

ALUMNI NEWS TODAY IS A NEW DAY!! Leichelle S

Today is a new day!! Things don't always go as you plan. I'm a 22yr old single mother of a beautiful 3 yr old little girl. The day I was told I was pregnant I was so distraught and hurt. Not because I was having a baby but because I had nothing established to offer a child. I was in foster care since I was 11 yrs old, due to the death of my mother. I had to live by everyone else's standards, if not I would be shipped to the next home. What could I really offer a baby? Not stability because I had none. I just graduated from high school a year and half prior too. I was so afraid that I was going to end up like my parents. I remember sitting on the side of my godmother's bed crying my heart to her. My godmother let me cry and when I stopped she told me today is a new day and to stop holding on to the past because you are here today. She told me that I was an adult now and I could make my own decisions in life. She told me that God makes no mistakes. I must admit there was a little something inside of me that was excited about my baby. That empty void would finely be filled. I got on my knees one night and I prayed. It wasn't my usually prayer. I asked God for a new beginning to change my life in ways that only he could do. This is when he began to send positive people into my life.

This is when New Pathways came into my life. The day I was introduced to Second Generations I had mixed feeling about the program. There were a lot of rules I must say. I was tired of living by other people's rules. But these rules were a little different. They lead the way for opportunity and advancement. NP gave me the chance to achieve some of the goals I needed for a better life for my child and me. I stayed in the program for exactly one year. I entered one week before my 20th birthday and left on my 21st birthday. When I left I had \$3,500 saved in escrow. That money paid my rent for six months.

I have been out the program now for about two years. I must say I love every bit of living on my own. Yes, you have to pay bills and go to work everyday but it worth it because its where you call home. We sometimes feel like someone owe us something but they don't. It's up to us to make the moves in life for our success. I have learned over the years that no one is going to give or do anything for you. We have an advantage because we have been supported by people who are willing to offer a helping hand. I have achieved some things in my life that my parents never have. The real world isn't easy and it will chew you up if you are not strong. Today is a new day and start to a new beginning.

Thanks New Pathways for giving me a successful start into the real world!!

ALUMNI NEWS Bryan G

My name is Bryan G. I was a New Pathways independent living client many years ago. Now I'm glad to say, I am a mentor for New Pathways.

To tell you a little about myself, I started with New Pathways when I was 17 years of age. The program did a lot to help me in the way I am today. For example: New Pathways showed me the way to manage money in ways I didn't know about. New Pathways also had shown me how to better myself in all parts of life. If it wasn't for New Pathways and its staff, well I wouldn't know where I'd be today but I'm glad I had the chance to meet them and let them help me to better myself and my views of the world.

If I had to say one thing to the people that are coming or are in New Pathways, just let them help you even if it doesn't make sense at the time. Take it from me, they can and will help you with any problems or know someone that can. All you have to do is ask.

THE BAY LADY TRIP Karen Brown

On Thursday, June 14th, all aboard the Bay Lady was the New Pathways family. We came dressed to impress to celebrate all the hard work accomplished by our clients and staff. We honored our graduates because we are so proud of them. The evening started with some light socializing, accompanied by dinner and desert. After we ate, we hit the dance floor hard. We partied hearty! The booty call, electric slide, soul train line, we did it all.

We came to celebrate and we did it New Pathways style. As the evening was coming to an end, we went to the top level where we enjoyed fireworks. They were just beautiful.

Thanks for another great event. And once again congratulations to all of our graduates. We love you all.

EDITORS NOTE

In this issue of the NP News: Alumni News, Bay Lady Review, Harry Potter update, and regular features. Read on.

FINANCIAL TIP OF THE MONTH



Dear Penny Bank:

Hype or necessity, what should I base my cellular phone choices on?

Cell Phone

Dear Cell Phone:

After listening to clients and staff speak, the following information came to light.

The Cons for Young People Starting Out (The bad stuff)

- Cell phones are about social status
- Having a cell phone makes you feel like you are a part of the “In Crowd”
- Having the latest and the greatest cell phone is cool (Cell phones costs hundreds of dollars and are like cars – once you take them out of the store they lose a lot of their value)
- You can get the Internet, TV, text messaging, games, music, and other stuff on your phone (You will spend a lot of money on these services every month)
- You can buy a cell phone and service if you have no credit or bad credit for hundreds of dollars
- Cell phones allow you to be more flexible, but at the same time allows people not to be responsible for stuff they say they will do

The Pros for Young People Starting Out (The good stuff)

- Cell phones can be used as telephones and allow you to keep in touch with family, your job, and friends
- When living in your own apartment, a cell phone can be used instead of a land line phone
- If you use your cell phone wisely, you will pay the monthly amount agreed on in your cell phone contract when you purchased the phone (When you know how much your cell phone is going to cost each month, you can budget better)

Before you buy a cell phone, know what you want your cell phone to do and how much you want to pay each month. Go to the different cell phone stores and compare prices on cell phones, plans and equipment. **START SMALL!** Remember two things:

- 1) Cell phone sales people are like car sales people – they want to sell you the biggest and the best and not necessarily what is best for you.
- 2) When you sign a cell phone contract, you agree to pay the cell phone company money. They will get their money so make sure you know what you are paying for.

Best wishes for good choices
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.



LETTERS TO MR. BOB

Dear Mr. Bob:

Now that summer is here I can increase my hours at work. I think I can handle school this fall and work full time.

Work/School

Dear Work/School:

NPW's has many “horror” stories about youth who place first priority on earning money. Please talk with your support systems eg: Case Manager, Life Skills Counselor(s), mentor, etc. before you accept working more hours in the fall.

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

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

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

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.

HARRY POTTER NEWS

Adia Crawford

July marks the release of the 7th and final book in the Harry Potter series, Harry Potter and the Deathly Hollows. To say this book is eagerly anticipated is an understatement. With each book, author J. K. Rowling has taken us deeper into the lives of Harry Potter and his nemesis, Lord Voldemort. As a result, the amount of darkness and danger involved in Harry's life and the lives of his friends has increased. Whatever is going to happen at the end of the book has been kept a secret, but it is known that two major characters are going to be killed before it is all said and done. I am eagerly awaiting the arrival of this book. J.K. Rowling is one of the most talented authors out there and it is sad knowing that this next book is in fact the final one. Each book is better than the last one and to have the ability to write like that, Ms. Rowling is in a class of her own. The books are very hard to put down as you get involved in the lives of Harry, Ron and Hermione and their counterparts at Hogwarts. Yes, in all aspects it is a children's book however a good book has the ability to take the reader away to another world and surround you in the lives of the characters. Ms. Rowling has inspired children (and adults) all over the world who did not like to read to stand in line for hours to buy her books and in addition, read these books many times over. And then there are those of us who pre-order 2 copies online so we will not have to fight with our husband about who gets to read the book first!

Just days prior to the release of the final book, the 5th movie, "Harry Potter and the Order of the Phoenix" will premiere in the theatres. The movie will center around Harry dealing with the reality that his nemesis, Lord Voldemort, is alive and attempting to destroy him and everything he knows and loves. He will be going up against the Ministry of Magic who, in an effort to keep everyone from panicking, are denying that Lord Voldemort has returned to power. Harry's mission, along with his Godfather Sirius Black and his friends, will be to try and stop Lord Voldemort before he is able to do any harm.

ANNOUNCEMENTS

Congratulations

Shawnece G.



Saniya

Born: June 27, 2007

At: 4:02 p.m.

Weight: 8 pounds, 11 ounces



New Pathways, Inc. would like to wish a big Happy Birthday to Isiah B, Elaina M, Shoquitta W, Ronald B, Antoine J, Travis D, Nathan M, Mark, Makiah, Travis Jr., Meah, Mr Kenny, Ms Karen, Ms Deanna, Ms Brenda, and Mr. Christopher

THOUGHTS FROM MR. KEVIN

Hello all,

As we celebrate Independence Day, I was struck by a thought this month that I would like to share with everyone. I have come to realize that there is a misconception about what "Freedom" really means, and as a result people find themselves in some difficult situations because they demonstrate what they think is freedom. I believe that to really become independent, it is important to really understand what freedom is, as well as what freedom is not.

Freedom is about being in control of your own life. It is about being able to set your own goals and think however and whatever you want. It does not mean being able to do and say whatever you want. Freedom is not about being able to say whatever is on your mind, particularly to your boss or to other people in authority. Freedom brings with it many responsibilities, and meeting those responsibilities frequently gets in the way of being able to do whatever we may want to do. Freedom allows us to choose a lifestyle we wish to achieve and maintain, but the work that is involved in maintaining that lifestyle may also get in the way of doing whatever we may want to do.

I would like to see everyone at our Picnic and Family Reunion this August 25, current clients as well as graduates. I would like to see so many people there that we run out of food and need to order 25 pizzas to feed everyone. It is on a Saturday and it has been moved to Druid Hill Park so that it is more convenient for everyone to get there. Otherwise, have a wonderful summer!

As always, take care and be safe,

Mr. Kevin

"BIG UPS TO"



As a new employee at New Pathways my experience thus far has been a positive one. Everyone has been very friendly and supportive and I can honestly say that I already feel like part of the New Pathways family. I would like to thank everyone for making me feel welcome and I look forward to continuing to work with you guys. Kudos!

Christine Adams

"New Pathways, is a program with endless opportunities." New Pathways is for the growth of today's youth and I can honestly say they have helped me distinguish being responsible from doing what I want to do. I have learned to prioritize what I have to do first and enjoy fun later. New Pathways is a family that really cares and treat their youth as one of their own. I love New Pathways and they will always be a part of my family.

Sean A.

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.



MENTORING PROGRAM

Courtney LaPrince
Xia Williams

WOW-the Peer-to-Peer Mentoring Program is going gangbusters. From our start date April 1, 2007 we have matched 22 mentors with incoming mentees. There have been three discharges. The rapid population change has been a plus for the peer-to-peer mentoring program in that so many new youth coming in several per week really seems to have strengthened the usefulness of our mentoring goals.

Our friends at Resources for Youth have approved our Spring Grant request for \$2200.00 which should be coming any day. The Peer-to-Peer Logo contest is picking up steam and a decision for 1st and 2nd place winners will be made by August 1, 2007 so we can use the NPW Logo on our t-shirts for our Annual Family Reunion & Picnic. Don't forget 1st prize is \$100.00; 2nd \$50.00. Can you imagine how many people will ask "What does that Logo stand for?" Those t-shirts should boost recruiting significantly.

The Peer-to-Peer Mentoring Program is rocking and rolling. If you want to become a core member and grow this part of New Pathways, Inc. call Courtney LaPrince or Xia Williams

Thanks to everyone who is giving back to New Pathways, Inc. by becoming mentor. Don't forget mentees will one day be asked to mentor incoming mentee admissions.

YOUTH ADVOCACY PROGRAM

Youth Advocacy Council Meetings at Walker Manor and Reisterstown Square apartment staff offices are on "summer break." Recruitment is top priority. If you are interested in joining please contact Danyette R. for (WM) and Elaina M. for (RSQ). The next meeting will be the first Wednesday in September

AFTERCARE

The New Pathways Aftercare Program is presently in a recruitment phase. The following youth has expressed interest as becoming founding members: Sean A., Brandy S., Priscilla D., Devin P and Wonderlyn S. Please contact Mr. Tom for information and scheduling dates. 410-464-2600 x103.



PARENTING STRONG CHILDREN: KEYS TO ENCOURAGING INDEPENDENCE Sheena-Marie Hill

As we approach the holiday which celebrates America's independence from the mother countries, it feels appropriate to address concerns of fostering independence in children. Though children often look to parents as their most influential role models, the growth from infancy to toddlerhood also serves as a catalyst for independence. Children begin to assert their own needs and desires as a way of expressing themselves as individuals. This distinction between parent and self that the toddler is making is crucial to their survival, though it is often hard for parents to accept. This challenge can be easier if parents see themselves as a central component to helping children build the skills needed for independence later in life. Part of encouraging independence is realizing that as individuals, children will make mistakes. By consistently supporting children in all contexts, parents can provide them with the security that will enable access to independence. After all, while independence is good for children—preparing them to lead satisfying and successful lives, it is also good for parents—allowing them to lead full lives of their own. Independence can be fostered in many ways; here are tips for encouraging independence in toddlers and young children:

- Give choices about things that are negotiable (ex: red shirt or green shirt?)
- Give responsibilities to teach child to be responsible and self-sufficient
- Allow and encourage the child's exploration and express of their world
- Allow for and lovingly forgive mistakes and discuss the lessons learned
- Set a good example: lead an independent life that fulfills you so that you can better serve your family

Establish a routine of quality time: both family and individual. Since gaining appropriate levels of independence is necessary for children, the urgency that drives toddlers is just the beginning. The child will continue to distance themselves from the parent in many ways over the duration of childhood and into adolescence and emerging adulthood. Continued implementation of the above strategies also works for older children and adolescents, but parents should also be positive about independence while remaining involved and asking questions. (It is your business and you have a right to know!)

It's a challenging role: parenting an independent child. Parents have a unique responsibility of making important decisions for their children, while at the same time helping them make their own choices on the journey to becoming self-sufficient. When children assert their independence from parents, it can be confusing and frustrating for parents. It is important to remember that by giving choices and responsibilities, encouraging exploration and expression, and being patient and understanding allows a child to feel secure enough to be themselves, make good choices as they seek other influences and earn the independence they need to succeed as adults.

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E R N E R D L I H C S N B B M
 L E S E N S E F E E N N O S N
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 D E C I S I O N S I C T S O C

AGREE	BAYLADY
CELLPHONE	CHILDREN
CONGRATULATIONS	WORK
COST	DECISIONS
DISTINCTION	EMERGING
EMPLOYEE	EXAMPLE
EXPLORATION	FIREWORKS
FREEDOM	GRANT
HARRYPOTTER	LIFESTYLE
MISTAKES	OPPORTUNITIES
PHOENIX	PIZZAS
QUALITYTIME	RECRUITMENT
RESOURCES	SENSE

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

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

INDEPENDENCE
THE COST OF BEING FREE
 Karen Brown

I want to be free, free to do what I want, go where I want, say what I want, spend what I want, stay out as late as I want. Yeah the list goes on and on. When you become a mature adult, you realize that freedom costs! It costs discipline, making good choices, picking the right people to be with, saying yes when you want to say no and saying no when you really want to say yes. One thing will make being free a success, and that is balance. We all need balance. Junk food verses eating right, studying verses partying, sleeping verses being on the phone all night, working verses hanging out! Balance is the key to enjoying freedom. When we make bad choices, we will pay either with a tired body, an unfocused mind, failing grades, losing a job, etc. We will lose something. Remember freedom does not mean you're free to be dom.

RECIPE OF THE MONTH
BAKED ZITI

One jar of Pasta Sauce of your Choice
 (I recommend Four Cheese Sauce)
 4 cups Ziti Noodles (uncooked)
 1/4-1/2 Lb. Thinly Sliced Provolone or Mozzarella Cheese
 Parmesan Cheese
 Margarine

Prepare Ziti Noodles according to package directions.
 (Boil a large pot of water; pour in noodles; cook for 20 minutes (*do not overcook noodles*); drain noodles)
 Preheat oven to 350°.

Rub a thin layer of margarine over the bottom and sides of rectangle casserole dish.

Begin to layer casserole just as you would lasagna:
 Spaghetti Sauce (Evenly coat bottom of casserole dish)
 Ziti Noodles
 Layer of Provolone/Mozzarella Cheese
 Ziti Noodles
 Layer of Provolone/Mozzarella Cheese
 Ziti Noodles
 Layer of Provolone/Mozzarella Cheese
 Spaghetti Sauce

Sprinkle Parmesan cheese over the top. Bake for 30 – 40 Minutes. Serve with a salad and sliced Italian Bread with butter. Enjoy!

NP News Staff

Echo G. Hester - Jeff Lambert – Adia Crawford

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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Gloria Taylor, Life Skills Counselor
Daphney Williams, Life Skills Counselor
Deborah Young, Life Skills Counselor

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Sheena Marie Hill, Parenting Trainer
Tonya Cook, Life Skills Counselor
Judith Dukes, 2G Life Skills Counselor
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Brenda Phelps, 2G Sr. Life Skills Counselor

CALENDAR OF EVENTS & HOLIDAYS July 2007



7/4/2007 Independence Day – Belvedere Square Office Closed

7/11/2007 Harry Potter and the Order of the Phoenix Movie Released

7/12/2007 All Client Meeting at Belvedere Square – Skating to follow

7/21/2007 Harry Potter and the Deathly Hollows released

7/24/2007 Amusement Park Trip

8/25/2007 New Pathways Family Reunion

***All Dates Subject to Change