

New Pathways Inc.

Independent Living Programs for Maryland's Youth

New Pathways News September 2006 Vol. VI Edition III

THE PICNIC By: Cimerae R.



The picnic was nice, the food was good and the cakes were fantastic. I enjoyed myself. It was mighty warm outside, but I still had a good time. As you can see, my son did too.

THOUGHTS FROM MR. KEVIN KEEGAN

Alright, its that time of year again when school is starting. For those of you finishing up High School, you are so close, so just stay motivated and keep thinking how glad you will be when it is behind you. For those of you taking college classes or in a professional school, remember how important it is to finish what you start. Please take this seriously, because financial aid is very easy to mess up, and if you do not finish, you will end up owing the money. As I tell everyone at orientation, we will continue to place opportunities in front of you, but we can't make you take advantage of them. Only you can do that.

For those of you that missed our annual picnic, I am sorry you did. It was a beautiful day. We had so many graduates come back to visit, and it was great to see all of you. Whenever I talk with our graduates, they always have the same message for those of you still in the program. The first thing they say is to make sure you save your money, and the second is stay in school. Those are the 2 biggest regrets people have after they leave; that they didn't take advantage of the opportunities they had while they were here.

For all of our graduates, please stay in touch and make sure you let us know when you move so you can keep getting our newsletters and find out when our activities are planned. Our next event that we hope everyone comes to will be our Holiday party in December, but I hope you stop by and stay in touch before that.

As always, take care and be safe,

Mr. Kevin

HAPPY BIRTHDAY



A special Happy Birthday to Whitney, Brandy, Simone, Brittany, Mr. Kevin Keegan, Ms. Adia, Mr. Tom, Ms. Lisa, and Ms. Daphney.

PATHWAYS TO EDUCATION

Ericka Morgan, Case Manager

What is a quality education and how do you go about getting one? It depends on who you ask and what their individual experience is. There are several pathways to education. Some of us focus on vocational preparation courses while others follow a more traditional academic track. The hardest part is not figuring out which track is right for you. The hardest part is following through with your goals once you have set them.

Okay, so you graduate from high school or obtain your GED. For many of us, this is our first crowning achievement. What's next? What do you want to do with your life? How are you going to do it? What resources do you need? These are heavy questions. You don't need all of the answers right away. Take some time to make the right choice. During this time, you can start by taking some occupational preparation courses or basic classes toward an Associate Degree or a Bachelor Degree. You can do these things simultaneously if time permits. It is important to move at a pace that allows you to be successful. Do not compare yourself to others or define yourself as a failure and/or success based on what others think or do.

Unpaid or paid internships should also be explored once you have a good idea of what you want to do as a profession. I often hear people say, "Why should I work for no money?" I'll tell you why. Internships provide you with a wealth of knowledge, experiences and employment opportunities. Don't get stuck thinking about "The Now." Remember, we all need to set goals and take advantage of the opportunities that come our way. The real pay-off comes once your goals are accomplished. The even greater pay-off comes through continued education and learning over a lifetime.

So just remember to find your path and stay the course. Set your goals and follow-through. Whether or not you're a winner in the race of life is up to you!

FINANCIAL TIP OF THE MONTH PENNY BANK



Dear Penny Bank:

I recently deposited my paycheck at the ATM machine at my bank. I wrote checks to pay my bills and withdrew some money the same day. A few days later I received a notice from the bank that my account was overdrawn and the bank charged me for each check I wrote. The check I deposited at the ATM was at the bank, but did not clear the bank for three days (Clear: The process by which a check or a bank draft is authorized and confirmed for the transfer of funds from one account to another. www.investorwords.com).

NP Clients be warned – TRY NOT TO USE THE BANK ATM FOR DEPOSITS. Make your deposits inside the bank and deposit the money as cash when you can. Make sure the money is in your account before you write checks or withdraw cash or it will cost you a lot of money in bank fees.

I LEARNED THE HARD WAY

Dear I Learned the Hard Way:

Thank you for sharing. A good way to avoid overdrafts in the future is to keep money in your account that you know is there, but you also have the self discipline not to use. If you teach yourself to keep \$X in the bank, your account should never run dry.

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.

“BIG UPS TO”



BIG UPS TO all the staff and clients that made the picnic a huge success.

BIG UPS TO all the staff and clients who actively participate in making the New Pathways News happen on a monthly basis.

Thank you Thank you Thank you.

Miss Echo

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.

WHY LEARN?

From: Miss Brenda Campbell

With it being the beginning of the Fall 2006 semester I find myself in the position to speak with many young people about their educational goals. We have young people that say, “Miss Brenda I need help with registration and financial aid.” We have young people that say, “Hey Miss Brenda I need money for some books.” We have young people that say “Miss Brenda how do I schedule my classes or select a major?” We have young people that call Mr. Sippio asking for money from the ETV fund to cover the cost of everything from school supplies to computers. We have many conversations and get asked many questions, however those questions come from the same very few young people every semester and that is a concern.

Unfortunately we have many young people that have difficulty finding an appreciation for learning and what learning can bring. From those clients we get questions like, “Why do we have to do so much at the same time?” We also get comments like, “I can’t deal with this learning thing.” Comments like this are frightening because we know that all of you want so much for your life and the only way you are going to get it and keep it is by educating yourself. Young people, obtaining and retaining knowledge is the key to your sustenance.

Below is a list of a few important things that you can get if you educate yourself:

- **A home of your own** – Educate yourself about the housing/real estate market so that you can purchase your own home. You do not have to be rich or old to buy a house.
- **Money** – Yes knowledge can get you money. But mostly it can help you keep your money. Attend your money management classes and read Forbes or Black Enterprise magazines so that you will know how your money can work for you and you not work for it.
- **A Career** – Doctor, Carpenter, Lawyer, Actor, Sociologist, Veterinarian, Dentist, Welder, Cosmetologist, Psychologist, Computer Technologist, Writer, Musician, Chef, Engineer, Lawyer, Entrepreneur, Nurse, Truck Driver...PICK ONE. You can’t do any of these without learning.
- **Peace of Mind and Security** – Once knowledge is obtained no one can take it away. Once you get your degree or certification in whatever occupation you choose - you will gain peace of mind. You may lose a job (because that can and will happen), but you will be able to get another job because you will have the tools within you and nobody can take that away.

Why learn? Learn because learning is like good eating. It provides the nutrients necessary to sustain life.

SEPTEMBER TRIVIA

Submitted by Jeff Lambert
From Wikipedia

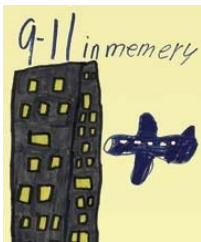
Since the theme of this month's issue is learning, here are a few facts to learn about September.

September begins with the sun in the constellation of Leo and ends in the constellation of Virgo. This is astronomy, not astrology.

In Latin, *septem* means "seven". In Sanskrit, *Sapta* refers to "seven" and *Ambar* means "sky". "Sapt-Ambar" referred to the seventh sky or month in the Vedic culture.

Labor Day is observed on the first Monday in September in the United States and Canada.

In Japan, Respect for the Aged Day is a national holiday celebrated on the third Monday of September. Grandparents' Day is on the 1st Sunday after Labor Day in the United States.



Patriot Day is celebrated in the United States on September 11. The September 11, 2001 attacks destroyed the World Trade Center in New York City, part of The Pentagon in Arlington, Virginia, and crashed a passenger airliner in Pennsylvania. In total, almost 3,000 were killed.

In the Netherlands the third Tuesday in September is known as *prinsjesdag*. The government presents its annual budget. The queen rides to the parliament in a gilded coach and reads the plans for the coming year to the States-general.

The autumnal equinox in the northern hemisphere on dates varying from 21 September to 24 September. Autumnal Equinox Day is a national holiday in Japan. September in the Northern Hemisphere is the seasonal equivalent to March in the Southern Hemisphere and vice versa.

In KwaZulu-Natal, king Shaka is commemorated on the last Sunday of September.

The German Oktoberfest and the Chinese August Moon festival both occur in September.

In Australia, Father's Day is celebrated on the first Sunday of September.

World War II began on September 1, 1939 following Hitler's invasion of Poland and ended on the same month, September 2, 1945 with the Japanese surrender. On September 3, 1939, the United Kingdom declared war on Germany for its refusal to remove forces from Poland.

September's flower is the aster or morning glory. September's birthstone is the sapphire.

September 19th is International Talk like a Pirate Day.



LETTERS TO MR. BOB

Dear Mr. Bob:

Why does staff say they don't discharge young men & women at NPW's? It seems mean when I hear staff say, he or she "discharged themselves".


Very frustrated!

Dear Frustrated:

NPW's staff believe that every young person in our care should be given every opportunity to succeed. Sometimes "discharge" becomes one of the choices made. Clients who end up discharged and return to NPW's at a later time have a very high rate of success. I hope this explanation helps.

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.

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.

**CALENDAR OF EVENTS
September 2006**

- 9/4 Labor Day - Belvedere Square Office Closed
- 9/12 New Pathways Annual Golf Tournament Fundraiser
- 9/13 Men's Group Meeting - Reisterstown Staff Office
- 9/14 All Client Meeting & Movie Night – "The Illusionist"
- 9/16 Men's Basketball (See Mr. JR)
- 9/23 First Day of Autumn
- 9/27 Men's Group Meeting - Reisterstown Staff Office
- 9/30 Reginald Lewis Museum Trip - all day outing
- 9/30 Men's Basketball (See Mr. JR) Clients vs. staff at the Youth In Transition School 4 pm

**Watch for more information on Thanksgiving and December Holiday Party.

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

**NP RECIPE OF THE MONTH
BREADED BAKED PORK CHOPS**

- 4 boneless pork chops**
- 1 cup Italian breadcrumbs
- ¼ cup parmesan cheese
- 1 tablespoon oregano
- ½ tablespoon sage
- 1 teaspoon rosemary
- 1 teaspoon cracked black pepper
- 1/8 teaspoon salt
- 4 tablespoons butter or margarine

1. Preheat oven to 375 degrees.
2. Melt butter and keep warm in large bowl.
3. Combine Italian bread crumbs, parmesan and spices in large bowl.
4. Dip pork chops into butter mixture and then into bowl containing the bread crumbs and coat thoroughly.
5. Bake at 375 degrees for 35 minutes or until browned, depending on the thickness of the chops.

Serving suggestion: Serve Pork Chops with mashed potatoes and tossed salad.

**If you do not like pork, you can substitute chicken breasts and use the same recipe.

NP News Staff

Echo G. Hester- Jeff Lambert – Ericka Morgan

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.



**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
- Angel Lyles, 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
- Adia Crawford, Case Manager
- Catherine Andrews, Case Manager
- Ericka Morgan, Case Manager
- 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
- Denise Graves, 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
- Gloria Taylor, Life Skills Counselor
- Alexander Watson, Life Skills Counselor
- Daphney Williams, Life Skills Counselor
- Dante Wilson, Life Skills Counselor
- Deborah Young, Life Skills Counselor

Second Generations

- Laura Fertig, Program Director
- Makda Belay, 2G Life Skills Counselor
- Beth Bitler, Parenting Trainer
- Judith Dukes, 2G Life Skills Counselor
- Deanna Murray, Life Skills Counselor
- Brenda Phelps, 2G Sr. Life Skills Counselor