



New Pathways Celebrates the Inauguration of the 44th President of the United States By: Brenda S. Campbell

“I stand here today humbled by the task before us, grateful for the trust you have bestowed, mindful of the sacrifices borne by our ancestors.” This is the first sentence of the Inaugural address delivered by Barack Obama when he addressed the country as our newly elected president on January 20, 2009. In the tradition of his speech which addressed family, foundation, and history – The New Pathways family, young and old, got together to celebrate this momentous occasion.

The celebration started with all of the staff and clients meeting at the Main Office to view the inauguration on a video feed. Unfortunately Mr. Jeff and a slew of other staff could not get the feed to work. So we all gathered ourselves up and walked to the Senator Theatre to view the inauguration on the big movie screen.

What a great experience. While some of us had to stand in the isle of the theatre or in the back of the theatre – we all had a birds eye view at the screen. We had the quintessential American experience. We were able to stand side by side with our neighbors of different ethnicities and racial background and experience this history making event.

In the words of Jenea, who viewed this event with her son, Ty’Juan, “this is beautiful.” Jenea, who was bedecked in her Michelle Obama pearls was elated about this day. She was not alone. Approximately twenty-five young people attended our celebration which ended with a late lunch and conversation at the Main Office. In the words of our 44th President of the United States, Barack Obama, “On this day, we gather because we have chosen hope over fear, unity of purpose over conflict and discord.” This is indeed the spirit that was shared by all of the New Pathways family that day.

SNOW TUBING



Nakita H

This is my first month here at New Pathways and I am loving it. The day that we went snow tubing was so fun. With all the youth that I met and also some of the staff. When we got to our destination it was so cold; I tried to dress cute and

froze my butt off. The first thing we hit up was the tubing. I tried to be smart and go up first which was a big mistake. By the time I went down the hill and got to the first hump I was done. I fell out of the tube not even halfway down the hill. I was so embarrassed but I didn’t care because it was so fun.

Later we ate and then I got on the roller coaster which was even more fun. This trip I will never forget. It was the funniest and best thing I have done in this program.

MY TYLER PERRY EXPERIENCE



Tiffany E

When I was told that I would be going to a Play, I was very excited. Tyler Perry always has a meaning in his shows. So I was wondering what message I could get from a play called “The Marriage Counselor”, when I’m not even married. Well there was this one message I got and I learned it from the play. No matter how bad you want material things in a relationship, love is always better. There was a young lady who had problems in her relationship with her man always working. Never seeming to have time to spend with her or go any where. So she runs into an old friend where the grass seems to be greener on his side only to find out he had Aids and he was not the right one.

DELAWARE SHOPPING TRIP



Tiffany S.

My time on the trip to Delaware I enjoyed so much. Me and my daughter had the opportunity to go to many different stores. We had never been to a place with a large variety of stores at once. The store had big selection's to choose from, and plus we loved that it was tax free, that was the best part. My 2yr. daughter really enjoyed herself; also seeing new places and new people is a really good thing for kids. While we were down there me and a couple of New Pathways clients all went to eat at IHOP and the food there was so good. I’m really glad that I had the opportunity to go to Delaware. Thank you New Pathways.

Tiffany E.

On March 28, 2009 my New Pathways family took us to Delaware. It was a three hour ride, but we rode on a nice coach bus. I’m pregnant so the bathroom on the bus came in handy. I would probably count about 10 times that I used the bathroom. The bathroom was clean, and did not smell.

The weather was rainy and cold, but I guess no one really worried about the weather. We had free money that we all were trying to spend. There were so many outlets the first one we went to was very expensive. And besides I was looking for some clothes for my son. They did not have too many clothes for an infant, so I was a little upset. The staff said we were going down the street to another outlet. Boy was I happy when I started seeing clothing stores I usually shop at such as: Old Navy, Journeys, The Children's Place and more. I think I was more excited because I was able to get what I came for at an affordable price. I was able to get him 6 outfits and me one shirt and guess what? I brought home most of my money.

THOUGHTS FROM MR. MARK

At our All Client Meeting on April 2nd, I talked about some of the changes in our program design and philosophy.

On the program side, we are trying to simplify our rules and expectations for all the clients who come to New Pathways. We expect all the clients who are admitted to New Pathways to make 5 commitments:

- 1) Complete your education
- 2) Maintain employment
- 3) Complete all your Life Skills classes
- 4) Personal Growth (i.e., complete medical, dental, and vision exams and if indicated, participate in therapy and/or drug treatment).
- 5) Follow the rules of New Pathways and obey your apartment lease.

The rules of New Pathways are also pretty simple:

- 1) Obey your curfew
- 2) Follow the guest policy and
- 3) Obey the law (i.e., no illegal activities)

Additionally if you are a parent, you should commit to providing proper nurturing, support, guidance and care for your child. If you are able to keep your commitments, you will have no problems graduating from New Pathways. More importantly, you will have a good foundation of skills, knowledge, and money saved that you can use, when you leave New Pathways.

In order to make our philosophy and program changes successful we are asking for clients to participate with staff on 6 committees that are tasked with developing the guidelines for:

- 1) Initial Service Plans
- 2) Stipends
- 3) Progressive Discipline
- 4) Pregnancy Prevention
- 5) Standards and Expectations and
- 6) Transition Plans and 30-day Assessments.

Please contact your Case Manager if you would like to participate on any of these committees. We need your input to make New Pathways the best possible program it can be.

NO CHILD LEFT INSIDE
From Earth Day Network
Submitted by Jeff Lambert

At a time when our nation is grappling with complicated environmental issues it is more critical than ever that U.S. schools provide students with environmental education. By engaging students in environmental education both in and out of the classroom, we empower them with the skills, knowledge and resources necessary to ensure a healthy future for our children and our planet.



As Richard Louv argues in his book “Last Child in the Woods”, most of our children suffer from “Nature Deficit Disorder.” They spend most of their time indoors and their recreational activities are often sedentary ones, which lead to health problems such as obesity and Vitamin D deficiency. Additionally, kids who grow up in contact with nature, and who are taught the value of preserving our ecosystems are more likely to become the environmental leaders of the 21st century.

Earth Day Network is a globally recognized leader in the field of environmental education. They have partnered with the U.S. Green Building Council (USGBC) and The Clinton Foundation to green all of America’s K-12 schools within a generation.

In order to achieve the goal of ensuring environmental education for all students in the U.S., federal funding and support are needed. The No Child Left Inside Act will help improve schools’ ability to offer high-quality lessons about the environment. It will provide states with critically needed support to train teachers, develop scientifically grounded programs, and create plans to ensure that students are environmentally literate.

On September 18th the House of Representatives passed the NCLI Act with strong bipartisan support. The next step is for it to pass the Senate.

**IT AIN'T EASY BEING GREEN-
 SPRINGTIME NUTRITION EDITION**



Aaron Milton

It’s finally Spring! At a time when the frost of winter finally falters and the sun reasserts its dominance, we are usually encouraged to focus on cleaning up our houses. Though having a tidy apartment is important (and necessary to operate as your most functional self!), most of us could also stand to spend time cleaning up our eating habits.

It is usually easier and sometimes cheaper to eat fast food or snack foods, but they eventually take a toll on our health, energy level, and emotional stability. Dr. Robert Thayer, a professor of psychology at California State University at Long Beach, reinforces that fast foods “shift to increase tension and reduce energy.” So often times, when we grab something quick to alleviate the hunger that we think will make us irritable and reduce our productivity, we often times contribute to our irritability and discomfort. Nutritionist and speaker for the National Association of Nutrition Professionals, Trudy Scott, reports that the food colorings and preservatives often present in our chips, drinks, and other snacks can increase our anxiety levels. And as the old adage of the mental health field says, “often where you have anxiety you have the high potential for depression, and vice versa.” Why would we want to allow our foods to hurt us when they are suppose to help?

To assist in improving your nutrition and eating habits, I wanted to give the following tips. By no means did I create these myself. These are just some things that I have found to be helpful and worthwhile.

Don't Hate the Veggies, Hate the Game

Okay, I admit that doesn't really make sense, but don't hate vegetables! We all know why most people avoid vegetables – Because they think they're nasty. Yes, I said it. Initially, they just don't seem very appetizing. They can be gritty and lacking in flavor. Many of us avoid them whenever possible, especially when we take on full control of what we eat and when we eat. I don't have to tell you how good vegetables are for the body and what they can do for you because you most likely know this already.



So what exactly can you do to make vegetables more edible? **Try disguising them.** If you like spaghetti, buy some mushrooms (usually about \$2.00 for a sliced pack at Giants) and a green pepper to mix into the sauce and you have partially taken care of your nutritional need for the day. Like eggs? Make a very filling omelet by adding green pepper, mushrooms, and diced tomato – or any other vegetable you find tasty. Put in some cheese and seasonings likes pepper, salt, and a little hot sauce and you have a pretty good dish.

Eat More of Nature's Dessert – Fruits!

People find fruit to be a little more edible than vegetables, but often would still put them down if a bag of French fries came along. To make fruits more interesting and to spark your desire, **try experimenting with buying and actually eating different types.** Most people wouldn't mind an apple or orange now and then, but what about a pomegranate? Or some blueberries or blackberries? How about a pineapple? Most of these can be intimidating since some fruits have hard shells or require being cut in a certain manner. Or maybe they just won't be good. Don't be afraid to experiment! If you miscut it, so what. Trust me, you can still find some way to eat it and it will be just as good. What if it really is nasty? Well, give it to a friend. And if you're stingy, mix small amounts of it in cereal.

If you are reintegrating fruits and vegetables into your diet, take it slow by eating 1 or 2 a day. There is no need to try to stuff yourself right up front since this will probably scare you aware. Take your time and adjust.

Get to Know Yourself Better

In a book I'm currently reading “Naturally Thin”, it is recommended that you get to know yourself. We all eat differently on different days and we all do things differently. What I need may not necessarily be what you need. Try to determine how many meals you need a day and what you need to eat daily by observing how you feel over a week or so. Often times we just eat and don't think about what we're eating or exactly what it is doing for us. And don't forget to moderate your eating! When you're full, just stop. There will be more.

Here are a few places that sell healthy food that actually tastes good (yeah, it's possible) here in the city at a reasonable price. Good luck and have a good spring!

-Trader Joe's

*Really inexpensive food with many things that aren't carried in regular grocery stores. Located under the Barnes & Nobles at Towson Mall.
1 East Joppa Road
Towson, MD 21286
(410) 296-9851

-Waverly Farmers Market/32nd Street Farmers Market

*Fresh baked goods, desserts, nuts, and local fruits and vegetables. Local fruits and vegetables are better since they are in season and fresher.
Every Saturday 7am-12pm
Next to the 7-11 on 33rd, at 33rd and E. University Parkway.
(410) 889-6388

-Park Heights Community Farmers Market

*Starts from June 11th-December 17th
Wednesdays 9:30am-2:30pm
5201 Park Heights Avenue (Pimlico Race Court Park Lot)
(410) 542-8190



LETTERS TO MR. BOB

Dear Mr. Bob:

I'm still a bit “bummed out” from the gray cold winter. Can you help me put a positive twist for early spring?
Bummed Out

Dear Bummed Out:

Imagine a meditation that you are a seed in the earth with some recent rain water fertilizing you and allowing the earliest signs of growth. You slowly break through the soil and begin to reach towards the warming sun & sky.

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



Word of the Month
PURSUIT
Sharnett Kelly

Pursuit - line of work requiring academic or practical preparation

There are so many things people pursue in life. People pursue art, avocation, business, calling, career, chosen work, concern, craft, employment, engagement, field, lifework, line of work, occupation, office, position, post, role, service, situation, specialty, trade, vocation. People pursue such things for many reasons. But one thing is for sure no matter what is being pursued five character qualities will be needed in order to be successful.

#1 **Determination** – “Nothing in the world can take the place of persistence. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education alone will not; the world is full of educated derelicts. Persistence and determination alone are omnipotent. The slogan "press on" has solved and always will solve the problems of the human race.”

#2 **Dedication** – “Those who attain any excellence commonly spend life in one pursuit; for excellence is not often granted upon easier terms.”

#3 **Commitment** – “There's a difference between interest and **commitment**. When you're interested in doing something, you do it only when circumstance permit. When you're committed to something, you accept no excuses, only results.”

#4 **Patience** – “Patience is waiting. Not passively waiting. That is laziness. But to keep going when the going is hard and slow - that is patience.”

#5 **The Willingness to Sacrifice** – “Dreams do come true, if we only wish hard enough. You can have anything in life if you will **sacrifice** everything else for it.”

Whatever you decide to do, make sure it's really what you want to do and is a reachable goal or else it's your pursuit will be pointless.

FINANCIAL TIP OF THE MONTH



Dear Penny Bank:

I have negative balances with banks and therefore cannot open bank accounts at other banks. Can you offer advice on what I can do when my accounts are in the negative and what the consequences are if I ignore the negative balances?

Fess Up

Dear Fess Up:

Yuck – you not only have negative balances, but probably have nothing to show for the money you owe, along with bank fees adding up everyday and you are establishing bad credit before you are even living on your own.

The good news

- ✓ If you stop spending money you don't have (credit cards, ATM cards, etc.), you will not make the problem worse than it is.
- ✓ If you use cash to make purchases, you will not overdraw your ATM card/checking account
- ✓ **You have the power** to control your financial future and build wealth

How to Resolve the Problem:

- ✓ Sit down with paper, pencil, bank records, computer, work stubs, etc. – basically all your financial information.
- ✓ List on a piece of paper your income on one side and your expenses/debts/bills you owe on the other side – be honest with yourself, if you owe money write down everything.
- ✓ Decide whether or not you are mature enough to handle adult financial responsibilities
- ✓ If so, make a plan to pay off your debt - at the same time, make an immediate plan to begin a savings plan. **YOU CAN GET OUT OF DEBT AND SAVE AT THE SAME TIME!**
- ✓ **USE YOUR RESOURCES!** There are Life Skills Classes to help you, Ms Echo and Ms Lois.

The bad News:

- ✓ Debt does not go away. If you do not address it today, it will be worse tomorrow.
- ✓ If you got yourself into a mess and don't feel you are responsible enough to fix it, contact your case manager immediately for help.

Either way, I wish you success and wealth.

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.

THE MESSAGE BOARD

April May June 2009



A Big Happy April Birthday Amber R-V, Tiffany M, Latoya R, Andrea S, Duanita W, Natasha W, Jewel P, Shalise H., Ms Jess, Ms Brenda C, Ms Kelly, Mr. Raymond, Ms Angel.

A Big Happy May Birthday Xavier D, Darren R, Jermerriah T. and Ms Sharnett

A Big Happy June Birthday Michael A, Terrone B, Nakita H, Lauren M. Ms Betty, Ms Angela.

“BIG UPS TO”



BIG UPS to Jermerriah T. for completing orientation in less than one month.

Ericka Morgan

BIG UPS to Latrice H. for finishing life skills orientation in 2.5 weeks!

Carey Andrews

BIG UPS to Tania W. for having the most consistently clean apartment!

Carey Andrews

BIG UPS to Jelana P. and Ashley K, for moving up a level in their GED programs!

Carey Andrews

BIG UPS Tiffany E. had a goal to complete all Life Skills classes before having her baby and this goal was met on March, 26th.

Sharnett M. Kelly

BIG UPS I would like to give kudos to Tiffany E, and Tiffany S. and all the other Young People who work the front desk GOOD JOB AND KEEP UP THE GOOD WORK.

Lisa Pringle

BIG UPS Big Ups to Stephanie W. for completing all of her life skills classes and a few projects. I'm sure she feels good to be almost done. Great job!!!

Ericka Morgan

BIG UPS to Michael A. for transitioning to NICHAC!

Shawn Robinson

Big Ups to Elaina M. for making Department Manager at her Job!

Shawn Robinson

BIG UPS to Jamal C. for successfully aging out of New Pathways!!! I wish you continued success.

Christine Adams

BIG UPS to Tiffany M. for completing her Life Skills Classes!!! Enjoy spending that \$100.

Christine Adams

BIG UPS to Monique C for transitioning to NICHAC!!! I am confident that you will do well. Can't wait to see what you've done with the place.

Christine Adams

BIG UPS to Amy R on her new job!!!

Christine Adams

BIG UPS to Eugene M for his excellent progress in school. Keep up the great work!!!

Christine Adams

BIG UPS & Congrats to Duanita W. on her transition to NICHAC!

Aaron Milton

BIG UPS & Congrats to Darren R. for completing orientation!

Aaron Milton

BIG UPS & Congrats to Nathan M. for being this years MARFY nominee!

Aaron Milton

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.



A warm New Pathways welcome to our new staff: Lauren C. Greenwald, LCSW-C. Ms. Lauren will be the new Director of Second Generations and East Side Programs. Please introduce yourself and welcome Ms. Lauren to New Pathways.

NP News Staff

Echo G. Hester – Mark Mittelman

Jessica Reed – Angel Lyles

The New Pathways News is a quarterly 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 edition.

A special thank you to all clients and staff, who contribute and make the NP News possible.

NP Word Search AMJ

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

ANCESTORS	BEAUTIFUL
BLACKBERRIES	CHANGE
CLEANING	DESTINATION
DISCHARGE	DOMINANCE
ECONOMICALLY	EDUCATION
EMPLOYMENT	ENVIRONMENTAL
FEDERAL	FROZE
IHOP	INAUGURATION
MARRIAGE	MOVING
NUTRITION	NUTS
PINEAPPLE	PREVENTION
SMELL	SOIL
TUBING	VEGGIES
VOCATION	

Sudoku

	2	7			5	1		
							5	4
	4				6	7		9
7			6	1		3	8	2
2	6	4		9	3			7
4		5	1				9	
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		8	2			4	7	

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UPCOMING EVENTS & HOLIDAYS CALENDAR



- 4/2/2009 – All Client Meeting
 - 4/4/2009 – The Maryland Zoo (SG Clients & Babies)
 - 4/12/2009 Easter Sunday
 - 4/16/2009 – Women’s Group
 - 4/22/2009 Administrative Professionals Day
 - 4/22/2009 Earth Day
 - 5/2009 – APOLLO
 - 5/10/2009 Mothers Day
 - 5/21/2009 – Women’s Group
 - 5/25/2009 Memorial Day Holiday Observed –
Belvedere Square Office Closed
 - 6/2009 – Graduation Celebration
 - 6/14/2009 Flag Day
 - 6/18/2009 Women’s Group
 - 6/21/2009 Father’s Day
 - 7/9/2009 – All Client Meeting
 - 9/12/2009 – Annual Picnic Reunion
 - 10/8/2009 – All Client Meeting
 - 11/26/2009 – Thanksgiving at Golden Corral
 - 12/16/2009 Holliday Celebration
- **ALL DATES SUBJECT TO CHANGE**



**PEER-TO-PEER
MENTORING PROGRAM**

The Mentoring Gathering is scheduled for 4/22/09 at 5:00 pm in the large conference room at 5:00pm. There will be several trained mentors looking for mentor/mentee matches. There will be food & beverages as well as activities to promote mentor/mentee growth. Please contact Mr. Tom to reserve a space.

Mr. Thomas A. Mumaw
Mentoring Coordinator
410-464-2600 x103 office

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 Directors? Please do not miss this opportunity. Phone or stop by Mr. Tom desk or call him at 410-464-2600 x103.

AFTERCARE

The Aftercare Program is being coordinated by Mr. Tom Mumaw who receives a copy of each client discharge. The expectation is to obtain face-to-face contact within 60 days of discharge.

NPW's plans to explore other needs for the aftercare program so we can expand aftercare services within the year. If you have questions or suggestions, please call Mr. Tom at 410-464-2600 X103.



THE WOMEN'S GROUP
Christine Adams
Lisa Pringle

The Woman's Group is on the rise. In February the Ladies enjoyed an evening out @ Morgan State Fine Art Center to see a Tyler Perry play, The Marriage Counselor. It was awesome, in March we welcomed Ms. Mothyna James from Turn Around Inc. she did a presentation on Healthy Relationships, that we all enjoyed. Ladies please look forward to our up coming events. And as always thank you for your participation. Ms. Lisa (co-chair).



**PARENTING
SPRING TIME SAFETY**
Marie Pippins

It is clear that spring has arrived and there are new things to consider when it comes to making the transition a healthy and exciting one for kids. Be sure to conduct basic change of the season safety checks such as changing smoke detector batteries, cleaning out old toys and checking the expiration dates on all medications. This is a perfect time to update any baby-proofing that your home requires in order meeting the changing needs of your child.

There is also the fun task of cleaning out clothes and making sure you are prepared with lighter, clothes for spring and summer, which can be layered. Spring is the perfect time to make sure that car seats are safely installed. You can go to your local fire department or call Kids in Safety Seats for an individual tutorial on proper installation. Also, make sure that you and your child wear sunscreen every day on all exposed skin and that your child always wears a brimmed hat when it is sunny.

Most likely, you and your child have been cooped up all winter and are ready for some outdoor activities. Play and running around outside actually help children listen better to their parents, since they get a chance to get out some extra energy. The park is a great, free option, but even a nature walk to collect or observe spring changes are fun for kids of all ages. Taking time to walk after dinner or on weekend days is a great opportunity for quality time as well as exercise for you both!

**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.



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