



ALUMNI NEWS SACMONE S

Life comes at you in many directions; it is how one endures dreams, falters, turns dreams into reality and survives the experience. My name is Sacmone; I was a New Pathways client from the age of seventeen to twenty-one years of age. I ran away at the age of sixteen, living from place to place. I was homeless for approximately one year. Where ever I could lay my head, that's where I stayed. One day I woke up and called my social worker and expressed I needed help. He suggested that New Pathways would be a natural transition since I had been on my own for such a long period of time. He felt if I could survive the streets of Baltimore, I could make New Pathways work!

New Pathways enabled me to cross many bridges in life. For example they afforded me the opportunity to step outside the box. There was always someone at New Pathways to guide me along my journey. From the simplistic things in life such as cooking classes, to the more complex such as money management classes. It is felt that this organization enabled me to be more prepared for the real world. As a result New Pathways provided me a solid foundation to transition into adult life. They paid my rent for one year. This break allowed me to focus on my college studies and save my money for an additional year. Therefore, I was always a year ahead of the game. My path was set. The following year I was able to accomplish a major American dream. At the age of twenty-three, I was able to buy my first home.

Believing in yourself is the first step to success. New Pathways was a bridge between me and the world, and what I had to do to become successful at building a new beginning in my life. New Pathways was much more than a place, they gave me a family and offered me solitude.

HERSHEY PARK TRIP Lakiena G.

Hershey Park was fun. I got to take pictures with the Hershey people and the display cars. I got on the swings with my eyes closed. I also rode on the swinging boat and the train that goes around the park. The mini wave pool was nice. I really enjoyed the trip and I hope others did as well.

ARE YOU READY? Brenda S. Campbell

For those of you attending college this year know that registration for the Fall Semester is now taking place for all Maryland State Public Colleges. Please use the following checklist to see if you are ready for the school year:

- o Completed Federal Financial Aid Application for 2007/2008
- o Completed Application for School that you are going to attend
- o Scheduled Placement Test at that school to see if you need remedial classes
- o Visit Financial Aid Office of your school to confirm your Financial Aid status
- o Complete Registration for classes that you need to take
- o Contact Mr. Sippio so that he can assist with processing ETV application

Note: If you know that you want to attend college this semester and you haven't completed any of the items on this checklist, please see Miss Brenda Campbell immediately so that you can get on track.

THINGS THAT MAKE YOU GO " Humm " Some quotes that I believe will inspire you to reach your goals Levern Williams

1. The marriage of feelings and thinking create ideas. This marriage can produce beautiful children.
2. If you swim against the tide, you will tire and drown. If you go with the tide, you can rest and live.
3. If someone can convince you that their values are more important than yours, you lose your values.
4. If we don't use what the Creator has given us, we will always be frustrated.
5. The role of a leader is to create new leaders.
6. All lives have wreckage. The trick is making the pieces fit.
7. Tough times don't last, tough people do.
8. People either make deposits or withdrawals in your life.
9. Success is someone's opinion of you. Excellence is a goal that you determine for yourself.
10. Words are containers of power. They can predict your future.
11. There is a gap between where we think we are and where we can go. Our goal is to close that gap.
12. Time and distance helps to develop a new perspective on a conflict.
13. A champion turns obstacles into stepping stones.
14. A big shot is a little shot who kept shooting.



LETTERS TO MR. BOB

Dear Mr. Bob:

I have a friend who confided in me that she just found out that she is pregnant. I have never been pregnant but tried to be there for her keeping this information "Top Secret." I just feel that someone else should help with her support at this private but stressful time? Please help.

Dear Top Secret:

Thank you for reaching out for additional support for your friend. I would think first to go to your mentor. Mentors are trained to be non-judgmental and skillful at "where do we go from here." The mentor/mentee then may be comfortable talking about going to another least threatening staff member such as case manager or life skill counselor. It is important to move as safely and as fast as possible implementing all supports.

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.

FINANCIAL TIP OF THE MONTH



Dear Penny Bank:

How can I save money on my BGE bill?
BGE Broke

Dear BGE Broke:

You can save money on BGE by knowing where you are spending your hard earned money.

- Lights, computers and electrical appliances use KW hours. Turning them off when you are not using them uses less electricity
- Did you know that appliances that are plugged into an outlet and turned off still draw a small amount of electricity?
- Are you using your air conditioning wisely? Turning your AC off in the morning and on at night costs more to cool your home than to keep your thermostat at a constant temperature. The same way with the heat in the winter.
- Are you keeping your home really cold in the summer and hot in the winter? This will cost you a lot of money. Keep your temperatures real.

When you know what you are using, you can make good choices on how to save money.

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.

RECIPE OF THE MONTH PACK YOUR LUNCH

Going to work and/or school does not mean having to buy your lunch everyday. Packing your lunch can taste a whole lot better and save you money. An insulated lunch bag will keep your lunch cold for hours if packed with a frozen drink or a cold pack. A brown bag will work also, but wrap cold drinks in a few paper towels so the bag does not break. Enjoy saving money and heating healthy.

Healthy Sandwiches

Mayo and or Mustard

3 slices lunch meat

1 slice cheese

Lettuce & 2 slices tomatoes

2 slices bread

Or

Peanut Butter

Jelly or Bananas

2 slices bread

Or

Mayo and or Mustard

4 slices cheese

Lettuce & 2 slices tomatoes

Sprouts

2 slices bread

Side Dishes

Big Bag of Chips or Pretzels

Package of cookies

Celery & Carrot Sticks

Zip Lock Bags for packing

Fruit – Apple, Orange, Pear, Grapes, etc.

Little Debbie Snack Packs

Tossed Salad & Dressing

Pack in Zip Lock or Tupperware Containers

Rice Cereal Treats

40 Marshmallows

¼ c margarine

5 cups Rice (Kris pie) Cereal

Grease 9 x 13" pan

Melt margarine and marshmallows over low heat. Remove from heat and stir in 5 cups of Rice (Kris pie) Cereal. Press mixture into greased 9 x 13 pan. When cool cut into 3 x 3" squares and wrap in wax paper. Great for packed lunches.

Drinks

Box drinks and bottled water can be put in the freezer a few hours before you are ready to pack your lunch. They will keep your lunch cold and still be refreshing to drink when you take your break.

WHAT DOES MY EDUCATION MEAN TO ME?

To me education means a future. It will open doors for me that otherwise I may not have an opportunity to experience. Education will help me reach my full potential, and provides options regarding my career choice and my future. My son recently turned a year old. He loves growing and learning new things and I love to watch him explore and learn as well. I want my son to have all he deserves and to get the best out of life. In order to accomplish that, I must continue to educate both him and myself.

Amber D.

When I pause to reflect on how my education has impacted my life, the first thing I think about it how much I enjoyed my college years. College was truly one of the happiest times in my life, and I wouldn't mind reliving it if I could. I loved meeting new people with similar interests to mine, but with diverse backgrounds. I got involved in a variety of activities on campus and generally had a great time! The second important aspect of my education is that it allows me to do what I love. I knew from a young age that I wanted to work in the field of adoption or foster care. I learned about the field of social work and how to obtain my master's degree so that I could do what I do now. I'm grateful that my education has given me the opportunity to meet all of you and hopefully influence your lives in a positive way through New Pathways. So my advice to you is to figure out what you love to do, and then learn what kind of education or training you need to do it! Best of luck!

Jennifer J. Pettis

Education for me is ongoing. I enjoy taking classes and receiving certificates for learning. Throughout the years, I have received over 30 certificates for classes I have taken. I have a variety of interest that I have taken classes in: psychology, CPR and First Aid, cake decorating, sewing, protecting the environment, cars, home remodeling,— just to name a few. Taking classes is a huge hobby of mine. I have found classes to take many places: traveling, JoAnn's University, Jeppi Nuts, Girl Scouts, Home Depot, classes offered in the newspaper, classes by mail, by accident, etc. I have found that educating me is empowering and opens up new opportunities. Just this summer alone so far I've taken a college course, traveled to New England and learned about lobsters (fishing and eating), toured Ben & Jerry's, went to a farm to learn about raising vegetables, and learned how to operate a new sewing machine. This month my interest is in fossils and sea glass which means a trip to Southern MD. Shakespeare will grab my interest at the MD Renfest at the end of the month. Learning is too much fun and life is too short to take a break. Educational opportunities are everywhere. My advice to you is: Step out of your box, register for school, look around and take classes other places along with college, read a book on anything and everything, go to a specialty store and educate yourself about something new everyday. Happy learning!

Echo G. Hester

"BIG UPS TO"



BIG UPS to New Pathways a good program because they are very supportive towards school, home improvement, and life skills. Also, New Pathways helps young adults work toward achieving goals that could help with our lives and future.

Jeremy W

BIG UPS to everyone at Second Generations who makes life a little easier by babysitting, cooking, or whatever else needs to be done. I love the way we work together. Also to Mrs. Brenda for all you do for us everyday. Thank you.

Amber D

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



A big Happy Birthday to Ciara C. M, Lakienna G, Adanna W, Caroline M. Dante P, Devin P, La'Shawn M, and Ms Jennifer.



Congratulations to Ms Jazmin who has accepted the position of Life Skills Trainer and Ms Sheena Marie Hill who has accepted the position of Life Skills Coordinator.

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.

NP NEWS SEPTEMBER 2007

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

BEHAVIOR
 COLLEGE
 CONFLICT
 EDUCATION
 EXCELLENCE
 FACILITATE
 INFLUENCE
 LOGO
 MUSTARD
 PLACEMENT
 PRIVATE
 REFLECT
 SWINGING
 VEGETABLES

CHOICES
 COMPUTERS
 DIRECTIONS
 ELECTRICAL
 EYES
 FUN
 LIFE
 MONEY
 OPINION
 POSITION
 PSYCHOLOGY
 SANDWICHES
 TEMPERATURE
 WATER

**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**

Sudoku

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| 8 | | | 7 | | | | |
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| | 6 | | 1 | | | 9 | |
| 7 | | 8 | | | 5 | | 6 |
| | | | | | 7 | | 1 |
| | 1 | | | 4 | | | |

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

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



Parenting August 2007

TIPS AND TRICKS FOR MANAGING BEHAVIOR

Sheena-Marie Hill

Discipline is one of the most important and most challenging responsibilities of parenthood. It can be stressful to gain compliance from a child or attempt to decrease problem behavior. The parent's attitude and approach to the situation is crucial to setting the scene and determines how the child will respond. Try these things to help your child understand your point of view and do what you ask.

1. **Don't turn a command into a question.** Ending a sentence in "OK" turns it into a question. Count how many times you say this to your child in 1 hour or 1 day.
2. **Get close to the child** when asking a question or giving a direction. 3 feet is optimal!!!
3. **Use a normal or quiet voice**--yelling will just make the child tune you out. Yelling also raises adrenaline levels and will lead to less compliance not better behavior.
4. **Say it in 5 words or less.** Be direct and firm. "We don't hit our friends," or "teeth are not for biting."
5. **Look into their eyes,** get on their level. This helps children pay attention and feel important and worth your time.
6. **Give the child time to respond,** at least 5-10 seconds.
7. **Give 1 request at a time.**
8. **Describe the specific behavior you want.** Be clear with expectations. Instead of saying, "clean your room," you can say, "put your blocks in the toy chest. Make your bed. Brush your teeth." Saying to your child, "Be good" when you leave is not clear enough. You need to specify, "Listen to the teacher. Don't hit your friends. Use your words when you want to share."
9. **Demonstrate behavior desired.** Set a good example. Keep your stuff clean and it will be more effective to tell your child, "We clean up our stuff when we are finished."
10. **Make start requests, not stop requests.** The fork is for eating, chairs are for sitting. We only stand on the floor.
11. **Verbally reinforce compliance.** "Thank you for being calm while we waited in this line. Thank you for eating all your healthy food."
12. **Reassure the child of your love.** Remember, you disapprove of the behavior, not the child so focus on the behavior and forgive the child. When a child feels scolded, they may doubt their parent's love. When you

correct your child try to say, "I love you, but I don't like when you walk away from me. It is unsafe and makes me worry." Don't make blanket statements like, "You are a bad boy" because children internalize this message and will believe it.

13. **Do NOT threaten, plead, or bribe.** This reinforces to the child that you are not really in control. Instead, state your specific expectation, give a time limit and a consequence. (Ex: Clean up your trains by dinner time or we will not be able to go for a walk after we eat.)
14. **Give a warning time.** Usually 5-10 minutes of warning will help children transition to a new activity or focus. Try setting a timer. Help them learn what five minutes really feels like.
15. **Be non-emotional.** Emotion fuels emotion. If you are feeling out of control, your child can feel it and will respond in a similar way. Take time to calm down. If you do snap at your child or lose it, apologize!!! Show your child that sometimes people make mistakes and then own up to them. Tell your child, "I am sorry I yelled. I spoke out of anger. I felt angry when you ripped my book."



MENTORING PROGRAM

Courtney LaPrince

Xia Williams

The focus of the NPW's Mentoring Program has been encouraging our youth to enter the Logo contest. We are proud to announce that our 1st Place winner is Wonderlyn S., a graduate of the Independence Plus Program. The 1st Place award was \$100.00. The second place winner was Tiffany M. who was awarded \$50.00. Congratulations to both ladies. Thanks you for your artist creations. The logo will be placed on the T-Shirts that will be given out at the 8/25 Family Picnic at Druid Hill Park. If you want to be part of the Peer-to-Peer Mentoring program please feel free to call Courtney L or Xia W.

YOUTH ADVOCACY PROGRAM

Dimitra D. has agreed to represent Second Generations as a member of the NPW's Advocacy

AFTERCARE

Wonderlyn S. has agreed to co-facilitate the Aftercare Committee which will begin the first Wednesday of September, 9/5/07 at 6:00pm. at Second Generations staff office.

MOTIVATION

An elderly carpenter was ready to retire. He told his employer-contractor of his plans to leave the house building business and live a more leisurely life with his wife enjoying his extended family.

He would miss the paycheck, but he needed to retire. They could get by. The contractor was sorry to see his good worker go and asked if he could build just one more house as a personal favor. The carpenter said yes, but in time it was easy to see that his heart was not in his work. He resorted to shoddy workmanship and used inferior materials. It was an unfortunate way to end his career.

When the carpenter finished his work and the builder came to inspect the house, the contractor handed the front-door key to the carpenter. "This is your house," he said, "my gift to you."

What a shock! What a shame! If he had only known he was building his own house, he would have done it all so differently. Now he had to live in the home he had built none too well.

So it is with us. We build our lives in a distracted way, reacting rather than acting, willing to put up less than the best. At important points we do not give the job our best effort. Then with a shock we look at the situation we have created and find that we are now living in the house we have built. If we had realized that we would have done it differently.

Think of yourself as the carpenter. Think about your house. Each day you hammer a nail, place a board, or erect a wall. Build wisely. It is the only life you will ever build. Even if you live it for only one day more, that day deserves to be lived graciously and with dignity. The plaque on the wall says, "Life is a do-it-yourself project." Your life tomorrow will be the result of your attitudes and the choices you make today.

NP News Staff

Echo G. Hester - 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.

CALENDAR OF EVENTS & HOLIDAYS AUGUST 2007



Ride the Education Wave

8/9/2007 All Client Meeting

8/25/2007 New Pathways Family Reunion

9/8/2007 Fishing Trip – Watch for further details

9/11/2007 6th Annual Golf Fundraiser

**ALL DATES SUBJECT TO CHANGE



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Echo G. Hester, Administrative Assistant
Angel Lyles, Secretary
Barry Smith, Safety & Operations Coordinator
Angela Womack – Housekeeper
Brenda Campbell, Dir of Training & Voc Svs.
Sheena-Marie Hill, Life Skills Coordinator
Jazmin Cryor, Life Skills Trainer
Thomas Mumaw-Mentoring Coordinator
Independence Plus
Jennifer Johnson Pettis, Program Director
Adia Crawford, Case Manager
Christine Adams, Case Manager
Nadia Surin, Case Manager
Ericka Morgan, Case Manager
Levern Williams, Coordinator of Res Life
Vonzell Barker, Life Skills Counselor
Kenneth Barnes, Life Skills Counselor
Karen Brown, Sr. Life Skills Counselor
Cornell Dews, Life Skills Counselor
Kelly Ellerbe, Life Skills Counselor
George Hairston, Life Skills Counselor
Yolanda Hawkes, Life Skills Counselor
Sharnett Kelly, Life Skills Counselor
James Richard Jr, Life Skills Counselor
James Sippio, Sr. Life Skills Counselor
Christopher Sutton, Life Skills Counselor
Gloria Taylor, Life Skills Counselor
Daphney Williams, Life Skills Counselor
Deborah Young, Life Skills Counselor
Second Generations
Laura Fertig, Program Director
Makda Belay, 2G Life Skills Counselor
Beth Bitler, Parenting Trainer
Tonya Cook, Life Skills Counselor
Judith Dukes, 2G Life Skills Counselor
Deanna Murray, Life Skills Counselor
Brenda Phelps, 2G Sr. Life Skills Counselor