

## THOUGHTS FROM THE HERSHEY PARK TRIP



I had a great time.  
Jessica T

The best time of my life!  
Jamie H

The best part of the trip was eating the Dippin Dots (Ice Cream of future)!  
Priscilla D


Thanks for taking me to Hershey Park. I had fun.  
Sean

The roller coasters were awesome.  
The museum was enlightening.  
The thunder and lightning show was beautiful.  
ZOO AMERICA was educational.  
Miss Echo

The "Nerd's Show" was a great place to escape the heat.  
Ms Na'Imah

## HAPPY BIRTHDAY & WELCOME

We would like to wish Erielle a happy 1st Birthday!  
New Pathways wishes a very Happy Birthday to these big August babies: Pernisha, LaGloria, Mark, Cameko, Dante, Devin, Jennifer, and Ms Tia Congratulations!



Welcome to the program D'anna. As of this writing Second Generations is expecting two births in August and we wish Toshuna and D'anna the best of luck.

## WHAT YOU MAKE IT

By: Eric Terrod Jones

How does a person succeed in life?  
By overcoming all obstacles,  
Not worrying about trials, tribulations or strife.  
When you believe in your abilities to do great things,  
You'll see, that when you put your faith to work,  
You will persevere,  
And your frame of mind you will keep and maintain.

Even through some responsibilities  
Seem far fetched and not probable,  
If you seek the help of those around you,  
Then no task is impossible.  
Team work is one of those factors which is key,  
Just like the Army,  
It will push you to Be All That You Can Be.

It's funny how some people complain about working under pressure,  
Little do they know, that when you're under those conditions  
That's when there's no limit to where your talent can measure.

To persevere in life,  
Your train of thought doesn't always have to be, All Work and No Play,  
If you enjoy and have fun in what you do,  
I guarantee, you won't be in for a long day.

Look at your responsibilities like going through college, or graduating from high school,  
Sometimes we dread the course it took, but now look how far it's gotten you.  
You don't have to be a multi millionaire to prove that you've made it.

If you have the ability to change someone's life  
For the better, when you transition from here you'll see,  
That success  
Is what you make it.

## "BIG UPS TO"



**BIG UPS** to Ms. Towanda for being fabulous at what she does.

**BIG UPS** to Ms. Jodie for being a great case manager.

And, **BIG UPS** to all the staff for Hershey Park.  
Wayne W.

**BIG UPS** – That no matter how much I can request or even suggest some things, Ms. Karen is there to listen. Now that I have been here two years three weeks and one day, New Pathways has been here for me and I am not just saying that for my health. Although staff have come and gone, I enjoy the time I have had here.

Carrieann

I would like to give **BIG UPS** to: The entire New Pathways staff because I have connected with just about all of you in some way or another. If it wasn't for you guys (and gals) I wouldn't be where I am today. The funny thing is even though I moved on in life, every time I came back I feel more at home with you all than I do anywhere else. So I know who my family is. Thanks again.

Love Sincerely  
Eric Terrod .Jones

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.

## THOUGHTS FROM MR. KEVIN

Hello again,

I hope that everyone who attended our Hershey Park trip this month had as good a time as I did. Next month, we will be holding our annual Family Reunion at Gunpowder State Park on August 26. The time will be from 12-6. We will have plenty of transportation for current clients and graduates. It should be a great day.

I would like to talk for a moment about an issue that I frequently discuss with people, so I thought I would mention it here. It has to do with Burning Bridges. Sometimes the way we end things is more important than the way we start things. We never know when we may need to go back to someone that we need something from, for instance a recommendation for a job or apartment. Whether it is this program, a job, an apartment, and even more importantly relationships with people, ending things in a positive way is something to consider. If you burn a bridge once you cross it, you can't go back again. Think about it.

As always, take care and be safe.

## MOVIE REVIEW From the Phantom Viewer



### Fantastic Four (2005)

Marvel's first family of comic superheroes takes the world by storm as the longest running comic book series in history comes to the big screen. Reed Richards/Mr. Fantastic, who can elongate his body; Susan Storm/Invisible Woman, who not only can become invisible at will but can render other objects invisible; Johnny Storm/Human Torch, who can shoot fire from his finger tips and bend flame; and Ben Grimm/The Thing, a hideously misshapen monster with superhuman strength, together battle the evil Doctor Doom. (<http://movies.yahoo.com>)

I found this to be an enjoyable and light weight movie. I would rate it as a DVD see.

## LET'S EXPLORE SPORTS Tennis: More Than Just a Sport Ms Jodi Schmidt

This month I was asked to write about my favorite sport – tennis! I have been playing tennis since I was 4 years old. I always really enjoyed it – especially in high school and college when we got to practice everyday after classes! Although I could carry on about the actual sport and how it is played, I'd rather share with you what I have learned on a personal level from the sport.

Playing tennis taught me many lessons! It taught me how to be a team player and how to support others while they were out on the court – or for that matter, while they are out in the real world!! It also taught me responsibility. After agreeing to meet and play a match, I had to show up – PREPARED to play. Another lesson was PRACTICE makes perfect! No one is instantly good at something. You have to take time and patience to work at becoming successful.

Finally, I think everyone needs an outlet outside of school and work. It is very important to find something that you enjoy doing and make time to do it. After a long day, if I'm not too tired, I love to go to the tennis court and hit some serves. Some people find pleasure in going home and reading for 30 minutes. Others prefer basketball with friends. Mr. Jeff for example enjoys a peaceful bike ride. All in all, it doesn't matter what activity you do. It is simply important to find a hobby that you enjoy and make time for it! After all, that's what life is about! You have to enjoy your free time – especially when you work hard to earn it!

## MAKING LIFE CHANGES AND SACRIFICES FOR HIGHER EDUCATION

Submitted By: Ms. Gloria

Summer is almost over and school will be in session before you know it. As a lot of you already have experienced there will be a lot of sacrifices that have to be made to accomplish your goals. When seeking higher education there is not easy or quick fixes.

To succeed in your endeavors you will have to make choices and sacrifices to achieve your goals. Let me give you one example: I am the mother of an adult who is an Assistant Principal at an Elementary School. This in itself can be a trying profession; she's basically responsible for 600 students. Now to add another factor she's the mother of a one year old, she also, has a husband and she's attending college part-time to achieve her educational goals. I thought my life was busy.

In helping my daughter and her husband achieve their level of comfort zone I too have to make sacrifices and alter my schedule and I'm not the one taking classes nor am I the mother of a one year old.

All this to say, when assisting someone to achieve their life's goals it may effect you one way or another. Helping family and friends can be rewarding in itself if you keep it in perspective and stay focused on the task at hand. I am assigned a shift after working at New Pathways. My shift consists of picking up my grandson from his other grandmother's house while my son-in-law works and my daughter attends classes in Columbia, MD.

My task is to feed him dinner, spend quality time and wait for one of his parents to come home to pick up where BOTH grandmother's left off. I do this task at least 3 times weekly and at times I have to cover 5 hours on the weekend if she goes to the library to do research papers.

When I hear clients speak about how tired they are with going to school and working part-time I smile and I say **THAT'S A GOOD THING!!!!** That's means you're doing what you are supposed to. My advice to you is this keep up the good work and it will pay off in the end.

## IT IS TIME FOR SCHOOL

Brenda S. Campbell

Director of Training and Vocational Services

Are you ready for school? I hope the answer is yes. If the answer is no, then it is definitely time to change your mind. Since all of you are doing so many different things, I will address each area individually.

If you are college bound, whether it be community college or a university get ready for one of the biggest transitions in you life. It will not be easy. If anyone tells you it is then they are not a friend. Going to school, working and completing all of your New Pathways requirements will be the hardest things that you ever do. I just want to tell you that even though it is hard all of it if POSSIBLE. It is important that you know that even if you do not believe in yourself – There are people that believe in you.

For the high school student – remember that getting your diploma is essential to moving forward with your life. Ask for help if you need it and do not accept failure as an option.

For those of you that are on the GED track – Take this seriously. Too many young people assume that taking the GED is easy. It is not. You will need to study and prepare in order to relieve all of the anxiety that comes along with taking such an intense test. I have study materials and practice tests available at all sites.

If you are attending a trade school program – Keep working hard and make the schoolwork with you to find employment in your field of study. Start attending Job Fairs and make sure that you revise your resume to reflect your new skills.

For all of you - Remember to use your school as a resource. Do not think of quitting when things get rough. All schools have a Career Development Center that offer counseling, job workshops and job placement. You will be surprised with all of the services that are available for students. They have everything from tutoring to extra curricular activities. If you are not sure how to access these services at your particular school just call Miss Brenda for some direction.

I wish all of you luck this school semester and remember that FAILURE IS NOT AN OPTION. Don't aim for success, just want it...just do what you love and believe that you will succeed and success will come naturally.

## FINANCIAL TIP OF THE MONTH



Dear Penny Bank:

How can I save money when I go to the grocery store?

Grasshopper

Dear Grasshopper:

Consumers save hundreds of dollars annually by using coupons while doing weekly grocery shopping.

Some supermarkets have double coupon week and this can also, save additional dollars when combined with your coupons. For instance, if your total grocery bill comes to a total of \$45.65 and you have coupons that average a savings of \$3.00 combined with the double coupon feature your total savings will be \$6.00. Instead of paying \$45.65 your final grocery bill would be \$39.65.

If you use coupons on a regular basis you could save at least \$50.00 or more per year on your grocery bills alone. Fifty dollars may not seem like a large amount but if you are budgeting this amount can be utilized for more needed items, or you could bank the money and let the interest accumulate.

Ms. Gloria's 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 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!

## WORDS OF WISDOM

From: The Wise One

You can never take back any words you say.

Think before you speak.

Words spoken to harm someone will haunt you for a long long time.

Words spoken to empower someone will make you both stronger.

You can never relive a moment lost.

Weigh the consequences of missing a special event or opportunity.

There are no second chances for yesterday's past.

Don't let foolishness (it's hot outside) hold you back.

Live Smart!



## LETTERS TO MR. BOB

Dear Mr. Bob:

I've been on depression medication for about 6 weeks. I don't think it does any good. Is it OK to stop it for a while?

Off Drugs

Dear Off Drugs:

Prescription anti-depressants are prescribed by a medical doctor and should only be changed by him or her. Some medications can make you sick if you stop abruptly. Please only change how you take medication with the advice and consent of an M.D./Psychiatrist.

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 NEWS AUGUST 2005  
WORD SEARCH**

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



**New Pathways Family Reunion  
Friday  
August 26, 2005  
12:00 - 6:00 PM  
Gunpowder State Park  
r.s.v.p. 410-464-2600**

- AMERICA
- BURNINGBRIDGES
- COUPONS
- DEPRESSION
- EDUCATION
- EMPLOYMENT
- FANTASTICFOUR
- GUNPOWDER
- HERSHEY
- MACARONI
- MACARONISALAD
- PARK
- PERSEVERE
- PICNIC
- REUNION
- SACRIFICE
- SCHOOL
- SHRIMP
- SPORTS
- STATE
- TENNIS
- WELCOME
- WISDOM

*Hammerman* -- From I-95 take exit 67A for Route 43 east (White Marsh Boulevard). Follow 43 to route 40 east. Turn right at the first light onto Ebenezer Road and follow it for 4.5 miles. The park entrance will be on your left.

**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.

## CALENDAR OF EVENTS August 2005

8/2/2005 LST Cultural Perception – 6 pm – Walker Manor – Ms. Daphney

8/3/2005 – LST Cooking Class – 6 pm – Reisterstown – Ms. Tonya

8/4/2005 – Movie Night at the Senator Theatre

8/4/2005 – LST Employment – 12 pm – Main Office – Ms. Tia

8/9/2005 – LST Personal Hygiene – 6 pm – Walker Manor – Ms. Daphney

8/10/2005 – LST Conflict Resolution – 6 pm – Main Office – Ms. Jodi

8/10/2005 – LST Cooking Class – 6 pm – Walker Manor – Ms. Daphney

8/12/2005 – LST New Client Training – 12 pm – Walker Manor – Mr. Jamal

8/16/2005 – LST HIV/AIDS – 6 pm Main Office – Mr. Jamal

8/17/2005 – LST Daniel Memorial – 6 pm Walker Manor – Ms. Daphney

8/18/2005 – LST Employment – 12 pm – Main Office – Ms. Tia

8/18/2005 All Client Meeting Walker Manor – 6 pm

8/18/2005 LST Personal Hygiene – 5 pm – Reisterstown – Ms. Ronda/Ms. Tonya

8/19/2005 LST New Client Training – 12 pm – Reisterstown – Mr. Jamal

8/23/2005 LST Personal Hygiene – 6 pm – Main Office – Mr. Jamal

8/23/2005 LST Cultural Perception – 6 pm – Walker Manor – Ms. Daphney

8/24/2005 LST Daniel Memorial – 4 pm – Reisterstown – Ms. Ronda

8/25/2005 LST Cultural Perception – 5 pm – Reisterstown – Ms. Ronda

8/26/2005 FAMILY REUNION PICNIC

8/30/2005 LST Employment – 6 pm – Walker Manor – Mr. Sippio

8/31/2005 LST Cooking Class – Ms. Tonya – 6 pm - Reisterstown



**New Pathways, Inc.**  
**540 E. Belvedere Avenue**  
**Belvedere Square Suite 201**  
**Baltimore, MD 21212**  
**Phone 410-464-2600 Fax: 410-464-2687**

### 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, Coordinator of Residential Life**  
**Towanda Carter, 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**  
**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**