

GRADUATE NEWS



Congratulations to Carrieann for graduating and receiving a Certificate of Merit from the Civic Works Program. Keep up the good work!

HOME

By: Domonique

I guess you're wondering why I'm angry inside
As you know,
 losing my daughter totally destroyed my mind.
I thought I could move on and earn back my respects
But my heart causes me to get angry,
 which leaves me with bad effects.
I'm looking for love, acceptance, and support
But every time I build the courage,
 you know that battleship, I get aboard.
My journey of struggle is my passion,
 and I do have goals to achieve
But reality seems to be way more
 than I imagined it to be.
I remember you mentioned a spiritual warfare
My mind takes me somewhere different,
 but my heart doesn't want me there.
I do not want to portray who you see me as;
 or who you think I am.
I'm not asking for your sympathy,
 I'm asking for your wisdom and helping hand.
I'm reaching out *now* for all your help;
 I'm hoping you say you can.
I'm really like daisies you see,
 and the sweet taste of honey.
Love is what I'm longing for; not the value of money.
It is okay for me to cry,
 but sometimes it just won't come out.
I want to show you who I *really* am
 and what I'm all about.
I understand what my mouth has brought me to,
But this is not only about a home to have;
 it is also about me and you.

PLANT YOUR SEEDS & WATCH THEM GROW

By: Gloria Taylor

Spring is a time for renewal and fresh starts. As Mother Nature rebounds from the icy and cold winter months there are new buds on the trees and bushes. Just like Mother Nature is preparing for new life, this is the perfect opportunity for humanity to take inventory of life as a whole and prepare to plant new seedlings in the scheme of life. This new life can include BUT not excluded to, taking courses at a Community College, taking Self Enrichment Courses, getting in tune with long term life goals and putting them in motion.

Cleaning out one's personal closet is also a worthwhile endeavor. If you had a disagreement with a friend or close relative take the time to make amends and patch up differences. Spring is the perfect time to start a new beginning and let old disputes and arguments go by the wayside.

HAPPY BIRTHDAY & WELCOME

New
people a very
Toshuna H,
Mr. Al



Pathways wishes the following
Happy Birthday: Lynn,
Jaquesha B, Miss Laura and
...congratulations!

New Pathways, Inc. would also like to extend a warm welcome to Danelle R.

KNOWING YOUR DESTINY

By: Miss Tifani Davids

One of my Mother's favorite stories to tell me, and everyone else who will listen is how famous I was for wandering off in public places. We could be at a mall, a County Fair, the grocery store; anywhere you would be afraid to lose your three year old. Over time, she figured out all she had to do to find me was to look for someone who was pushing a stroller. There I would be playing with some unsuspecting stranger's baby. I really should have been put on a leash. I could be anywhere, and if there was a baby anywhere within earshot, or eyes' view, I found it my duty to go say "hello" to the small child. I was told when my little brother was born, I would not let anyone near him, and I thought he was *my* child.

As I got older and my cousin was born, once again, I claimed her as my own; still do. Growing up, and even today, I could go to any party and if there were children or babies there, I would ignore the adults, hold the babies and play with the children. It has always been my comfort zone. I think children are intelligent, interesting, and do not receive even half the credit they deserve. I am constantly teased at the fact that I have no patience, yet I insist on always being around babies, kids, and young people.

While I do believe it is true when it comes to adults, I have little patience for their shortcomings, when it comes to those who have not yet had a full chance to grow into their own; I give them ample room to err. I just think they need space to learn and wisdom to grow, and a patient adult to allow them to do that. As I look back on my life and all that I have seen, lived through, gone without, I feel blessed. If I had not had these things in my life, I would not be who I am today.

It has been said that what ever your passion was as a child, this initially becomes your calling in life. I truly believe that. The real challenge is acknowledging what your passion is. A wise man once told me (my Grandfather) if you want to be happy in your career, don't go for the job with the biggest paycheck, *learn what it is you would do for free and figure out a way to get someone to pay you to do it.* I have kept that in my heart for as long as I can remember. In my eyes in order to be truly successful in life, you must follow your heart, make a difference in someone's life, and be true to yourself.

True success is not measured by the amount of pennies in the bottom of your purse; it is what you believe to be of importance in your life. No matter where your path may lead you, or what your "title" may be, do it to the best of your ability and keep your dreams in the palm of your hand; hold on tight and never let go. Life's path of ups and downs, trials and tribulations, things that make your heart pitter patter and your stomach turn upside down, will let you know what your destiny is, and it is great.

Take time to be where you are now, and know where it is you want to go. Don't be afraid to ask for directions along the way. The road of success is much like driving; keep your eye on the road, keep moving forward, U-turns are allowed, but never go backwards. Some say destiny is chosen for you, others say you choose your own destiny. I believe both. You choose whether or not to follow your destiny.

SAFETY & OPERATIONS NEWS

Mr. Barry Smith

The weather is about to change and your life skills counselor will be around to turn on the air conditioners soon. We must wait until May 15th to insure that the cold weather is gone, so be patient. Summer's coming!!!

THOUGHTS FROM Mr. Kevin

Hello all,

It seems that the speech about finishing what you start is even more appropriate as springtime approaches. It seems that so many people I see are very good at getting off to a great start, whether it is jobs, school, or even relationships, but so often do not see things through to complete them in a positive way. This time of year, as the school year is coming to a close, the 80-degree weather makes it even harder. I look forward to the graduation dinner next month to celebrate a wonderful achievement by so many people, and what I will tell everyone is that this is not the end of a journey, but the beginning of a new one. Do not get distracted so close to the end. Think about the goals you want to achieve, and finish things strong.

As for events, we will have an active summer of events, so pay attention to the calendar. I look forward to seeing all clients and former clients at our 2nd Annual Family Reunion this summer at Gunpowder (date to be announced later).

As always, take care and be safe,
Mr. Kevin



LETTERS TO MR. BOB

Dear Mr. Bob:

I have some legal problems that I don't know how to handle.

Legal Problems

Dear Legal Problems:

Call your attorney and find a safe confidential member of your support system to discuss legal concerns.

Good luck,
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.

LET'S EXPLORE SPORTS
CYCLING 101: A BEGINNER'S GUIDE TO
THE SPORT

By Jeff Lambert
Courtesy of USA Cycling

Now that the bicycle racing season is here, you can impress your friends by pretending that you know something about the sport. Bicycle racing is a team sport with a team leader and a group of domestiques. The job of the team leader is to win the race, and the job of the domestiques is to provide support by setting the pace, blocking wind resistance, carrying food and water, and even holding the leader's handlebars during a nature break. Yes, it's true. At the highest level of competitive racing, the leader doesn't even stop to use the bathroom. They go while they're riding.

Attack

A sudden attempt to get away from another rider

Blocking

When a rider tries to get in the way of other riders, usually done as part of a team strategy to slow down the main field when other team members are ahead in a breakaway

Bonk

Known as "hitting the wall" in marathon running, this is when a rider completely runs out of energy

Breakaway

When a rider or group of riders is attempting to reach a group farther ahead

Domestique

A rider who sacrifices any individual honors to the team leader who is in contention to win

Drafting

Riding closely behind another rider, which creates a slipstream, or air pocket. The lead rider expends up to 30 percent more energy than the following rider does

Drop

To leave another rider or riders behind by attacking. Losing contact with the group in which they are riding will drop fatigued riders

Echelon

A line of riders taking orderly turns at the lead and staggered so that each rider will get maximum protection from the wind. Also called a "pace line"

Feeding

At some point during a long road race it is necessary for riders to replace expended energy. Riders are given a "musette," a small cloth bag, containing food and water

bottles. Riders grab the bag from the team support personnel, remove the contents and put them in the pockets of their jerseys to eat when most convenient. They generally prefer high-energy foods that break down quickly.

Field

The main group of riders, also known as the "pack," "peloton," or "bunch"

Gap

The distance between individual or groups

Hammering

Very steady, strenuous pedaling. Also called "jamming"

Hanging On

Barely keeping contact at the back of the pack

Hook

When one rider, either on purpose or by accident, uses his/her rear wheel to hit the front wheel of the rider behind him/her

Peloton

See "field"

Pull

To take a turn at the front and break the wind for the other riders in the pack

Sprint

A sudden burst of speed for the finish of a race involving more than one rider. Also a 1000-meter event on a bicycle track called a "velodrome"

Stage Race

A series of individual races- time trials, road races, circuit races or criteriums - grouped into one event that lasts several days. The rider who has the lowest accumulated time for all stages determines the winner. The most famous stage race in the world is the Tour de France, which spans 2,500 miles in 21 or 22 days.

Time Trial

An individual race against the clock, often called the "race of truth"

Velodrome

An oval banked track, usually 333.33 meters in length. In general, track riders and road riders compete in separate kinds of events. The difference in training and ability is similar to the difference between sprinters and long-distance runners.

Wheel Sucker

A derogatory term, referring to a rider who always sits in and never expends any energy by taking a pull at the front.

FINANCIAL TIP OF THE MONTH



WHAT IS YOUR LATTE FACTOR?

First of all, just what is the “latte factor”? The latte factor is seemingly insignificant daily purchases that add up to a significant amount of money over time. What does that mean in English? If you buy a cup of coffee at Starbucks everyday during the work week – five days a week – for \$3.00, you are spending \$15.00 for coffee each week. Multiply that by one year (52 weeks) and you are spending \$780.00 a year on your daily coffee. The latte factor represents the little items that you purchase on a daily basis (pop & snack everyday from the corner store for \$3.00, cigarettes for \$4.00 a pack, which you should not be smoking anyway, etc.) that you really could do without.

Think about how you could invest \$780.00. You could put it in a savings account; purchase Certificates of Deposit, start a retirement account (yes, if you are over 18 there is a retirement plan you can start), buy bonds, or all of the above.

What is your latte factor? How can you make your money work for you?

SPECIAL EVENTS NEWS

Submitted by Events Coordinator

Winner of Baseball Crossword: Brandy.
Congratulations.

Come join us in watching the Interpreter for Birthday Movie Night at Senator Theater: May 5 @7pm

Cinco de Mayo Event @ Austin Grill May 18 @5:30 pm. We will celebrate the Mexican commemoration of the victory of the Mexicans over the French army at the Battle of Puebla in 1862. Come join us for dinner and games.

Congratulations

Leichelle S & Kykeshia J were the winners of the March NP News Drawing. They each received a Blockbuster Gift Certificate

NP RECIPE OF THE MONTH

Miss Echo G. Hester

One of my favorite meals is one you can prepare ahead of time and prepare enough of the main ingredient to make more than one meal. That being:

STUFFED SHELLS

One Box Jumbo Shells
One 2 cup Bag Shredded Mozzarella Cheese or your favorite Shredded Cheese
One Large container Ricotta Cheese – you can substitute Cottage Cheese but I find this to be too juicy for stuffed shells
One cup Parmesan Cheese
Dried Parsley
One Large Jar of your favorite Spaghetti Sauce

Directions:

Cook shells according to the box directions or boil a big pot of water, add shells carefully, and cook for 20 minutes.

While the shells are cooking, mix together the cheeses and sprinkle in parsley for color.

Using a rectangle glass baking dish grease the bottom and sides with margarine and spoon spaghetti sauce gently into the dish creating a thin layer of sauce over the bottom.

When shells are done cooking, carefully pour off most of the water and add cold water to the pot. This will keep the shells from sticking when you begin to stuff them. Then fill each shell with a heaping teaspoon of cheese and place in baking dish*.

Spoon the remaining Spaghetti Sauce over the shells and bake in 350° oven for 35-40 minutes.

*If you cook one whole box of shells, you may have some that will not fit in your dish. These can be flash frozen and stored in a freezer zip lock bag for another meal. I like to prepare my stuff shells ahead of time, keep them in the freezer, and cook them when I want a good meal.

**A quick meal when you come home from school or work is to take four shells out of the freezer and prepare as above with sauce etc. and cook in the microwave for about five minutes. While the shells are cooking in the microwave, you can prepare a vegetable or salad to go with it.

**VOCATIONAL CORNER
JOB LISTINGS – MAY 2005**

Shipping and Receiving Position
FT 9am to 530 pm, Must have computer and phone skills
Fax: 410-358-0252

Wilson Lighting in Towson
Warehouse/Receiving Position, Must be able to do heavy lifting
Call Pat 410-823-0423

Sports Minded
Warehouse Position, Fast paced company looking for sharp
people. No exp necessary
Call 410-863-0107

Shoe City – Immediate Openings - Warehouse
Job Fair Thurs May 5 from 10-4
1800 Woodlawn Drive
Or Fax Resume to Sybil 410-944-1665

Customer Service - Must like music. Will train
Call 410-922-8001

Pet Cemetery Coordinator
Call 410-833-8848 x 210

Wyndham Hotel
Servers, Housekeeping, Sales
Apply in person 101 W Baltimore Street - Mon-Thurs 9-4

Receptionist
PT for small home improvement company in Randallstown
Call 410-458-8981

Receptionist/Customer Service Rep Needed for busy office
Call 410-342-1560

Receptionist
Busy MT Washington salon seeks customer friendly fashion
conscious person
Fax Resume 410-377-4303

Retail - Hardware Store
Glass and Screen Repair
410-483-5888

The Fudgerly
Retail
Call Paul Lewis 800-849-3834 X 235

Wal-Mart - Retail
443-394-0192

Hecht's
Towson Town Center
FT & PT Sales Associates
Apply in person at the Employment Office in the store

Steve & Barry's University Sportswear
Cashier, Stock Associates, Sales Associates
Apply in person - Food Court 7875 Eastpoint Mall

**ATTENTION ALL CLIENTS
NP NEWS CONTEST**

Complete this coupon and return it to the main office for
a drawing on Friday, May 20, 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

NP News May 2005

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

ACHIEVEMENT	BLOCKING
BONK	CALENDAR
CINCODEMAYO	ECHELON
ENRICHMENT	FACTOR
HAMMERING	LATTE
PARSLEY	RETAIL
SHELLS	SPRINT
STUFFED	VELODROME
WEATHER	

CALENDAR OF EVENTS May 2005

- 5/5/05 Birthday Movie Night at Senator Theater – 7:00 pm
- 5/10/05 LST Mental Health – Ms. Daphney – 6:00 pm Walker Manor
- 5/10/05 LST Personal Hygiene – Mr. Jamal – 6:00 pm Main Office
- 5/11/05 LST New Client Training – Mr. Jamal – 6:00 pm Main Office
- 5/11/05 LST Housing/Transportation – Ms. Tonya – 6:00 pm Reisterstown
- 5/12/05 LST – Employment – Ms. Tia – 11:00 am Main Office
- 5/17/05 LST – Health – Mr. Jamal – 6:00 pm Main Office
- 5/17/05 LST Cooking Class – Ms. Daphney – 6:00 pm Walker Manor
- 5/18/05 LST Legal Services – Ms. Tonya – 6:00 Reisterstown
- 5/18/05 Cinco deMayo Event @ Austin Grill – 5:30 pm
- 5/19/05 LST Employment – Mr. Sippio – 6:00 pm Walker Manor
- 5/24/05 LST HIV/Aids – Mr. Jamal – 6:00 pm Main Office
- 5/25/05 LST Personal Hygiene – Ms. Na'Imah – 6:00 pm Main Office
- 5/25/05 LST Prejudice – Mr. Tom – 6:00 pm Reisterstown
- 5/26/05 LST Employment – Ms. Tia – 11:00 am Main Office
- 5/26/05 LST Cooking class – Ms. Tonya – 6:00 pm Reisterstown
- 5/30/05 New Pathways Corporate Office Closed
- 5/31/05 LST Cooking Class – Ms. Tiffani – 6:00 pm Walker Manor

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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