



BICYCLE

By Beth Bitler

He grips the bars and stretches his feet to meet the pedals.

"Don't let go of me" he shouts.

My six year old wonder, my son, I think

I will never let you fall. So I say it.

"I'll hold you up if it looks like you are falling."

I show him balance, I run beside him.

I lightly touch the bar or hold on tight.

And when it's time

I let him go.

INDEPENDENCE

Ms. Carey Andrews

For me, independence came the day I learned to walk. Or was it the day I went to school for the first time? Or maybe the day I got my driver's license? Perhaps independence came when I got my first paycheck or opened my first bank account. Or was it the day I moved out of state for college? I think independence came the day I bought my first car. Or maybe I should say it was the day I signed my first lease? Or when I finished school...

As you can see, independence does not come into your life just once, but rather independence comes every time you accomplish something that increases your self sufficiency and makes you less dependent upon those around you. Every single accomplishment that increases independence deserves a celebration, for it is gaining the freedom of independence that allows us to grow, learn, and change.

The most important thing to realize about the process of becoming independent is to not take any step for granted. Learning from your mistakes, and learning to appreciate those who support you (even though you may be less dependent upon them), are both essential to making it to the next accomplishment, and in ultimately increasing your independence. As I start this new chapter of my life with the New Pathways community, I celebrate a

new accomplishment that brings with it a new level of independence, and I look forward to celebrating many new accomplishments with members of the New Pathways community as well.

THE ADVANTAGES OF NICHAC

By: Brandy S.

I have been living in my very own apartment since April 7, 2006. It is probably one of the highlights of my life. Being a part of NICHAC is a really great experience. It has taught me money management, responsibility, time management, and how to do things independently. In my personal opinion of myself I've always had these great qualities since I've been a part of New Pathways, but when you become a part of NICHAC you must really show these qualities. There are many advantages to NICHAC. You don't have anymore roommates and for some that's a good thing, but others might need someone there. If you have a job you begin to take your job more seriously because you have bills to pay. No more calling out of work to hang out in the streets. Lastly, you will begin to see the importance of not allowing just anyone in your space. The first stages of New Pathways are just rehearsals. While you are still a part of NPW's there are a couple things you can do to become successful:

- Attend all life skill training classes & take them seriously
- Ask questions, don't be afraid
- Get a JOB or TWO
- Go to SCHOOL & do YOUR BEST
- Get out & meet people, don't limit yourself to one group of people
- Keep an open relationship with your case manager

And, lastly save your money and stay FOCUSED, you have to stay focused on your plan.

I have really enjoyed EVERYTHING that New Pathways has offered me. I want to wish all the NPW's clients the best and if you don't do anything else, please take FULL ADVANTAGE of all the resources this program has to offer.

BOUDICCA'S FIGHT FOR INDEPENDENCE

Compiled by Jeff Lambert from Wikipedia

One of my cats is named Boudicca. When my friends and family ask me about her name, I tell them she was a Celtic warrior queen. So the following is the rest of the story about Boudicca.

Boudicca's husband, Prasutagus, was the king of Iceni, who inhabited an area of eastern England. At that time, all of England was under rule of the Roman Empire. Prasutagus voluntarily allied the Iceni to Rome following the Roman conquest of 43. Prasutagus lived a long life of wealth, and, hoping to preserve his line, made the Roman emperor co-heir to his kingdom along with his two daughters. When Prasutagus died his attempts to preserve his line were ignored and his kingdom was seized by the Romans. Land and property were confiscated, and Iceni citizens were taken as slaves. Boudicca was beaten and her daughters raped.

In 60 or 61, the Iceni people conspired with a neighboring state, the Trinovantes, to revolt. Boudicca was chosen as their leader. The rebels' first target was Camulodunum, which is now the modern city of Colchester, England. It was the former Trinovantian capital and now a Roman colonial city. Boudicca's army attacked the poorly defended city and destroyed it. The Romans attempted to counterattack, but their forces were crushed and their infantry was wiped out. Only the Roman commander and some of his cavalry escaped.

Boudicca and her forces next attacked Londinium (London) and burned it down. Roman forces and citizens abandoned the city before she arrived. Boudicca and her army slaughtered everyone who did not evacuate with the Romans. They next attacked and destroyed the city of Verulamium (St. Albans). In the three cities destroyed, Boudicca and her army killed between seventy and eighty thousand Romans.

The Roman army took a stand with 10,000 soldiers in an unknown location in central England, in a small valley with deep woods behind him. Although the Romans were heavily outnumbered, Boudicca could not extend the length of her line because of the terrain. By now the rebel forces numbered 230,000.

Boudicca spoke to her troops from her chariot with her daughters beside her. She gave a short speech in which she presented herself not as an aristocrat avenging her lost wealth, but as an ordinary person, avenging her lost freedom, her battered body and the abused chastity of her daughters. Their cause was just, and the gods were on their side: the one legion that had dared to face them had been destroyed. She, a woman, was resolved to win or die; if the men wanted to live in slavery that was their choice.


However, the lack of maneuverability of the Boudicca's forces, combined with lack of open-field tactics to command these numbers, put them at a disadvantage to the Romans, who were skilled at open combat due to their superior equipment and discipline. Historian's report that almost eighty thousand rebels fell compared with only four hundred Romans. Boudicca survived the battle, but it is believed that she poisoned herself. Nothing in the historical record addresses what happened to her daughters. Because of this uprising, the Roman emperor came close to abandoning Britain.

Boudicca's story is about the power of one woman to rise up and lead a fight against an oppressive conqueror. Her story is relevant as we celebrate our own Independence Day.

HAPPY BIRTHDAY



A big Happy Birthday to Isiah B, Danelle R, Robin B, Ronald B, Travis D, Jarrett F, Tyree W, Mr. Kenny, Ms. Beth, Ms. Karen, Ms. Deanna, Ms. Brenda Phelps, and Mr. James Sutton.

New Pathways  Inc.

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.

THOUGHTS FROM MR. KEVIN KEEGAN

As we celebrate Independence Day, I was struck by a thought this month that I would like to share with everyone. When you sit down for your orientation with me, there are two things I tell you, the first has to do with keeping "drama" out of your life, and the second is keeping from getting lazy by making sure you are always working towards a goal. WELL, I have added a third recently, so I thought I would share it here first, so here it is:

In order to achieve your Independence, you have to stop believing that somebody owes you something. Many people spend a lot of their time thinking about what someone owes them, and it keeps them from achieving things. As I look at so many of our older clients and especially our graduates who are succeeding, this is the one thing I see that they all have in common. It does not mean they were always this way, and many of our graduates clearly had this belief when I first met them. The fact that our clients are in foster care, many people therefore believe that the person responsible for getting you into care, or the system itself, owes you something. This belief frequently holds young people up from being responsible for their own future. This may sound somewhat harsh for me to say, but I have a responsibility to help everyone here be successful and self-sufficient, and therefore it is my job to point things out as I see them. Think about it!

I hope to see everyone at our Picnic and Family Reunion this August 25. It is at the same place as last year.

As always, take care and be safe,

Mr. Kevin

FYI AND GREETINGS FROM THE LIFE SKILLS DEPARTMENT

Its time for Life Skills Counselors quarterly rotation! Starting July 1 and ending September 30 Life Skills Counselors will be stationed at the following staff office.

Reisterstown Square:

Mr. Vonzell and Ms. Denise (weekday)

Mr. Al and Ms. Deborah (weekend)

Walker Manor:

Mr. JR and Ms. Lisa (weekday)

Ms. Sharnet and Ms. Yolanda (weekend)

WELCOME NOTES

Hello Everyone,

I am the newest member to the New Pathways family. I am excited about meeting and working with the youth. I am motivated, energetic and bursting with new ideas for the youth. I am an artist, writer (spoken word poetry, gospel, hip hop, and R&B) and choreographer. I am raved and ready to go.

Ms. Denise Graves

We are very pleased to welcome Carey Andrews to our Case Managers' team! She joined us on June 19 and immediately began working with the majority of Ms. Jamila's former clients. Ms. Carey graduated recently with her MSW from the University of Maryland's School of Social Work, and she obtained her LGSW license on June 27...congratulations!! She has a range of experience with high school students from her internship at The Forbush School, as well as adolescents experiencing domestic violence. Carey has also volunteered extensively with younger children, including a summer trip to an orphanage in Honduras with Heifer Project International! She is very excited about working with young adults and learning more about the foster care system. Please extend a warm New Pathways welcome to Ms. Carey when you see her!

We wish Shavonda Rivers best of luck as she settles into her new home in North Carolina, and in all her future endeavors. We also wish Jamila Blake best wishes as she adjusts to life in Pennsylvania and her new position in a hospital setting. It was a pleasure having both Ms. Shavonda and Ms. Jamila on our Case Managers' team, if only for a short time.

Please welcome Yvette Boone-Green as the new Life Skills Counselor at Second Generations. She will be working on the weekends and evenings. She brings a lot of experience, so please take advantage of her knowledge.

CALENDAR OF EVENTS JULY 2006

7/4 Independence Day – Belvedere Square Office Closed

7/13 All Client Meeting and Movie Night

7/14 Great Adventure Amusement Park Trip

7/20 Career Information Expo

8/25 Annual New Pathways Picnic

**Watch for future information on a trip to New York to see a Broadway Show.

FINANCIAL TIP OF THE MONTH PENNY BANK



Dear Penny Bank:

I am interested in other ways to save money. What are other options to savings than just a savings account in the bank?
Savings Dilemma

Dear Savings Dilemma:

There are many options to save and invest your money beginning on a small scale.

- ❑ Savings Bonds are US Treasury securities for individual investors (en.wikipedia.org). US Savings Bonds are a long term investment which can be purchased for as little as \$25 for a maturity value of \$50 and up. They can be purchased at any bank.
- ❑ Certificate of Deposit: A deposit made with a bank, credit union, or savings and loan. The deposit is a specified amount that is deposited for a certain period of time and a set interest rate. There are no fees on CDs, but a penalty is charged for early withdrawal (<http://retireplan.about.com>). Some CD's can be purchased for as little as \$100 - \$500 for investment periods of twelve months and up. Check with your bank for minimum deposits and interest rates.
- ❑ Small scale collectables: What you purchase/save today a nominal cost can increase in value in several years. For example: When you go to the Post Office to purchase stamps to pay bills – consider also purchasing a page of collectable stamp pages and setting them aside. The US Mint has been producing “State” quarters – consider saving one from each state and setting them aside. Examine your hobbies and personal interest for things you may collect today that will have a value tomorrow.
- ❑ Go to the library or your favorite bookstore and read – read – read. Reading is an investment in your future that will help you get ahead mentally and financially. There are monthly magazines and books that will offer additional suggestions on how to invest your money.

Good luck on your investing and let us know how you are making out.

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.

NP News Staff

Echo G. Hester- 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 the NP News possible.

NP DINNER RECIPE OF THE MONTH HAMBURGERS

- 1 lb ground beef
- 1/3 cup crushed crackers
- 1 small onion chopped
- 1 tsp. Parsley
- 1 egg (beat in bowl until yellow)
- 4 English muffins split (or 4 hamburger rolls)
- 4 slices tomato
- 4 leaves lettuce

Combine ground beef, crackers, onion, parsley and egg in a bowl. Mix together well. Form into four hamburger patties (if you are frugal, you can make six patties and freeze two for later). Cook hamburger patties in skillet until done.

Serve hamburger patties on English muffins topped with a slice of tomato and a lettuce leaf.

GREEN BEAN SALAD

- One can of green beans drained
- One tomato
- ½ cup Italian Salad or Cesar Salad Dressing

Gently toss all ingredients together and let marinate at least one hour before serving.

NP NEWS JULY 2006

A L E M I S Y Y J C N L B D N
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| ADVANTAGES | ADVENTURE |
| AMUSEMENT | BICYCLE |
| BOUDICCA | BROADWAYSHOW |
| CAREER | CHOREOGRAPHER |
| COUNSELOR | CRACKERS |
| EXPO | HAMBURGER |
| INDEPENDENCE | INFANTRY |
| INFORMATION | JULY |
| MOVIE | NICHAC |
| PARSLEY | PICNIC |
| ROMAN | ROOMMATES |
| SAVINGS | WELCOME |

New Pathways, Inc. Career Information Expo

**When: Thursday, July 20, 2006
1:00pm – 5:00pm**

**Where: New Pathways Main Office
540 East Belvedere Avenue, Suite 201
Baltimore, Maryland 21212**



Come and meet professionals in the following career fields who will share with you how they pursued their goals and created their own personal pathway to success:

- ❖ Health (Nursing/Physician)
- ❖ Music
- ❖ Pharmacy
- ❖ Engineering (Civil and Architectural)
- ❖ Criminal Justice (Lawyer/Police Officer)
- ❖ Computer Technology
- ❖ Beauty (Cosmetology/Make up/Barber)
- ❖ Social Work
- ❖ Education (Teacher/Administrator)
- ❖ Catering (Chef/Food Service)
- ❖ Veterinary Medicine
- ❖ Truck Driving
- ❖ Mortuary Science (Funeral Director/Embalmer)
- ❖ Business Management (Entrepreneur)
- ❖ Media (Television/Radio)
- ❖ Psychology
- ❖ And More...

“This will be a great opportunity for you to learn about your dream and to become motivated by the dreams that are being lived by others”

Summer Fun...Ready, Set, Let's Go! New Pathways

Six Flags Great Adventure
Amusement Park
July 14, 2006 (New Jersey)



- *Lots of Roller Coasters
- *Drive-Thru Wild Kingdom Park (Live Animals)
- *Water Park

Bus leaving Reisterstown at 7:30 am (Home Depot parking lot)
Bus leaving Walker Manor at 8:00 am (Chinquapin Park)

We will be leaving the park around 6:00 pm. We should get back about 9:30 or 10:00 pm
DON'T BE LATE!!!!

No Additional Friends
All Old Clients must RSVP with Mr. Barry by July 10, 2006
All Day Fun at the Park

A Bag Lunch provided on the way to the park.
You must bring additional spending FUNDS!!

New Pathways Family Reunion &



Date: Friday, August 25, 2006
Time: 12:00 p.m. to 6:00 p.m.
Where: Gunpowder State Park
(Hammerman Area)

Ebenezer Rd. (off Route 40, near White Marsh)
Chestnut Pavilion

EVERYONE IS WELCOME

**OLD AND NEW CLIENTS!!!
FROM THE SAFETY AND
OPERATIONS
CORDINATOR'S DESK**



Mr. Barry Smith

It is that time again - Summer! And it is going to get hhott. So, don't forget to set your air conditioners on 72 degrees and leave it there. That way, when you get home from work, the apartment will be just like you want it, nice and cool!

Remember there are 6 million apartments across the United States and they all work the same way. Don't burn your air conditioning unit by turning it down to 60 or 50 degrees when you get home and think it will cool your apartment faster. Don't make this a summer from ****! Let it rest on 72!

SUDOKU JULY 2006

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Jamal Evans, Life Skills Trainer

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Deborah Young, Life Skills Counselor

Second Generations

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Makda Belay, 2G Life Skills Counselor
Beth Bitler, Parenting Trainer
Yvette Boone-Green, 2G Life Skills Counselor
Judith Dukes, 2G Life Skills Counselor
Deanna Murray, Life Skills Counselor
Brenda Phelps, 2G Sr. Life Skills Counselor
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