proactive role in your financial future and there are plenty of ways to spend your money and still keep it.

1. You can buy a Certificate of Deposit (CD) from the bank. They will hold your money for a period of time and pay you interest. If you do not need the money when the time period is over, they will renew your CD and continue to pay you interest.

2. You can buy United States Savings Bonds. Savings Bonds are a long term investment and take years to mature, but it is a good way to save for retirement.

3. If you are really sure you can do without the money until you are 21, you can put it in your NP Escrow Savings Account. Remember, when you put it in the NP Account, you cannot withdraw the money until you are 21 or discharged from the program.

Take a moment to imagine what your life would be like if you have money as opposed to buying stuff you will throw away.

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. Answers to Penny Bank will be kept simple.

PARENTING Q & A – MARCH



Mrs. Beth Bitler

Q: Whenever I take my two-year-old to the grocery store, she ends up throwing a fit and I end up stressed out and screaming at her. What can I do?

A: You're not alone! Tantrums are a normal part of life with a two-year-old, but that doesn't mean they are easy to handle. Here are some things that might help:

- ✓ **Do an attitude check before leaving your house.** Is your child – or are you – hungry or tired? If so, you may want to wait for the shopping or ask a friend or family member to go with you.
- ✓ **Agree on rules.** Before you enter the store, tell your child what you expect. For example, "Stay close to the cart" or "We are only buying food today – no toys, balloons or other stuff."
- ✓ **Offer rewards and praise for good behavior.** This doesn't have to mean money or items. Keep it simple – a stop at the park on the way home, your child gets to pick what to watch on TV or what snack to have after the trip is done.
- ✓ **Make a game of it.** Ask your child to find the potatoes, a red box, the soap... older children can be taught how to compare prices and ingredients when they learn to read.
- ✓ **Bring along a treat:** snack, drink, favorite quiet toy or book for your child to look at while he is in a shopping cart.
- ✓ **Keep your cool.** All children act up in stores from time to time – it's not the end of the world. Try to keep your perspective and realize that hitting or yelling at your child will not help.

**MARK YOUR CALENDAR
SAVE THE DATE
New Pathways Family Reunion**



**Saturday, August 25, 2007
At Druid Hill Park – Columbus Pavilion
Noon – 8:00 PM
Watch for further information**

Daylight Saving Time

Submitted by Jeff Lambert

Daylight saving time is a system of setting clocks ahead so that both sunrise and sunset occur at a later hour, producing an additional period of daylight in the evening. Clocks are usually set ahead one hour in the spring and set back to standard time in the fall. The correct adjustment is easily remembered by "spring forward, fall back." Prior to 2007, daylight saving time began at 2 am on the first Sunday of April and ended at 2 am on the last Sunday of October. Daylight saving is not observed in Hawaii and Arizona. Starting in 2007, daylight saving time will start on the second Sunday of March and will end on the first Sunday of November. The change was part of the Energy Policy Act of 2005 to promote energy conservation by starting daylight saving three weeks earlier and ending it one week later.

This change could have some implications for a range of electronics. For your computers, make sure you download any software updates from Microsoft. If you do not get automatic updates, go to the Microsoft website and manually download them.

If you have TiVo or DVR, you will be OK. TiVo reports that it sent an automatic software update to its digital video recorder customers last month that included a patch for daylight saving time. If you are a smart-phone customer, you need to update both the mobile device and the computer software that synchronizes it. Otherwise scheduled events will be off by an hour.

Users who carry a mobile phone running on any version of Windows Mobile other than Windows Mobile 6, you will have to download software updates to the devices from the Microsoft Web. You can either download the software to a PC and syncing via a cable or download the update directly onto the device from Microsoft's Web site. Some Palm devices run Windows Mobile, but for those running Garnet OS, formerly known as Palm OS, the update is available on the Palm website with instructions. All BlackBerry models will also need to be updated. Users can manually download the software patch or choose to manually adjust the time forward and back on the appropriate days to avoid the software update altogether.

WOMEN'S GROUP NOTES



On February 21, we bowled, we snacked and we socialized. What a great time for all who attended.

The March Women's Group meeting date will be announced shortly. Watch for further details.

WHAT'S IN A NAME?



Mrs. Jennifer Pettis

NICHAC...what in the world does that name mean? Well, if you haven't heard the story, here it is. NICHAC stands for "Now I Can Have A Cat." It was named after the first young lady to enter the newly created part of New Pathways back in 2000. She wanted her own apartment so she could keep the two kittens she had become attached to, and we didn't want her to leave the program because of the cats. So NICHAC was born!

"What if I don't want a cat?" you say? "What if I want a snake or a puppy...or no pets at all?" The beauty of NICHAC is that you have the freedom to make those choices once you move into your own apartment, as well as many others. You accept more financial responsibility and decision-making ability in exchange for less "in your business" monitoring from New Pathways. And if that's not incentive enough to move into NICHAC, consider the monetary benefits. New Pathways pays your security deposit (which may range from \$500 to \$1,000), and pays a portion of your rent, starting at \$400 per month and tapering down to \$100 per month by the time you turn 21. When the amount of rent we pay decreases, the remainder of the rent money (up to \$400) goes into your escrow account, so you still benefit financially. This is so that you gradually get used to paying more rent, and so it's not such a shock when you turn 21 and owe the entire amount each month!

There are of course some expectations we have of you before giving you the green light to move to NICHAC. First, you need to complete your life skills classes. If you're not sure how to accomplish that, see Mr. Jamal right away! Second, you need to save a minimum of \$750 in your OWN savings account (the money in your escrow does NOT count because we save that for you), and give your Case Manager a bank statement. Third, you must maintain consistent employment so that you have pay-stubs to give to a potential landlord. You need to make enough money to qualify for a lease in your own name. We can help you qualify by providing a letter stating how much we will financially assist you with the rent and stipends. Just ask your Case Manager for that letter. Finally, you need to have your high school diploma and be in good standing with your educational plan. This part is a requirement not only for New Pathways, but for you to remain in foster care. Once you're ready to move forward, Mr. Barry will take you out to look for apartments and get furniture estimates. After you move in, we throw you a housewarming party, and bring gifts and food to your new place!

New Pathways has created this wonderful opportunity for each and every one of you to take advantage of, and we rejoice in the success of every person who grabs this opportunity and runs with it!

"The Irish Blessing":



MAY THE ROAD RISE TO MEET YOU,
MAY THE WIND BE ALWAYS AT YOUR BACK
MAY THE SUN SHINE UPON YOUR FACE
THE RAINS FALL SOFT UPON YOUR FIELDS
AND, UNTIL WE MEET AGAIN,
MAY GOD HOLD YOU IN THE PALM OF HIS HAND

THE RECIPE CORNER CORNED BEEF AND CABBAGE

Originally "Corned Beef and Cabbage" was a traditional dish served for Easter Sunday Dinner in Ireland. Many people celebrated a Lenten fast by not eating meat. During this time beef would be packed in corn kernel-sized grains of salt and sometimes spices in order to cure. A great feast of Corn Beef and Cabbage would then be prepared on Easter to break the fast. Today "Corned Beef and Cabbage" is a popular dinner served throughout the country during the March to celebrate St. Patrick's Day (March 17).

Traditional Corned Beef and Cabbage

1 Corned Beef Brisket (2-3 lbs) with spice packet
10 Small Potatoes peeled and cut in half
5 Carrots peeled and quartered
1 Large Head of Cabbage cut in wedges

- Place corned beef in large pot and cover with water. Open the spice packet and pour into pot. Cover the pot with a lid and bring to a boil, then reduce to a simmer (simmer-cooking food slowly, just at or below a slow boil). Simmer for approximately 50 minutes per pound or until tender (tender-meat can be pulled apart with a fork).
- Add potatoes and carrots. Cook until tender (tender-vegetables are soft, but not swishy). Add cabbage and cook for 15 minutes.
- Remove meat from pot into serving dish. Cover with foil and set aside for 10-15 minutes. Place vegetables in a bowl and add broth (broth-liquid you cooked meat and vegetables in. Slice the beef on the diagonal against the grain (grain-opposite direction of the meat fibers).

NP NEWS MARCH 2007

T L A N D L O R D I P L O M A
E N H I S T O R Y S N I A R F
K C E H C E D U T I T T A E O
N F U M S E O T A T O P E S K
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ATTITUDECHECK
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BASKETBALL
BEHAVIOR
BLESSING
CORNEDEBEEF
CULTURE
DAYLIGHT
DIPLOMA
ENCOURAGEMENT
ETHIOPIAN
FREEDOM
HISTORY
INTERNET
LANDLORD
LAWS
MENTORING
NICHAC
POTATOES
RAINS
RENT
RIGHTS
ROASTED
SAVINGSBONDS
TANTRUMS
UPDATE
WIND

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
March 2007**

WOMEN'S HISTORY MONTH

3/3/2007 Men's Group-Basketball-Youth In Transition School Gym

3/8/2007 All Client Meeting & Movie Night

3/12/2007 Girl Scout 95th Birthday

3/17/2007 Men's Group-Basketball-Youth In Transition School Gym

3/17/2007 St. Patrick's Day

3/21/2007 Spring Begins

3/24/2007 Monthly Men's Group Outing (watch for further details)

3/31/2007 Men's Group-Basketball-Youth In Transition School Gym

4/12/2007 All Client Meeting & Movie Night

4/14/2007 Men's Group-Basketball-Youth In Transition School Gym

4/18/2007 Men's Group Meeting @ Reisterstown

4/21/2007 Men's Group-Basketball-Youth In Transition School Gym

8/25/2007 New Pathways Family Reunion

**ALL DATES SUBJECT TO CHANGE



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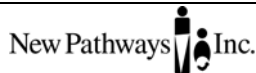
Staff

Kevin Keegan, Executive Director
Jeffrey Lambert, Associate Director
Lois M. Peach, Financial Director
Echo G. Hester, Administrative Assistant
Angel Lyles, Secretary
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
Carey Andrews, Case Manager
Ericka Morgan, Case Manager

Thadges Boone, Intern Case Manager/LSC
Levern Williams, Coordinator of Res Life
Vonzell Barker, Life Skills Counselor
Kenneth Barnes, Life Skills Counselor
Karen Brown, Sr. Life Skills Counselor
Jazmine Cryor, Life Skills Counselor
Cornell Dews, Life Skills Counselor
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
Christopher Sutton, Life Skills Counselor
Gloria Taylor, Life Skills Counselor
Alexander Watson, Life Skills Counselor
Daphney Williams, 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
Deanna Murray, Life Skills Counselor
Brenda Phelps, 2G Sr. Life Skills Counselor



**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.

NP News Staff

Echo G. Hester - Jeff Lambert – Ericka Morgan

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.