



## BEGINNING'S END

Miss Carey Andrews

During the month of June, you can walk into any store and look at the card aisle to find sections reserved for "Graduate". These cards wish luck and hope for the future, encourage the following of dreams, and congratulate these individuals, who have worked hard and overcome many obstacles to meet their goals.

While "graduation" connotes an end for which one must be celebrated, it also suggests a new beginning. The accomplishment of completing the goal creates a place from which the individual will be moving onward, using that which he or she has learned along the way. As Dr. Suess says in "Oh, the Places You'll Go!", "you're off to Great Places! Today is your day! Your mountain is waiting. So...get on your way!"

Like the many New Pathways clients and staff who are graduating this month, I too will shortly be starting off on my very own "new beginning". As many of you know, I will be moving to Guatemala, in Central America, to work as a social worker in an orphanage there. My experiences working at New Pathways have allowed me to grow over this past year, and I thank each and every one of you for having allowed me to work with you in such a wonderful environment. I also truly appreciate the support that I have been offered from everyone as I have shared my decision. It will be a challenge to adjust to such new surroundings, but I will feel stronger from all the encouragement that I have felt from each and every one of you.

I wish luck and success to everyone in New Pathways, whether you have just graduated, you are working towards a graduation, or you have established a new goal for yourself that you are hoping to achieve. As I prepare for my own transition I realize that I am leaving a very special place, and I remind myself this: "every new beginning comes from some other beginning's end".

## CONGRATULATION TO NP'S 2007 GRADUATES

### Current Clients

Elaina M. (Forest Park HS)  
Taneya J. (High School, Maritime Industries Academy)  
Evan C. (High School – Digital Harbor High)  
Duanita W (Woodlawn HS)  
LaShawna B (W.E.B. DuBois High School)  
Dakita J (Baltimore Civic Works Healthcare Alliance Program)  
Courtney L (K9 Companion Certificate)  
Latoya R (High School Diploma)  
Toshuna H (Cosmetology School)  
Dimitra D (Balto Civic Works Healthcare All. Program & K9 Companion Certificate)  
Mark M (Head Start)  
Shawnece G (K9 Companion Certificate)  
Cimerae R (K9 Companion Certificate)  
Travis T (K9 Companion Certificate)  
Jessica E (GED Jan 2007)  
Juan G. (Job Corps Feb 2007)  
Lakiena G: High School Diploma (GED December 2006)  
Caroline M: Baltimore School of Massage (September 2006)  
Olivia F: Diploma from WEB DuBois High School (Sept 2006)

### Alumni

Timothy Peterson – Certified Electrician

### Staff

Ms. Angel Lyles – Associate of Science – Office Administration  
Miss Sharnett Kelly – Bachelor of Biblical Studies in Counseling  
Miss Jazmin Cryor – Bachelor Degree  
Ms Deborah Young – Bachelor Degree  
Miss Ericka Morgan – LCSW-C Licensure  
Mr. Lavern Williams – Licensed Clinical Professional Counselor

MARK YOUR CALENDAR  
SAVE THE DATE  
New Pathways Family Reunion



Saturday, August 25, 2007  
At Druid Hill Park – Columbus Pavilion  
Noon – 8:00 PM  
Watch for further information



### MENTORING PROGRAM

The NPW's Peer-to-Peer Mentoring Program begins its third month of operation. Headlines for June, 2007 are that Courtney L. and Xia W. presented a "strong win attitude" on Saturday, 5/23/07 when they Power Pointed their way to a successful *Youth as Resources Grant* award. We now can begin to purchase some line budget items such as a digital camera to enhance admission mentee/mentor relationships. We also will begin a scrap book documenting what our program is all about to further increase recruitment.

NPW's Mentoring LOGO Contest begins June 1, 2007. The Peer-to-Peer Mentoring Core Committee welcomes all NPW's clients to get creative. The national mentoring logo is a double omega as pictured above this article. We feel we want a logo to personalized NPW's Peer-to- Peer Mentoring Program. The logo contest runs from June 1, 2007 through August 15, 2007 with 1<sup>st</sup> place winner announced at our Annual Picnic. First place winner will receive \$100.00 plus a T-Shirt with our own NPW's Mentoring Logo on the front. Second place receives \$50.00 as runner up. So let's get creative! Any questions or interest in obtaining more information about the NPW's Peer-To-Peer Mentoring program please contact Courtney L. or Xia W.

### YOUTH ADVOCACY PROGRAM

Walker Manor will meet every other Wednesday at 6:00 pm in Ms. Laura's office at 1002 Woodson Rd. The next meetings will be 6/5/07 and 6/19/07. Present members include Danyette R., David G., Dakita J., and Sherice J. Agenda items include recruitment of additional YAC members, and distribution of "Client Survey" to better understand the needs of the NPW's clients.

Reisterstown Square Meetings continue to be on Wednesdays at 6:00 pm, at the staff office (rear room). Dates of meetings are 6/12/07 and 6/26/07. Present members include Elaina M. and Lakienna G. Agenda items are the same for both groups.

If any one is interested in having a louder voice please contact any youth on the councils.

### AFTERCARE

The aftercare committee is still in its formative stages. All clients who are 20 years of age or getting ready to age out should strongly consider calling Mr. Tom. Youth who have graduated are welcome to phone for more information.

## **ALUMNI NEWS** **Wonderlyn S**

Living on my own has been a success and a failure all at the same time. I guess you're wondering how it can be both at the same. Well let me explain; I entered New Pathways at the age of eighteen. In all honesty I wish I could go back and freeze time, but we know that this is not possible. While living in New Pathways, I was able to just focus on school and work. There were no bills to worry about other then my own, so all the money I made was mine to keep and do what I wanted with it. It was like living with your parents, but sooner or later I would have to face reality and move out.

I moved into my first apartment at the age of twenty and currently have been living in my apartment for 2 years. It is very rewarding to be on your own, but you have to be ready for the responsibilities that come with it. Since I have been living on my own I have to pay all the bills and any extra I make goes to optional things such as cable, cell, and internet. This at times can be a strain but if you want these extra things you have to pay for them. Nothing in life is free. At times it's easy and at others it can be difficult. Anybody that comes to you saying that it is easy to live on your own is lying to you. This is just like a car salesman. Their job is to sell you the car not to tell you "well maybe you should wait a while before buying a car, because right now you're not making enough and it will just put you in more debt then what you already have". You have to find someone who you trust to tell you this.

Now please understand that I am not trying to discourage you from moving on your own. I just want to give you guidelines. So when you move on your own have the following in check: a full time job that is forty hours or more a week, a checking & savings account which will help you establish some credit, a location that is affordable to your income, if possible attending some type of college, and lastly support from positive people not negative ones. As long as you keep this in mine you'll do great. Just remember life is never easy, but it does have its rewards.

## **NEW PATHWAYS COMMUNITY JOB FAIR 2007** **Mrs. Brenda Campbell**

On Thursday, May 24, 2007 New Pathways sponsored its' third annual Community Job Fair. With the assistance of the YMCA of Central Maryland, Casey Family Resource Center, Baltimore City Department of Social Services and Youth Advocate Programs of Baltimore we were able to have a successful event. Some of the employers that participated were Baltimore County 911, ARAMARK, Royal Farms, Baltimore City and County Police and many more...As a special addition to the event we had many professionals available to mentor people about their professions and how they achieved their goals. Our young people were given the opportunity to speak with Accountants, Realtors, Make Up Artists, Millionaires and other's to find out How They Did It. It was a great day filled with inspiration and opportunity. Our next career event will be in the Fall of 2007 and we look forward to it being a great success. The date of this event will be announced very soon. Thanks to all of our sponsors and the great New Pathways staff that helped make this day possible.

**SOULFUL SYMPHONY**  
**Miss Karen Brown**

On Saturday May 19, I attended the Soulful Symphony with my New Pathways family. There were many things that made this event most enjoyable. First it was great to see our youth dress up for an event. Also we had a few former clients and staff join us. I just could not stop smiling. The icing on the cake was the great performances. Classy, classy ,classy there is no other way to describe this event. New Pathways at the Myerhoff, yes we were in the house listening to the singing, the well tuned instruments, and watching the classy director. I can still see his hand going back and forth as he lead the orchestra into beautiful harmonious sounds...They also had rappers throwing down for the young at heart crowd. Did I say I had a great time?? Well I did. Thanks New Pathways for yet another great experience.

**WOMEN'S GROUP**  
**Learning How To Crochet**  
**Ms Lisa Pringle**

On Wednesday May 23, 2007 The Ladies of New Pathways learned how to Crochet. The ladies where given their own yarn and crochet hook, as well as Crochet Boutique information. The Ladies learned how to get started and were shown how to chain, slip stitch, and single crochet. This was something new for some of the young ladies; some of our young ladies already knew how to crochet, and those ladies helped out with the class. All the young ladies enjoyed the crocheting class, thanks to our wonderful crocheting teacher Miss Echo.

Thank you all for attending and we look forward to seeing you all at the next event.

**"BIG UPS TO"**



**BIG UPS** to Dante P for being accepted into the police cadet program.

Ms Adia

**BIG UPS** to Devon P for his promotion to Manager at Walmart.

Ms. Adia

**BIG UPS** to Taneya for being accepted to UMES

Ms. Adia

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.

**Announcements**



New Pathways, Inc. would like to wish a big Happy Birthday to Darnell F, Keaira W, Latasha S, Andrew, Mr. Vonzell, Ms. Angela, and Mr. Levern.

**Welcome**

We are very pleased to welcome Ms. Christine Adams to our Case Managers' team! She joined us on May 30, and she will be working with Ms. Carey's former clients at Reisterstown Square. Ms. Christine earned her MSW from the State University of New York at Buffalo. She recently moved to Maryland from upstate New York in June of last year. Ms. Christine has extensive experience with therapeutic foster care youth, and has been a therapist with children and adolescents. She is very excited about working with young adults preparing to transition out of the foster care system. Please extend a warm New Pathways welcome to Ms. Christine when you see her!

We bid a very fond farewell to Ms. Carey Andrews. Her last day with us is June 8<sup>th</sup>. She is leaving us to take a job as a social worker with Nuestros Pequeños Hermanos, an orphanage in Guatemala, Central America. We wish her the best of luck, and look forward to hearing all her stories via email!

**THOUGHTS FROM MR. KEVIN**

Hello all,

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.

I hope everyone who just graduated takes a minute to celebrate, because it won't be long before we are pushing you to figure out what is next.

As always, take care and be safe,

Mr. Kevin

**Clean Ocean Action's 10 Tips for Water Conservation**  
Jeff Lambert

Some simple tips for conserving water during the drought period. Many of them are useful for apartment living. Some are useful only if you own a home or car. Do what you can, and share this list with others.

1. Test for a leaking toilet by adding food coloring to the tank. If any color appears in the bowl after 30 minutes, your toilet is leaking. Leaking toilets waste 200 gallons of water per day.
2. Use water conserving plumbing fixtures and water flow constrictors on sinks and showers. If you do not have a low-flow toilet, place two half-gallon plastic bottles filled with water in your toilet tank. This saves one gallon of water each time you flush.
3. Run your dishwasher and wash clothes only when you have a full load.
4. Take short showers instead of a bath. Baths can use 30 to 50 gallons of water. Showers use 5 gallons of water per minute, less if a flow constrictor is installed.
5. Check your water meter while no water is being used. If the dials are moving then you have a water leak.
6. Do not run water continuously when washing dishes, brushing your teeth, washing your hands and face, or shaving.
7. Avoid using a garbage disposal. Disposals use a great deal of water. Add your garbage to the compost or trash instead of putting it down the garbage disposal.
8. Choose plants that are native to the area where you live or plants that are drought resistant for landscaping and gardens. Native plants are used to the natural amount of precipitation that occurs in the area they are found and normally do not require any additional watering.
9. Water lawn and gardens during the coolest part of the day. Use drip irrigation to apply water slowly exactly where it is needed. Collect rain from the gutter system on a house in a rain barrel to use for watering.
10. Use a bucket and a spray head on the hose when washing your car. A running hose wastes over 100 gallons of water in the time it takes to wash the car.

**FINANCIAL TIP OF THE MONTH**



Dear Penny Bank

I want to get a credit card. Is there a good way to do this?

Credit Hungry

Dear Credit Hungry:

We all want credit cards, but we don't want the long long long debt that can go with it. So how can we accomplish this?

Before you apply for a credit card, make sure you have a regular job with a regular paycheck. Next, make sure you have a savings account with an amount of money in it (*that you know you will not spend*) equal to the amount of credit you want. You are then ready to apply for a credit card. When you receive it, check the credit limit and make sure it is not more than you can handle. Use it wisely and pay the balance off in full each month. Just a few more words of wisdom:

- Don't use your credit card for more money than you have in the bank to pay it off.
- When you make a purchase on your credit card, think about what you are buying. If you spend \$6 on fast food, you will eat it and forget about it. The credit card bill will come in to be paid and you will have nothing to show for the \$6 you charged. Spend your money wisely. Credit cards are best used for items that will last long enough for you to remember what you bought.
- If you cannot pay the monthly credit card bill when it comes in, don't use the credit card.

Good luck to you and let me know if you have any more questions.

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.

## Parenting Q & A- June



Q: I'm the father of a three-year-old, and I'm not with his mother any more- she has custody and I see him on weekends. I want to stay close to my son. Any ideas?

A: Your son will really benefit by you being a big part of his life! Your son is learning how to be a man by watching you. Many dads find these tips to be helpful:

- ❑ Make the most of your visits. The rules of visitation need to be set precisely and specifically. Children need predictability.
- ❑ When your son is at your house, he should live by the rules of your house. Your children need to become part of your household, not just guests.
- ❑ Most men want to be "buddies" to their child. Fathers often say, "I see them so little; I don't want to waste time being their disciplinarian." Remember, discipline means guidance.
- ❑ Create high self-esteem in your children by having high, but reasonable, expectations for your children. Predictable rules will make your children feel safe and secure.
- ❑ Work together with the mother of your children. Discussion is okay, but arguments are not. She is the female head of the household; you are the male head of the household.
- ❑ Creating a structure is vital for the children. This structure makes it easy for kids to know what to do at your house. It doesn't matter that the rules are different than Mom's, as long as the rules are reasonable and consistent.
- ❑ Stay connected to your children. Be aware of their activities, interests, and stay involved in their lives, no matter how frequently you see them.

## CALENDAR OF EVENTS & HOLIDAYS JUNE 2007



6/14/2007 NP Graduate Recognition Dinner Cruise

6/14/2007 Flag Day

6/21/2007 Summer Begins

8/25/2007 NP Family Reunion Picnic

**\*Note all dates subject to change**

## RECIPE OF THE MONTH Macaroni Salad for Dinner

2 cups cooked Macaroni  
1 Medium Tomato Chopped  
1 Small Onion Chopped  
3 – 4 sticks of Celery Chopped  
2 Hard Boiled Eggs Chopped  
4 – 8 oz. Steamed Shrimps Chopped (Optional)  
or  
1 Can Tuna Fish in Water (Optional)  
½ cup Mayonnaise  
2 – 3 T. Mustard

Mix together Mayonnaise and mustard  
Add the remaining ingredients mixing gently.  
Chill for at least two hours before serving.  
Garnish with your favorite herb.  
Enjoy!



## LETTERS TO MR. BOB

Dear Mr. Bob:

My roommate and my case manager are soon leaving NPW's. I feel that just when I start to adjust to a new person they leave!

Lost

Dear Lost:

On the positive side, you have made new friends, you are still living in your NP apartment, have your own food, your own possessions and your own life and now have the opportunity to make another new friend and work with a new case manager.

Although it may be lot of loss to deal with at one time, it may also conjure up any older loss that has not been resolved. Please use your supports which may include staff or other client with whom you feel connected. It may be a good time to request a mentor if you don't already have one. Another suggestion would be to use counseling with a loss theme and maybe make an 8 week contract to work on this special theme. I hear *Hope Health Systems* has a great counselor.

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.

## Sudoku

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

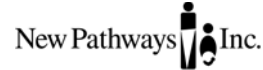
Fill in the grid so that every row, every column, and every 3 x 3 box contains the digits 1 through 9.

## NP News June 2007

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

ALUMNI	APPLIES
ARTISTS	BEGINNINGS
COUNSELOR	CROCHET
DINNER	ENVIRONMENT
FORGET	GRADUATES
GUATEMALA	JOBFAIR
MOMENT	MONEY
ORCHESTRA	PAYCHECK
PLUMBING	POSITIVE
PROMOTION	RESOURCE
RULES	SCRAPBOOK
SOULFUL	STRUCTURE
SUCCESS	SYMPHONY

Still want to search for words?  
 Find the list of words in the NP News and circle them for  
 an additional  
 Word Search Challenge



### 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.

### NP News Staff

#### Echo G. Hester - Jeff Lambert – Carey Andrews

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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 Christine Adams, Case Manager  
 Adia Crawford, Case Manager  
 Carey Andrews, Case Manager  
 Ericka Morgan, Case Manager  
 Nadia Surin Intern Case Manager  
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 Kelly Ellerbe, Life Skills Counselor  
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