



As we celebrate the holidays of Christmas, Hanukkah and Kwanzaa we are reminded that this is a season of anticipation, hopefulness and celebration.

On behalf of the Board of Directors I would like to wish everyone a holiday filled with joy and peace.

Mary Maffezzoli
Board President

"BIG UPS TO"



If anyone knows how to get things done, it's Mr. Tom. If you work for him, he works for you. It's nice to know that this is more than a job to him at New Pathways.

Lisa C.

I would like to send a Big Ups to all of the staff who have supported me during my stay in New Pathways.

I would also like to send a Big Ups to Second Generations for our successful Thanksgiving dinner.

Charlene W

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.

EXTRA EXTRA READ ALL ABOUT IT!

DATES YOU SHOULD KNOW IF YOU ARE ATTENDING CCBC (ANY CAMPUS)

If you are attending or planning to attend CCBC (Community College of Baltimore County) these are some important dates that you need to know:

OFFICIAL SPRING REGISTRATION STARTS – November 28th – I RECOMMEND ALWAYS REGISTERING IN PERSON AT THE CAMPUS THAT YOU ARE GOING TO ATTEND.

The *last day* you can register is January 28th - Don't wait this late or you will not be able to get the classes that you need!

College closed on for Thanksgiving on November 23rd (4:30pm) – November 27th.

College Closed for Winter break December 23rd – January 2nd.

College Closed for Martin Luther King Day – January 16th

*Last Day to drop classes with a 100% refund – January 27th – by 4:00pm

*Last day to drop classes with a 50% refund – February 17th – by 4:00pm

****Provided for information purposes only. DON'T DROP CLASSES. KNOW WHAT CLASSES YOU ARE GOING TO TAKE AND ATTEND YOUR CLASSES.***

To get a full look at the registration schedule go to the following website:

www.ccbcmd.edu/registration/spring_collegecal.html/
or come to see Miss Brenda and she will give you a copy of the full registration schedule.

**TO THE STAFF & CLIENTS OF
NEW PATHWAYS, INC.
From: Miss Gloria Taylor**

After many years as Secretary Of New Pathways, Inc., I have taken another position in Woodlawn, MD. I have been moved by all of the Clients, Staff and Friends of Clients I have come in contact with during my tour of duty here at the Main Office.

My job at New Pathways is one of unique and rewarding advantages. I come in contact on a daily basis with young people and their Mentors, Family Members, Significant Others and DSS Workers. Never can I say each day is the same as the one before. I have seen Clients at their worst and best behavior and I have learned and grown from each and every one no matter what the situation is at any given moment.

I have experienced a lot of first time opportunities while employed here. For instance, I NEVER went to Six Flags Amusement Park before I was employed here. I NEVER went to Showtime at the Apollo before coming to New Pathways and I NEVER had the opportunity to go to Kings Dominion. These are just a few of my first time favorites. I could continue but you know where I'm going with this. I have a lot of memories that I take with me.

I have come in contact with a lot of people that I can look up to since being employed at New Pathways, both past and present, and each one holds a special place in my thoughts and will never be forgotten. I don't believe in saying good bye that's so permanent. I will just say so long, and I will keep in touch and come back for visits.

To one and all take care and have a safe and joyous Holiday Season!



LETTERS TO MR. & MRS. BOB

Dear Mr. and Mrs. Bob:

Why does NP make such a big deal out of not quitting your job until you find a new one? So what if I am off for a couple weeks? I know I will find a new job soon.

Frustrated

Dear Frustrated:


You and I both know that interviewing for a job when you have a job affords "a much more positive you" than when you are unemployed. It is also important to realize that if you leave a job without having another one lined up, you may be without pay for several weeks, until you find a new job. This could be a big problem when you are responsible for paying rent and other bills. You will need every paycheck – you won't have a "stipend" to supplement your income anymore! Don't burn bridges when you leave a job and always give at least two weeks written notice if you do decide to leave a job. Good luck.

Mr. and 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.

**HAPPY BIRTHDAY
& WELCOME**

We would like to wish a very happy birthday to Shania M (happy 21st and best of luck!), Jennifer G, Charlene W. and Keyia M.

Welcome! We are very pleased to welcome Shavonda Rivers to our Case Managers' team! She joined us on November 7th and has already begun building relationships with her new clients. Shavonda has her  Masters of Social Work from the University of South Carolina in Columbia. She has a wealth of experience within the field of domestic violence and families with children, and lots of enthusiasm for teens and young adults! She is new to Maryland, so please help her learn about our great city of Baltimore. Please extend a warm New Pathways welcome to Shavonda when you meet her!

**FINAL THOUGHT
By Charlene W.**

New Pathways has been my home for the past three years. When I came to the program, I was a teenager just out of high school. I will be leaving the program as a single mother. I was in Independence Plus for a little more than a year. When I came to the program, I was already in college. I quickly found my first job at a portrait studio. Everything was going fine until I lost my job and then several months later got sexually involved with someone without using protection. Doing this caused me to become pregnant even though I didn't find out about my pregnancy until the end of my second trimester. At that time I was forced to make a decision. After much thought, I decided to keep the baby. I returned to Second Generations early last year. It was then when I realized that having a baby will change your life forever. I discovered that raising a baby is not easy, especially raising one by myself. I also know I can't just make a decision to do something without first thinking about how it may affect my child. When I leave the program, it will be more of a challenge to raise my child because there won't be any support coming from the staff. Even though I made a mistake by having sex, having a baby is the best thing to happen to me. If I can leave behind some words of wisdom, I would say: for every action there is a reaction, and for every behavior there is a consequence.

To be continued.....

FINANCIAL TIP OF THE MONTH



Dear Penny Bank:

How do I save money around the Holiday while spending the majority of it?

Want-To-Save

Dear Want-To-Save:

It is easy to spend too much money during the holiday season. There are plenty of tempting gifts to purchase for everyone you know. When you make your list of who to buy for and the things to buy, think about the quality of the gift. Will the receiver open the gift and say thank you, take it home and shove it in a drawer, give it to Goodwill in January, or throw it away when they get home? Or, will they actually use the gift. Many times we have the best intentions when it comes to gift giving, but if the gift is not something the receiver will use it is wasted money on your part. The nicest way to save money is not to overspend on "throw-away" gifts. Shop smart by giving handmade gifts and finding the best value for every dollar you spend. Spending \$25.00 on a gift from Hecht Company that you can go to Target and get the same product for \$7.50 is wasting \$17.50 which could go to your savings account.

1. Make a shopping list of who you would like to give a gift to and who you would like to remember by sending them a card. Put your name first on the list. Check the list you made and cross off anyone you do not really need to give a gift to and put them on the card list. Check the list one more time.
2. Next to the gift list – write down what you would like to give the person, how much you can afford to spend on the gift, and where you can purchase it. Next to your name write a \$\$ amount you will put in your savings account. When done, review the list and total how much money you will need. Check the list again.
3. Purchase a box of holiday cards that is within your budget and reflects who you are. This may be a funny card, religious card, Santa card, etc. Address your cards.
4. Shop and stay on target and in budget. Wrap it up and have a great holiday.

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.

THOUGHTS FROM MR. KEVIN

Every year, it seems as if one of my Holiday traditions is to vent about how commercialized the Holiday season has become. So often, people become so wrapped up in what they will get for Christmas that they lose sight of the true meaning. For me, the importance of the Holiday season beginning with Thanksgiving and going through the New Year is to take a look at what you have and be thankful, and take a look at what you can do to help someone else and to make some commitments to improve your own life as well. It is also a good time to reconnect with people who you may have lost touch with. Despite what some say, I am not a Scrooge; I am just a romantic when it comes to the Holidays. This does not mean that you should not enjoy the whole gift giving frenzy, just keep it in perspective.

I hope to see everyone at our Holiday party at the Idlewyde Hall on December 22. It should be a lot of fun and rumor has it that Santa will show up again.

I hope everyone has a safe and blessed Holiday Season,

Mr. Kevin

The Three H'S

By: Reggie J.

But wut is hard?

Living in the ghetto or a big house

Having people accepting you for who you are

Having no food, no money, no comfort, no love,
that's hard

But wut is harder than hard?

Being a boy selling drugs

Or a girl selling their body

Or a parent losing their child

That's harder than hard

But wuts the hardest thing in life

Its thinking about the pain that Jesus went through
that's the hardest

If I went through the pain that Jesus went through

I would know that life is not going to give

You things that you want you have to earn

Everything in life that's wut he taught us

And told us not to be a follower and to

Always be a leader and now I realize life

Will always be hard.

COLD WEATHER SAFETY By Jeff Lambert

Winter is not just a time to stay indoors and wait for spring. Once outdoors, however, you may need to take extra steps to keep safe in the cold. In ice and snow, accidents can occur easily, and before you know it, you may be on your way to the emergency room. There are ways to keep safe and stay fit during the cold months. By following a few tips, you can have a great time outside, no matter how much it snows.

Why Is It Important to Be Safe in the Cold?

Certain injuries are more common in the winter because of cold-weather activities. Activities like ice-skating, sledding, snowboarding, and skiing lead to the most accidents and injuries in the winter. Now that snowboarding is drawing more young people out into the cold weather, emergency rooms are seeing more abdominal, head, and neck injuries from those who run into trees or large rocks while snowboarding. It is not just winter sports that send people to the hospital or to a doctor's office. Certain illnesses are more common when the seasons change. Respiratory illnesses, especially viruses like the flu, are particularly prevalent during this time of year. That's because everyone spends more time indoors in winter, exposing themselves to more germs in the air.

At Home

One way to stay healthy while cooped up inside is to make sure you wash your hands. It is especially important to wash your hands after you share items with others and after you cough or blow your nose. It will help to prevent the spread of viruses. Otherwise, it's difficult to avoid getting sick. People who sleep and eat healthy may be less likely to get sick because their bodies are more resistant to viruses, germs and bacteria.

If you want to go outside to shovel the snow, that's fine, but take care. Snow shoveling is actually more strenuous than it may appear to be. Also, know when it's time to come inside from the cold. To avoid frostbite, make sure that fingers and toes are warm and dry, and your nose and ears are covered.



Braving the Cold

If you are going outside in the cold, stay safe, warm and dry. Have a snack before going out. The calories will give you extra energy in the cold weather. And protect your face with sunscreen. Even though the idea of sunburn in January can seem odd, snow can reflect up to 85% of the sun's ultraviolet rays. And wear

sunglasses. Light reflected off snow can be damaging to your eyes.

Dress warmly using layers of clothes. If the top layer gets wet from snow or freezing rain, you can peel off some clothes down to a dry layer. Avoid cotton clothing because it will not keep you warm. Wool and synthetic fabrics work best. Dress in long underwear, a turtleneck, and a sweater and coat. Add more layers depending on the temperature. Water-resistant pants and jackets are great top layers because they don't let moisture seep into the other clothing. Be sure to wear warm socks and boots to keep feet dry and a hat to keep your head warm. Surprisingly, most of the body heat you lose when outside is from the top of your head.

As long as you are warm and dry, there's no set amount of time you should stay out in the cold. However, when being cold becomes unpleasant, it's time to go inside. It helps to have an extra pair of gloves tucked in your pockets if you plan to be outdoors for a while.

What to Do in an Emergency

Frostnip is an early warning sign of the onset of frostbite. It leaves the skin white and numb. After coming inside, remove all wet clothing because it draws heat from the body. Immerse the chilled body parts in warm water (not hot, 104 to 108 degrees Fahrenheit) until the numbness goes away and you can feel sensation again. Frostbite occurs mostly on fingers, toes, ears, noses, and cheeks. The area becomes very cold and turns white or yellowish gray. If you notice frostbite, you should immediately seek medical attention.

If you have a car, make sure you have a first-aid kit, and extra blankets and gloves in the car.

NP RECIPE OF THE MONTH APPLE PIE

6 big, tart apples (baking apples)
½ cup sugar
1 teaspoon cinnamon
1 ½ tablespoons of flour
2 defrosted, ready-made pie shells

1. Preheat the oven to 375°.
2. Peel the apples. Take out the core. Cut the apples into small pieces and put them into the mixing bowl.
3. Add the cinnamon, flour and sugar to the apples and mix.
4. Fill one of the ready-made pie shells with the apple mixture.
5. Take the other pie shell out of its tin. Put the shell on top of the apple mixture. Close the pie up by pressing your fork along the edge. Poke a few holes in the top of the pie with your fork so that hot air can get out as it bakes.
6. Bake the pie in the oven for one hour. The crust should be light brown and the apples should be cooked by then.
7. After the pie has been baked and has cooled off a bit, it is ready to eat.

NP NEWS DECEMBER 2005

T R O B R A H L R A E P W W H
 U N Y O Q C W P C C E L I N A
 N F E Q R E O H A S L N J O N
 O O I M L E R L A R T L R I N
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APPLEPIE
 ATTEND
 BRAVING
 CAMPUS
 CELEBRATE
 CHRISTMAS
 COLLEGE
 DECISION
 GIFT
 HANNUKKAH
 HOLIDAYS
 JOB
 PARTY
 PEARLHARBOR
 PURCHASE
 REACTION
 RECONNECT
 REWARDING
 SAFETY
 SUPPLEMENT
 UNIQUE
 WANTTOSAVE
 WEATHER
 WELCOME
 WINTERSOLSTICE
 WISDOM

MOVIE REVIEW



Harry Potter and the
Goblet of Fire

The story continues. Harry is another year older and facing new challenges at Hogwarts. There will be a Wizard's Contest this year and only one Wizard will win. It is a dangerous contest and open only to those 18 or older.

I rate this as FIVE stars. It is the best HP movie yet. A must see for all Potter Fans.

PEARL HARBOR DAY A DAY TO REMEMBER

On December 7, 1941, Japanese planes attacked the United States Naval Base at Pearl Harbor, Hawaii Territory killing more than 2,300 Americans. The U.S.S. Arizona was completely destroyed and the U.S.S. Oklahoma capsized. The attack sank three other ships and damaged many additional vessels. More than 180 aircraft were destroyed.

Navy
1st Class Doris
was one of the
defended our
when he stood
machine gun on
U.S.S. West
at attacking
aircraft. During
shot down



Mess Attendant
"Dorie" Miller
brave men who
country that day
behind a
the deck of the
Virginia shooting
Japanese
the attack Miller
several enemy

planes and was awarded the Navy Cross for his bravery.
The following day President Franklin Roosevelt, addressing a joint session of Congress, called December 7th "a date which will live in infamy." Declaring war against Japan, Congress ushered the United States into World War II.

The war affected Americans in different ways. While fathers, sons, husbands and brothers entered the military, mothers, sisters, wives and sweethearts were encouraged to work in factories making war supplies. These women were called "Rosie the Riveter". The nation at that time had a "can-do" spirit wherein everyone did their part to support the war effort. It was a sad time, but also a productive time. When the men came home the women went back home.

Sources U.S. Gov Info/Resources and www.h-s-historicalfoundation.org

CALENDAR OF EVENTS

December 2005

- 12/1/05 Movie Night at the Senator
- 12/4/05 LST Employment – Mr. AI – 5 pm Reisterstown
- 12/6/05 LST Housing – Mr. JR – 6 pm Walker Manor
- 12/6/05 St. Nicolas Day
- 12/7/05 Pearl Harbor Day
- 12/7/2005 LST Employment – Mr. Jamal – 6 pm Main Office
- 12/8/05 Bodhi Day – Buddha’s Enlightenment
- 12/8/05 LST Self-Advocate – Mr. Sippio – 5 pm Main Office
- 12/11/05 LST Cultural Perception – Mr. AI – 5 pm Reisterstown
- 12/13/05 LST Employment – Mr. JR – 6 pm Walker Manor
- 12/14/05 LST Employment – Mr. Jamal – 6 pm Main Office
- 12/15/05 LST Housing – Ms. Ronda – 5 pm Reisterstown
- 12/15/05 **ALL CLIENT MEETING** – 6 pm Reisterstown
- 12/21/05 Winter Solstice
- 12/22/05 **Holiday Party** (See your Case Manager for details)
- 12/22/05 **NEW PATHWAYS HOLLIDAY PARTY** at Idlewyld Hall
- 12/25/05 **Christmas**
- 12/26/05 **Hanukkah Begins**
Kwanzaa Begins
Boxing Day (Canada)
- 1/1/2006 **Happy New Year!!**
- 1/7/06 **SHOPPING TRIP TO THE OUTLETS IN LANCASTER PA** – see your Case Manager for details

NP News Staff
Echo G. Hester
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 the NP News possible.



You Are Cordially Invited
to Attend the
New Pathways Holiday Celebration
The festivities will be held on
Thursday, December 22, 2005
6:00 to 9:00 pm
at
The Idlywyld
6301 Sherwood Road.
Contact your Case Manager if you plan to attend.



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Staff

- Kevin Keegan, Executive Director
- Jeffrey Lambert, Associate Director
- Lois M. Peach, Financial Director
- Echo G. Hester, Administrative Assistant
- 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
- Jodi Schmidt, Case Manager
- Adia Crawford, Case Manager
- Shavonda Rivers, Case Manager
- Stanley Anderson, Life Skills Counselor
- Kenneth Barnes, Life Skills Counselor
- Karen Brown, Sr. Life Skills Counselor
- Tonya Brown, Coordinator of Residential Life
- Yolanda Hawkes, Life Skills Counselor
- James Richard Jr, 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
- Makda Belay, 2G Life Skills Counselor
- Judith Dukes, 2G Life Skills Counselor
- Brenda Phelps, 2G Sr. Life Skills Counselor
- Lisa Sutton, 2G Life Skills Counselor