



## GRADUATE NEWS

New Pathways, Inc. would like to recognize and congratulate the following Independence Plus people for their successful completion of different levels of achievement in their personal lives:

- Priscilla D - HS Diploma - Reginald F. Lewis
- Eugene T – HS Diploma - Walbrook
- Whitney J – HS Diploma - City College
- Jaquesha B – HS Diploma – Parkville
- Brandy S – HS Diploma – Parkville
- LaGloria P – HS Diploma – Overlea
- Kim D – HS Diploma – Francis M Wood
- Corey F – Certificate – Job Readiness-Healthcare Careers Alliance
- David M - Certificate - Job Readiness-Healthcare Careers Alliance
- Carrieann C – Certificate - Job Readiness-Healthcare Careers Alliance
- Shania M - TESST College

The NP Staff and clients of Second Generations would like to congratulate our young ladies for the following achievements:

- Charlene - completed Job Readiness training through Healthcare Careers Alliance and the 90 Hour Childcare Certification
- Keyia - completed certification as a surgical technician at BCCC
- Kyeshia - completed Job Readiness training through Healthcare Careers Alliance
- Kara - completed Job Readiness training through Healthcare Careers Alliance

We are proud of everyone for sticking with your goals and completing what you started out to do!!

## ACHIEVEMENT

Mrs. Jennifer J. Pettis

This month, we are highlighting and recognizing those of you who have reached a milestone called graduation!

Completing something you started is a tremendous achievement and worthy of high praise (plus a fantastic dinner at Mo's Seafood Restaurant!!).

However, I also have a message for those of you who aren't graduating this year. If someone else's success makes you silent, uneasy, or critical, examine what's behind your reaction. You are NOT diminished when others succeed, and your life is not a competition with anyone else. Use the success of others to motivate yourself to achieve something great for yourself. Your achievements will also be celebrated in good time!

## EDUCATION

Submitted By: Gloria Taylor

June is the month when a number of graduations take place. If you are among the many students who will be graduating from High School-College-Technical or Trade School, take pride in knowing that your accomplishments are well earned. You have sacrificed and put determination above all others and now is the time for you to reap the rewards of your bounty.

Education at all costs is the key to overall success. Take joy and pride in your accomplishment and let nothing be a barrier to stand in your way; you can step back, take a long deep breath, and say "I've graduated and I've only just begun."

To All the Graduating Class of 2005

### CONGRATULATIONS!!!!!!

## COMING NEXT MONTH "BIG UPS TO"

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.

**GOOD BYE  
FROM MISS FAYE**

As most of you are aware by now I am moving on to another stepping stone in my realm of life. I have met and married a wonderful man and I plan to start our new life together as man and wife. I'm relocating to Atlanta, Georgia and looking forward to what life has in store for me as I take this walk down an unknown path.

I have been employed at New Pathways for 7 years and my time here has been rewarding, fulfilling, stressful, and at times very trying. All this to say I am truly appreciative for the opportunity to work for an agency that goes beyond the call of duty to make sure young men and women achieve their goals as they go into adulthood. People are put in one's life for various reasons and you don't know how the pendulums will swing but I know I am a better person for having the opportunity to work at New Pathways and Second Generations. Since my employment at the agency I have witnessed a lot of young people mature into responsible adults. This is such a rewarding experience to watch young people become of age. For those of you who are still finding life and living an uphill battle, take comfort in knowing that the hard times don't last forever and it will get better. Stay focused and keep fighting the good fight. I will miss the daily contact **BUT** I will keep in touch from time to time.

Take Care and Be Blessed  
Sincerely,  
Faye Vincent



**LETTERS TO MR. BOB**

Dear Mr. Bob:

What happens at New Pathways if you are caught using alcohol but no other illegal drugs?

Confused?

Dear Confused:

Both drugs and alcohol are illegal for young adults under 21 years old. If you are suspected of use you will be assessed by a certified addictions counselor and expected to follow recommendations.

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.**

**THOUGHTS FROM  
Mr. Kevin**

First of all, let me offer my congratulations to our many graduates. Take a moment to enjoy your accomplishment, and be very proud of yourself for what you have done. Don't forget that this is not the final accomplishment of your journey. It is just the first step towards the journey into your adult life. Enjoy it for a little while, and then get ready for us to push you towards your next goal. Our graduation dinner is on June 14, and you will be receiving an invitation for the dinner with all of the details.

Many times, I get into conversations with someone in our program, and the conversation is one of those that I have repeatedly, so it inspires me to mention it here. This recent conversation had to do with the feeling that since you are getting older, it means that you can say anything you want. Ironically, this is the opposite from what many people think. Getting older actually requires you to have the ability to screen what you say. I think that it is very important that everyone in this program has the opportunity to speak your mind, and to feel that you are being heard, but this is too easily confused with permission to say not only **WHAT**ever you want, but to say it **HOW**ever you want. When you are a child, it is understandable that you may not know how to say things, but as you get to be an adult, if you are not able to present what you need to say in a respectful manner, you will not be heard. This applies to situation at work, school, with your landlord, your bank, or any other place that you interact with as an adult. I encourage everyone to put some thought into this and decide whether or not you need to put some work into this issue. You will find that you are able to say almost anything, and be heard, if you are able to say it in a manner that allows the other person to actually hear what you are saying.

As always, take care and be safe,

Mr. Kevin

**LET'S EXPLORE SPORTS  
CHESS  
Mr. James Sippio**

Discover and Explore one of the oldest game ever: Chess! Millions of people around the world play this game. Chess is guaranteed to be more challenging than any game other than those that require physical activity. The only requirements are your brain, about ten bucks, and willingness to learn. Why waste your money on games that cost hundreds of dollars, only to be tossed in the trash at some point. Chess is a game that has a lot to do with life not wins and losses. However, I caution you that the lazy individual need not apply.

## FINANCIAL TIP OF THE MONTH



### A DOLLAR A DAY Mr. Jamal Evans

I never believed in New Year resolutions. But I do believe in change. And with change there should be planning. And with the current state of the economic system today, it is important that we plan on how we are going to spend our money.

It is important that we save and not rely on credit. If you have any debt, this is the perfect time to clear it up. Also save as much money as possible. Save at least 20% of all weekly or monthly income. Income includes money you receive from work and money from New Pathways. If possible save even more.

Some ways to save money is by renting a movie instead of going to one. Get a frozen pizza from Giant instead of Papa Johns. Also use coupons, rebates and shop in bulk. This will save you even more money.

So save because it helps in preparing for the unpredictable.

## Congratulations

Corey D was the winner of the May NP News Drawing. Wonderlyn & Charlene were the winners of the Cinco De Mayo contest. They received Blockbuster Gift Certificates.

## NP RECIPE OF THE MONTH MISS ECHO'S TUNA CASSEROLE

4 – 5 cups cooked Noodles  
1 can Cream of Mushroom Soup  
1 cup Milk  
1 can Peas (drained)  
1 can Tuna Fish (packed in water & drained)  
Shredded Cheddar Cheese or Crushed Crackers

Heat oven to 350 degrees

Grease casserole dish.

Mix together cream of mushroom soup, milk and tuna fish. Add noodles and gently add peas. Pour into casserole dish. Top with either Cheddar Cheese or Crushed Crackers and bake for 30 – 35 minutes.

## Vocational News

From Miss Brenda Campbell  
Director of Training and Vocational Services

It's summer time and I guess you are going to just chill around the house and not do too much of anything. Well, not if I can help it! Use the summer time as an opportunity to learn about a special area of interest, or to work on your athletic skills. You might even use it as an opportunity to start that diet that you want to start. Okay maybe I'm going too far. To help you out, I have compiled a list of activities and programs that are offered by the Baltimore City Bureau of Recreation and Parks. Read them and if you are interested in participating, please call me so that I can get you some help with registration fees. A list of the recreation centers with addresses and phone number etc... will be located at the Main Office. I will also make sure that the information is at the Walker and Reisterstown Offices. Have some fun and learn something new this summer!!

## Marching Group/Stepping Cultural/Charm City Challenges

- Description: Learn baton twirling and pom pom routines, drum playing and bell playing. Learn to march and participate in parades.
- Age: 2 and over
- Materials Needed: Uniform, pom pom, baton drum sticks
- Material Fee: \$40
- Starting Date: Ongoing
- End Date: Ongoing
- Meeting Time: Wednesday and Thursday, 5:30pm – 7:30pm
- Location of Class: Harlem Park Recreation Center
- Instructor: Ms. Evelyn Moody

## Garden Walks

- Description: Join the naturalist on this garden walk that highlights special features of the season. Wear sturdy shoes. No groups please
- Age: Children through adult
- Materials Needed: Sturdy Walking Shoes
- Cost: Free
- Starting Date: March 2005
- End Date: Continuous
- Meeting Time: 2<sup>nd</sup> Saturday each month, 1pm
- Location of Class: Cylburn Arboretum
- Instructor: Naturalist Glenda Weber

## **Plant a Patio Container Garden**

- Description: Work inside Cylburn's glass greenhouse to create your own patio container with a variety of annuals. All materials will be provided. Please bring gardening gloves. Class size is limited so pre-registration is strongly suggested
- Age: 16 and up
- Materials Needed: Garden gloves (dollar store has these for \$1)
- Cost: \$17.00 per person
- Starting Date: June 24, June 25, June 28,
- End Date: June 24, 2005
- Number of Weeks: 1
- Meeting time: 10:15am
- Location of Class: Cylburn Arboretum
- Instructor: Glenda Weber

## **Weekend Treks Biking/Canoeing**

- Description: Join us on select Saturdays as we explore the Gwynns Falls by water and bike
- Cost of Class: \$5 per person fee includes canoe or bike rental
- Start Date: April 16, 2005
- End Date: June 25, 2005
- Meeting Time: Biking April 16, May 14 & June 18/  
Canoeing April 23, May 21 & June 25 at 10:00am
- Location of Class: Biking will depart from Leakin Park 10 am/Canoeing will depart from Middle Branch Park 10 am

## **Twilight Canoe Treks**

- Description: Join us at Middle Branch Park for a relaxing time on the water. Registration required. Our experienced instructors will help first-timers as well as those that simply want to paddle around.
- Skill level: Any
- Age: All children must be accompanied by an adult
- Cost: \$5 per person or \$10 per family in the same canoe
- Start Date: June 2, 16, & 30; July 6, 13 & 27; August 3, 10, 24, & 31

## **Aerobics**

- Skill Level: Beginners – Intermediate
- Age: 16 and over
- Materials Needed: Mats, gym shoes, shorts or sweats
- Cost of Class: \$5 per week or \$3 per class (WOW THIS IS DEAL)
- Start Date: Ongoing

- Meeting Time: 7:30pm –8:30pm Day of the week TBA
- Location of Class: Chick Webb Recreation Center
- Instructor: Anika Elliott

## **Karate Classes**

- Description: Teaching basic and advance karate
- Skill Level: Beginner – Advanced
- Age: 6-Adult
- Material Fee: \$15.00
- Cost of Class: \$60.00 per year
- Start Date: March 2005
- End Date: Continuous
- Meeting Time: Monday and Thursday, 6pm – 8pm
- Location of Class: Walter P. Carter Recreation Center
- Instructor: Mr. Jerry, Mr. Carl

## **Skateboard Park**

- Description: Monthly skateboard and bike contests.
- Cost of Class: \$2 a day/\$20 annual fee
- Start Date: April 6, 2005
- End Date: November 2005
- Meeting Time: Wednesday, Thursday and Friday, 4-8pm/Saturday and Sunday 12-8pm
- Location of Class: Carroll Park
- Instructor: Don Salamone

## **Weightlifting and Conditioning**

- Description: Participants will learn to use weights properly and learn safety of lifting weights.
- Skill Level: Beginner
- Age: 13 and over
- Material Fee: TBA
- Cost of Class: \$5 per month
- Start and End Date: Continuous
- Number of Weeks: 8 weeks
- Meeting time: Tuesday and Thursday 7:30pm-8:30pm
- Location of Class: Barclay Recreation Center

## **Ceramic Class**

- Description: Basic class participants will learn paints, style and pouring. Intermediates will learn in depth firing techniques in painting and dealing with larger pieces. Advanced will learn airbrushing and special designs.
- Age: Teens and Adults
- Cost of Class: \$10 registration fee; \$2 per class
- Start Date: Open enrollment

- End Date: June 24, 2005
- Meeting Time: Tuesday & Thursday 4-5:30pm
- Location of Class: Coldstream Recreation Center
- Instructor: Karen Miller

## Line Dance Class

- Description: Learning new and old line dancing, (Booty Call, The Arc Social, The Whip, The Cha-Cha Slide and much more)
- Skill level: Beginner – Advance
- Age: 14 and over
- Cost of Class: \$6 membership/\$1 per class
- Start Date: March 2005
- End Date: DROP IN
- Meeting time: Tuesday, 7-9pm and Saturday, 10am – 12pm
- Location of Class: Walter P. Carter Recreation Center
- Instructor: Joann Everette

On June 14, 1777 the first American flag was approved by the Continental Congress. Thereafter, June 14 has been celebrated as Flag Day.

## NP NEWS JUNE 2005

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

## FLAG DAY – JUNE 14

What do you think about and feel when you see the United States Flag? Does it give you goose bumps? Are you inspired to stand tall and feel proud that you live in this country? Do you really see it at all?

Sometime late in May 1776, George Washington, Robert Morris and George Ross, of the Continental Congress, asked Betsy Ross, a seamstress in Philadelphia, to make the first American flag. They



had an idea of creating a flag with stars and stripes and legend has it that they left the design up to Mrs. Ross. Throughout the years the flag, like our country, has evolved. The red and white stripes now represent the original thirteen colonies that

formed our country. Each of the 50 stars on the flag represents a state in the Union.

### ACHIEVEMENT

AEROBICS

ATLANTA

BIKING

CALENDAR

CANOE

CASSEROLE

CHESS

CONGRATULATIONS

CONVERSATIONS

DAY

DOLLAR

EDUCATION

FLAG

GRADUATE

RESPECTFUL

REWARDING

SCREEN

SKATEBOARD

STEPPING

TECHNICIAN

WALKS

## CALENDAR OF EVENTS June 2005

- 6/1/2005 LST Healthy Relationships – Mr. Jamal – 6 pm Main Office
- 6/2/2005 LST Cooking Class – Ms. Tonya – 6 pm Reisterstown
- 6/7/2005 LST Mental Health – Ms. Daphney – 6 pm Walker Manor
- 6/7/2005 LST Personal Hygiene – Mr. Jamal – 6 pm Main Office
- 6/8/2005 New Client Training – Mr. Jamal – 6 pm Main Office
- 6/8/2005 LST Legal Services – Ms. Tonya – 6 pm Reisterstown
- 6/9/2005 LST Employment – Ms. Tia – 11 am Main Office
- 6/14/2005  Flag Day
- 6/14/2005 Graduation Dinner
- 6/14/2005 LST Daniel Memorial – Ms. Tifani – 6 pm Walker Manor
- 6/15/2005 LST Cultural Perception – Ms. Tonya – 6 pm Reisterstown
- 6/16/2005 LST Employment – Mr. Sippio – 6 pm Walker Manor
- 6/16/2005 All Client Meeting at Reisterstown Square
- 6/19/2005 Father's Day
- 6/21/2005 Summer Begins
- 6/21/2005 LST HIV/AIDS – Mr. Jamal – 6 pm Main Office
- 6/21/2005 LST Cooking Class – Ms. Tifani – 6 pm Walker Manor
- 6/22/2005 LST Health Relationship – Mr. Jamal – 6 pm Main Office
- 6/22/2005 LST Daniel Memorial – Ms. Tonya – 6 pm Reisterstown
- 6/23/2005 LST Employment – Ms. Tia – 11 am Main Office
- 6/28/2005 LST Daniel Memorial – Ms. Tiffani – 6 pm Walker Manor
- 6/29/2005 LST Personal Hygiene – Ms. Na'Imah – 6 pm Main office
- 6/29/2005 LST Cooking Class – Ms. Tonya – 6 pm Reisterstown

## HAPPY BIRTHDAY & WELCOME

New Pathways wishes the following people a very Happy Birthday to these June babies: Brandon on the 13th, Kim on the 18th, Niaeshia will be 21 on the 21st, and Latasha and Ericka on the 27<sup>th</sup>, Miss Tifani and Miss Angela, ...congratulations!

New Pathways, Inc. would also like to extend a warm welcome to Jamie H.

### 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.



**New Pathways, Inc.**

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#### Staff

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 Lois M. Peach, Financial Director  
 Echo G. Hester, Administrative Assistant  
 Gloria Taylor, 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  
 Na'Imah Ferdinand, Case Manager  
 Jodi Schmidt, Case Manager  
 Adia Crawford, Case Manager  
 Burgundi J. C. Allison, Life Skills Counselor  
 Stanley Anderson, Life Skills Counselor  
 Kenneth Barnes, Life Skills Counselor  
 Karen Brown, Sr. Life Skills Counselor  
 Tonya Brown, Life Skills Counselor  
 Towanda Carter, Life Skills Counselor  
 Tifani K. Davids, Life Skills Counselor  
 James Sippio, Sr. Life Skills Counselor  
 Deanna Murray, Life Skills Counselor  
 Alexander Watson, Life Skills Counselor  
 Gerard Washington, Life Skills Counselor  
 Daphney Williams, Life Skills Counselor  
 Deborah Young, Life Skills Counselor

Second Generations

Laura Fertig, Program Director  
 Lesley Meredith, Transition Counselor  
 Makda Belay, 2G Life Skills Counselor  
 Tia Dickson, 2G Life Skills Counselor  
 Judith Dukes, 2G Life Skills Counselor  
 Brenda Phelps, 2G Sr. Life Skills Counselor  
 Lisa Sutton, 2G Life Skills Counselor