



WELCOME & CONGRATULATIONS



Congratulations and best wishes to Mrs. Jennifer on the birth of Mikayla Jean Pettis, born August 26, at 4:26 pm. Weight 5 lb, 15 oz. Length 19 $\frac{3}{4}$ inches.

Please welcome Mr. Thadges Boone. Mr. Thadges is interning with New Pathways from Morgan State University. He is a Master's level social work student and will complete his studies at the end of the Spring semester. He will be working as a case manager during his internship. The purpose of the internship is to prepare him to work in the social work field once he graduates with his MSW degree. Please introduce yourself to him when you see him and make him feel welcome!

New Pathways also extends a warm welcome to Tarron C, Onisha A, Danielle W and Jamal C.

THOUGHTS FROM MR. KEVIN KEEGAN

As we have all discussed at one time or another, there are many responsibilities and privileges that you have as you get older. One of these is voting. If you have not done so already, you have a few weeks prior to the election to file your voter registration at the local elections office. Go to the following website to get information on registering to vote: <http://www.elections.state.md.us/faq.html>. This is one of the most intriguing elections we have seen in a long time, with very tight races for Maryland Governor and US Senator. If you would like some information on the candidates, there is a great website, <http://www.lwvmd.org/vg/>, where you find out where each candidate stands on the issues. We can assist you with the registration and even with transportation to the polls on voting day, so please let us know if you are interested.

Otherwise, October is the month where the daily grind of school really kicks in. The newness is worn off and you need to work hard. Remember to finish what you start. Do not stop in the middle, you will be very pleased with yourself at the end for staying the course. Especially for you High School seniors, June will be here before you know it, so keep on pushing.

We have some upcoming plans for Halloween, so keep an eye out for them. As always, take care and be safe,
Mr. Kevin

REGINALD LEWIS MUSEUM & BASKETBALL REVIEW

Submitted by Mr. JR

Saturday, September 30, 2006 a long but very filling day. Thirty clients and staff started the day off with a luncheon held at Chao Bella's Restaurant. We were served a fine lunch of pasta, salad and soft drinks.

After lunch we walked two blocks to the Reginald Lewis Museum and embraced a little bit of Maryland History, as well as some of the great black leaders and contributors of all times. Within this museum we got a glimpse back in history to experience some of the hardships and triumphs that many of our lustrous leaders had to endure. The evidence presented to us let each and everyone know that all things are possible, if you put the time in you will reap a great reward.

The day came to a most exciting conclusion when the clients played the staff in a full court basketball game. **HOLD YOUR HORSES**, and I'll tell you the outcome of the game. Well here it is, the staff with the average age of 39, took on the average 19 year old client, who had speed, stamina and skill in their favor. When we reached the HALF we were neck and neck, 15 to 15. As the game went on we had a host of spectators, additional staff and clients showed up and cheered us all on. Back to subject at hand; the GAME... Mr. Kevin, Mr. Jeff, Mr. Barry, Mr. Al, Mr. Vonzell, Mr. JR & former client DeShawn were all on the staff team. On the client's team, with outside help were Reggie, Larry, Sean, Antoine, David, James and two other regular Saturday players. Okay, okay the results. The staff had the clients on the ropes until the last minute when the clients went ahead by three with less than a minute in the game and the staff missed their last attempt at a three pointer. This gave the Victory of the GAME to the clients! **(38 to 35)**.

Lunch, the trip to the museum, and the game, created an exciting atmosphere all day for the New Pathways family. We look forward to a rematch. If you missed this game you missed a treat. We will CU all at the next event.

HAPPY BIRTHDAY



A special Happy Birthday to Courtney L, Dakita J, James J, D'Anna M, Cimerae R, Dajuan B, David G, Miss Ericka, Mr. JR, Mrs. Gloria and Mr. Dante.

**FINANCIAL TIP OF THE MONTH
PENNY BANK**



Dear Penny Bank:

Why am I constantly being told to save my money? New Pathways pays my bills and I want to spend my money on fun stuff?

Leave My Money Alone

Dear Leave My Money Alone:

Yes, New Pathways is paying your bills right now. Yes you are young and want to buy "fun stuff" (Do you have anything to show for all the money you spent so far in your life?). However, when you turn 21 you are on your own. How many months do you have between now and that date (Two months? Seventeen months? Thirty-six months?). In a blink of an eye you will be paying your own bills and unless you save now, you will not have money to fall back on (If you loose your job and can't find one right away, if you get hurt on the job and don't have any money coming in; pick your worst case scenario). Now is your opportunity to save money for future emergencies. Only you will receive a benefit from saving your money. How much can you save before you turn 21?

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 October 2006

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

ADVOCATE	ANYBODY
APARTMENT	BACTERIA
BASKETBALL	BLINKOFANEYE
CONGRATULATIONS	ELECTION
EMERGENCIES	EVENTS
EVERYBODY	EXERCISE
HALLOWEEN	HEALTHY
HOLIDAY	HYGIENE
MIKAYLA	RESTAURANT
SCHOOL	SHOPPING
SOMEBODY	VICTORY
VOTING	WELCOME



LETTERS TO MR. BOB

Dear Mr. Bob:

Whose job is it when my roommate continues to do so little in keeping the apartment neat & clean?

Who's Job Is It?

Dear Who's Job Is It:

It is your job to begin to communicate with your roommate in a non-critical manner. It may be helpful to role play in one of your LSC's classes. Use support staff and others for other options.

Good luck,

Mr. Bob

Dear Mrs. Bob:

Last week I told my worker to tell my employer that I was sick and not coming to work. My employer didn't get the message and I got fired for not coming to work. Why should I get in trouble for the workers mistake?

Who's Job Is It

Dear Who's Job Is It:

It is your responsibility to call your employer when you choose not to work and no one other than yourself. There are laws protecting both the employee and the employer from outsiders interfering in employment matters. Since employers get false information calls all the time, it is up to you to take care of your own business. Stay healthy and don't call out.

Mrs. 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.

"BIG UPS TO"



BIG UPS to Angel for being an outstanding secretary.

Antonia

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.

WHO'S JOB IS IT?

Author Unknown
Submitted by Ericka Morgan

This is a story about four people named **EVERYBODY**, **SOMEBODY**, **ANYBODY** and **NOBODY**. There was an important job to be done and **EVERYBODY** was sure that **SOMEBODY** would do it. **ANYBODY** could have done it, but **NOBODY** did it. **SOMEBODY** got angry about that because it was **EVERYBODY'S** job. **EVERYBODY** thought that **ANYBODY** could do it but **NOBODY** realized that **EVERYBODY** wouldn't do it. It ended up that **EVERYBODY** blamed **SOMEBODY** when **NOBODY** did what **ANYBODY** could have done!

WHO'S JOB IS IT TO CARE FOR YOUR PERSONAL HYGIENE?

By: Ericka Morgan

It is the responsibility of each individual! Hygiene is more than just being clean. It is defined as the many practices that help people be and stay healthy. Practicing good personal hygiene is smart for two reasons. First, it helps prevent people from catching and spreading illness and disease. Second, it helps people feel good about themselves and their bodies. In American society, cleanliness is an important issue; poor hygiene is seen as unacceptable and unhealthy.

Good hygiene includes thoroughly and regularly washing one's body (especially hands), washing one's hair, brushing and flossing teeth, and caring for gums. These grooming habits will reduce the threat of bacteria that constantly reside on the body. While a certain amount of bacteria are harmless, and even beneficial, to the body, a build-up of bacteria can harm a person's health.

As children grow older, their bodies go through a number of changes. While good hygiene is important for everyone at any age, it can require greater care at the onset of puberty. When puberty arrives (usually between the ages of eight and sixteen), it means the body is becoming sexually mature. Hormones, certain chemicals made by one's body, produce both physical and emotional changes. It is the physical changes that require greater attention when it comes to hygiene. For a young girl or boy, this means taking more time and care cleaning one's body, especially the sexual organs, dealing with acne, bad breath, and a stronger body odor, as well as doing more to prevent cavities and gum disease.

If you are having difficulty with your hygiene or are experiencing a health issue that may be related to hygiene, please ask for help from Life Skills Counselors, Case Managers, family members and/or health professionals. Don't let any health concern go undiagnosed or untreated. Say yes to good health and personal hygiene.

WORDS OF EMPOWERMENT BY TAVIS SMILEY

Brought to you by Mr. Jamal

Be an Advocate

Stand up for what you believe in. Don't be afraid to ask, and sometimes fight, for what you believe is right. Act consciously and create the society in which you want to live.

Have an Inquiring Mind

Regardless of your race, religion, or political affiliation, never hesitate to question those in authority.

Move Forward, Reach Back

As you move forward on your ascent to the top, reach back to help someone else attain equal success.

Exercise

Exercise your right to vote. Exercise your ability to change your life. Exercise your body for better health. Exercise your mind by expanding your knowledge. Make time to exercise.

NP RECIPE OF THE MONTH GRAPE JELLY CHILI MEATBALLS

By: Ericka Morgan

INGREDIENTS:

1 bag small frozen meatballs
(40 to 50 count)
1 large jar grape jelly (24 oz.)
1 jar chili sauce (12 oz.)
1 Tbsp of apple cider vinegar (optional)

DIRECTIONS:

Prepare the meatballs according to directions on the bag, drain when cooked. (Or use pre-cooked meatballs)
Mix the grape jelly, chili sauce (& vinegar) together in a large saucepan, and add meatballs. Cook on medium until hot.

CROCKPOT METHOD

INGREDIENTS:

Same as listed above.

DIRECTIONS:

Put all ingredients in crock pot and cook for 4 hours on High or 6 – 8 hours on Low.

***Works well with beef or turkey meatballs; Feel free to substitute with the following meats: sliced Kielbasa or cocktail Franks/smokies.

MMM MMM good!

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.



CALENDAR OF EVENTS



October 2006

10/2/2006 Yom Kippur – Day of Atonement – Jewish Holiday

10/12/2006 Columbus Day – Commemorates the day Christopher Columbus arrived in the New World in 1492

10/12/2006 All Client Meeting & Movie Night (Senator Theater – “The Departed”)

10/27/2006 Fright Night at Six Flags 3:30 – 11:00 pm

10/29/2006 Daylight Savings Time Ends (Clocks fall back one hour)

10/31/2006 Halloween/Samhain

11/2/2006 Job Fair at YMCA on 33rd Street

11/9/2006 All Client Meeting and Movie Night

11/23/2006 Thanksgiving Dinner at Golden Corral

11/24/2006 Thanksgiving Brunch at Main Office 11:00 am

12/14/2006 All Client Meeting and Movie Night

12/15/2006 Holiday Party 6:00 – 10:00 pm

1/7/2007 Shopping Trip

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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
Thadges Boone, Intern 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

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.