

FALL | 2022

PATHWAYS TO SUCCESS

Success Story: Haley Timmons

Congratulations to Haley Timmons who has been selected as our Fall 2022 Success Story.

Haley Timmons was a member of Pathways to Success throughout all 4 years of high school at Sussex Tech. Only 11 months after graduating, she opened her first cosmetology studio, "The Makeover Place," in Seaford Delaware. As business grew, so did her vision. She saw a vision of her business helping others like herself, to start their own cosmetology business.

She partnered with Pathways alum and 2017 Sussex Tech graduate, Isabella Geren (nail tech and makeup artist), as well as 2019 Seaford graduate, Jennifer Flores-Hernandez (lash tech).

A year later, the business expanded and relocated to a larger storefront in Laurel, Delaware, where all three were able to make their dreams a reality.

They have been stationed in Laurel for the past year-and-a-half, surpassing the two-and-a-half-year mark for Haley's business.



Haley (center) with PTS Outreach & Development Lisa Clark (left) and Sarah Gilmour (right)

Haley's passion for cosmetology was inspired by a family relative who owned a hair salon, coupled with her experience in the cosmetology program at Sussex Tech.

However, she wasn't always sure she was on the path to success. "My life looked a lot different in high school. There were moments and months as an adolescent, that I needed direction and I believe that's exactly what Pathways was intended for."

"I don't know what my life would look like if I didn't have support, motivation, life skills, tools, and perspective that was given to me in a very raw platform by Pathways."

She describes her Program Coordinator, Mr. Bowe, as "an empowering mentor" and "reliable friend".

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She said that the life lessons she acquired from him, gave her the dedication and passion she has today.

Haley also gave us some insight into the magic of the Pathways classroom, "If you have been to a Pathways meeting, you will see vulnerability displayed and gain an ability to relate to your peers in ways you never would have expected."

Because the program had such a profound impact on Haley, she remains active in the Pathways community and continues to introduce a safe space for young adults to learn, grow, and further their lives beyond high school.

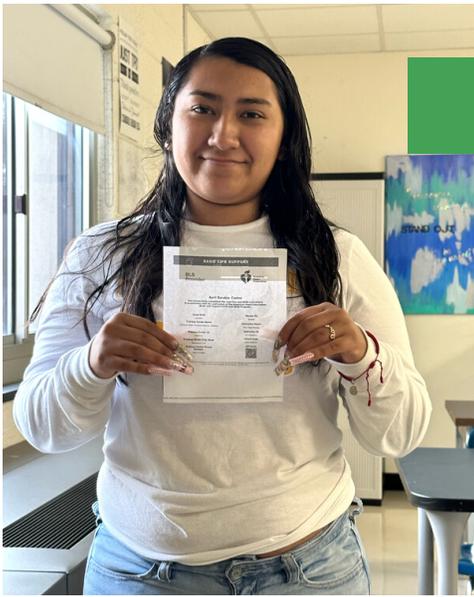
"I want to give back and be a voice of reason to our upcoming society. I have enormous gratitude for the milestones that led me to where I am today."



Student Spotlight



Congratulations to all of our Pathways to Success Students selected for our Fall 2022 Student Spotlight.



April | Grade 12 | Seaford

by Michael Holland,
Program Coordinator

The Seaford student chosen for the spotlight is April Sarabia-Carino. April is in her senior year and looking forward to graduation. She has been wanting to get her CPR certification for a long time. It has not been an easy journey. The process has come with obstacles and stressful moments. She has had to balance work and maintaining the classes needed for graduation, alongside getting her CPR certification. Finally, her persistence and dedication has paid off. April's plan is to continue to learn more about the first aid process, in hopes of having a career in the medical field one day.

by Casey Reynolds
Program Coordinator

Jordan | Grade 11 | Milford

Jordan Savage is a junior at Milford High School. He has been very interactive with discussions and gives great insight into the topics covered in our Pathways discussions. He shows up to class every day with a smile on his face and ready for the lesson of the day. His goofy personality brings a positive attitude to the class. He also plays on the school's basketball team, and he is working hard to improve his grades.



Keishawn | Grade 12 | Cape Henlopen

by Tommy Rushin
Program Coordinator

Keishawn Mansfield is a senior at Cape Henlopen and a starter on the varsity football team. Keishawn is also a member of the Pathways to Success homeroom and has recently taken on a leadership role in class. Keishawn has not only participated in classroom discussions but has led a homeroom period from beginning to end. He has displayed leadership that has gained his classmate's respect.

Keishawn has faced many obstacles in life, on and off the field. He was sidelined for most of his junior year with a knee injury but has bounced back this year and gained the attention of several Division 1 colleges. He is a pleasure to have in class and has a promising future ahead of him.



Student Spotlight



Congratulations to all of our Pathways to Success Students selected for our Fall 2022 Student Spotlight.



Destinae | Grade 10 | PolyTech

by Jeremy Robinson,
Program Coordinator

Destinae Smith is a sophomore at Polytech High School and the very first student to enroll in our program at Polytech. Since day one, she has volunteered to lend a hand to help the program run smoothly. She has also stepped up to help and encourage her classmates and friends. She works hard in the classroom and her grades reflect how dedicated she is to her schoolwork. She makes sure to show up for both of our after-school programs, Pathways to Success and the Girls Circle, because she truly wants to learn, grow, and succeed. I can see how Destinae is growing day by day. She has earned the spotlight and deserves the shine.

by Jacques Bowe,
Program Coordinator

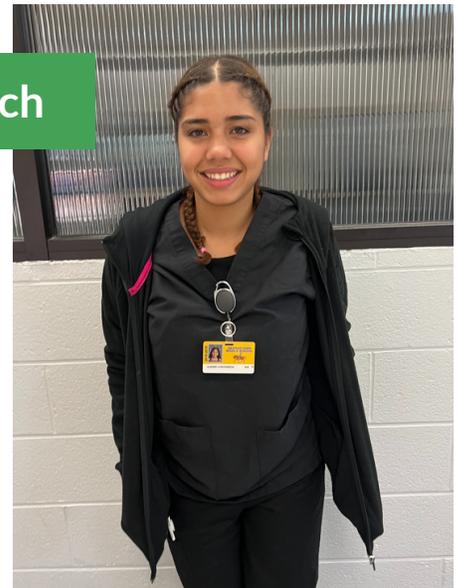
Illianny | Grade 12 | Sussex Tech

I am pleased to recommend Illianny Castaneda-Mota for the Pathways to Success student spotlight. It gives me great satisfaction to honor such a gifted, authentic, and aspiring individual. An individual who always displays patience and integrity. I would like to stress in particular her yearning for knowledge, which is strengthened by Illianny's unwavering self-discipline, and her deep interest in her faith. Illianny is an outstanding scholar, and I can honestly say that she is a person who leads by example.

I have known Illianny for two years. As a student, Illianny has excellent work ethic and takes her academic achievements very seriously. Illianny has proved herself to be a hard-working, motivated, ambitious, charismatic, and reliable student.

Her honesty, dependability, confidence, and excellent communication skills helped Illianny become one of the top students in her highly competitive and highly gifted class. Illianny is currently ranked in the top 15% of her senior class at Sussex Technical High School. She is destined for greatness.

Illianny has been on honor roll all four years and has been a part of the honor society as well. After graduation, she plans on enrolling in the Margaret H. Rollins School of Nursing at Beebe Healthcare. When asked why she wanted to be in the medical field, Illianny stated that, "I want to be in the medical field because I want to make an impact in the community. Even by just simply giving a smile, nursing is the most frequent healthcare worker a patient will see. I want to help in any way I can to make patients feel well cared for and seen. Also, I want to be a helping hand for the Hispanic community by translating and providing educational opportunities as well." It gives me great joy to select Illianny for the student spotlight.





Pathways Pathfinder



One who leads, discovers, and finds a way to show support for our students and our community.

Congratulations to Ava Cannon who has been selected as our Fall 2022 Pathfinder.

Ava Cannon

*by Sarah Gilmour,
PTS Outreach & Development Mgr*

Many years ago, Ava Cannon was living in Northern Virginia and a dear friend became paralyzed in an accident. The family had some mounting medical costs, and a group of friends wanted to help her.

She had been training for a biathlon, so the group decided to organize a run-bike-run event for her friend. Ms. Cannon was chosen as the race director and for many years organized the event which was called the President's Biathlon.

When she moved from Virginia to Rehoboth Beach in the 1990s, it felt only natural to run a similar event since no other biathlons or triathlons were being held in the area.

The Dewey Beach Sprint Triathlon was born and so many local nonprofits have benefited - including the Sussex YMCA, United through Sport USA, and Pathways to Success - as beneficiaries of the event.



Ava Cannon with Sarah Gilmour

As Race Director, Ms. Cannon organizes logistics and all safety personnel, including state troopers and Dewey police, DeIDOT, EMTs, and Delaware Seashore State Park staff, lifeguards and other volunteers. Through the event, Ms. Cannon also supports local businesses who participate in the race day festivities.

Sarah Gilmour, Pathways to Success Outreach and Development Manager said: "Ava genuinely cares about the community in which she lives. She is an empathetic person and the Pathways to Success youth have benefited so much through the Dewey Beach Sprint Triathlon donations!"

She and her husband, Gary, made Rehoboth Beach, Delaware their home in 1994 and have raised their three children there.

Thank you for supporting our students!

Treats for Success

Jeanine O'Donnell's State Farm team and Sussex County Habitat for Humanity's ReStore team once again supported Pathways to Success with a slightly different slant this year. Instead of Snacks for Success, it was Treats for Success!

For the entire month of October, healthy snack donations were accepted at both locations which will provide much needed food for our students this winter.

Fay Blake, Founder and Executive Director said: "I cannot thank Jeanine O'Donnell and our fellow non-profit, Sussex County Habitat for Humanity's ReStore enough, for again supporting the kids we serve at 5 local high schools. This is the third year they have partnered together and it is truly appreciated."





Pathways to Well-Being



A message from Pathways to Well-Being

By Andrea Waters, LCSW, Pathways to Success



Photo by Alijah Taylor, Student, Cape Henlopen H.S.

Transition: "An act or the process of passing from one state, stage, place, or subject to another." - Webster's

As humans, we are always in a state of transition. Some do it better than others. This depends, in part, on whether the transition (or change) is positive or negative, short-term or long-term, anticipated or unexpected.

It is one's mindset and past situations that frame our experiences, whether positive or negative. What is within your control is how well you are prepared for the transition and how you respond to it.

"Between stimulus and response there is a space. In that space lies our freedom to choose our response. In our response lies our growth and our freedom." - Viktor Frankle

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conflict resolution
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self-esteem
anger management
healthy ways to have fun
crisis intervention

Help is only a call or click away...

Mon-Fri - 9am-5pm we can be reached at 302-858-4861 ext. 303
wellbeing@pathways-2-success.org

When facing a transition, S.T.O.P.P.

Stop: Pause for a moment

Take A Breath: Notice your breathing. Breathe in through the nose, hold, out through the mouth (to a count of 4x4x4)

Observe Your Thoughts - They Influence Your Mood

What thoughts are going through your mind right now? Where is your focus? What sensations do you notice in your body?

Put it in Perspective - Pray

What is the bigger picture? Is this fact or opinion?
What would a trusted friend say to you right now?
How important will this be in 6 months?

Practice What Works - Proceed

What is the best thing to do right now?
What can you do that fits with your values?
Do what will be effective and appropriate.



PROGRAM UPDATES

Additional programs & services we offer to students, families, and the community.

PATHWAYS TO SUCCESS COLLEGE

FALL SEMESTER RECAP

by Shamaya Young
Founder & President, PTSC

DSU'S ORG FAIR

Pathways to Success College (PTSC) hit the ground running to prepare for Delaware State University's org fair on September 1st. Our marketing materials and networking efforts really paid off! We gained 44 new members and 25 people interested in becoming interns to assume the roles of the founding board upon graduation. It was a great turnout, and many people walked away knowing more about PTSC.

SCHOLARSHIP AND LOAN REPAYMENT EVENT

On October 27th, we hosted a "Scholarship and Loan Repayment" event. Our guest speaker was Miss Desiree Barnes, who discussed scholarship and loan repayment opportunities. Her presentation was really tailored to our needs. Everyone that attended learned a lot and felt more knowledgeable about what to do in their own situations.

Pathways to Success-College



NEGOTIATING SALARY / INTERVIEW SKILLS

On November 7th, we hosted a salary negotiation and interview skills event with PTS Board Member, Pat Phillipe, who better prepared us for these life situations.

SUCCESSION PLANNING

We are interviewing candidates to Intern on our board and train to become the successors of PTSC. They will play an integral role in planning for events as the founding board prepares to graduate.



DELAWARE GIRLS CIRCLES



FundforWomen
AT THE DELAWARE COMMUNITY FOUNDATION

ONE CIRCLE
FOUNDATION
We are all connected.

For the 2nd year, Pathways to Success is facilitating the 'Delaware Girls Circles' After School Program for high school girls in all 5 schools that we serve. Already this fall, we are seeing tremendous growth in the girls. They are learning to open up, share, trust, and seek support from our facilitators and from each other. We are using techniques like journaling, affirmations, and guided discussion from the One Circle Foundation Curriculum.

The program gives the girls an outlet to express their ideas, concerns, and creative interests. It gives them time for themselves, away from any outside distractions or issues.



PROGRAM UPDATES

Additional programs & services we offer to students, families, and the community.

WEX PROGRAM (WORK EXPERIENCE)

**PAID WORK EXPERIENCE +
PROFESSIONAL DEVELOPMENT**

Now with even more to offer!

**WEX
PROGRAM**



Through our partnership with Microsoft and our licensed Certiport Instructor, students who enroll in our WEX program will now go through a Microsoft Office Training Program.

These credentials will give our students an advantage in a highly competitive job market and set them up for success after graduation.

WELCOME MARTY SMITH, NEW WEX COORDINATOR

MARTY IS A PATHWAYS ALUM & GRADUATE OF SUSSEX TECH. HE IS A PRIME EXAMPLE OF HOW THE PROGRAM WORKS.



**ACCEPTING STUDENT
APPLICANTS
+
PARTNERING WITH LOCAL
BUSINESSES**

Contact Marty Smith
WEX Coordinator

+302-858-4861 ext. 107

msmith@pathways-2-success.org

Microsoft Office Specialist Training Program

**Congratulations
to Sharay Smith
for passing the
Microsoft Office
Excel 2019 national
certification exam!**



Sharay enrolled in the Pathways to Success CTE course so she could get comfortable with entering data into Excel and to learn how to create spreadsheets that would be more presentable and easier to understand.

She went to college and majored in Finance. Sharay's ultimate goal is to become an auditor in the banking industry or finance and accounting. She knows it is critically important to know the whole financial system. Sharay said, "I am so much more confident in using Excel now!"



PROGRAM UPDATES

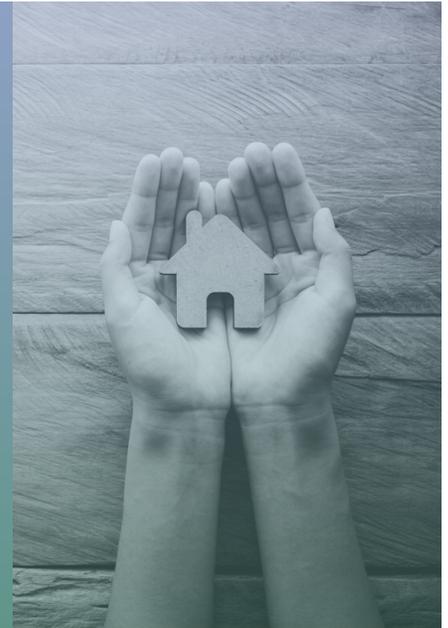
Additional programs & services we offer to students, families, and the community.

PATHWAYS TO FAIR HOUSING

We are dedicated to protecting the rights of those in our community who are under-represented and under-served. One of the rights that is often unknown or misunderstood is that of "Fair Housing."

Fair housing is the right to choose housing free from unlawful discrimination. It is a collective set of laws by the federal and local governments providing you with protection from being denied housing based on race, color, national origin, religion, sex, familial status, and disability. You are protected in all housing transactions, including rentals, sales, lending, and insurance.

As a Fair Housing Initiative Program, Pathways to Success works hard to raise awareness of fair housing laws in Sussex County and Kent County Delaware. We partner with other local Delaware organizations to promote learning and education to potential homeowners, renters, state services, non-profit organizations, and other community members and agencies.



Contact our Fair Housing Facilitator, Ivan Neal:

+302-858-4861 ext. 305

ineal@pathways-2-success.org

www.pathways-2-success.org/fair-housing

Announcing the Pathways to Success App!

Download today in your App Store



Roku

- Learn about Events & Sign-Up!
- Access Forms and Request Support
- Give Easily & Track your Donations
- Chat Directly with your Coordinator





UPCOMING EVENTS

Upcoming Events and Ways to Get Involved!

PARTNER WITH PATHWAYS

2023

Thursday April 6, 2023
8:00am - 9:00am
Crossroad Community Church

S.O.S.
SUPPORT OUR STUDENTS

A wonderful opportunity for anyone wanting to Support our Students. Breakfast will be served and Pathways graduates will share their story.

If you are interested in attending, please contact Sarah Gilmour: 302-381-1494 sgilmour@pathways-2-success.org

YOUNG MEN'S SUMMIT

Back for 2023

A life-changing, character-building event for young men in Delaware

Interested in being a Volunteer, Speaker, or Supporter?
Email info@pathways-2-success.org

Our Annual Boys Summit will be held at the Crossroad Community Church Thursday, April 6th, 2023 9:00am - 2:00pm

community volunteer & mentorship program

- Volunteer for an Event, Fundraiser, Field Trip, or Youth Summit
- Mentor students in an After-School Program
- Tutor students in a subject area of your expertise
- Provide professional or cultural experiences for students in your area of expertise



More info at www.pathways-2-success.org/volunteer



THANK YOU CORNER

Thank you to all who make it possible for us to carry on our mission.



LEFTY'S ALLEY & EATS

For Giving Tuesday, Lefty's Alley and Eat in Lewes, chose 10 local nonprofit organizations, including Pathways to Success, to receive a \$500 donation plus they hosted a fun dinner event for our Girl's Circle After-School Program. The Girls enjoyed a night out with good food and games to play. We are thankful!

VINCENT VARRASSI

Thank you to Vincent Varrassi for always thinking of our Pathways students. In addition to supplying items for our food drive, he recently donated art supplies for a Cape Henlopen high school student who needed them. Our students greatly benefit from meaningful contributions like these.



CAPE GAZETTE



The Cape Gazette has been an advocate and supporter of Pathways since 2008. From meeting with Trish Vernon in the early days, to the support currently received by Publisher Chris Rausch and Editor Jen Ellingsworth, it is so appreciated. It is important for us, along with other local nonprofits, to get the word out to the community concerning updates, events and in our case, student successes.