

WHY IS VOTING IMPORTANT?



Sheena-Marie Hill

For the past month or so, we have been strongly encouraging clients to register to vote and to become informed on the issues in the upcoming election. New Pathways plans to hold several informational sessions on the voting process and where each candidate stands on the hot issues concerning voters. In addition, we will not be holding life skills class on Election Day to encourage voting as well as transporting clients to the polls. We even have added posters on democracy to our staff offices. So why are we working so hard to inspire clients to become informed and vote? The answer is simple: voting is one of the ways to exercise your independence and affirm your adulthood.

Voting impacts policies and changes that govern your everyday life and being able to have a say in those things is very empowering. We want you to know who is making decisions about education, jobs, and social policies, such as funding to foster care youth. We also want you to know why these elected officials are making the decisions they are and how you can influence them.

The second reason why voting is important is the fact that it is a hard-earned privilege. Throughout history, many people have fought hard for the right to vote, despite the fact that many people assume that it is something that was just handed out in our country. True, white, male, landowners were given that right without question, but everyone else had to work hard to prove that deserved it. For example, women were not granted the right to vote until 1920, when the 19th Amendment was ratified. Native Americans had to wait until 1924, when they were actually granted citizenship. Other people of color were not guaranteed the right to vote until 1965, when the Voting Rights Act made it a federal obligation to protect the 15th Amendment that had been passed after the Civil War!!! That means that even after the federal government promised all races the right to vote, it was not enforced for nearly 100 years!!!

What does this all mean to you? Well, first and foremost, it means that you should appreciate the hard work of all the people who have fought for you to have this right. It also means that when you vote (or choose not to) you should think about the countless people who were denied this right for hundreds of years. It also means that you should exercise the right, not as something the government *allows* you to do, but as a true privilege you are able to participate in as a citizen and an adult!

NP EVENT NEWS



Karen Brown

Hi New Pathways family, I have the pleasure of letting you know about some of the great functions we have had that contribute to keeping our family adhesive and functional. First I would like to start with the fishing trip. We all gathered early in the morning with the goal of catching some fish. Some of us did this for the first time, others were pros. We went on this large charter boat, casting our lines in several parts of the Chesapeake Bay. In the beginning there was a lot of screaming because of the bloody worms. I won't mention any specific names like {Angel, Dominique} oops did that slip out? Sorry. Well bottom line is we had a ball and we caught plenty fish. It was a beautiful day and the men were very very helpful taking the fish off the hook for the ladies who were uncomfortable. That's how our New Pathways men roll. Thanks guys...All I can say is it was another successful trip...as always. Thanks once again.

The Family Reunion was yet another great experience. We had an assortment of fun games and activities. Angel had some really nice activities lined up for us. Have you seen the game Deal or No Deal...well we had that ...and we had a ball. There were many more fun games...and great gifts. It was wonderful seeing some of our clients from the past. I had a ball slamming some folks on the spades table...yep I am still undefeatable!!!! We had a little music going on, and the weather was great. Mr. Stanley and Mr. Sippio were on the grill putting it down. Good job guys. Of course Mr. Barry was all over the place. All staff did a great job...Mr. Jeff had the bikes...Thanks to everyone who made this an exciting event....Our staff and clients are all that...you heard!!

WHERE DID YOU GO THIS SUMMER?

Some people have not had the opportunity to travel out of state in our program. Staff and clients were asked to share some of their summer traveling experiences. Enjoy



TRIP TO FLORIDA

On the week of September 2nd – the 6th I was one of the four people to be chosen for the Daniel Memorial Youth Conference held in Kissimmee, Florida. There were other young adults as myself attending the conference from all over – like Alabama, New York, California, Mississippi, etc. The trip started off with a wonderful plane ride that included the Chaperones Sharnett Kelly, Sheena Hill, and Jeffrey Lambert. The clients were Chante, Lakeina, and I from Reisterstown and Stephanie from Walker.

When we first arrived I was astonished – the hotel was huge and beautiful; the view was wonderful. We went out and ate dinner together that night. Later me and my hotel mate Lakeina went swimming then relaxed in the hot tub for a bit. I was in paradise. I was living life like it was golden. The people that worked at the hotel treated us like royalty. The hotel room had cable television, internet access and a beautiful balcony with a wonderful view. There were other programs sponsoring and they had a party for us at the hotel for our last day. They educated us while we were there. They had different classes that we could choose from similar to our life skills but more entertaining lol.

We all went out to Old Town which was a long street dedicated to the old times. There were rides, gift shops, a haunted house and more. It was very fun and I really enjoyed myself. I was the comedian of the whole trip, as usual I had everyone cracking up. I took plenty of pictures there. I really had a great time. I enjoyed myself, the food, company and just having the experience outside of Maryland and meeting new people. Thanks New Pathways and staff for letting me experience something wonderful such as the trip to Florida

Sincerely
Tiffany M with Love



My experience at the Independent Living Conference was phenomenal. I was able to meet and greet with many people from all over the states such as: New

York, North Carolina, Delaware, Ohio and etc. I learned about the many programs that are out there for youth in foster care that could help you on your journey through “the system”. I was able to participate in two sessions which were: “Don’t Burn Bridges” and “Relationships: How to Avoid Heartache and Stay Healthy”. There was a lot of important information that I learned and actually helped and benefited me by allowing me to know and give me a heads up of what to expect and what to do about it. And last but certainly not least, I had a chance to stay in the best hotel resort: Gaylord Palms Resort and Convention Center. It was magnificent. The rooms were spacious, clean and nicely decorated. While at my stay, I was able to enjoy the use of cable, internet and the best of room service. I really enjoyed my stay at the hotel as well as the conference and I would go back any time!

Chante M

This year has been a busy year for weddings in my family, so my travel has revolved around out-of-state weddings. In July, my youngest sister had a “destination wedding” in Key West, Florida. Key West is a small island at the end of a string of smaller islands off the southern coast of Florida, in the Gulf of Mexico. There is a tiny airport in Key West, but to save money, we decided to fly into Ft. Lauderdale and drive the 190 miles through the scenic “keys” (otherwise known as islands). It was a beautiful drive, and we crossed more bridges during the five-hour drive than we usually cross in a whole year! Some of the islands are so tiny that you can see water on all sides as you drive along. Seeing the “keys” in person for the first time gave me a whole new perspective on how vulnerable the islands and their residents are to hurricanes. I paid closer attention to the evacuation notices when Hurricane Fay threatened to devastate parts of Florida in August.

On a lighter note, my sister got married on the beach in Key West at sunset, and it was gorgeous and romantic! After the wedding, my two-year-old daughter and her fifteen-month-old cousin played in the sand and put their toes in the Gulf of Mexico.



For the next wedding, we traveled to Boston in September. We stayed at a hotel outside the city, overlooking a lake, which was very peaceful. The wedding was held at the Liberty Hotel, which is a former jail transformed into a luxury hotel. Inside the hotel is a restaurant aptly named “Clink.” The wedding’s rehearsal dinner was held at a restaurant above the bar which was used in the TV show “Cheers.” Ironically, only the stairs

leading down the bar and the sign out front are used in the show...the actual bar looks nothing like the set used to film the show! It was a nice trip, and a beautiful wedding.

We have one more wedding to attend in 2008, in Texas in November, and then our travels for the year will be finished! Maybe next summer we can take a family vacation that doesn't involve someone getting married. But for this year, weddings were a nice way to explore new parts of the country.

Jennifer Pettis



My favorite place to go in the world is to Arizona. I love the red mountains of Sedona and how they seem to touch the sky. When I go there I just feel so peaceful. This summer I went again and took my family with me. I usually like to go in the Spring or the Fall but I wanted my son to have the experience. So we went in August and boy oh boy was it hot. It was hot everywhere – even at the swimming pool. Just taking your sandals off to get into the pool was a painful experience. The ground was hot and we had to jump in the water or run to the nearest shower just to cool off our feet.

I also like Arizona because of the delicious food, the luxurious spas and most of all the BEST shopping. I went to a spa and got a nice treatment for my hot feet. We ate all types of food and we went to the best mall ever. If you know me then you know I love to shop...While I did control my spending this trip – I enjoyed walking around the Fashion Square Mall. I liked it so much that we went two times just to look around. I can't wait to go back again. The next time I will go by myself or take my niece or my sister so that we can have some fun spa time. When you get a chance stop by my office and I will show you a picture of me in Arizona standing on the mountains and looking like I can touch the sky. By the way – I am not going there in August again. It was just too hot!

Brenda Campbell

To live is an adventure. To travel is an adventure into the unknown. Not a month goes by, where I am not out of town searching for treasures, visiting new places, experiencing new things.



This summer my long distance driving trip was to Maine. My traveling companions were Mom, her two sisters and Jason the GPS. We started our journey from Gettysburg, PA and traveled through scenic Pennsylvania stopping about every two hours for a stretch and a look around. Our first and last nights were spent in Connecticut.



Our temporary home base was in Thomaston, Maine at the Hampton Inn. While in Maine we explored Thrift Shops (Maine Thrift Shops have a large supply of designer pre-owned clothes), antique stores, farms, gardens, and other historic sites.



My favorite part of the trip was shopping for the best place to eat/buy Lobster. After a thorough investigation, I found the best place to buy steamed lobster was at Hannaford's supermarket. I was able to select my lobster and shop for the extras (salad from the salad bar, fresh roll, lemon, etc.), take it back to the hotel and eat like a queen.

On the trip home we stopped at outlet stores and said goodbye to Jason who died on the way home. For eight days we four women laughed, giggled and relaxed while experiencing new sites, breathing the fresh air of the open road and feeling the wind on our faces.



This summer I also had the opportunity to fly and explore Oklahoma and Nevada. Oklahoma is very flat. I was very surprised that there were practically no flowers there. I also noticed that there were many empty businesses. I did go to a restaurant called Mimi's – the food was outstanding. We spoke with the manager who had spent some time in Maryland setting up a Mimi's in Columbia (now on my list of local restaurants to visit).



Our time in Nevada included a trip to the Hoover Dam and a drive into Arizona. The desert was beautiful – wide open spaces for miles and miles. There were also many American Indian shops with large selections of handmade jewelry, dream catchers and other products made of silver.

Nevada has many different types of learning opportunities: I visited the Michael Petty Driving School, took free lessons at the casinos on different types of gambling, shopped and ate really good Mexican food.

I never felt I was far from home, because no matter where I traveled there was always a Wal-Mart and a Good Will store. Happy Travels.

Echo G. Hester



For the past ten years I have spent two weeks each summer in the western part of the United States or western

Canada. My wife and I like to bicycle, so each summer we pack our bikes in special travel cases, put them on a plane, and off we go. This year we spent one week in Idaho, five days in Wyoming, and four days in Utah. While in Idaho, we stayed in Ketchum, which is recognized as one of the top adventure locations in the United States. We rode our bikes in such beautiful places as Sun Valley, along the Wood River, and to Galena Summit in the Sawtooth Mountains. One day I biked in Craters of the Moon National Monument, which is an old lava field from a volcanic eruption several thousand years ago. We also went whitewater rafting on the Salmon River and spent a day bird watching in the Nature Conservancy's Silver Creek Wildlife Refuge.



The four days in Wyoming we spent at Yellowstone National Park. Yellowstone was America's first national park, and it is renowned for its magnificent wildlife viewing. We spent the four days and four evenings sitting by the Yellowstone River in Hayden Valley watching wildlife. Every day we saw black bear, bison, coyote, huge herds of elk, and lots of varieties of birds. Unfortunately, we did not see wolves, which is what I really wanted to see. Wolves were eradicated in the west in the early 20th century, but were reintroduced at Yellowstone in 1995. We also did some cycling, although the roads are steep and the area has lots of mountains.



The last days of our vacation were spent in Utah. My wife and I go to Utah one or two times per year because her family lives there. This year, we are also going over the holidays, so this year we will go three times. This summer, while my wife visited her family, I spent my days riding my bike in Provo Canyon, along the Provo River, and on Antelope Island, which is in the middle of Great Salt Lake.

So for anyone interested in traveling, I always recommend the west. It is a unique area that is incredibly scenic and very different from what you see in the east.

Jeff Lambert

THOUGHTS FROM MR. MARK

We live in interesting times. The sub prime mortgage meltdown has resulted in millions of people possibly having their homes foreclosed, skyrocketing

bankruptcies, rising unemployment, and the government stepping in to try and prop up our financial system to the tune of \$700 Billion dollars. The American taxpayer will ultimately be the one who will have to pay for this rescue package. In addition gas prices are still close to \$4.00 a gallon.

How will this all impact on you and what lessons can this teach us? First of all, if someone offers you a deal that sounds too good to be true, it probably is.

Millions of people bought houses with poor credit and banks and other lenders were at the time happy to take their money. Many of these new homeowners did not read the "fine print" on the mortgage agreement they signed. In other words, they signed up for a no-money down mortgage only to find out that their interest rate on their mortgage could change rather dramatically. They could then not afford to pay their mortgage and the bank foreclosed on their home and ultimately took their house back from them.

It is important to learn from an early age to live within your means. This means it is so important to live within your budget when the prices for everything keep on rising. If you were eating out at a restaurant, grocery shopping, catching a cab, paying for gas, or paying for air conditioning or heating for the winter, it will cost you a lot more then it did last year.

For everyone who is thinking about buying a car, please think twice before you buy a car. You should ask yourself, how much will it cost you in gas, car repairs and paying for insurance? Before you decide to get a credit card, please read the fine print. Most of the credit card companies can charge you huge late charges.

It is so important for all of you to attend the life skills courses but in particular, all the money management classes. They might make the difference in your future between you living within your budget or you losing your apartment, house, and car or becoming homeless.

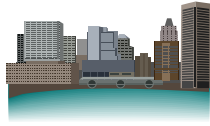
If you have a job, please make sure you have another job before quitting your current job. Jobs are already getting tougher to find and the economy is going to get a lot worse before it gets better.

Try and save as much money as you can so you will have money leftover for emergencies or to make a payment for your own apartment when you are getting ready to leave New Pathways.

If you are getting a student loan, make sure you find out the consequences of how much you will have to pay back, before deciding to drop out.

Very little in life is free or does not have consequences for your actions. Please remember to register and vote in this very important presidential election.

**AIN'T NOTHING MEAN ABOUT
WATCHING YOUR GREEN:
AVOIDING DEBT IN OUR SLOWING ECONOMY**



Aaron Milton

It is no surprise to many of us that the world economy is slowing. According to reports, consumer debt is at an all time high of \$2.58 trillion dollars. Each day, more and more economists agree that the United States is sliding into a recession that will conjure memories of the 1930's recession that eventually led to The Great Depression. The economy has reached a point where the amount of debt Americans have, be it credit card, mortgage, automobile, or education related, is beginning to diminish the overall growth of the nations capital. In order to keep the economy from worsening, Congress has recently passed a \$700 billion dollar bail out plan that will allow the nations Treasury to purchase debt from banks to assist them in avoiding financial collapse. Wachovia Bank is an example of this financial collapse, where the bank was only saved through Citigroup's speedy purchase of \$2.1 billion dollars of its stock. The troubles on the upper level of the economy are reflected in the lives of the average American. According to an article on CNN, the average American household has over \$9,200 in credit card debt. If it is reasonable to say that the average household income is \$48,000 a year, credit card debt is almost 20% of a family's annual salary, which does not even include the other common sources of debt.

I am sure at this point you are asking "How does this relate to me?" Due to the worsening economy and the lagging job market, it is hazardous to your financial health to accumulate credit card and loan debt that is not for educational purposes. Our culture has groomed us to consume relentlessly, be it to assist us in acquiring the right shoes or clothes, the best quality hair or the best vehicles, and to be able to attend any event or occasion that our hearts desire. Credit cards have become easier and easier to attain, and we all know that once you swipe once, it's difficult not to swipe again. Credit cards and loans enable us to indulge our need for instant gratification, though this need runs a very real risk of putting us into an undesirable financial situation.

To avoid unneeded financial burden, it is important that you prioritize, prioritize, prioritize! Due to your involvement with social services or juvenile services, you receive a weekly stipend for food and laundry, a pass for transportation, a quarterly stipend for clothing, and moneys for housing when you transition to NICHAC. You

even have most of your educational expenses paid, if not all of them, which eliminates the need for most loans. Often times it can seem like money is coming at you from all directions, and that you can *afford* certain luxuries. One lesson we all have to learn though, for the better or for the worse, is that just because you *can* have it doesn't mean you *should*. The money you may spend on that pair of shoes or on that phone and its \$200-400 monthly bill could be saved to make sure you have a successful and secure future. The days when money comes at you freely will come to an end, and you want to ensure you have as many back up plans and safety nets as possible so that recessions and deficits in the nation's capital and in your own personal life do not destroy you. The present is sweet, but the future can be much sweeter.



LETTERS TO MR. BOB

Dear Mr. Bob:

I keep hearing that the there is a huge financial crisis in the United States. Is my savings account safe? Should I take my money out of the bank and hide it in my apartment?

Crisis

Dear Crisis:

Yes there are some serious problems with the U.S. economy, but as long as your savings is FDIC insured (Federal Deposit Insurance Company) the federal government will reimburse you if your bank went out of business. No do not keep more than "pocket money" in your apartment. If or when it gets stolen or lost there is no way to recover your cash. 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

**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.



Word of the Month
CONFIDENCE
Sharnett Kelly

Confidence: realistic confidence in one's own judgment, ability, power, etc. assurance, self-possession, self-respect, poise, conceit, self-esteem.

A lot of people are unaware that showing confidence is more of a display in your actions than words. How you walk, talk, handle people, carry yourself, encourage yourself, handle hostile situations, approve yourself etc. are actions of confidence. Anyone can talk a good game of having high self esteem or being confident but can you prove it, "Show us what you're working with." Your confidence has to be natural. What I mean is confidence has to flow within and out your everyday attitude and actions. Confidence isn't something you have to keep in mind to remember to do, say or feel. You have to live it. Being confident means you don't need the approval and acceptance of other people no matter whom. You know how to love and encourage yourself when needed and most of all you know who you are and what you want in life. And when it comes to what you want in life, you see your goals as reachable no matter the obstacles. With confidence there is no room for low self-esteem, doubt, discouragement, fear and depression. Confidence will keep you energized and running and it is a strengthener for when you do eventually get tired or worn out. Confidence will keep you believing no matter who doesn't believe. When you have confidence you don't need any co-signers for anything, but you can think, walk and stand alone. Confidence isn't something you put on or take off, but it's owned within. It's a brand that never can be removed. Not many people have confidence. Confidence means believing in yourself and knowing who you are without the validation others. Confidence has a, "It doesn't matter..." attitude. For example: It doesn't matter what negative others say, do, think or feel... I know I can, will, shall win, pass, overcome, make it etc. Please keep in mind confidence people aren't negative or nasty people; but their confidence has the ability to strengthen others. Confidence is more of action shown than words spoken.

So how do you get and keep confidence? The first and foremost thing is you have to know who you are. That means you don't need to be approved and validated by people as to what you can and can't do. You can't spend

your life worrying about people. Change starts with you not them. You need to change you in the situation, not the situation and people. Secondly, stay away from negative people! People who aren't doing anything with their lives, going anywhere and complain have no purpose in life. A wise man once said, "If you desire to be wise hang out with the wise. If you hang out with the foolish you will become foolish." Stay with people who are like minded, have purpose and confidence. Remember the saying, "Guilty by association." Last but not least, concentrate on what you can do and your passions rather than what you are incapable of. Everyone has weaknesses and that's because no one is perfect. Don't become your worst enemy, but be your best friend. Encourage yourself, treat yourself and appreciate yourself at all times!

Confidence is an attitude you walk out and talk out. You don't have to tell people you have high self esteem and or are very confident. Confidence doesn't have to be proven but experienced.

THINK PINK



Brenda Campbell

If you have been paying attention to television, newspaper, or magazine ads I am sure that you have noticed the "Think Pink" or Pink Ribbon Campaign. The "Think Pink" campaign is a special campaign that takes place in October and its' purpose is to promote the awareness and education of breast cancer and its effects on women. The ultimate goal of the campaign is to continue to look for a cure. Research must continue in order for a cure to take place. Throughout October the Pink Ribbon Campaign aims to celebrate the achievements of breast cancer research and raise additional funds. Statistics indicate that one out of eight women will die of breast cancer.

As you shop this month - be on the lookout for items that have the pink ribbon emblem. Companies are donating portions of their profits to breast cancer research and to assist breast cancer survivors. Yoplait yogurt has an excellent campaign and I think it would be great if we participated in the pink lid drive. It is officially called the Save Lids to Save Lives program. I would like to ask everyone to purchase Yoplait yogurt and look for the special pink ribbon lid. For every pink lid that we collect and send in Yoplait will donate ten cents to the breast cancer cause, up to \$1.5 million and they will guarantee a minimum donation of \$500,000. This money goes to research and treatment across the country and Yoplait is also a sponsor of the Susan G. Komen Race for the Cure. I am asking everyone to save your pink lids and get them to me. I will make sure that they get to Yoplait by the December 31st deadline. Please wash and dry the lids and place them in an envelope. Forward all lids to me at the New Pathways main office by December 20, 2008. Thank you for your support.



PARENTING OCTOBER 2008

Halloween Safety

Sheena-Marie Hill

As we get ready for fall, it is important to remember that safety is central to having a fun Halloween. Even if you are too old to go trick-or-treating, you may engage in activities where safety should be at the forefront of your mind. Enjoy your holiday.

Pumpkin Carving

- Children can help with pumpkin carving without using sharp knives by drawing on faces with a marker or by using stickers.
- Put a small flashlight in to light.

Dressing Up

- Make sure that costumes fit well and do not have loose items.
- If a costume is home-made, make sure all pieces are securely attached.
- If a costume is store-bought, look for flame-retardant material.
- Young children should not use masks, which may impair their vision. Make-up is a great alternative to masks. Just follow package instructions and stay away from eye area.
- Any child trick-or-treating after dark should have flashlights and wear reflective tape on their costumes

Trick-or-Treating

- Always serve children dinner or a healthy snack prior to going trick-or-treating so that bellies are full.
- Children should not eat candy while trick-or-treating. Wait until you get home and an adult can check the candy first.
- Look over candy for signs of tampering, such as holes in wrappers and discoloration.
- Do not eat loose candy that is unwrapped.
- Children should always go out in a group with an adult
- Walk on sidewalks and cross the street at crosswalks
- Stop only at well-lit houses and NEVER go inside a house of someone you do not know well.

- Children under 7 should not be given candy with nuts, hard candies, or gum. All of these are choking hazards before the age of 7.

Decorating Your Home

- Remove anything from your yard, steps or porch that could be a tripping hazard.
- Make sure your yard and porch are well-lit.
- Try offering trick-or-treaters something other than candy: stickers and pencils are a good alternative to candy.

Driving on Halloween

- Stay alert for children crossing streets or wearing dark clothing

MOTHER

Chante M.

“Here I am, here I am,” she cries. Patiently waiting. “I need her, I need her,” she cries. “Hoping and praying “I wish I could see her,” she sighs.

You know I never got a chance to say goodbye. She meant so much to me, if only they could see. She was the completion to the family. She feels no one knows and no one cares. They don’t even notice that she’s not there. If only I knew, I could tell my sisters and brothers why it was that we had to grow up without a mother.

BEING By Davon B.

Being quiet
But not still.

Trying to grasp my dream
But can it be real

Unknown traps
Lay under my stage.

Wonder if I got what it takes
To run through the masses

That asks me to give them
Something to feel and think about

Something they will not be
Able to comprehend

Daily Do-It-Yourself Skin Care Regimen

(Excerpt from

<http://www.nyrajskincare.com/regimen.php>)

Submitted by Ericka Morgan

Just because weekly facials are out of the question for your pocketbook there is no reason why you still can't have beautiful skin. All it takes is a home skin care regimen and a few minutes morning and evening daily. Add a little extra pampering over the weekend and you will have no trouble maintaining healthy, glowing, fresh-looking skin all by yourself.

You certainly don't have to spend a fortune for products either. Nowadays it is possible to buy top-quality, rigorously tested, skin care products in your local drugstore or gigantic mega-store. Beautiful skin is no longer only for the wealthy. High price no longer means best quality anymore and budget-conscious folks can look their best without spending hundreds of dollars per ounce for pretty packaging and a famous name.

The basics for an at home skin care regimen must include cleansing, moisturizing, exfoliation, and sun block. You can add wrinkle-removing products if you need them.

Cleanse

How you clean your skin has everything to do with your skin type. If you have oily skin you can use a gel cleanser or mild soap and follow up with a light moisturizer and be done. For normal to dry skin more care must be taken. If your face feels taut or stretched after washing with soap and water, you will need a richer cleanser. Try some of the cleansing creams that leave a light coating of moisturizer behind and don't strip out your natural oils with the dirt.

Use a circular motion with fingertips, washcloth or other cleansing aid and enough product to feel right. Pay special attention to the T-zone, across the nose and cheeks, if you have oily skin. Daily dirt can accumulate around your nostrils and settle into the pores. You want to remove this before it clogs your pores and causes blackheads.

Rinse carefully with warm water and pat dry. While your face is still damp apply the correct moisturizer for your skin type and for the time of day.

Moisturize

If all you do is clean and moisturize, you can keep your skin looking pretty good. But it is important to select the correct moisturizer for you and your skin type. Oily skin still needs a little something to lock in natural skin moisture but normal to dry skin needs more help. Select a product that is designed for your skin type and don't be afraid to change products if you find it either too heavy or too light.

There are moisturizers designed for use during the day and others made for night use. The chief difference is that day moisturizers can contain sun blocks. There is no point in using these at night, although no harm is done.

Exfoliation

You actually do this every time you clean your face and body with a wash cloth or lather puff. However, at least once a week you should be using a special exfoliant product. This can be a body scrub or polish containing sugar, sea salt, finely ground coffee, or finely ground nut shells. Some exfoliants contain fruit acids and should be not used all the time.

A good exfoliating product will leave your skin feeling new and smooth and leave a light coating of moisturizer behind. These are best used in the shower and applied after cleansing the body. Start with a small amount of product and add more as you go over your entire body. Pay special attention to heels, knees, and elbows and any other rough spots. Rinse off all the granules and pat dry gently.

Sun blocks

If you regularly go outside and crisp in the sun you will soon come to resemble a well worn leather purse, with lots of fine lines and deep crevices. If you can't stand the idea of not playing in the sun, then always use a sun block on all your exposed skin. Select one that is compatible with your skin type and level of activity and reapply often.

Those with very fair skin should choose high SPF sun blocks and also cover up and wear a wide brimmed hat. We need the sun to be healthy but too much can cause serious damage, premature wrinkling, and skin cancer.

Give It Time to Work!

Remember, like hair and nails, skin has a set rate of growth. Don't expect to look dramatically different after just a week of your at home skin care regimen. It takes two months to see major results. But you will gradually notice that you are looking fresher and your skin will feel a bit better every week. Once you get to your optimum, just keep up the regimen, make at home skin care a good habit that you cultivate and keep for the rest of your life.

NP News Staff

Echo G. Hester - Jeff Lambert

Jennifer Pettis - Angel Lyles

The New Pathways News is a quarterly 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 edition.

A special thank you to all clients and staff, who have made the NP News possible.

THE MESSAGE BOARD
October November December
2008



A big Happy October Birthday to John E, Michael B, Antonio A, Dakita J, Monique C, Jameia S, Amy R Hannah J, Davon B, Jelana P, Ms Cynthia, Ms Ericka and Ms Gloria.

A Big Happy November Birthday to Jamal L, Troy M, Amber D, Sarah S, Anagenette G, Antonio R, Ms Shawn and Ms Carey.

A Big Happy December Birthday to Dwight W, Shawnece G, Shaquajia WR, Tramaine H, Tania J, Desirae L, Mr. Mike and Ms Sheena.

“BIG UPS TO”



Congrats to Kevin S. for passing the GED!

Aaron Milton

Congrats to Curtis B. for securing two jobs!

Aaron Milton

Big ups to Ms. Lisa for her fast thinking and excellent first aid techniques that she demonstrated on Darius L. at the New Pathways Family Reunion Picnic on 9/13/08. Job well done, Ms. Lisa!!!

Ericka Morgan

Big ups to Darius L. for alerting his case manager to an emergency situation involving another client at Walker Manor on 9/23/08. Because of his quick action, the situation was quickly resolved. Darius acted with great community spirit.

Ericka Morgan

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.



A warm New Pathways welcome to our new staff:

Jessica Reed, Intern Case Manager
 Betty Williams, Intern Case Manager
 Carey Andrews, Second Generation Case Manager
 Stanley Anderson, Life Skills Counselor
 Raymond Cuffee, Life Skills Counselor

Be sure to meet and greet our latest staff members.

Sudoku

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

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

DAYLIGHT SAVINGS TIME REMINDER

Echo G Hester

In 2007 daylight savings time changed to the second Sunday in March (time springs forward one hour) and first Sunday in November (time falls back one hour).

It's now that time of the year when time is turned backwards one hour (November 2). Don't forget to:

- Reset your watch (s)
- Reset your clocks (alarm, kitchen, VCR, DVD, etc.)
- Cell phones normally automatically reset themselves
- Computers normally automatically reset themselves
- Change your smoke detector battery whether it needs it or not



MENTORING PROGRAM

Tom Mumaw

I hope you notice that Peer-to-Peer Mentoring is only one of four options to new and present clients. The choices for clients are:

1. Peer-to-Peer Mentoring. This refers to a one-to-one relationship with a well established client or graduate of NPW's who is willing to be trained as a mentor and agree to at least one weekly face-to-face visit/activity to support and encourage their mentee to succeed in all aspects of the program.
2. Small Group Mentoring. This refers to a trained mentor who works with three or four youth in a weekly small setting. The mentoring goals are the same as other types of mentoring, but provide more comfort for youth who do not like one on one peer mentoring.
3. Adult Career Mentoring. This refers to an adult who works in the career area of the client's career area of interest.
4. Adult Mentoring. This refers to an adult one-to-one mentor.

YOUTH ADVOCACY PROGRAM

NPW's is asking staff to suggest which clients are interested in volunteering to have a louder voice in decision making. We need to get 5-7 clients ASAP.

Please phone or call Mr. Tom at 410-464-2600 x103.

AFTERCARE

The aftercare program is up and running in 2008. Each graduate departing NPW's will be supported with a follow up face-to-face meeting within 60 days of graduation. A monthly support group is being formed to add support and direction to

each graduating client as they transition into the real world of independent living. If any valued previous graduates of NPW's are interested please contact Mr. Tom at 410-464-2600 x103.



2008 GOLF FUNDRAISER

On October 3, 2008 Golfers, volunteers, staff and clients gathered at the Pine Ridge Golf Course for a day of golf, food and fundraising. The weather was absolutely beautiful. There were deer, geese, squirrels, and lots of nature on the golf course. A putting contest, a live and silent auction, and bull roast. Laughter, smiles and oh wells as well. Over \$5,000 was raised for the Aftercare program.

We would like to give a big thanks to the golfers and our sponsors:

Broadview Apartments
Gorfine Schiller & Gardyn PA
Injured Workers Insurance Fund
Coherus Corporation
HU Dove & Company
Express Scripts
Briggs Carpet Care Services
Walbrook Carpet
Rath Family Foundation
The Towson Partners of Janney, Montgomery Scott,
LLC
Phil J. Dietz, CIMA
The Steve Toole Family
Social Solutions

And our tournament committee members and volunteers: Mark & Melanie Pyne, Charlotte Cross, Paul Tomick, Mark Mittelman, Jeff Lambert, Ellen Torres, Lois Peach, Echo Hester, Jennifer Pettis Angel Lyles, Kristin Vogel, Peggy Tomick and Faith Stewart.


NP OCTOBER 2008

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

ACCUMULATE
 AMERICAN
 BANKRUPTCIES
 CELEBRATE
 CHOICES
 COLLAPSE
 COMPUTERS
 CONFERENCE
 CONFIDENCE
 CONNECTICUT
 DEBT
 ELECTION
 FINGERTIPS
 FISHING
 FORECLOSED
 GOLF
 MASSACHUSETTS
 NEVADA
 NIECE
 PENNSYLVANIA
 PRIVILEGE
 PURPOSE
 REGIMEN
 SAFE
 SPADES
 TECHNIQUES
 TOWN
 VOTE
 WEAKNESSES

UPCOMING EVENTS & HOLIDAYS CALENDAR



- 10/8/2008 Yom Kippur
- 10/9/2008 All Client MANDATORY Meeting
- 10/13/2008 Columbus Day
- 10/24/2008 United Nations Day
- 10/31/2008 Halloween – Six Flags – Fright Fest (Largo, MD)
- 11/2/2008 Daylight Savings Time Ends (Clocks fall back one hour)
- 11/4/2008 Election Day – Get out and Vote! 
- 11/11/2008 Veteran's Day
- 11/13/2008 All Client MANDATORY Meeting
- 11/27/2008 Thanksgiving at Golden Corral – Belvedere Square Office Closed
- 12/7/2008 Pearl Harbor Day
- 12/11/2008 All Client MANDATORY Meeting
- 12/17/2008 Annual Holiday Celebration at Idlewyld Hall
- 12/21/2008 First Day of Winter/Hanukkah Begins at Sundown/Yule
- 12/25/2008 Christmas Day – Belvedere Square Office Closed
- 1/1/2009 – Happy New Year – Belvedere Square Office Closed

**ALL DATES SUBJECT TO CHANGE



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