



## HAPPY 229<sup>TH</sup> BIRTHDAY USA! Tifani Davids

On July 4, 1776, we claimed our independence from Britain and Democracy was born. Every day thousands leave their homeland to come to the "land of the free and the home of the brave" so they can begin their American Dream.

The United States is truly a diverse nation made up of dynamic people. Each year on July 4, Americans celebrate that freedom and independence with barbecues, picnics, and family gatherings. Through the Internet we are learning about and communicating with people of different nations, with different languages and different races throughout the world. Bringing the world closer with understanding and knowledge can only benefit all nations.

Be aware of how free you truly are in America, and never take it for granted. Happy Birthday, America!

## THE STATE OF INDEPENDENCE Gloria Taylor

The dictionary defines independence as "the quality and state of being independent." For some people being independent carries a huge responsibility. Once you take on this responsibility you have to adjust your lifestyle and have the mind set to make decisions that will be in your best interest.

Being independent can be overwhelming and joyous at the same time. It may be overwhelming due to the fact there are decisions that have to be made and the outcome will weigh heavy on your mind. You will wonder, did I do the right thing by making this decision and how will it effect the outcome of the situation?

It will be joyous because, you are the main decision maker and usually no one will override the decision that you have made. With this in mind you have control over your life.

## INDEPENDENCE Jodi Schmidt

What does independence mean to you? To many of our clients, independence means having your own place to hang out and do whatever you want. That sounds like fun doesn't it? Unfortunately, that's not all that being independent is all about. Independence is not

possible without RESPONSIBILITY. It's easy to believe that some people just "have it all," and it's hard to remember that most people have to work very hard to be independent. As a younger adult myself, I can recall my own struggles over the past few years on my way to complete independence! I can assure you it's worth the struggle!

Our country had to fight for its independence and we recognize that every July. Attaining true independence is quite an achievement as well as an ongoing task! America still defends its independence and freedom. Once you have succeeded at being self sufficient, you will appreciate the benefits of being independent and you will recognize the ongoing responsibilities of LIFE itself! Until then, save your money and think about your future! Independence is fun, but it is also challenging!

## "BIG UPS TO"



BIG UPS to New Pathways Graduates of 2005! Good luck in the future. Keep your head up!  
Brandy

BIG UPS to Mr. Barry. He is very difficult to remain negative with because of his forgiving heart and compromising ways. I can always count on Mr. Barry when he gives me his word.  
Karla S.

BIG UPS to all staff members who make our lives at New Pathways more successful!  
Priscilla

BIG UPS to New Pathways for helping young people do something with their lives.  
Brandy

BIG UPS to Ms. Towanda. Thank you for taking me to the market and taking the time to give me my birthday cake. I really appreciate it. Thank you!!!  
Brandon W.

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.

## HAPPY BIRTHDAY & WELCOME

New Pathways wishes a very Happy Birthday to these July babies: Sara and Kinice, LaToya B, Robin B, Ronald B, Isiah B, Warren C, Corey D, Jarrett F, Danelle R, Jessica T, Tyree W, Mr. James, Ms. Brenda P, Ms. Lesley, Ms. Deanna, Ms. Karen and Mr. Kenny. Congratulations!

New Pathways, Inc. would also like to extend a warm welcome to Wayne W, Jessica T, Meaghan E, Ciara M, and Vanity D.

## THE 18-YEAR CICADA Kevin Keegan

Who can forget the cicadas from last summer? As many of you know, nearly all cicadas come every 17 years. I was struck this morning as I walked up the sidewalk to work and I saw a cicada floundering around. I could only wonder what he might be thinking. "Where is everyone?" or "This is not exactly what they promised me, I expected everyone else to be here." This foolish cicada overslept, and as a result failed to have a chance to experience the opportunity most of his peers experienced.

This is a month where so many of you have graduated and achieved. You have taken advantage of opportunities that have been put in front of you, and not let them pass you by. Over the past years, we have seen more and more of you achieve, and fewer people not make it through the program. Nonetheless, there continue to be some of you who do not, and this is my point. As I tell everyone at orientation, we can only lay opportunity in front of you, but we can't make you take it. It pains me to watch some of you "oversleep;" like this cicada, and miss the chances you have. As the cicada analogy points out, there is only a brief window of time that you have to take advantage of the opportunities. Once they have passed you by, there is nothing we can do to stop time to allow you to catch up. As long as you are here, it is never too late to get on board. As many of our graduates will tell you, time goes faster and faster with every year. Take advantage of everything you can while you are here.

I hope everyone enjoys your summer. I hope to see everybody at Hershey Park on July 27. For those that have not recently been to Hershey, I assure you they have all of the good rides that they have at the other parks. Everyone is always turning their noses up at Hershey, but trust me, you will have a good time. Our summer picnic/family reunion is scheduled for August 26. You do not want to miss that.

As always, take care and be safe.

## TEN STEPS TO BECOMING A TRULY FREE INDEPENDENT THINKER

1. Become aware of the pressure to be authentic/real/legitimate.
2. Become a critical thinker about what it means to be a "real" (... fill-in..) (e.g. man, lady, Stanford student, member of the groups you identify with).
3. Begin to analyze the external messages (e.g. advertisements, jokes, what you see your friends doing/saying).
4. Recognize the process of internalizing the external pressures ("buying into those ideas").
5. Become self-observant of when you're pressuring yourself (internal dialogue).
6. Become self-observant of when you act on those internalized messages.
7. Be able to identify when those actions are potentially harmful.
8. Create a new internal dialogue based on beliefs that value health and improve the quality of your life.
9. Change your behavior to be consistent with your new internal dialogue.
10. Tell your friends about what you're doing so they can support and validate you (and maybe challenge themselves too)

## MOVIE REVIEW WAR OF THE WORLDS By: Mr. James Sippio



In a year where Sci-fi movies reign, here is another to consider: War of the Worlds. The main character in this film, Tom Cruise, is fighting an enemy that seems larger than life. Tom needs help in this one. What does he and the rest of the World do? Check this one out, movie goers!

**LET'S EXPLORE SPORTS**  
**GOLF**  
**Kevin Keegan**

I was asked to write some thoughts about the game of golf since it is something that most young people don't think about trying. My initial thought was not to do this, because the courses are already crowded enough, and the last thing we need is more people slowing down the play. I reconsidered though, since that is the kind of person I am.

When I was in college, I decided to try this game of golf. I bought a set of clubs and figured I was good at other sports, so what could be so hard? It took me about 3 months to get rid of my clubs. This is a game of patience and strategy that challenges you to think ahead to the next shot, similar to pool or chess; except you would be very surprised at how tired 18 holes of golf can make you, especially if you walk and carry your clubs. You can actually get a good workout. It took me about another 10 years after college, but I got back to the game and love to play. It is a game where for the most part, you are playing just against yourself, trying to get better each time, not like most sports where there is a winner and a loser. It is an opportunity to be outside enjoying the weather, and spending about 4 hours with someone, so a great opportunity to get to know someone, hang out with a friend, or do some business. It is one of the most challenging sports ever created to get it right, but just like hitting a home run in baseball, there is nothing like the feeling of that perfect swing.

**ANNIE KOPCHOVSKY:**  
**THE FIRST WOMAN TO GO**  
**AROUND THE WORLD BY BICYCLE**  
**BY JEFF LAMBERT**  
**ADAPTED FROM PETER ZHEUTLIN, BICYCLING**  
**MAGAZINE, MAY 2005**

In June 1894, a woman in her early 20s with three children under the age of six, climbed onto a Columbia bicycle in Boston. Annie Cohen Kopchovsky was 5 foot-3, about 100 pounds. Aside from two quick lessons in the previous days she had never ridden a bicycle in her life. All across the country, women who had never ridden were taking to bicycles, but not merely for recreation or transport. Women used bikes as vehicles of political and social change, too. The women's suffrage movement and the cycling craze went hand in hand. On two wheels, women found independence and freedom of movement. Because pedaling in billowing Victorian skirts and corsets was impractical, female cyclists popularized bloomers. To critics, these changes symbolized moral corruption. Suffragist Susan B. Anthony said in 1896 that the bicycle "has done more to emancipate women than anything else in the world."

The bike ride Annie Kopchovsky was about to

begin was described by the New York World as "the most extraordinary journey ever undertaken by a woman." She undertook the ride to settle a bet between two wealthy men in Boston. Ten years earlier, Thomas Stevens became the first man to ride a bicycle around the world. The wager was that no woman could match Stevens' ride around the world. The wager was \$20,000 to \$10,000 that the woman would fail, a huge sum when the average yearly salary was about \$1,000.

The wager required her to start penniless, accept no gratuities, and complete the trip in 15 months. She had to procure the signatures of American consuls in foreign cities to prove she had been there. And, she had to earn \$5,000 above expenses en route. A \$10,000 prize awaited her if she succeeded. This was not just a test of physical endurance and mental fortitude; it was a test of a woman's ability to fend for herself in the world. She left carrying only a change of underwear and a pearl handled revolver.

In Chicago, Paris, Marseilles and other cities, she earned money riding through the streets with advertising banners, placards and ribbons attached to her bike and pinned to her clothing. She was, at times, virtually covered from head to toe with ads for everything from milk to perfume. Annie also made money through a collection of 75 lantern slides she acquired during her travels and shipped ahead of her to illustrate lectures she gave (for a fee) as she made her way across California and the southwest back toward Chicago.

Annie's journey did not start well. After leaving Boston, she arrived in Chicago in late September. She decided to abandon the trip, realizing that she could not cross the plains and mountains before winter. She had set out to bicycle around the world and win a fortune, but barely made it halfway across the U.S. She decided to pedal back East but, before leaving Chicago, she acquired two key items: bloomers and a men's Sterling roadster, which was 20 pounds lighter than her bike. Riding was easier, faster, and more pleasurable. She decided she would give the world a go once more. Nearly four months had passed, leaving only 11 to make the circuit, which would now end in Chicago (where technically she had restarted her journey). Annie pedaled to New York City and on November 24, 1894, boarded a ship bound for France.

By the time Annie left France, she had just eight months to reach Chicago, and most of the world still lay ahead of her. After biking across France, she sailed to the Middle East and biked through Egypt, Israel, and Yemen, then sailed to Colombo and Singapore. By mid-February, she was in Saigon, and shortly after that into China and on to Siberia. She sailed for San Francisco from Japan in March 1895.

She reached Chicago on September 12, 1895, escorted by two cyclists she had met in Clinton, Iowa. After collecting her \$10,000 prize, Annie moved her family to New York where, under the byline "The New Woman," she had a brief career writing sensational features for the New York World. The story about her bicycle trip begins: "I am a journalist and 'a new woman,' if that term means that I believe I can do anything that any man can do."

## FINANCIAL TIP OF THE MONTH



Dear Penny Bank:

Why does everyone keep telling me to save money? I'm 19 and have plenty of time to save. I want to spend what I have instead of saving it.

Grasshopper

Dear Grasshopper:

Since you just turned 19 today, you must realize that in 24 months you will be 21. At that time you will be paying for your rent, BGE, telephone, phone, etc. all by yourself. Now is your opportunity to save money for emergencies in your future.

For example: If you spend \$100 per month for cable for the next 24 months, you will have spent \$2,400 and you will have nothing to show for the money you spent. If you save \$100 per month for the next 24 months, you will have \$2,400. This money could be used for emergencies like paying your rent if you become unemployed.

When you turn 21 and look back what will you say? Where did it all go? What do I have to show for all the money I had? or I have emergency money in the bank and I'm going to be ok.

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.



## LETTERS TO MR. BOB

Dear Mr. Bob:

Why does New Pathways request drug screen at intake and again at the time of admission. It seems to me that if you haven't used by history, then one drug screen would be enough.

Frustrated New Client.

Dear Frustrated:

You make a good point. You might be surprised how often we at New Pathways are surprised to get a positive drug screen when we least expect it. Don't take the process personally.

Keep the questions coming

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.**

## NP RECIPE OF THE MONTH FLAG DESERTS



### FLAG CAKE

Prep Time: 15 Min

Total Time: 15 Min

Makes 12 servings, 1 square each

2 pints strawberries

1 pkg. (12 oz.) frozen pound cake, thawed, cut into 14 slices

1 1/3 cup blueberries, divided

1 tub (12 oz.) COOL WHIP Whipped Topping, thawed

**SLICE:** 1 cup of the strawberries; set aside. Halve remaining strawberries; set aside.

**LINE:** bottom of 13 x 9-inch baking dish with cake slices.

Top with sliced strawberries and 1 cup of the blueberries.

Spread whipped topping evenly over berries.

**PLACE** strawberry halves and remaining 1/3 cup blueberries on whipped topping to create a flag design. Refrigerate until ready to serve.

### AMERICAN BERRY NO-BAKE CHEESECAKE

Prep Time: 15 Min

Total Time: 3 hours 15 minutes

Makes 8 servings

2 pkg (8 oz. each) PHILADELPHIA Cream Cheese, softened

1/3 cup sugar

2 Tbsp. Lemon juice (optional)

2 cups thawed COOL WHIP Whipped Topping

1 HONEYMAID Graham Pie Crust (6 oz)

1 pt. (2 cups) strawberries, halved

1/3 cup blueberries

**BEAT** cream cheese, sugar and lemon juice in large bowl with electric mixer on medium speed until well blended. Gently stir in whipped topping.

**SPOON** into crust.

**REFRIGERATE** 3 hours or until set. Arrange strawberries and blueberries in rows on top of cheesecake to resemble flag.

\*\*Always store leftover deserts containing cold ingredients in refrigerator.

## SPECIAL EVENTS NEWS

Towanda Carter

On June 14th New Pathways graduates attended Mo's Seafood Restaurant. All of the young people showed up and so did staff. The dinner was wonderful, and we hope to see more graduates next year.

Movie night was cancelled in June and July but don't worry, we will resume in August. As always movie night is the first Thursday of every month.

New Client Orientation will be held at the main office on the 21st of July, new guys and gals beware, we do it up, and I know you all will be in attendance.

Hershey Park trip is scheduled for July 27<sup>th</sup>, so get in where you fit in.

From the special events committee, see you guys at the next event.

## WORDS OF WISDOM

From: The Wise One

No one is seizing the opportunity to get over it and move on. To the contrary, the reaction of choice is to hang on to a hurt, injury, or slight for dear life and bring up the issue again and again and again. Dare to be different.

## 4th of July Quiz

Do you remember why the United States Flag has 13 stripes and how many stars there are?

Let's see if you remember a little something from history class. :)

Q: What are the colors of the United States Flag?

A: Red, white and blue

Q: What do the colors represent?

A: Red stands for courage, white for truth and blue for justice

Q: How many stripes are there on the United States Flag?

A: 13

Q: Why 13?

A: Each stripe represents one of the 13 original states

Q: How many stars are there on the flag?

A: There are 50 stars, each represents one of the present states

Q: What is the 4th of July?

A: Independence Day

Q: Independence from whom?

A: Britain (England)

## NP News July 2005

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

AMERICAN

ANALOGY

ANNIEKOPCHOVSKY

BARBECUES

BICYCLE

CAKE

CHEESECAKE

CHESS

CONSISTENT

DIVERSE

FAMILY

FLAG

FREEDOM

GOLF

HERSHEY

IDENTIFY

INDEPENDENCE

MOVIE

NATION

OPPORTUNITIES

OPPORTUNITY

REUNION

SAVEMONEY

SAVINGS

STUDENT

THINKER

WAROFTHEWORLDS

## CALENDAR OF EVENTS July 2005

7/4/2005 – Independence Day – Belvedere Square  
Office Closed

7/12/2005 – Daniel Memorial - 6 pm - Walker  
Manor

7/13/2005 – LST HIV/AIDS – 6 pm – Reisterstown  
– Ms. Tonya

7/19/2005 – LST Personal Hygiene – 6 pm – Main  
Office – Mr. Jamal

7/20/2005 – LST Cultural Perception – 6 pm –  
Reisterstown – Ms. Tonya

7/20/2005 – LST Cooking Class – 6 pm – Walker  
Manor

7/21/2005 – New Client Welcome Party – 6 pm –  
Belvedere Square Office

7/22/2005 – New Client Training – 12 pm  
Reisterstown – Mr. Jamal

7/26/2005 – LST Personal Hygiene – 6 pm – Main  
Office – Ms. Na’Imah & Ms. Ronda

7/27/2005 Hershey Park Trip

8/4/2005 – Movie Night

8/26/2005 NP Family Reunion – Gunpowder State  
Park



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### Staff

**Kevin Keegan, Executive Director**  
**Jeffrey Lambert, Associate Director**  
**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**  
**Ronda Harris, 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**  
**Dionne Felton, 2G Life Skills 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**

### NP News Staff

**Echo G. Hester**  
**Gloria Taylor**  
**Jennifer Pettis**  
**Jeff Lambert**

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.