

## **NOVEMBER IS AMERICAN INDIAN HERITAGE MONTH** **Jeff Lambert**

Attempts to gain a day of recognition for the significant contributions the first Americans made to the establishment and growth of the United States began in the early 1900s. It has resulted in a whole month being designated for that purpose.

One of the first proponents of an American Indian Day was Dr. Arthur C. Parker, a Seneca Indian, who was the director of the Museum of Arts and Science in Rochester, N.Y. He persuaded the Boy Scouts of America to set aside a day for the "First Americans." In 1915, the annual Congress of the American Indian Association formally approved a plan concerning American Indian Day. It directed its president, Rev. Sherman Coolidge, an Arapahoe, to call upon the country to observe such a day. Coolidge issued a proclamation on Sept. 28, 1915, which declared the second Saturday of each May as an American Indian Day and contained the first formal appeal for recognition of Indians as citizens.

The year before this proclamation was issued, Red Fox James, a Blackfoot Indian, rode horseback from state to state seeking approval for a day to honor Indians. On December 14, 1915, he presented the endorsements of 24 state governments at the White House. There is no record, however, of such a national day being proclaimed.

The first American Indian Day in a state was declared on the second Saturday in May 1916 by the governor of N.Y. Several states celebrate the fourth Friday in September. In Illinois, for example, legislators enacted such a day in 1919. Presently, several states have designated Columbus Day as Native American Day, but it continues to be a day we observe without any recognition as a national legal holiday. In 1990, President George Bush approved a joint resolution designating November 1990 "National American Indian Heritage Month." Similar proclamations have been issued each year since 1994.

The Bureau of Indian Affairs was created in 1824 and later became part of the Dept. of the Interior. The new bureau was not successful in preventing wars with Native Americans or in protecting their rights. The Bureau evolved primarily into a land-administering agency to act as trustee over Native American lands and funds. The bureau also promotes agricultural and economic development, provides a health program, social services, Native American schools, and reclamation projects for Alaska Natives and Native Americans in the United

States. Beginning in the early 1970s, Native American civil-rights groups, such as the American Indian Movement, began actively protesting their dissatisfaction with the bureau. In 1997 the bureau was accused by Interior Dept. auditors of mismanaging money owed to Native American tribes and individuals, that when finally settled, could result in billions of dollars owed to Native Americans.

The American Indian Movement (AIM), an organization of the Native American civil-rights movement, was founded in 1968. Its purpose is to encourage self-determination among Native Americans and to establish international recognition of their treaty rights.

Russell Means, an Oglala Lakota, served as the first national director of the American Indian Movement (AIM) and became one of the organization's best-known spokespeople. Means was one of the Indian activists who in 1969 occupied San Francisco's Alcatraz Island in a landmark AIM-led protest that lasted 19 months. In 1973, he helped lead the AIM takeover of Wounded Knee. Both events brought worldwide attention to the injustices and hardships faced by American Indians past and present. In 2004, Means ran for president of the Oglala Sioux Tribe, but was defeated by Cecelia Fire Thunder, the first woman to be elected to that office.

## **GIVING BACK VIA RUNNING** **By: Miss Carey Andrews**

I like to run! Almost every weekend, I find myself giving to others, and moving toward my own personal goals when doing so. In finding myself as an athlete, I have also found many, many opportunities to use an activity that I enjoy as a way of giving back to those in need. By either fundraising for the events ahead of time by asking for sponsors, or by simply paying the registration fee, I have contributed to so many organizations, from large organizations such as The Susan G. Komen Foundation for Breast Cancer Research and Best Buddies International to smaller fundraisers such as the Katy Foundation and the Jim Lears Scholarship.

This kind of giving is very rewarding, for not only do I get to contribute to worthy causes, but I also get something out of it for myself – the reward of organized running, an activity that I enjoy. And, in most cases, I also end up with a great T-shirt! If you can think of ways to turn your hobbies into an activity that helps others, you will surely feel the reward, and the incentive to continue. Even on those days when I am running on my own, I am training for the next big (or small) event.

## THE AFRICAN AMERICAN AND THANKSGIVING

By: Mr. Jamal Evans

On September 6, 1620, the Pilgrims left Plymouth, England and journeyed to the New World in search of civil and religious freedom. After facing storms and harsh elements they landed at Plymouth Rock on December 11. Soon after they began to build shelters. However, before the spring, half of the 102 Pilgrims died due to the harsh New England winter, sickness, and starvation. With the assistance of the Indians, they reaped a bountiful harvest the following summer. On December 13, 1621, the Pilgrims had a three day feast to celebrate the harvest and their survival in the New World. Most importantly they celebrated the survival of their dream of freedom. This marks America's first Thanksgiving Festival.

Ironically while the Pilgrims were gaining their freedom, Africans were being captured and sold by the Europeans. During this time Europeans primarily exchanged Africans for iron, guns, gunpowder, cloths, beads, mirrors and knives. By this time the capture and sale of Africans had been going on for about 180 years. It was in 1619 that slavery was introduced to America. This was a result of the need for cheap labor to produce sugar and cotton. Because of the cultivation of sugar required constant attention and exhausting labor the colonists first tried to recruit Native Americans. But many of them died from diseases brought by the Europeans, such as smallpox, diphtheria and tuberculosis. Those that survived fled the countryside. So slave labor was introduced in the American plantations. So as you can see the African American did not play a part in Thanksgiving.

What part did the African American have in the first Thanksgiving? None. Thanksgiving for the African American is traditionally a celebration of family and a time to thank God for the blessing in our lives, as is with most families. Unlike the Pilgrim they simply had a harvest festival that lasted three days.

## "BIG UPS TO"



BIG UPS to Ronald, Eugene, and Jeremy for helping to set up for the Job Fair at 6:30 in the morning. Eugene also helped to clean up after the Job Fair was over.

All Of NP Staff

(Last months' BIG UPS was from Antoine J not 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.

## FINANCIAL TIP OF THE MONTH PENNY BANK



Dear Penny Bank:

What is "tithe"? The holiday season is coming and everyone is asking for donations. What is the benefit of giving my money away?

I Don't Know

Dear I Don't Know:

Tithe: A 10<sup>th</sup> part of one's annual income, contributed voluntarily for charity or due as a tax for the support of the clergy or church. Webster's II New Riverside Dictionary. A "tithe" in some countries is a tax collected and paid to directly to the church (Austria, Germany, etc.). In the United States non-profit organizations are supported by voluntary contributions. The IRS allows Federal Tax Deduction for certain "tithe" contributions.

Choosing to donate money to a charity can give you a two fold benefit. One benefit is that some donations can be an income tax deduction. Two is the good feeling that you are helping someone else out who is less fortunate than yourself.

When you are creating your personal budget, you may wish to set aside a portion of your income to donate to a charity. This portion would be your personal "tithe". To "Tithe" is a way to give back to the community.

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.

## GOOD PREPARATION EQUALS GREATNESS POOR PREPARATION EQUALS MEDIOCRE

Mr. Jamal Evans

I must say that I am very happy with all of the clients that attended the Job Fair prepared and serious about finding Employment. Those that were dressed professionally, having resume in tow and an embracing and pleasant smile showed that they were serious about the business of finding a job. Even those clients that may have just arrived several days before the job fair that wore their professional clothing and that pleasant disposition displayed the attitude needed to obtain employment. I would like to commend the following clients that arrived early demonstrating that commitment to obtaining employment; Dakita, Danielle R., Danyette R., Sherice, Jessica, Latoya, Damitra, Felicia, Justin, and Simone. Obtaining employment as a result of your preparation is the ultimate reward.

Also, for anyone who believes that it does not matter that you have a resume and cover letter, dress professionally, and take the time to prepare for a job interview will find out how important it is when they are eventually turned down from a job they really want. Employers take you seriously when you present yourself in a serious manner.

## NP RECIPE OF THE MONTH THANKSGIVING & NOVEMBER

The word Thanksgiving inspires many people to think about turkey with stuffing, mashed potatoes & gravy, green bean casserole, rolls, sweet potato pie and lots of other food. In other words a great big meal followed by an afternoon in front of the TV. The traditional meal can cost a fortune to make and have many leftovers that eventually wind up in the trash can. All this for one meal on one day.

But stop and think for a moment. Grocery stores offer food for really low prices during the months of November and December in preparation for the big days. You have the opportunity to take advantage of all the sales and instead of eating big on one day and throwing it out the next – spread out your good eats over the entire winter season. For example: If you like turkey, roast it on your day off and then plan to use the leftovers for lunch sandwiches, hot turkey sandwiches for dinners, etc. If you enjoy sweet potato pie, bake it for an evening snack when you are doing homework or just watching TV. If you cook your favorite dishes during different times of the holiday season you can enjoy them all season long instead of just one day. Enjoy!

### HOW TO DEFROST A FROZEN TURKEY

Put the frozen turkey on a tray or roasting pan. Place frozen turkey on a shelf in the refrigerator. Wait one or two days for a turkey weighing 12 pounds or less, two to three days for a turkey 20 to 24 pounds. Turkey will be thawed and ready to rinse and roast.

### ROASTING A TURKEY

1 12-14 pound turkey  
3 tablespoons each melted margarine and oil  
3 tsp instant chicken bouillon  
1 tsp. dried thyme or 1 Tablespoon fresh  
1/2 tsp. garlic powder or two crushed cloves  
1/2 tsp. pepper  
2 cups water

Rinse and stuff turkey if desired. Secure wings and legs. Place on rack in roasting pan. Combine margarine, oil, bouillon and spices. Whisk well. Brush turkey with mixture. Cover top of turkey with foil, removing halfway through cooking. Roast at 350 degrees for 1 1/2 hours, basting every 30 minutes. Add water to pan, and roast 3 hours longer, still basting. Turkey will be done when meat thermometer inserted in thigh registers 180-185 degrees and juices run clear. Transfer to platter, remove stuffing to serving bowl. Turkey should rest about 20 minutes before slicing. Makes about 10 servings.

### GREEN BEAN CASSEROLE

1 can Cream of Mushroom Soup  
1/2 cup Milk  
1 tsp. Soy sauce  
Dash ground black pepper  
4 cups cooked cut green beans  
1 1/3 cups French's French Fried Onions

Mix soup, milk, soy sauce, black pepper, beans and 2/3 cup onion in 1 1/2 qt. Casserole.  
Bake at 350 degree oven for 25 minutes or until hot. Sprinkle with remaining onions and bake 5 minutes more.  
Enjoy



## LETTERS TO MR. BOB

Dear Mr. Bob:

I have read articles for and against giving to religious organizations and charities. What do you think?  
Giving or Not Giving

Dear Giving or Not Giving:

Donating to religious or charitable organizations can serve as a taxable deduction towards your annual income tax. Whether or not "to give" is a very personal decision. I believe that giving and receiving should be well balanced within each individual.

We each know whether or not we give more than receive or vice versa. Let's use this question as a chance to do a better job balancing giving and receiving. 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.

## THOUGHTS FROM MR. KEVIN KEEGAN

Hello all. During this month of November, we take a minute to acknowledge what we are thankful for. I think that it is important to take time to really think about this every once in a while, because it is easy sometimes to just focus on what we do not have or what we wish we had. For those who have spent time in the foster care system it would be particularly easy to do this, but as you get older it no longer helps to focus on the negative. It is also easy to fall into the trap of looking at our possessions when asked this question, when many times it is people in our lives that we can be thankful for more than anything. This is very true for me since in my case, an obvious thing to be thankful for is to have a job that I look forward to coming to everyday, and to be surrounded by so many young people with so much strength. The fact that so many of you stay in touch with us even after you turn 21 and leave means more to me than you know.

As Thanksgiving approaches, let Mr. Barry or me know if you would like to join us for an early dinner on Thanksgiving Day. Also, we will be letting everyone know the details, but we are planning a brunch on the day after Thanksgiving so everyone can get together. As the Holiday season approaches, we will also be asking for donations from your stipend one week in December to donate to a charity. This will be completely voluntary, and I will share more information in December's newsletter.

Last thing, do not forget to vote! As always, take care and be safe,

Mr. Kevin

NP NEWS NOVEMBER 2006

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

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| ACTIVITY    | AFRICAN     |
| AMERICAN    | BUREAU      |
| CAUSES      | DEFROST     |
| DEVELOPMENT | EMBRACING   |
| FUNDRAISING | GREENBEAN   |
| HELPING     | INDIAN      |
| JOBFAIR     | LABOR       |
| MISSION     | NICHAC      |
| NOVEMBER    | POSSESSIONS |
| PRESIDENT   | RUNNING     |
| SUCCESS     | SURVIVAL    |
| TITHE       | TRIBES      |

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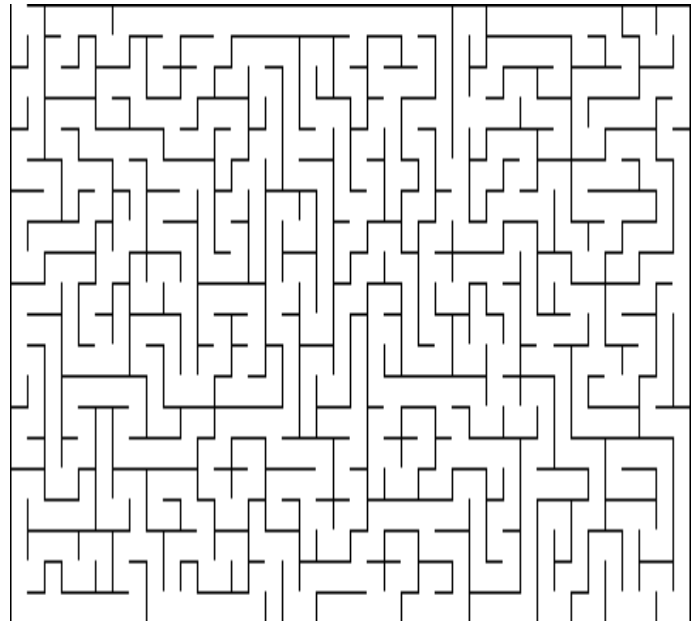
Still want to search for words?  
 Find the above list of words in the NP  
 News and circle them for an additional  
 Word Search Challenge

Sudoku

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

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

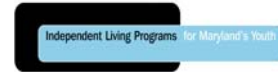
**CAN YOU FIND YOUR  
 WAY THROUGH THE  
 MAIZE?**



**GET THAT JOB!  
HOW TO BE PREPARED**

1. Before you start job hunting, take time to think about what you enjoy doing.
  - Do you like to work with food?
  - Do you like to work with your hands?
  - Do you have a hobby?
  - Do you like to help people?
  
2. Research companies in the field you are interested in. Find out what type of jobs are available with different companies and what benefits are offered at different work levels (FT or PT) such as education, insurance, leave benefits, etc.
  
3. Create your resume.
  
4. Get your resume out there before employers. Keep an ongoing list of employer names, address, and phone numbers where you apply for a job. After you drop off your resume or complete an application, call the employer the next day and follow up. Let them know that you want to work for them. **DO NOT LEAVE IT UP TO THEM TO CALL YOU.** If you want the job, you need to work for it.
  
5. At the interview, remember the following:
  - Take two copies of your resume (one for the employer and one for you)
  - Take a pen and pencil to complete any applications or other paperwork the employer may need. **DO NOT RELY ON THE EMPLOYER TO HAVE A PEN AND PENCIL FOR YOU.**
  - Dress for success – Each industry has its own dress code – do your homework.
  - Relax and be the best person you can be.

Happy Job Hunting!



**Community Job Fair 2006**

Participating Employers include:

Baltimore County 911

Advance Business Systems

AFLAC

ARAMARK

Target

Transportation Security Administration

GIANT Food

Lowe's Home Improvement

Maryland Department of the Environment

Md. State Police

Savings 1<sup>st</sup> Mortgage

And Many More...



YMCA  
We build strong kids,  
strong families, strong communities.

Where: YMCA, Stadium Place

900 East 33<sup>rd</sup> Street

Baltimore, Maryland, 21218


When: Thursday, November 2, 2006

9:00am – 3:00pm

**NEW NICHAC REQUIREMENT**

**From the Program Committee**

Clients applying and entering into NICHAC will now be required to obtain renters insurance. Renters insurance offers protection from theft, fire, burglary and other unfortunate situations. For more information on this change contact your Case Manager.

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.



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

**CALENDAR OF EVENTS**



**November 2006**

- 11/2/2006 Job Fair
- 11/7/2006 Election Day – Don't forget to Vote!
- 11/11/2006 Veterans Day
- 11/23/2006 Happy Thanksgiving
- 11/23/2006 Thanksgiving Dinner at Golden Coral – Contact your Case Manager for further details
- 11/24/2006 Client Holiday Brunch at the Main Office @ 11:00 am
- 12/15/2006 Holiday Celebration
- 1/27/2007 Shopping Trip

**NP News Staff  
Echo G. Hester  
Jeff Lambert  
Carey Andrews**

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.

**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  
Carey 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  
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