

## THINKING BACK: THE WAY IT USED TO BE Dontrell

When I came to the program in August of 2000, I thought that anything I wanted to do could be done as long as I follow certain rules. Curfew during the week was a pain but weekends were sweet. Life Skills Trainings (LST) used to get on my nerves but they were put in place to help me to move on to my next stage in life. The one thing Ms. Brenda always told me was, "Dontrell, you need to pay close attention when it comes to your LST because 21 will come sooner than you think". In the beginning I thought whatever, I already know this stuff. Trust me when I tell you, she wasn't lying. Now that I'm out on my own things are a lot different. As many trainings as I went to for Money Management, I never thought that I would have to budget. Fact of the matter is, New Pathways paid all the bills except my cable bill and gave me a bi-weekly stipend. At the time, I had a job and could buy whatever I wanted and didn't have to save money because by the time money got low, budget time was right around the corner.

When I left the program in March of 2003, I just knew that I was free. No more curfew violations, night staff, and no more LST's. With that newfound freedom that I thought I had, came a lot of responsibility that I never had to deal with. Paying rent and bills on time really hurt because all the shopping got cut short. I had to learn that it was time to buckle down and budget my money. I still had my papers from my LST that I never thought I would ever need again. Once I learned to budget my money and stop living outside of my means, I learned to save money. All the clothes, shoes, and jewelry meant nothing if I didn't have a roof over my head and food in my stomach. Learning to depend on yourself is something that will always take time but it can be done. Now I can save money, do the shopping thing when I feel like it, and still have all my needs met. The only thing that I regret was not taking the time to apply what I was taught in the program while in the program like saving money, budgeting, and time management. If I could go back and change anything I honestly wouldn't change a thing because if I didn't have these experiences, I wouldn't be the man that I am today.

Always remember one thing if you remember nothing else. There are going to be some things in your life that you will not always agree with but you can't change them. Just roll with the punches. If you fall, get back up, dust yourself off and try again. It may seem easy now, but just you wait, because the true test is going to come when you are no longer in New Pathways and you have to deal with the real world not the super sugarcoated version you are living now. Best advice, start saving now and get yourself prepared because if you do, then the transition will be easy and you'll be ahead of the game. It's when you don't prepare that you look back and wonder what the hell happened. Good luck and keep your head up for God will never put more on you than you can bear. The legend continues.

## UNTITLED By: LaGloria P

As I stand a black woman with pride  
Carrying out the dreams that my people had before they died  
The people who was slaves  
The people who fought and gave  
Everything including their life  
To make my future and others bright  
To be happy with who I am  
The color of my skin, hair, smile  
Not to be beaten down again and again  
To be able to go to school  
Be all I want to be  
Now reaching for your dreams is reality  
But it saddens to see my people these days going down  
To see my people going six feet in the ground  
Shooting and killing each other  
Parents and family consoling one another  
It seems like people lives has went to waste  
Just another terrible case  
If we our people don't have respect for ourselves  
No one will respect us in the end  
So remember what people went through so you can be here  
today  
And take in everything I had to say!

## WHEN I CRY... Kyeshia J

When I cry,  
I release these unknown feelings.  
When I cry,  
I talk to God and ask him for a mental healing.  
When I cry,  
I let go everything that bothering me  
When I cry,  
I want everyone to just let me be.  
When I cry,  
I think of all my hurt and pain.  
And I know that I never want to feel that again.  
When I cry,  
I think of everything that I've been through.  
And how I just can't let go and start over new.  
When I cry,  
It helps those thoughts of "wanting to die" subside.  
When I cry,  
I understand myself even if no one else does.  
When I cry,  
The pressure is gone,  
then I start to think, maybe my life can go on.  
So when you see me cry, before you keep walking,  
Just let me know that you're by my side  
And that'll help me to believe that everything's going to be alright,  
After I cry.

# EARTH DAY

Jeff Lambert

The 35<sup>th</sup> Annual Earth Day is coming up on Friday, April 22. Following are some facts about the earth to keep in mind this year.

- The population of the earth is 6.5 billion.
- The population of the United States is 295 million.
- (The difference: one million seconds equals 112 days. One billion seconds equals 312 years.)
- The average person in the United States consumes five times more energy than the average person in the rest of the world.
- If everyone in the world consumed resources like the average American, we would need four more planet Earths to meet the resource needs.
- Over 3 billion people in the world are under 25 years old. That's about 50% of the population.
- The number of people who do not have access to clean water is 1.2 billion.
- The average American uses 68 gallons of water per day.
- The number of people who lack access to sanitary facilities is 2.4 billion.
- Each year, three million people die worldwide of water related diseases.
- Worldwide, 20,000 people die of hunger related causes every day.
- Fourteen percent of people worldwide are hungry or malnourished.
- The amount of rainforest lost every second equals the size of one football field.
- About 5,000 species are being lost to extinction every year.
- The amount of paper used worldwide has triple in the past thirty years.
- It takes 1000 years to form one inch of topsoil.
- For every 100 people in the United States (men, women, and children) there are 74 cars.
- The average person in the world's richest countries lives to be 79 years old.
- The average person in the world's poorest countries lives to be 52 years old.
- Seventy percent of the world's poor are women.
- Each additional year of schooling beyond the 4<sup>th</sup> grade results in a 20% increase in wages for a woman.
- Sixteen percent of people worldwide lack adequate shelter.
- Eighteen percent of people worldwide live on less than \$1 per day.
- Forty-four percent of people worldwide live on less than \$2 per day.



## GET OUT DO GOOD

Volunteer Opportunities brought to you by  
VolunteerMatch.com

### Get Involved: *The Great American Clean Up*

Each spring, Keep America Beautiful sponsors "The Great American Clean Up," the nation's largest annual community involvement project. From March 1<sup>st</sup> through May 31<sup>st</sup>, millions of volunteers will join together to pick up litter; restore playgrounds, plant trees, and many other community beautifying activities. Since Keep America Beautiful is a National Nonprofit Partner of VolunteerMatch, visitors to the Keep America Beautiful website can access the VolunteerMatch network to search and sign up for volunteer opportunities at more than 500 Keep America Beautiful affiliates nationwide.

### Help "Keep America Beautiful" and lend a helping hand. Check out these fun opportunities!

Who: The Friends of Patterson Park

When: **Sat. April 9** 10am-12pm

What: Help clean up the park by gardening, mulching, and sidewalk edging. Tools provided, plan to get down and dirty!

Where: 27 S. Patterson Park Ave.

\*Contact Lesley Gardiner @ 410-276-3676

Also be sure to be a part of the Tree Planting process.

50 trees to be planted and FREE lunch! **Saturday April 23** from 10am-2pm [www.pattersonpark.com](http://www.pattersonpark.com)



Who: The Leon Day Foundation, Inc.

What: Assist with beautification process of community and park. No prior landscaping experience necessary. Have a love for gardening and the earth; don't mind hard work and getting dirty.

Where: 1200 N. Franklinton Road \*Contact Tonya Thomas 410-945-6258 or check out [www.leondayfoundation.org](http://www.leondayfoundation.org)

**THOUGHTS FROM  
Mr. Kevin**

I hope that everyone is as ready for the warm weather as I am. Just remember the school year is quickly coming to a close, so finish strong and don't let the nice weather distract you. For you high school seniors, please make sure you let us know if there are any things you need related to prom or graduation. We want to make sure you are able to participate in everything, so just make sure you communicate with us. As for the seniors, we will have a very nice graduation dinner coming up in June, so please plan to attend.

I would like to very quickly address one question that I regularly get that I thought I would answer here. The question is from a number of people who are doing everything they have to do, who get frustrated that there are some people in New Pathways "getting away" with not doing everything they are supposed to be doing. The simple answer is that they are not getting away with anything, and we are pushing everyone to do what they need to do. But the most significant thing for everyone to realize is that our goal is for everyone to be prepared to be self-sufficient when they turn 21. If people are not doing everything they should be, then they are only hurting their chances of success down the road. The fact is that consequences in this program are the "real-life" kind of consequences, as opposed to things that you have experienced in programs and foster homes for younger kids. If you are not taking advantage of everything this program has to offer, you are only hurting yourselves. Therefore, the answer to the people that are frustrated with this issue is that you will be more successful for all the hard work you are doing now, and that is all you should focus on. If you talk with any of our graduates, I believe that they will tell you this is true, so when we have our events feel free to talk with them and ask them this question. Lastly, I do believe that the youth in New Pathways can help each other, and if you see someone not achieving what she or she can, then maybe there is a way to push each other. It will not always be possible, but many times it will be. Take care and be safe.

**Congratulations**

Harold B and Niaeshia R were the winners of the March NP News Drawing. They each received a Blockbuster Gift Certificate.

**HAPPY BIRTHDAY**

New following people  
Shannel A on  
5<sup>th</sup>, and Miss Brenda...congratulations!



Pathways wishes the  
a very Happy Birthday:  
the 3<sup>rd</sup> and Michael Y on the

**Welcome  
Welcome**

Please welcome to Independence Plus Breon L, Eugene T, Domonique C, Latasha R, Corey F, and Ronald B.



**LETTERS TO MR. BOB**

Dear Mr. Bob:

I have a terrible time with taking tests! I really want to get into a good college, but my SAT scores are holding me back.

Help!

Dear Help!

Test taking takes many forms. Some are called quizzes, tests, mid-terms or finals. The bottom line is that a lot of people suffer from test anxiety. Experts say some anxiety is needed for each of us to do our best. There are many irrational factors that impact on test taking. Identify them and begin to eliminate them. Then focus on academic preparation, relaxation techniques, group studying and flash cards to mention a few of the rational ways to combat pre-test anxiety. There is help. Never give up or surrender to irrational intrusive test taking anxiety. Lastly, go on the internet and search for "test taking anxiety." Good luck. Please make an appointment with school advisor, guidance counselor as soon as possible so you don't lose time with your educational goals. Remember you are not alone with this problem. Let me know what happens.

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  
REMINDER!!!**

**Federal & State Tax Returns  
are due April 15**

**LET'S EXPLORE SPORTS  
EVENTING  
Mrs. Laura Fertig**

My daughter and I are involved in a sport that many people have not heard about. I thought I would share some information about eventing since this month's newsletter is about sports. As a little girl, my daughter begged me to take horseback riding lessons. She started riding horses at the age of six. Spending all that time at the farm, led me to start taking lessons myself. Three years ago we were fortunate enough to get a horse of our own. That led us into a whole new world that I previously never knew existed. My daughter was interested in showing our horse in eventing horse shows. I have learned a whole lot since then.

Eventing is an equestrian triathlon. It involves working the horse on flat ground and doing something called dressage. Dressage requires the rider to memorize a pattern in a ring and be scored by a judge. There is also cross country jumping which requires you to ride the horse through the fields and jump over or go through obstacles. The third phase is stadium jumping which requires the rider to take the horse over jumps in a ring. The scores from all three phases are used to award the winners. The sport was developed from tests of military riders.

At the highest levels of competition in the U.S. are riders who compete on the Olympic Three-Day Team. These riders are taking their horses over jumps about four feet high. It requires both the horse and rider to be in top physical condition. It is also the only Olympic sport where men and women compete together. This year's Rolex Three-Day Event will be televised on May 8<sup>th</sup> starting at 4:00 pm if you would like to check it out. Look for me in the crowd!

**SPECIAL EVENTS NEWS  
Submitted by Events Coordinator**

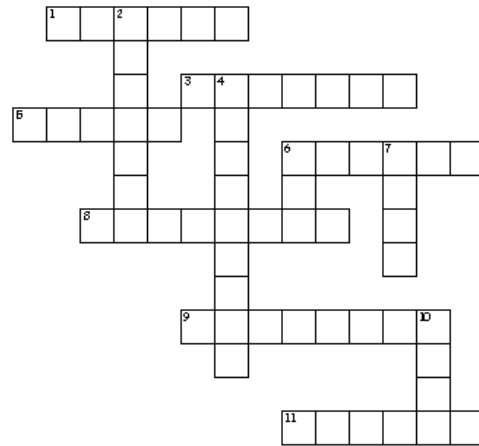
March Birthday Movie Night featuring Million Dollar Baby was a big success, thanks to the Senator.

April's Birthday Movie Night will be held on Wednesday April 6. Be sure to let your Case Manager know if you will be in attendance. If your birthday falls in April we would especially love to see you there.

St. Patrick's Day dinner at Ryan's Daughter was a great success! I was so pleased to see how many people attended this particular event. I had a real nice time with the staff and clients. I hope you all had as much fun as I did. The atmosphere was very warm and inviting, and made me feel like I was in an old, beautiful home, and the company made it that much more of an amazing event. To those of you that could not make it, I hope you will have an opportunity to join us next year. I think this should be an annual event, not only to celebrate St. Patrick's Day, but for all of us to sit down

as a family for a delicious meal and conversation. Tasha and Brandy tied for wearing the most green and were presented a \$15 Target gift card for their efforts. Shannel A. won the "Pot of Gold" candy contest with a guess of 95, the count being 97, and Mr. Kevin, Miss Tifani, and Mr. Jeff were surprised with a song and their own piece of "St. Patrick's Day" cheesecake! All in all, I loved this event, and thought everyone that attended really made it special. Thanks again for all that came and I hope we will be able to do it again every year!

**Baseball Crossword**



**Across**

1. Person who enforces the rules of the game
  3. There are usually nine of these in baseball
  5. A base hit
  6. Barry Bonds team
  8. What players wear on the field
  9. A high-scoring game
  11. Yards where the Oriole's play
- Down**
2. Popular snack vendors sell at the game
  4. Name of Washington, D.C.'s new baseball team
  6. Common treat found in a new deck of baseball cards
  7. Number of players on a team
  10. To let a pitch go without swinging

The first person to present Miss Tifani with the crossword puzzle completely and correctly filled out will win a prize. Good luck, and have fun!

## NP RECIPE OF THE MONTH HOT DOGS

2 of your favorite brand of Hot Dogs  
(or more if you are hungry)  
Hot Dog Rolls  
Pot of Water

Condiments: Ketchup, Mustard, Relish, Onions, Chili,  
Shredded Cheese, Chopped Black Olives, Chopped  
Peppers, Hot Mustard, etc.

Fill medium size pot  $\frac{3}{4}$  full of water. Boil the water.  
When the water is boiling, carefully drop the hot dogs in  
the water. Cook for up to five minutes (small hot dogs  
cook faster). Remove from water. Place in hot dog roll  
and top with condiments.

Suggested side dishes are potato chips and salad.  
Enjoy

## VOCATIONAL CORNER

From: Brenda Campbell  
Director of Training and Vocational Services

### *Training Alert*

Are you a high school student that has no clue what career path you wish to pursue? Or are you in college and not sure why you're doing what you're doing? You should come to the Selecting a Career presentation on **Wednesday, April 27<sup>th</sup>, 1:00pm at the New Pathways Main Office**. This training will provide you with skills to help select an appropriate career path that fits you. *Note: This class will be mandatory for some clients. You will receive notification from your case manager.*

### *Employment Opportunities*

**Reminder:** When at the Main Office remember to take a look at the job board to see who's hiring. Right now the following businesses are hiring:

- Baltimore City Police Department is looking to hire 911 Operators. Contact Baltimore City Department of Human Resources 201 E. Baltimore Street, 1<sup>st</sup> Floor, Baltimore, Md. 21202 (410) 396-3860 or call the job hotline (410) 545-3875. Must have high school diploma or GED and one year of experience with working with public.
- Shoe City is always hiring for Retail Associates, Fax resume to (410) 944-1665 or mail to Shoe City 1800 Woodlawn Drive, 21207, or email resume to [esco@shoecityonline.com](mailto:esco@shoecityonline.com)

- Sears is hiring at all Baltimore locations. Call Miss Brenda for specifics.

### *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

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.

## ATTENTION ALL CLIENTS NP NEWS CONTEST

Complete this coupon and return it to the main office for a drawing on Friday, April 22, at 12:00 pm. Only one entry per client. Coupon may be mailed to the main office Attention: NP News, given to your Case Manager or hand delivered to the main office.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

What article/articles did you like best in this issue of the NP News – Be specific

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## CALENDAR OF EVENTS April 2005

- 4/3/05 DAYLIGHT SAVINGS TIME BEGINS
- 4/5/05 LST Housing/Transportation – Ms. Daphney – 6 pm Walker Manor
- 4/5/05 LST Personal Hygiene – Mr. Jamal – Main Office
- 4/6/05 LST New Client Training – Mr. Jamal – 6 pm Main Office
- 4/6/05 **MOVIE NIGHT AT THE SENATOR**
- 4/12/05 LST Health – Mr. Jamal – 6 pm Main Office
- 4/12/05 LST Cooking Class – Ms. Daphney – 6 pm Walker Manor
- 4/13/05 LST HIV/AIDS – Mr. Jamal – 6 pm Main Office
- 4/13/05 LST Legal Services – Ms. Tonya/Mr. Arnold – 6 pm Reisterstown
- 4/14/05 LST Cooking Class – Ms. Tonya/Mr. Arnold – 6 pm Reisterstown
- 4/14/05 LST Employment – Mr. Sippio – 6 pm Walker Manor
- 4/18/05 Men's Group – Mr. Arnold – 6 pm Reisterstown
- 4/19/05 LST Cooking class – Ms. Tifani – 6 pm Walker Manor
- 4/19/05 LST Prejudice – Mr. Tom – Main Office
- 4/20/05 LST Personal Hygiene – Ms. Na'Imah – 6 pm Main Office
- 4/20/05 LST Cooking Class – Ms. Tonya/Mr. Arnold – 6 pm Reisterstown
- 4/21/05 LST Employment – Ms. Tia – 11 am Main Office
- 4/21/05 **WELCOME PARTY** 5 PM Main Office
- 4/22/05 **EARTH DAY**
- 4/26/05 LST Health – Ms. Tiffani – 6 pm Walker Manor
- 4/27/05 LST Health – Mr. Jamal – 5 pm Reisterstown
- 4/28/05 LST Employment – Ms. Tia – 11am Main Office
- 4/28/05 LST Employment – Ms. Tonya/Mr. Arnold – 6 pm Reisterstown

## 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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