



APRIL 2008 HOLIDAYS



By: Courtney L

April Fool's Day: The earliest that April Fools Day had begun was with Chaucer's story the Nun Priest's Tale (c1400) which concerns two fools and take's place "thirty days and two" which is April 1st.

Earth Day: In September 1969 at a conference in Seattle, Washington, US Senator Gaylord Nelson announced that in the spring of 1970 there would be a nationwide grassroots demonstration on the environment. April 22nd – Earth Day – marks the anniversary of the birth of the modern environmental movement in 1970.

Administrative Professionals Day aka: Secretary's Day: An unofficial holiday that is observed on the Wednesday of the last full week of April, to recognize the work of secretaries, administrative assistants, receptionist and other administrative support professions. This year it's celebrated on April 23rd.

Arbor Day: Established by J. Sterling Morton of Nebraska City, Nebraska in 1872. Mr. Morton first proposed Arbor Day as a tree planting holiday at the Nebraska State Board of Agriculture. On the first Arbor Day, April 10th, 1874, prizes were offered to countries and individuals for properly planting the largest number of trees. This year Arbor Day is celebrated on April 25th. The date differs via country.

Passover: A biblical mandated holiday in which Jews are commanded to recount the story of the Exodus to eat matzah and maro and to abstain from eating Charnetz. It is celebrated from the sunset of April 19 to sunset of April 26/April 27th.

EARTH DAY 2008 - WHAT IS EARTH DAY?

Submitted by Jeff Lambert
From Earth 911

Earth Day falls every year on April 22, in celebration of the importance of the environment and to encourage action. It was initiated in 1970 by Wisconsin Senator Gaylord Nelson, who started a "teach-in" to protest the government's environmental

ignorance. This eventually led to legislation including the **Environmental Policy Act** (1969), the **Clean Air Act** (1970), the **Clean Water Act** (1977) and **fuel efficiency standards** for automobiles.

Recycling is one of the *easiest* ways for people to take action on behalf of the environment. Recycling reduces the amount of waste in landfills, and prevents hazardous materials from leaking into our soil and water systems. Consider the following information:

- The average person generates 4.5 pounds of trash every day.
- The EPA estimates that 75 percent of solid waste is recyclable, while only about 30 percent is recycled.
- As of 2006, there were approximately 8,660 curbside recycling programs.
- An aluminum can is recycled and back on the grocery shelf to be purchased again in as little as 60 days; a glass bottle takes as little as 30 days.
- One gallon of improperly disposed motor oil can contaminate one million gallons of fresh water.

Earth Day Opportunities

Earth Day is a day to stop and think about your affect on the environment and what you can do to help protect it. One of the best ways to do that is by properly disposing of the products in your life. Here's how:

- Start a recycling program in your home, office or school.
- Shop for products made from recycled content.
- Recycle your obsolete electronics.
- Properly dispose of your household items.

AIN'T NOTHING MEAN ABOUT WATCHING YOUR GREEN - 3 HELPFUL HINTS IN MOVING TOWARD FINANCIAL STABILITY AND GROWTH Aaron Milton

Spring time is here and in addition to it being a season for cleaning and organizing of your household, this is also a great time to review your finances! At this point and time in your lives, it is integral that you begin saving and building a healthy credit score that will assist you when looking for those apartments and purchasing those vehicles. To assist in completing the goals you have set for yourself, I offer you three layman's rules to achieving financial success. Ready?

Don't bother saving if you have credit card debt. So you have a credit card with several hundred dollars charged on it. Or maybe two credit cards. Or, maybe three? In owing this money to Discover, Master Card, American Express, or Visa, you are hindering the ability to

increase your net worth and to actually begin healthily saving. Why you ask? All credit cards, unless they have a 0 % APR rate, require that you pay interest on the amount of money you have charged to your account with them. For example, if you have a credit card with a 15% rate and a \$150 balance, you technically now owe this company \$172.50 versus the \$150 you originally spent. There is no such thing as free money! For each month you have this credit card debt, you are paying Visa more and more money that you could be saving.

Special Note: Though credit cards can be detrimental, they can assist you in increasing your credit score. This will be further explored in a later article. For now, with my layman's experience to finance, I would recommend that you pay off all credit card debt before you start using a credit card to build a healthy credit score. No credit card debt? Start saving!!

Got rid of all that credit card debt and now find yourself with no money in the bank? Well, let's get some there! While with a credit card you are paying Discover or Master Card interest for lending you money, with a savings account, the bank is giving you money for allowing them to hold it for you! Make it a goal to save something weekly or biweekly, even if it's only \$10. Every dime saved makes a difference in the long run. Hold on to your money!

Okay, so now you have decreased or eliminated your credit card debt AND you have money saved in the bank. Doing good right?

Wait now. That new Madden game just came out. Or you need your hair done, or your friends want to go for a mani-pedi. Wait, Hot Topic and Foot Locker are having a sale?

Just because you have money in the bank does not mean you have to spend it! Save your money, people. You never know when you will have to pay an extra fee somewhere, or what kind of emergency situation might come up. Also, realistically, you never know what kind of deal you may see on some asset or event that really interests you. We often save money and quickly spend it without allowing the money to grow in our accounts. To assist in lowering your impulse purchases (you I-see-it-and-now-I-have-to-have-it people know who you are), you may want to consider opening up several savings accounts-one for long-term saving and one for short-term. Best of luck to you and your money!



Word of the Month
"Respect"
Sharnett Kelly

When defining some words I like to use other words for better understanding.

Respect - account, adoration, appreciation, approbation, awe, consideration, courtesy, deference, dignity, esteem, estimation, favor, fear, homage, honor, obeisance, ovation, recognition, regard, repute, reverence, testimonial, tribute, veneration, worship

Respect applies to taking care of oneself, others or the environment. It adds general reliability to social interactions. It enables people to work together in a complimentary fashion, instead of each person having to understand or even agree with each other every time. Respect is very important to communities because it helps people get along with other people. Respect is more than just being nice, but it applies to a person entire demeanor. Although you may speak respectfully that doesn't mean you are a respectful person. Do your actions match your words and or works? We've all heard the saying, "You don't have to like it but you have to respect it." Is this true and if so how do you respect something you don't like? A good way to demonstrate respect and consideration for others is first considering your self. How would you want to be treated or approached if that person was you? Treat people the way you would want to be treated.

But in order to fully understand respect for others, the environment etc., you must first truly respect yourself. Respect functions from the inside out. You have to totally respect everything you do and everything about you. You have to be confident and sure of yourself in order to respect yourself. Low self-esteem isn't respect, but self abuse. A person that is really respectful is a humble and wise person. If your not one who has these positive qualities, don't worry isn't not too late. Practice makes prefect.

TELEPHONE MANNERS



Lois Peach

I've heard a few complaints recently about some of our callers' telephone manners. When you call someone you should have a greeting such as "hello" or "hi" and identify yourself. We don't recognize all of your lovely voices. When the conversation is over let the other person know you are hanging up by saying "thank you and goodbye". Don't just hang up. When you answer your phone try to sound pleasant. Answer with "hello" not "yeah". The caller could be your future employer. Please be considerate when recording the message on your answering machine. If someone is trying to reach you with an emergency they shouldn't have to listen to a long, loud message.



PARENTING APRIL 2008
THINGS EVERY PARENT CAN DO
WITH A 14 MONTH OLD
By: Tiffany E

This is being written solely on my experience on being a mother. There are so many non-parents or even new parents who believe that you can't do anything with your baby, and that is far from true. Now, I am only going to list off a few of the things that I have picked up on my own, (meaning, not from any parenting magazine or instructor).

1. Take them to the park on a warm day and let them swing in the toddler swings.
2. Get on the floor with them. They love it when you are at their level. Play a game of tag (and try to let them win often, but not every time, its good to keep things a little challenging).
3. Play hide and seek. Make noise or call his name so that he has a better chance at finding you (keep in mind not to hide more than 15-20 feet away from your child, and it is more preferable to hide in a spot where you can see them, but they can't see you), such as the hall closet. Hide and seek should never be played in the bathroom or kitchen at this age.
4. Rough house with him (GENTLY). Let him climb all over you while you tickle him or gently toss him back down (only good for the bed or couches). Only the parents that know their own strength and have common sense should play this, if you are unsure of yourself, don't try this.
5. Reading colorful books, such as pop-up books is very entertaining for a 14 month old and educational, but beware that your child will more than likely take an interest in trying to rip out parts of the book and then proceed to promptly eat them.
6. Help them play with their food, take ready whip in the can and make a smiley face on their tray with it. You can add some color to this by using thin sliced bananas and fruit cocktail mix.
7. Make bath-time a fun-time. Add toys to their baths, (they also have bath water colors that change the color of the bathwater). Teach your baby how to splash in the water. Make tear free bubbles out of tear free baby body wash. Then make bubble beards and mustaches, to apply to yourself and your child.
8. Dance with your little sweetheart. Turn up your radio; pick that boy up off the floor or out of his crib and dance! My son loves to dance with me, plus its great exercise and bonding.
9. Peek-a-boo... they almost never get sick of that...hide your face or even your whole self behind a pillow or the couch and slowly peek at them, while they are looking at you, then immediately hide again (they love

it). Corners are good for this game too, peek around the corner standing up a couple of times, then drop to your knees and do it and they will love how you have just thrown them all off. My son looks at me like I'm some sort of genius every time.

There are so many more things to do with a child, but only a certain amount of allotted space for this article. Enjoy your child while they are little!



MENTORING PROGRAM
Courtney L

The Peer-to-Peer mentoring Program is up and rolling this spring. We have re-applied to Youth As Resources for another grant for spring 2008. A new motivational effort has been created. A mentor/mentee contact sheet is located at RS staff office, WM staff office and the main office. Mentors who meet with their mentees at least 4 times per month with mentor/mentee contact sheet verification will receive a \$25.00 gift card. We are proud to add another new client to our Core Committee Program. Please welcome Davon B.

The next mentor/mentee gathering will take place at the main office on Wednesday, April 9, 2008 at 5:00pm. A flyer will be made to confirm this activity. We now have matched 58 mentors with mentees. There are also 2 male/female matches.

YOUTH ADVOCACY PROGRAM

We are still recruiting for 5-7 youth who will participate in bi-weekly meetings whereby each youth verbally makes suggestions (advocates) for the other NPW's youth. Do you want to be heard by the NPW's staff and Board of Directions? Please do not miss this opportunity. Phone or stop by Mr. Tom Mumaw's desk or call him at 410-207-3481.

AFTERCARE

The aftercare program is up and running in 2008. Each graduate departing NPW's will be supported with a follow up face-to-face meeting within 60 days of graduation. A monthly support group is being formed to add support and direction to each graduating client as they transition into the real world of independent living. If any valued previous graduates of NPW's are interested please contact Mr. Tom at 410-464-2600 x103.

RECIPE SUGGESTIONS OF THE MONTH



The King's 3-Cheese Enchilada

www.cooksrecipes.com

Do you like Mexican Food? I do! This recipe shows you just how easy it is to make home cooked food for the non-chef in the house. Enjoy

2 cans (16 ounces each) refried beans
1 jar (24 ounces) prepared salsa, divided use
3 cups grated Cheddar, Monterey Jack and Mozzarella cheese, divided use
1/3 cup thinly sliced green onions
1/2 teaspoon ground cumin
12 (6-inch) four tortillas

- Combine beans, 1 cup salsa, 1-1/2 cups cheese, green onions and cumin in medium bowl.
- Spread 1 cup salsa onto bottom of 13x9-inch baking dish.
- Spoon a heaping 1/3 cup bean mixture down the center of each tortilla. Place tortillas, seam side down, on salsa. Top with remaining salsa and cheese.
- Bake at 350° F for 30 minutes or until thoroughly heated. Serve with sliced black olives, sliced green onions and sour cream, if desired.

Makes 6 servings

EARTH DAY RECIPE DIRT CUPS

Materials:

| | |
|-----------------------|---------------|
| Chocolate Pudding Mix | Milk |
| Oreo Cookies | Gummy Worms |
| Cool Whip | Cups |
| Spoons | Zip Lock Bags |

Directions:

Place the Oreo cookies into a Zip Lock bag and break them up by squeezing the bag.

Cover the bottom of the cups with the crumbled Oreos.

Combined pudding mix and milk to make your pudding, pour into cups; leaving 1/2 inch of space at the top. Refrigerate pudding until set.

Place a scoop of Cool Whip on top of each cup. Add crumbled Oreos to the top and garnish with a gummy worm.



LETTERS TO MR. BOB

Dear Mr. Bob:

I was asked to consider mentoring. Why would anyone do that for free?

Anti-Volunteer

Dear Anti-Volunteer:

Mentoring can open doors, not just for the mentee but for the mentor. Peer-to Peer mentoring is relatively new but is used in the workplace to help new clients adjust and prosper. Some of these relationships last for years. I strongly urge you to take a chance and try mentoring. You may be pleasantly surprised.

Good luck and let me know if you change your mind.

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

PENNY BANK



Dear Penny Bank:

How does Earth Day play into money?

Green

Dear Green:

It's simple, every time you purchase fast food, a bottle of water, buy/use paper or Styrofoam plates, cups, utensils and throw them in the trash you are contributing to global warming and throwing your money in the trash can.

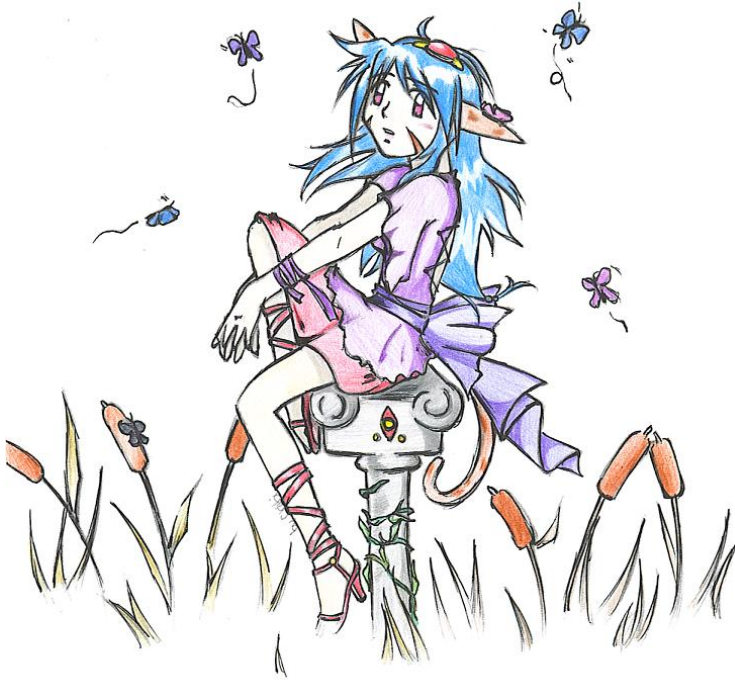
In other words every time you spend money on something you eat and throw away, you no longer have the money or anything to show for the money you spent. To be green, think about what you are spending your money on before you spend it.

Many people use credit cards to buy fast food/disposable items – this is the way the credit card companies stay in business and you stay in debt.

You buy something, throw it away and have nothing to show for your high charge card bill and you still have to pay them back. To be green – only buy stuff on charge that you will still have at least six months from now. I think you will find you spend less on disposable items and not contribute as much to global warming.

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.



Original Art by Stephanie W

“Happy Endings”

By: Stephanie W

A girl all about her happy endings
 Built her bookshelves
 Bought her fairy tales
 Won't ever let them fill with dust

A girl all about her bouquets of roses
 Dreams her dreams
 Night and day, Utopia
 Doesn't ever seem to wake up

A girl all about her sweeps off the feet
 Buys her perfect prince
 Pretty pennies gone,
 Doesn't seem to mind at all

A girl all about her played-out plotlines
 Where's the twist?
 She lives life knowing
 Her happy ending has come and gone

NP NEWS APRIL 2008

E I S A R N S E I K O O C S G
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APRIL

BOUGHT

COOKIES

DOORS

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FOOD

GENTLY

GOODBYE

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PROFESSIONS

RESPECT

WARMING

BOOKS

CONGRATULATIONS

DEAL

EARTH

ENDINGS

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GAYLORDNELSON

GLOBAL

GRADUATING

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MANNERS

PRODUCTS

RECYCLING

TELEPHONE

WORKPLACE

Sudoku

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Fill in the grid so that every row,
every column, and every 3 x 3 box
Contains the digits 1 through 9.

THE MESSAGE BOARD April 2008



**Congratulations to Nikeyra W
on the birth of Jayden (8 lb 1 oz)
on March 24, 2008 at 8:56 pm**



A big Happy April Birthday Dante J,
Duanita W, Shalise H, Tiffany M, Brittanee R,
Danielle W, Antonia R, Latoya R, Ms Brenda C,
Ms Kelly and Ms Angel.

“BIG UPS TO”



BIG UPS to Monique H recently accepted into the college
of her choice Bowie State University.

Shawn Robinson

BIG UPS to Duanita W for getting her driver's license!!

Aaron Milton

BIG UPS to Aaron T for gaining employment!

Aaron Milton

BIG UPS to Dante J on transitioning to NICHAC.

Aaron Milton

BIG UPS to Tania W for begin accepted to BCCC and
CCBC!!! Way to Go!!

Zea Forrest

BIG UPS to Duanita for obtaining her Maryland State
Driver's License. CONGRATULATIONS!

Nathan A. Toth

BIG UPS to my new partner, Ms Sharnett, on her
promotion to Life Skills Trainer, CONGRATULATIONS.

Nathan A. Toth

BIG UPS to Duanita W for working hard and getting her
Driver's license. Keep up the good work. Ps: Now you
can get a car so we can go shopping.

Tyrell P

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.

CLIENT OF THE MONTH PROGRAM CONGRATULATIONS TO:



**CLOSE BUT NO PRIZE THIS MONTH
CONGRATULATIONS TO
DAVON B
TYRELL P
ANGENETTE G
KEEP ATTENDING**

DHR mandates that all clients attend 5 hours of LS
training per week. In an effort to improve attendance to
Life Skills classes, this incentive program was created to
help motivate students.

1. At the end of each month, for each site, the client who
attends 5 classes/week (at least 20 classes/month) will be
named the client of the month. Each client of the month
will receive a gift card to a local business.

2. Clients who are named Client of the Month for 3 months
will be eligible for the grand prize. The grand prize is a
choice between spa treatments worth \$75 and a \$75 gift
card to Best Buy.

3. In the event of a tie, client compliance will be taken into
consideration and names will be drawn from a hat.

4. If no clients at a given location attend the minimum 5
classes/week (at least 20 classes for the month), no prize
will be awarded for that location for the month.

5. Winners will be announced in the NP newsletter and
acknowledged at All Client meeting the following month.

NP News Staff
Echo G. Hester - Jeff Lambert
Brenda Campbell – Angel Lyles

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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Staff

- Jeffrey Lambert, Acting Executive Director**
Lois M. Peach, Financial Director
Echo G. Hester, Administrative Assistant
Angel Lyles, Secretary
Barry Smith, Safety & Operations Coordinator
Angela Womack, Housekeeper
Michael Stokes, Facilities Manager
Thomas Mumaw-Mentoring Coordinator
Brenda Campbell, Dir of Training & Voc Svs.
Sheena Marie Hill, LS Crdtr/Parenting Trnr.
Sharnett Kelly, LSC Trainer
Gregg Palmer, Residential Coordinator
- Independence Plus**
Jennifer Johnson Pettis, Program Director
Christine Adams, Case Manager
Aaron Milton, Case Manager
Ericka Morgan, Case Manager
Shawn Robinson, Case Manager
Dara Alper, Intern Case Manager
Kenneth Barnes, Life Skills Counselor
Karen Brown, Sr. Life Skills Counselor
Mark Brown, Life Skills Counselor
Cornell Dews, Life Skills Counselor
Kelly Ellerbe, Life Skills Counselor
George Hairston, Life Skills Counselor
Yolanda Hawkes, Life Skills Counselor
Darrick Holland, Life Skills Counselor
Lisa Pringle, Life Skills Counselor
James Sippio, Sr. Life Skills Counselor
Gloria Taylor, Life Skills Counselor
Nathan Toth, Life Skills Counselor
Annie Wellington, Life Skills Counselor
Daphney Williams, Life Skills Counselor
Deborah Young, Life Skills Counselor
- Second Generations**
Zea Forrest, 2G Case Manager
Makda Belay, 2G Life Skills Counselor
Tonya Cook, Life Skills Counselor
Tia Dickson, Life Skills Counselor
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.

CALENDAR OF EVENTS & HOLIDAYS



APRIL 2008

- 4/10/2008 All Client MANDATORY Meeting
 4/15/2008 Staff Luncheon & Training
 4/23/2008 Administrative Professionals Day
 4/22/2008 Earth Day (Make a difference create a new habit, pick up at least one piece of litter and put it in the trash everyday)
 4/25/2008 Arbor Day

****ALL DATES SUBJECT TO CHANGE**



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