



## DECEMBER HOLIDAYS



By: Courtney L.

**Yule** celebrates the rebirth of the Sun, the Sun God, and honors the Horned God. Yule is the longest night of the year, when balance is suspended and gives way to coming light. Yule's official first day of winter is December 22<sup>nd</sup>.

**Hanukkah** is an eight day holiday. Hanukkah is from the Hebrew word dedication or consecration which marks the re-dedication of the Temple in Jerusalem. Hanukkah is not like Sabbath, there is no obligation to refrain from activities that are forbidden on Sabbath. There are no religious reasons for school to be closed, although; in Israel, schools close for the whole week of Hanukkah. A candle is lit each day for 8 days December 4-12.

**Kwanzaa** is a non-religious African American holiday which celebrates family, community, and culture. It is celebrated for seven days December 26-January 1. Kwanzaa is derived from the phrase "Matunda Ya Kwanza" which means "first fruit" in Swahili. Kwanzaa has seven principles: Unity, self-determination, collective work and responsibility, cooperative work, and responsibility, cooperative economics, purpose, creativity and faith.

**Boxing Day** is celebrated on December 26, the day after Christmas. It is celebrated in Great Britain, Canada, Australia, and New Zealand. Historians say that Boxing Day developed because workers were required to work on Christmas Day, but took the following day off.

**Pearl Harbor** took place December 7, 1941, 7:55 am. On Sunday, 183 warplanes attacked the U.S. Pacific Fleet Station in Oahu Pearl Harbor, that's when World War II began. 2117 Navy and Marines were killed, 215 Army soldiers were killed. Franklin D. Roosevelt called December 7, 1941 a date which will live in infamy.

**Christmas Day** is an annual holiday that celebrates the birth of Jesus. The word Christmas comes from Christ's mass. Christmas Eve is celebrated on the 24<sup>th</sup> and in some traditions one present is opened. Even though we celebrate the birth of Jesus on the 25<sup>th</sup>, that is not actually his birth date.

## GREETINGS & HAPPY HOLIDAYS TO ALL



Gloria Taylor

The holiday season can be one of great joy and anxiety. A lot of people feel the pressure to have everything in tip top shape the expectations are high and usually financial funds are low.

Below are a few tips to get you through the holiday season without taxing your purse strings OR your stamina.

Bake cookies and purchase colored plastic wrap (example: red and or green wrap). Purchase holiday tins at the Dollar Store and give the cookies out as gifts with a holiday card attached.

The items below are the supplies you will need to make a Rudolph the Reindeer Christmas Ornament to hang on the Christmas tree. Purchase wire from a craft store clothes pins (wooden ones), red and white felt balls, green pipe cleaners, a hot glue gun, a black felt (fine tip) marker and a spool of red or green ribbon to hang your creation on the Christmas tree. Your ornaments can be personalized by printing the receiver's name, if you choose to make it a lasting memory for years to come.

You can invite a few friends over and have a tree trimming and decorating party. Purchase 2 gallons of eggnog (non-alcoholic brand) a few chicken wings from the hot buffet, a package of party rolls and a few packages of celery and carrot sticks already packaged with blue cheese dressing for dipping. You and your guest(s) are now ready to enjoy the celebration.

These are just a few ideas to get you in the holiday spirit without breaking your bank and you will not feel overwhelmed to get all the work completed without having fun in the process.

## TIPS FOR A "GREEN" HOLIDAY SEASON

Submitted by Jeff Lambert  
From Dr. Recycle, Medical University of South Carolina

While the winter holiday season brings good cheer for most people, it also brings a lot more solid waste to the landfill, harm to the environment and additional debt to the average American. Here are some environmentally-smart tips for a less wasteful holiday this year:

If you put up a real tree, remember to recycle it after the holiday season.

Every year, 2.65 billion holiday cards are sold in the United States. That is enough to fill a football stadium field 10 stories high. Please look for cards that contain recycled content or fully made from recycled materials. You can make your own cards out of scrap paper found around the house. You could use old cards as name tags for presents or for colorful artwork to decorate your house. Reduce, Reuse and Recycle.

Wrapping paper is often used once and thrown away. Try using colorful pages torn from magazines to wrap small gifts, and old maps or the Sunday comics for larger boxes. Avoid using paper entirely by using reusable decorative tins, baskets or boxes. If you do buy wrapping paper, look for ones made of recycled paper. Reusable cloth ribbons can be used in place of plastic bows. Finally, carefully unwrap gifts and save wrappings for reuse next year.

If you buy gifts, look for durable and re-usable items and resist the latest gift "fad". Think of how many pet rocks, mood rings, and cabbage patch dolls ended up in the landfill.

Look for gifts with an environmental message: a nature book, a refillable thermos bottle, a canvas tote bag, a battery recharger or items made from recycled materials. Choose solar powered instead of battery powered products. Or better yet, ones that require no power at all.

Americans throw away about 25% more trash between Thanksgiving and New Year's Eve. That's an additional 5 million tons of garbage.

Other environmentally-smart gifts include homemade ones: home baked cookies, bread or jams, a plant or a tree. Or gifts that do not create any waste at all: concert or movie tickets, dinner at a restaurant, or an IOU to help baby-sit or do some cleaning for someone. Or give gifts that get "used up" such as candles or soap.

If you go out shopping, take your own tote bags and avoid coming home with an armload of plastic bags.

If every American family wrapped just 3 presents in re-used materials, it would save enough paper to cover 45,000 football fields.

You are probably receiving piles of mail order catalogs at this time of year. Call the company's 800 number and ask that you be removed from their mailing list. Fortunately, magazines and catalogs can be recycled.

It takes an average of six months for a credit card user to pay off his or her holiday debt.

If you send holiday cards, look for ones made of recycled paper. Avoid cards with glossy, shiny or gold foil coatings since these cannot be recycled. Save the cards that you get in the mail, cut off the front pictures, and reuse as "postcards" next year. This saves on postage too. Or, send "electronic cards" or make a phone call instead.

For tree trimmings, try edible or compostable items like popcorn or cranberries on a string, gingerbread cookies or items made from small objects around your home.

With careful thought, it is possible to reduce waste, conserve resources and promote environmental protection during this busy season.



**WORD OF THE MONTH**  
"Family"

By: Ms. Sharnett Kelly

Between the months of November to January, what's considered to be the holidays, I can't help but to think about one important factor over all. It isn't money, gifts, shopping or even decorating, but rather it's our most important relationship of all, FAMILY, whether blood related, non blood related or distant. It's within the holiday seasons we spend or rather should spend the most time appreciating family traditions, values, memories, history, tides, time, bond, love etc. This should be the one happiest moments of our lives; to be able to gather together to strengthen our personal relationships through the time spent in love.

But do you also know its has been stated and proven that people are most depressed and suicidal during the holiday season because of financial issues, lost loved ones, family problems and or other circumstances. This is what I like to call, "Holiday / Seasonal Depression". *Holiday / Seasonal Depression* happens when individuals focus on the negativity of what should be, what is, what wasn't, what's missing and or what's not. It's when people focus is on the hurt, pain and difficulties life has dealt instead of thinking positive and being grateful of what is presently. Because the fact is, think it could be a lot worst.

No, I'm not saying that it's easy to be positive in difficult situations but it's very possible and there is a cure but only if you want it.

- Instead of focusing on what you don't have, be thankful for what you do have. While material things only last for a moment of time, true gifts last forever, are found within your positive personality, can take you a long way and can never be taken away for you.  
Instead of focusing on where you should be, celebrate where you are now and where you will be in the future no matter what. The only way to get where you want to go is to first see yourself in the future at the same time acting as if you've already arrived while working on getting to your destination. Positive thinking produces positive actions which in turn will create positive outcomes.
- Instead of focusing on who hurt you and or who wasn't there for you, gratefully appreciate the love, support and joy of those who have been there for you and are here for you now. We only get one life to live so choose to live life to the fullest by not living in pain.
- Instead of focusing on the hurt of lost loved ones, honor them by living, loving and remembering the good that once was. Focus on what you've gained or learned from their lives, not the lost of their life. Losing people hurt, but it's better to have loved and lost than to have never loved at all.
- Learn to forgive, forget (meaning not holding the charge/s to the person/s), let go within yourself and move on even if the person/s don't apologize. Unforgiveness will turn into

bitterness, remorse and hatred and only keeps you in a stressful state that only wears down your body and mind.

Don't allow *Holiday / Seasonal Depression* keep you from focusing the season of giving, loving, sharing etc. with your FAMILY. Whether blood related, non blood related or distant appreciate who and what you do have because somewhere there's someone worse off than you.

### CANNED FOOD/BOXED FOOD DRIVE



Bring a canned food/boxed food item to one of the staff offices (Walker, Reisterstown, Second Generations, or the Main Office)

Or Bring it to the Holiday Celebration on Wednesday,  
December 19, 2007

For each item you bring you will receive a raffle ticket at the celebration.



### LETTERS TO MR. BOB

Dear Mr. Bob

The holidays are coming and I'm going to spend Christmas with my family. We always exchange Christmas presents and spend a lot of money. I saved some money this year and don't want to give it up. Am I being selfish?

Am I Cheap

Dear No You Are Not:

Cheapness is often a result of fear of not "having enough" (money, things, security or even love.) Cheap, also known as frugal, is an acceptable manner of running your life as long as you keep life simple. Often frugal people are found lamenting about winning lotto etc. which makes for resentment with those who seem to have a lot.

Find a life style that works for you. Save enough money to cover all expenses for 3-to 6 months and you should do well if, and when the "bottom falls out" in your life.

Happy Holidays,

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.

## RECIPE OF THE MONTH

Winter baking is a lot of fun. This is the one time of the year that you can bake good eats, warm your kitchen naturally, create a homey feeling within your apartment and make holiday gifts at the same time. The grocery stores have decorated zip lock bags that you can fill with cookies and give as gifts.

### Sugar Cookies

Mix together:

2/3 cup butter

1/1/4 cup sugar

2 eggs

2 tsp vanilla

Add:

3 cups flour

1 1/2 teaspoon salt

2 tsp. baking powder

Mix all ingredients until smooth.

Chill and then roll to 1/4" thickness.

Cut out and bake 15 minutes in a 350° oven.

### Whachamacallits

1 cake mix (18 1/2 oz) any flavor

8 oz container of frozen topping (cool whip)

1 large egg

Confectioners Sugar (10X sugar)

Mix cake mix, egg and whipped topping together. This makes THICK dough. Drop by teaspoonful into powdered sugar and roll into a ball.

Place on a greased baking sheet.

Bake at 350° for approximately 10 minutes or until set and light brown on bottom.

### Applesauce Cookies

Mix together:

1/2 cup unsweetened applesauce

1 egg beaten

1/4 cup shorting

2 tsp vanilla

Optional: 1/4 tsp. orange flavoring

Add:

1/2 cup flour

1 tsp cinnamon

1/2 tsp soda

1/4 tsp allspice

1/2 cup quick rolled oats

1/2 cup raisins

Drop by rounded teaspoons on greased baking dish.

Bake at 350° for 8 to 10 minutes.

## New Pathways News

In this issue we address the topic "Managing Your Holiday", we say farewell to members of the New Pathways family, and learn new ideas in life skills.

## FINANCIAL TIP OF THE MONTH



Dear Penny Bank:

I saved \$500 this year and Christmas is coming. I usually spend everything I save during the year on gifts for my family and max out my credit card. Then in January when the bill comes in I start paying it off so that by December it's empty then I start over again. How can I break this cycle?

Holiday Debtor

Dear Holiday Debtor:


We live in a disposable society. We are known as the "rich Americans". Why, because we don't appreciate the things we have. Holidays are no different. Many people don't remember who gave them what and if they don't like what they receive they throw it out. How many gifts have you given in the past that are still used today by the users?

As a young person, establishing good credit can save yourself years of hard times. It's always nice to give gifts. Many people do. BUT when you give to other people, you need to consider your needs first and their wants second. If you have extra cash to shop with, shop. If you don't have extra cash, buy a box of holiday cards and give them out. Not having a place to live or food in your stomach is a sad way to live and you don't have to live that way.

You don't need to get me a gift, just wish me a nice holiday and smile, I have everything I need.

Happy Holidays  
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.

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.



## MENTORING PROGRAM

Courtney LaPrince  
Xia Williams

NPW's Peer-to-Peer Mentoring Program is coming along great. We now have made 39 mentor/mentee matches. Our December goal is to re-evaluate all present matches to ensure that mentee's are getting the support, guidance and direction needed and mentors will receive additional training. We will also schedule another mentor/mentee party including additional trust building exercises. We are still looking for additional volunteers to assist the core mentoring program group. Please phone Courtney L., Xia W. or Mr. Tom if interested.

## YOUTH ADVOCACY PROGRAM

NPW's is still recruiting clients to serve as counsel members who want a "louder" voice while participating in the Independence Plus and Second Generation Programs. Please contact Mr. Tom for additional information, Phone # 410-464-2600 x103.

## AFTERCARE

NPW's is very close to completing a new discharge plan that will begin to follow all graduates from NPW's. The goal will be to have monthly aftercare meetings to better assist graduates with self advocacy and problem solving in their post graduate status as young adults in the world. Present graduates will be given a 60 day individual appointments to return to NPW's and bring NPW's staff up to date. Mr. Tom will coordinate the aftercare program. If anyone has any questions please contact Mr. Tom.

## THANKSGIVING Ms Karen Brown

On Thanksgiving I had the privilege of having dinner with my New Pathways family. It was a beautiful experience. Watching everyone socializing and laughing and enjoying each other just kept a smile on my face. The food was delicious, and there was plenty variety. Everyone's behavior was on point, from the older client's to our little tots from Second Generation. Mr. Barry was ...what can I say lots of laughs. My favorite part was at the end where we made a circle and each person expressed what they were thankful for, it was so powerful. Hey I love New Pathways. Thanks again for such a wonderful time and keep up the good work.....

## THE MESSAGE BOARD



I would like to wish the staff and clients a wonderful and safe holiday season.

Shawn Robinson

Have a Holly Jolly Christmas and a Happy New Year. Be Safe and Happy Ho-Ho Days.

Shannan W

Happy Holidays.

Josh

Seasons Greetings for a Healthy and Happy Holiday Season.

Echo G Hester

I want to wish everyone a Happy and Safe Holiday. With the New Year around the corner I wish good health and prosperity to all!!!

Christine Adams

Happy Holiday from

Brenda Phelps

I wish everyone at New Pathways a joyous and prosperous holiday season !!!

Kenneth Barnes

I want to wish everyone a safe and wonderful holiday. Peace & Blessings.

Shawnece & Saniya

Dear Staff and Residents of New Pathways,

As most people have already heard, I am leaving my New Pathways family to accept another position. It really does feel like I have grown up here and am leaving to make it away from my family. Working at New Pathways has been an honor and a privilege. I have really enjoyed spending the past almost ten years with the people here. The staff is truly dedicated and working here is more than a job. The residents at Second Generations and Independence Plus are fortunate to be in a program where every possible support is available to assist you in meeting your goals.

I would like to thank the staff for the going away lunch and beautiful gift. To the staff and residents of Second Generations, thank you so much for the surprise party and gifts! I love you all and will miss seeing you every day. I do plan to see you at the Holiday Party and plan to keep in touch.

Love,  
Laura Fertig



A big Happy Birthday Desirae L, Jennifer G, Dwight W, Olivia F, Kason L, Emily O, Shawnece G, Mr. Mike, Mr. Nathan, Ms. Dara and Ms Sheena.

## "BIG UPS TO"



BIG UPS to the best staff and Ms Jazmine for her wonderful interior decorating.

Channing G.

I want to give a BIG UPS to the residents at Reisterstown Square Apartments for their consistent attendance at life skills classes. Keep up the great work!!!

Christine Adams

Congratulations to Xia W and Tiffany M for making the Honor Roll this past school quarter!!!

Christine Adams

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.

## Holiday Door Contest



The best six (6)

(2 from Walker, 2 from Reisterstown & 2 from Second Generations)

Doors decorated for the holidays will receive an Award/prize at the Holiday Celebration on

Wednesday, December 19, 2007

The deadline will be Monday 12/17/07 for all three sights  
Please have your door completed by NOON on this day!!!!

## NEW PATHWAYS HOLIDAY CELEBRATION



DECEMBER 19, 2007

6 PM – 10 PM

Idlewylde Hall

6301 Sherwood Road

Baltimore MD 21239

Door prizes, Santa Clause and gifts  
(for the little ones at Second Generations only),  
catered food, talent show, music (you can bring your ipod and play appropriate music),  
dancing (no bumping & grinding),  
contests, and much more!

Everyone is welcome, including guest, but you must RSVP  
Former clients RSVP by December 14, 2007 with  
Ms Angel Lyles 410-464-2600 x 123



**Parenting December 2007**  
**MAKING THE HOLIDAYS SPECIAL**  
**WITHOUT SPENDING A LOT OF MONEY**  
**Ms Sheena-Marie Hill**

Last month we discussed values and how to introduce them to your children. The holiday season provides a perfect opportunity to address values and attempt to impart the true meaning of the holidays, as well as the things that are important to your family. Spending time with family and celebrating faith are common values that people try to instill this time of year. One value that is often inadvertently transmitted is the value of material things and the desire for consumption. This occurs when parents feel that they must spend a lot of money on their children in order to create happy holiday memories or make the most of the holidays. If you focus on the non-spending aspect of the season, you can avoid sending the message that all you value about December is gift-giving and owning new things. You can make the holiday time special by creating memories and traditions without spending a great deal of money.

Researchers have proven that 80% of people feel higher stress during the holidays. Common signs of stress are feeling irritable, losing sleep, erratic eating, feeling tense, getting headaches and muscles aches and feeling overwhelmed. One reason for this increased stress is the high cost of the holidays. There are several keys to reduce stress, prevent overspending and reduce materialistic consequences during this month:

- Think about what is important—identify your values, what you want the holiday to mean to your family and why you want to make this time special for your child.
- Cut back on TV—all those ads encourage kids to think about the gift-giving aspect. You can cut back on “the gimmes” and shorten their wish lists by limiting TV time altogether or at least turning off the TV while the commercials are on. (This has an added bonus because it also gives you time to discuss the things being watched).
- Simplify your traditions—you don’t need to chop down your own tree or bake all your own treats in order to have meaningful traditions for your children. Choosing a few special things to be traditions (like drinking hot cocoa or eating candy canes) for your family to do year after year will be just as valuable as anything you could spend a lot of money on.
- Do a good deed—visit a retirement home or volunteer at a soup kitchen, bring cards or baked goods to neighbors who don’t have a lot of family in the area. Everyone enjoys visitors and a little thoughtful kindness this time of year.
- Do free things together—go for a neighborhood walk to look at lights, listen to some carolers or holiday music, bake cookies, decorate your house or tree, make decorations for

your house, watch holiday movies, make paper snowflakes or string popcorn.

There are ways for things to be new, exciting, and magical without spending too much money. To focus on the magic you can read books about your holidays or introduce special holidays people from many cultures celebrate each day to anticipate, prepare and help you wait for the holiday. The library has a great selection of holiday books on display for checkout. This can help your children understand what the true meaning of the holiday is and gain an appreciation of a variety of holiday values. Of course, you may not want to completely ignore the present aspect of the holiday. But think about the gifts in moderation, and remember that if you focus on getting gifts, your child will learn to care mostly about material things. At least help children clean out their old toys if they are getting new toys so they can appreciate the things they receive. You can make your own cards and presents. This can be a fun way to spend quality time together and everyone loves homemade gifts. Remind your child, and yourself, that the reason for the season is not money or presents and that this is an opportunity to spend time as a family creating special memories—something that is sure to last long after the toys have lost their luster and been forgotten.

**NP NEWS DECEMBER 2007**

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

BOOKS	BOXINGDAY	BUFFET
CANNED	CARDS	CHILDREN
CHRISTMAS	CREDIT DOOR	
ENVIRONMENT	EXCHANGE	FOCUS
GIFTS	GREEN	HANNUKKAH
HOLLY	HONOR	KWANZAA
MANAGE	PEARLHARBOR	RECYCLE
RETIREMENT	YULE	SEASONAL
SPECIAL	TEASPOON	WORLD

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

## Sudoku

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

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

## CALENDAR OF EVENTS & HOLIDAYS December 2007



12/11/2007 Harry Potter and the Order of  
the Phoenix DVD Released

12/13/2007 All Client Meeting & Laser  
Tag

12/18/2007 Staff Luncheon & Training

12/19/2007 Holiday Celebration at  
Idlewylde Hall

**\*\*ALL DATES SUBJECT TO CHANGE**

### NP News Staff

**Echo G. Hester - Jeff Lambert – Jazmin Cryor**

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 that make the NP News possible.



**New Pathways, Inc.**  
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### Staff

**Jeffrey Lambert, Acting Executive Director**  
**Lois M. Peach, Financial Director**  
**Echo G. Hester, Administrative Assistant**  
**Angel Lyles, Secretary**  
**Barry Smith, Safety & Operations Coordinator**  
**Angela Womack, Housekeeper**  
**Michael Stokes, Facilities Manager**  
**Brenda Campbell, Dir of Training & Voc Svs.**  
**Jazmin Cryor, Life Skills Trainer**  
**Sheena Marie Hill, LS Crdtr/Parenting Trnr.**  
**Greg Palmer, Residential Coordinator**  
**Thomas Mumaw-Mentoring Coordinator**

### Independence Plus

**Jennifer Johnson Pettis, Program Director**  
**Christine Adams, Case Manager**  
**Aaron Milton, Case Manager**  
**Ericka Morgan, Case Manager**  
**Shawn Robinson, Case Manager**  
**Dara Alper, 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**  
**George Hairston, Life Skills Counselor**  
**Yolanda Hawkes, Life Skills Counselor**  
**Sharnett Kelly, Life Skills Counselor**  
**James Sippio, Sr. Life Skills Counselor**  
**Christopher Sutton, Life Skills Counselor**  
**Gloria Taylor, Life Skills Counselor**  
**Nathan Toth, Life Skills Counselor**  
**Daphney Williams, Life Skills Counselor**  
**Deborah Young, Life Skills Counselor**

### Second Generations

**Makda Belay, 2G Life Skills Counselor**  
**Desirea Claiborn, Life Skills Counselor**  
**Tonya Cook, Life Skills Counselor**  
**Tia Dickson, Life Skills Counselor**  
**Judith Dukes, 2G Life Skills Counselor**  
**Deanna Murray, Life Skills Counselor**  
**Brenda Phelps, 2G Sr. Life Skills Counselor**  
**Zea Forrest, 2G Case Manager**



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