Essex County Honors Trish Morris-Yamba and Kenneth A. Gibson with Memorial Plaques Along Legends Way

Elected officials, family members and friends gathered Sept. 18 at Governor Brendan Byrne Plaza in Newark for the ceremony and unveiling of the plaques along Legends Way.

In addition to Morris-Yamba and Gibson, county officials unveiled memorial plaques for Pearl Beatty, first Freeholder President; Lebby C. Jones, Freeholder and Irvington Councilwoman; and Ramon Rivera, founder of La Casa de Don Pedro.

Newark Mayor Ras Baraka said all five individuals were interested in community empowerment in addition to community service.

“Collectively the work that they did was probably more than thousands of us put together,” Baraka said. “There would be no baton to take if they didn’t pass it to us.”

Morris-Yamba served as the executive director of the Newark Day Center and the Greater Newark Fresh Air Fund for 32 years. She made it possible for inner-city children to participate in outdoor recreational activities, including summer camp. She founded the CHEN School and the Early Childhood Coalition of Newark. She was also a founding member of the National Congress of Black Women.

NCC Board President Yamba spoke about how his late wife never wanted to run for office herself but was always very active behind the scenes to help women seeking election.

“She traveled the length and breadth of this nation to make sure that women who were running for office had the support of strong black women,” Yamba said.

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The New Community Clarion
The New Community Clarion is published as a community service. The editor reserves the right to withhold articles and photographs once they are submitted. Opinions expressed in columns are those of the author and do not necessarily represent the views of New Community Corporation.

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Check us out online:
newcommunity.org

OUR MISSION
To help residents of inner cities improve the quality of their lives to reflect individual, God-given dignity and personal achievement.

New Community is recognized as:
• One of the largest and most comprehensive community development organization in the United States.
• A large-scale deliverer of comprehensive programs and services.
• A leader in affordable housing and economic development.
• A model among nonprofit, social entrepreneurship and CDC communities.
• Having beneficial partnerships on the local, national and global level.

Around the Network

Enjoying International Cuisine
Residents of Commons Senior, 140 South Orange Ave., Newark, cooked dishes from around the world and shared them with their neighbors during the building’s International Potluck Sept. 23, held in the Community Room.

Walking Club Gets Residents Moving
Resident Services Coordinator Gladys Artis organized and began a Walking Club for the residents of Roseville Senior, 1 South Eighth St., Newark, in September. The group meets at the entrance of the building each Monday and Friday at noon to walk outside for exercise. The club offers a healthy and enjoyable way to spend a portion of the afternoon. Any resident interested in participating should contact Artis.

NCC Residents Celebrate Summer
New Community buildings hosted barbecues and cookouts throughout the summer months for residents. See more photos on page 5.

Labor Day/Patriot Day Celebration
Residents of Associates, 180 South Orange Ave., Newark, celebrated Labor Day and Patriot Day with a barbecue Sept. 6. They enjoyed grilled hot dogs and hamburgers and the company of their neighbors. Photos courtesy of Anne Moran.
Employee of the Month: Ray Palmer

Ray Palmer has always worked in a field where he closely interacts with people, which he enjoys. He currently serves as Senior Property Manager for Manor Family at New Community, a position he has held for nearly two years.

While Palmer says his job can be challenging, he also finds it rewarding, particularly when he can help individuals secure housing.

“It’s a good feeling,” he said.

In his role as Senior Property Manager, Palmer is in charge of 171 units. He files the necessary paperwork to ensure residents keep subsidies for their rent, coordinates for repairs in apartments, helps direct residents to services, and enforces NCC policies and rules for their rent, coordinates for repairs in apartments, helps direct residents to services, and enforces NCC policies and rules that come with a multifamily apartment complex. But he said he works with residents and reminds them about the rules and procedures.

Palmer enjoys being part of the NCC family and said his colleagues work together well.

“The team is good,” Palmer said. “People jump around and help out.”

Ray Palmer became Senior Property Manager of Manor Family Nov. 1, 2017.

Ray accepted a very difficult and challenging administrative situation with the compliance portion of the Property Management role. He has demonstrated an eagerness to address all issues he has faced and is currently taking on the other family units previously handled by a former employee,” said Director of Property Management Hector Torres. “Ray is attentive and, most importantly, demonstrates a positive and professional approach to his responsibilities. His efforts are greatly appreciated.

Palmer lives in Essex County with his wife and daughter and was familiar with the name New Community before being hired. He didn’t know the extent of programs and services NCC provided, however. When he researched the organization prior to his interview, he liked what he found.

“It’s fascinating and unique. And such foresight for Monsignor [Linder, NCC’s founder]. It’s amazing what he did. And once I saw that, I thought this is a place you want to be. You want to be a part of something like this,” Palmer said. “It was treated for a property management role. He has managed by the same people because we have a lot of folks who are employees who live right here. And employment for people in the community.”

Palmer was born and raised in Jamaica. He worked in hotel management in his home country. He came to the United States in 2001 to pursue a career in computer programming. That was around the time the dot-com bubble burst so he was no longer able to take that career path. He stayed in the U.S. and got a job in sales working for P.C. Richard. He didn’t love what he was doing and when he saw the opening at New Community, he decided to apply since it was closer to home and he had prior management experience.

“From a background of tourism to sales and to here, it’s all people,” Palmer said. “It’s about personal relationships.”

Palmer’s favorite part of his job is qualifying someone for an apartment and seeing the joy that it brings them.

“A lot of times they’re moving from situations where they were homeless or they were staying with a relative and now they’re getting their first apartment,” Palmer said.

He said that can also be a challenging part of the job because new tenants may not be used to paying rent each month and living with the rules that come with a multifamily apartment complex. But he said he works with residents and reminds them about the rules and procedures.

Palmer is in charge of 171 units. He files the necessary paperwork to ensure residents keep subsidies for their rent, coordinates for repairs in apartments, helps direct residents to services, and enforces NCC policies and rules for their rent, coordinates for repairs in apartments, helps direct residents to services, and enforces NCC policies and rules that come with a multifamily apartment complex. But he said he works with residents and reminds them about the rules and procedures.

NEW COMMUNITY CORPORATION

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OCTOBER 18TH
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OCTOBER 25TH
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Our Mission: To help residents of inner cities improve the quality of their lives to reflect individual God-given dignity and personal achievement.
Essex County Honors Trish Morris-Yamba and Kenneth A. Gibson with Memorial Plaques Along Legends Way

Continued from page 1

Camille Gibson, center, unveils the plaque honoring her late husband and NCC founding board member Kenneth A. Gibson.

He added that many miss Morris-Yamba but they take comfort in knowing she had an impact. "We know that what she has done will far outlive her life on this earth," he said.

New Jersey Lt. Gov. Sheila Oliver said Morris-Yamba was a friend personally and professionally.

"Anything I ever did, any office I ever ran for, the first contribution I would get was from Trish Morris-Yamba," Oliver said. "Whether I was running on the line or off the line, Trish was always there for me."

Essex County Executive Joseph DiVincenzo said Morris-Yamba was able to raise thousands of dollars to send children to summer camp but didn't seek recognition.

"She never, ever looked for praise whatsoever," he said.

Essex County Deputy Chief of Staff William Payne said children had a better life because of Morris-Yamba. "Trish was just an exceptional person," he said.

Gibson was one of the founding board members of New Community Corporation. He is best known for becoming the first black mayor of Newark in 1970.

"This was a watershed moment for Essex County and for the entire nation," said Essex County Freeholder President Brendan Gill of his election.

Oliver said without Gibson's achievement, she would not hold her current position.

"I would not be lieutenant governor without the opportunities provided to me by Kenneth Allen Gibson," she said. "Ken Gibson won election when I was 17 years old. I cried like a baby because I understood the significance of what he had done."

DiVincenzo said Gibson became the mayor of Newark at a difficult time, after the uprising in 1967 and civil unrest.

"Ken came in and made peace within the city," DiVincenzo said.

"Ken came in and made peace within the city," DiVincenzo said.

Essex County Sheriff Armando Fontoura said Gibson was a close friend who he met while working at the Newark Police Department. "He was just a terrific person to work with," Fontoura said.

Gibson's wife Camille thanked everyone in attendance on behalf of the family. "Ken and I were joined at the hip and he was my hero," she said. "We appreciate this very, very much."

Essex County Democratic Committee Chairman LeRoy Jones said each memorial plaque represents a person who cared for others no matter their political beliefs. "These are individuals that looked out for people regardless of their party banner," he said. "They had a rich spirit of public service. They had a rich spirit of giving."

NCC Security Efforts Help Reduce Crime

New Community’s Security Department has taken steps to help reduce crime within the organization’s footprint in Newark and those efforts are having an impact on the area.

Security Operations Manager John Wade explained that last year there were four hot spots for crime in Newark’s Central Ward located in NCC’s footprint.

“This year we have none because of some of the things that we’ve been doing and some of the things the police have been doing in this particular area,” he said.

Wade and NCC Director of Community Engagement Richard Cammarieri are involved with the Newark Public Safety Collaborative, which is part of the Rutgers School of Criminal Justice. The initiative aims to provide relevant crime statistics and information on what is contributing to crime in a certain area. The Newark Police Department is also involved and Wade said NCC received information about crime within its footprint.

“That’s how we ultimately came up with strategies to address some things in this particular area,” Wade said.

Members of the NCC Security Task Force now have a stronger presence during the day and have been focusing on quality of life issues including illegal parking, loitering and drug activity.

“John’s ability to reach out and get involved in bringing in new ideas and resources to NCC is paying off. We are committed to renovating our properties and partnering with our residents to provide a safe, secure and dignified living experience,” said New Community CEO Richard Rohrman. “These efforts combined with additional Task Force officers, more lighting, security cameras and outreach have had a measurable impact on the quality of life on the properties.”

During the course of patrolling and investigating, Security personnel also evaluate factors that contribute to incidents. That includes environmental factors, some of which are being addressed with the ongoing renovation project. Landscaping changes, additional lighting and cameras are expected to further improve the area. If Security personnel find that tenants are engaging in activities affecting the quality of life, the department teams up with Property Management to address issues with the tenants. Some tenants have been issued warnings and those who don’t comply can be referred to landlord-tenant court.

In addition to internal investigations and Continued on page 11
The Human Resources Department at New Community gained a new employee this summer. Tina Howard took on the role of Manager of Human Resources Aug. 19. She comes to NCC with more than a decade of experience in the human resources field and 15 years of experience working at a nonprofit community development and social service agency.

Before coming to NCC, Howard worked at New Jersey Community Development Corporation (NJCDC) for 15 years. She ran two programs for NJCDC for her first three years of employment. After that, she was promoted to the Director of Human Resources and Administration for NJCDC.

Howard decided to pursue a new employment opportunity to help her career grow and develop and liked the idea of working for NCC, which has an extensive history and is a larger organization than her previous employer.

“I felt it would be a great transition for me. It’s a large organization so it gives me an opportunity to take what I’ve learned and then learn what I can from this organization and take it to another level,” Howard said.

As Manager of Human Resources, Howard is responsible for all of NCC’s HR functions under the direction of Director of Human Resources Benjamin Galvez, including hiring, orientation, employee relations, benefits and risk management. She oversees HR staff members and ensures the department runs smoothly.

Howard holds a bachelor’s degree in psychology and a master’s degree in public administration but didn’t start working in human resources until she was asked to step into that role at NJCDC after a colleague received a promotion. She obtained the necessary credentials to work in an HR role and received training in the field. She currently has the PHR (Professional in Human Resources) and SHRM-CP (Society for Human Resource Management Certified Professional) certifications.

“Tina brings to us a great combination of human resources and nonprofit experience that is a good fit to grow our Human Resources Department and our continued efforts to fulfill NCC’s mission,” Galvez said.

Howard’s favorite part of her job is employee relations because she works well with people.

“It allows me to get to know individuals. It allows me to troubleshoot,” Howard said. “It’s an opportunity to use my psychology background.”

Howard is from Passaic County. She has a husband, stepson and stepgrandchild.

In her spare time, Howard enjoys many forms of entertainment. She is a music buff who attends many jazz festivals. She also likes plays, Broadway shows, reading and going to the movies.

Howard plans to learn as much as possible and help NCC achieve its goals and objectives for the Human Resources Department and agency wide.

“I’m excited to be part of the team and just looking forward to working with everyone,” Howard said. “I see the future looking very bright for all of us. I’m really happy to be here.”

New Community Residents Celebrate Summer

Residents of New Community celebrated summer with barbecues and cookouts at various buildings throughout the network. They enjoyed time outdoors with their neighbors and received a nice meal.
Social Security News

Social Security Covers Disabled Children

By Ammy Plummer
Social Security District Manager
Springfield Avenue, Newark NJ

Children are our future. We share our knowledge and talent with them. We pass on our values to them knowing they will share those gifts. Social Security safeguards children all year long, but we’d like to take this opportunity to share information about our programs that provide direct support to children.

The latest information available says that in 2018 the Social Security program distributed about $2.7 billion each month to benefit about 4.1 million children on average each month because one or both of their parents are disabled, retired or deceased. Those dollars help to provide the necessities of life for family members and help make it possible for those children to complete high school. When a working parent becomes disabled or dies, Social Security benefits help stabilize the family’s financial future.

Children with disabilities are among our most vulnerable citizens. The Social Security Administration is dedicated to helping those with qualifying disabilities and their families through the Supplemental Security Income (SSI) program, which is separate from the Social Security program. To qualify for SSI:

- The child must have a physical or mental condition, or a combination of conditions, resulting in “marked and severe functional limitations.” This means that the condition(s) must severely limit the child’s activities; and
- The child’s condition(s) must be severe, last for at least 12 months, or be expected to result in death.

If the parents of the child or children have more income or resources than are allowed, then the child or children will not qualify for SSI. You can read more about children’s benefits at www.socialsecurity.gov/pubs/EN-05-10026.pdf.

Social Security and SSI also covers many chronic illnesses and conditions. The Compassionate Allowances program is a way to quickly identify people with diseases and other medical conditions that, by definition, meet the standards for disability benefits under the Social Security and SSI programs. Thousands of children receive SSI benefits because they have one of the conditions on the Compassionate Allowances list at www.socialsecurity.gov/compassionatelowances/conditions.htm.

Keep in mind, Social Security and SSI are two very distinct and separate programs, and eligibility for each is different.

Visit www.socialsecurity.gov/people/kids to learn more about all we do to care for children. If you know a family who needs our help, please share these resources with them.

Senior Spotlight: Ethel King

Ethel King is a lifelong Newark resident who moved to Commons Senior about five years ago. She participates in many of the building’s activities and has been a floor captain for about two years.

Ethel King can often be found in the Community Room of Commons Senior, 140 South Orange Ave., Newark, when building events are happening. The lifelong Newark resident is very involved with building activities and enjoys helping her neighbors.

King moved to Commons Senior about five years ago after her husband passed away and her children were grown. She’s glad she did.

“My favorite part about living here is the people. Helping the people. Trying to fit in what I can fit in,” she said. “And I just like the atmosphere.”

Ethel King has been a floor captain at Commons Senior for about two years. In that role, she checks on her neighbors and lets them know about relevant information, including the various activities offered in the building.

“Ms. King is always involved in helping Resident Services and her fellow residents. She goes above and beyond to make sure that everyone is OK,” said Commons Senior Resident Services Coordinator Delonie Barthelemy. “There is no limit to the amount of good from Ms. King.”

King comes from a large family. She is one of 16 children: eight boys and eight girls. She had five children of her own, though one is now deceased. She has grandchildren and great-grandchildren. Many of her family members have moved out of Newark, but some are in nearby East Orange and West Orange.

Before she retired, King worked for NJ Transit cleaning buses, a job she did for about 13 years. Her shifts would change over time, so sometimes she worked early in the morning and other times at night.

King likes to walk, sometimes traveling on foot from Commons Senior to downtown Newark for exercise. She will also walk to the nearby ShopRite with a pushcart for her groceries.

“I like to walk and I like to help people if I can,” she said.

King said a great benefit to living at Commons Senior is the support provided by the Resident Services Department. The building has two Resident Services staff members on site.

“The Resident Services Coordinators, they are so magnificent. They’re so good to us,” King said. “If you need help, they’re there to help you. If I don’t understand something, if I go to ask them, they explain it to me. I like them being here because they help out so much.”

Breast Cancer Awareness

Other than skin cancer, breast cancer is the most common cancer among American women. While most women who get breast cancer have no known risk factors or family history of the disease, there are things you can do to help lower your risk.

Keep A Healthy Weight. Being overweight or obese increases the risk of breast cancer. This is especially true if obesity occurs later in life.

Limit Your Alcohol Consumption. The general recommendation, based on research, is to limit yourself to no more than one drink a day, as even small amounts increase risk.

Do Not Smoke. Evidence suggests a link between smoking and breast cancer risk, particularly in premenopausal women.

Exercise Regularly. Most healthy adults should aim for at least 30 minutes of moderate aerobic activity 5 days a week.

Be Vigilant About Detection. If you notice any changes in your breasts, such as a new lump or skin changes, consult your doctor. Also, ask your doctor when to begin mammograms and other screenings based on your personal history.
NCCTI Celebrates Program Graduates

Continued from page 1

ing professors and administration and countless hours of studying, I finally made it," Jackson said.

Culinary Arts Graduate Paula Moore, who was offered a job at New Community Extended Care Facility three months into the program, told her classmates they will have many opportunities going forward.

“This is only the beginning. It doesn’t end here,” she said. “All I can say to everybody is take advantage of this experience and make the best of it. Just know that once one door opens, it allows you an abundance of opportunities.”

NCCTI recognized two employer partners during the graduation: Sansone Auto Group and University Hospital. Both organizations hire NCCTI graduates.

Rich Liebler, Chief Administrative Officer and Veteran Coordinator at Sansone Auto Group, an employer partner award during the NCCTI Graduation Ceremony.

Rich Liebler, Chief Administrative Officer and Veteran Coordinator for Sansone Auto Group, helped start the Automotive Technician program 23 years ago.

“One of the reasons why I wanted to help out down here is that I didn’t want individuals to just get a job. What I wanted to do was to help them develop careers,” Liebler said. “An automotive technician has the potential in five years to make over $75,000 a year.”

Barbara Karpinska, Vice President for Ambulatory Care Services of Rutgers Health Group at University Hospital, explained that she worked to change the organization’s job descriptions so recent graduates could be hired.

“Working with hospital leadership, we were able to make changes so that we still required the educational certificates, but no longer the experience. And therefore we were able to open the door to new graduates,” she said.

Newark Deputy Mayor of Employment Rahman Muhammad served as the keynote speaker of the event. He is a lifelong Newark resident and in his current role he refers individuals to NCCTI for training. He said while many come to his office in search of a job, he tries to convince them to further their education to start a career instead. He congratulated NCCTI for not only helping students graduate, but for also helping them find employment in their field.

He said that no matter the circumstances, people can achieve.

“What our first chapter is is not how our last chapter has to end. We can change it if we want to change it,” Muhammad said. “But you’ve got to take that opportunity.”

NCCTI is an accredited post-secondary career and technical institution that offers: Automotive Technician, Diesel Technician, Building Trades Specialist, Clinical Medical Assistant, Patient Care Technician, Community Healthcare Worker, Culinary Arts Specialist and Business and Computer Technologies. For more information and to apply, call 973-824-6484, log onto newcommunitytech.edu or visit 274 South Orange Ave., Newark.

Harmony House Children Head Back to School in Style

For the third year in a row, volunteer Sally Milead organized a back to school event at Harmony House, New Community’s transitional housing facility for homeless families. Children received backpacks and school supplies along with free haircuts and hairstyles Aug. 28. Pizza and doughnuts were also provided for children and their families at the event.
New Community Career & Technical Institute
Life-Changing Careers Are Here

Community Healthcare Workers Training Program
Open Enrollment
newcommunitytech.edu
973-824-6484

COURSE DESCRIPTION
- 600 program hours preparing individuals to serve as facilitators, advocates and professionals, linking health care and related social services with affected recipients in the Greater Newark community.
- Program content includes instruction in public and community health, human and social services, health services administration, group counseling, health education, group advocacy, cross-cultural and multilingual communication.
- Students receive classroom instruction, hands-on assignments, and help with internships and job placement.

PROGRAM DESCRIPTION
- Monday-Friday, 9 a.m.-3 p.m.

PROGRAM LOCATION
Classes take place at the NCCTI Main Campus,
274 South Orange Avenue, Newark, NJ 07103

KEY PROGRAM OUTCOMES
- Career pathways in an in-demand occupation
- Industry recognized credentials
- Connection to a host of employers

Financial aid is available for those who qualify!

For more information, call 973-824-6484 or visit newcommunitytech.edu

Our Mission: To improve the quality of life of all students through education and occupational training in a community that fosters lifelong learning.

New Community Career & Technical Institute
274 South Orange Ave., Newark, NJ 07103
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newcommunitytech.edu
NCC Mourns Loss of CHELC Receptionist/Family Worker

Zelda Badger-Noel was working at Community Hills Early Learning Center as the Receptionist/Family Worker when she passed away Aug. 16. Photo courtesy of Phyllis Montford.

Although Zelda Badger-Noel had only been working at Community Hills Early Learning Center (CHELC) for six months before her passing, she had a great impact on the children, families and staff members in the facility. She greeted everyone with a warm smile and enjoyed helping people. She passed away Aug. 16 at the age of 56.

“She was a character,” said her sister Phyllis Montford. “Everybody who met her has a story to tell. She was fun-loving and easygoing. She loved a lot of company.”

At CHELC, Badger-Noel put a smile on everyone’s face.

“Every morning before she started her day, she made sure to go around to every classroom and greet the teachers and the children,” said CHELC Director Gloria Johnson. “Her favorite classroom was the infant room. She had a name for every child and their faces lit up when she walked into that room. At the end of each day, Ms. Zelda would open the door to the infant room and say, ‘Let’s get out.’ Not only was she loved by the children, but families loved her even more.”

Montford remembers her sister as someone who always looked out for others.

“She was very giving. She’d give you the shirt off her back,” Montford said. “She was a great sister. And she was a great mom.”

Badger-Noel had two sons, ages 14 and 19, who are now living with Montford. Badger-Noel’s husband passed away in 2007.

While Badger-Noel was a relative newcomer to CHELC, she had a wealth of experience in the area of early childhood education. She worked at the Early Learning Center for 19 years. She started out as a teaching assistant and when the facility offered a certification course, she took it and became a family worker.

Montford said the Irvington Board of Education didn’t renew the facility’s contract so Badger-Noel had to find other work, which is how she ended up at CHELC.

Johnson said no matter what was going on, Badger-Noel was upbeat.

“Anyone who asked her how her day was going, she always said, ‘I can’t complain.’ Complaining was something that she never did,” Johnson said.

Badger-Noel had a great impact in the relatively short time she spent as part of the CHELC family.

“Her presence is missed every day at CHELC and she will never be forgotten,” Johnson said.

“Ms. Zelda became a true friend and there is not a day that goes by that I don’t miss her.”

Life since her sudden passing has also been an adjustment for Montford. She did not expect to be raising teenagers again because her daughter is grown. And the sisters were very close.

“We lived on the same street two houses from each other,” Montford said. “I thought we would grow old together.”

NCCTI Graduate Finds Success in Building Trades Field

Ernest Short, right, receiving his certificate from instructor William Robinson during the 2018 graduation ceremony for completing the Building Trades Specialist program.

When Ernest Short was growing up in Newark, he didn’t know he would only have to go steps from home to better his life, but that’s what happened. He visited New Community Career & Technical Institute (NCCTI), signed up for training and now has a job he enjoys with a supervisory role.

Short graduated from NCCTI’s Building Trades Specialist program in 2018. He started working for Irvington Housing Authority at the beginning of 2019 as a repair person and then was promoted to head of grounds. The property he works on is large and he is responsible for making sure it has good curb appeal with a manicured lawn and trimmed hedges. As part of his job, he provides other employees assignments as well.

Going through the Building Trades Specialist program prepared Short for his current position and the education was more than just learning the skills of carpentry, electrical and plumbing.

“They have the other part that goes along with it. The critical thinking, cognitive thinking, being able to accept the situation and not crumble,” Short said.

He also saw instructor William Robinson as more than just a teacher.

“He’s also like a father figure,” Short said.

Robinson said Short excelled in the classroom and believes he will have a successful career.

“He was a dedicated student who was always willing to try new things,” Robinson said.

“He was very precise and meticulous in all his shop work, which will take him far in his endeavors.”

Short recommends NCCTI to others looking to gain new skills.

The whole program and everything New Community has to offer people is really good,” he said. “If more people took advantage of it and stepped into the doors and see what they have going on, I think there would be a lot more successes.”

NCCTI Student Services Coordinator/Case Manager Ronald Prysock said Short overcame a number of barriers to complete the Building Trades Specialist program.

“Ernest will do well in his career endeavors because of his determination to succeed,” Prysock said.

In addition to the instruction, NCCTI helps students sign up for services if needed. Short said there were a few students in his class without health insurance who received assistance signing up for it and others who were able to sign up for SNAP, formerly known as food stamps.

“We are so proud of Ernest,” said NCCTI Director Rodney Brutton. “He participated in our Financial Opportunity Center (FOC) program by accessing income support services, signing up for medical benefits and meeting one-on-one with our financial coach. NCCTI is proud to count Ernest as an alumnus.”

Short still lives in Newark and is a single dad with full custody of his two younger children, a 4-year-old girl and a 7-year-old boy. He also has an older son who is 19. He’s grateful to be able to provide for his children.

“You can walk into New Community and be helped with all aspects,” Short said. “I’m one of those people. I literally grew up in back of 274 [South Orange Ave.]. I watched them build up. I played on the foundations before Harmony House and before 274. And I ended up walking in those same doors and it helped me get a better outlook on life and help with life.”

New Community Career & Technical Institute is an accredited post-secondary career and technical institution that offers the following programs: Automotive Technician, Diesel Technician, Building Trades Specialist, Clinical Medical Assistant, Patient Care Technician, Community Healthcare Worker, Culinary Arts Specialist and Business and Computer Technologies. NCCTI also operates a comprehensive Financial Opportunity Center and Bridges to Career Opportunities Program sponsored by the local and national Local Initiatives Support Corporation (LISC) offices.

For more information, call 973-824-6484, log onto newcommunitytech.edu or visit 274 South Orange Ave., Newark.
Recognizing and Helping Victims of Domestic Violence

October is National Domestic Violence Awareness Month. It is important to recognize this type of violence because it occurs in the privacy of homes leading people to believe that it is nonexistent. Recognizing and acknowledging domestic violence is the first step toward prevention of an epidemic that has eroded the core of the community and society by leaving scars that may or may not be visible.

The concept of domestic violence is often restricted to physical abuse by a partner. The image of the “battered woman” is not the only sign of a domestic violence victim, as domestic violence often exists in forms of verbal and emotional abuse as well. Both women and men are capable of being aggressive and engaging in violent behavior toward their respective partners. Therefore, it is important to identify the violence and the perpetrator without being biased toward any gender. Under New Jersey laws, domestic violence means the occurrence of homicide, assault, terrorist threats, kidnapping, criminal restraint, false imprisonment, sexual assault, criminal sexual contact, lewdness, criminal mischief, burglary, criminal trespass, harassment and/or stalking inflicted upon a person protected under this act by an adult or an emancipated minor. Unfortunately, it has been estimated that every 18 seconds a person is battered resulting in a huge number of 6 million men and women in the United States who are abused annually.

Effects of domestic violence are not limited to the victim but the whole family, as the abuse often occurs in the place of safety and security that is called “home.” Research has shown that domestic violence is often repeated in generations of a family as children in violent homes learn the behavior and sometimes perceive it as an accepted part of a relationship. One of the reasons behind legacy of domestic violence appears to be the myths that surround the issue.

Some of the common myths of domestic violence are:

- **MYTH:** Domestic violence only occurs in a small percentage of relationships.
- **FACT:** Estimates report that domestic violence occurs in one out of every 15 relationships. This applies to heterosexual as well as same-sex relationships.
- **MYTH:** Middle and upper class victims do not get battered as often as poor victims.
- **FACT:** Domestic violence occurs at all socioeconomic levels. Due to financial disparity amongst the classes, there is a difference in access to resources as poorer victims tend to utilize community agencies, and are therefore more visible.
- **MYTH:** Domestic violence is a “loss of control.”
- **FACT:** Violent behavior is a choice. Perpetrators use it to control their victims. Domestic violence is about batterers using their control, not losing their control. Their actions are very deliberate.
- **MYTH:** The victim is responsible for the violence as he/she provokes it and doesn’t leave.
- **FACT:** No one likes to be abused and no one deserves to be abused regardless of what they say or do. Victims stay in the relationship for many reasons, including fear. Most do eventually leave.
- **MYTH:** Once a victim, always a victim.
- **FACT:** While some victims have been in more than one abusive relationship, men/women who receive domestic violence services are the least likely to enter another abusive relationship.

Along with dispelling a few common beliefs about domestic violence, we as a community can also prevent it from occurring. If you or someone you know is experiencing domestic violence, be assured that there is help out there. Reaching out to law agencies like the court and police can help you file charges and obtain a restraining order, if appropriate, and ensure your safety.

Family Service Bureau of Newark, an affiliate of New Community Corporation, assists the victims with much needed services. Help is available through counseling for survivors and their families if they choose to be in counseling to heal the scars of domestic violence. While respecting their confidentiality, therapists and survivor families can work on causes and stages of abusive relationships and safety planning. Reinstating self-esteem of the survivors in addition to teaching healthy coping skills constitutes part of the counseling at Family Service Bureau.

If you would like more information or know of someone who could benefit from the information, please contact Family Service Bureau at 973-412-2056. Together we all will be able to change the legacy of domestic violence to a gift of peace for the whole community.

New Community Hosts Family Farmers Market

The New Community Resident Services Department organized the NCC Family Farmers Market, sponsored and provided by WellCare. Families came to the NCC Neighborhood Center, 56–68 Hayes St., Newark, Sept. 7 and were able to receive vouchers for fresh produce. In addition, there were refreshments, fun and games, school supplies for children and yoga. The Newark Fire Department also participated in the event by bringing a fire truck and providing information. Photos courtesy of Resident Services.
The Wisdom to Know the Difference
By Leslie Lesley

Are you in a rut? Do you feel stuck, trapped or just overly disgusted with your life as you know it? Have you been knocked down so many times by the trials and tribulations of life that you’re finding it difficult to get back up again? Does it feel like you have no one to turn to that will understand your problems? Has the weight of your burdens kept you so low down in spirit that you find it hard to even hold your head up? If this sounds like you, then you may just have hit “rock bottom.” So what do you do now? It would seem as though you can’t go any lower, so why not make this the day to turn things around for you? Why not make this the day that you say, “Enough is enough!”

Consider for a moment, that the change that you are hoping to make in your life, actually begins with your intentional “decision” to change, not necessarily the act. When you make up your mind to do things differently, even just a small gesture towards change, your body will follow. Many people find it difficult to get themselves out of bad situations because of what they believe will be an enormous undertaking. The truth is, you have to take one day at a time and realize that even in trying to do better, there will still be some things that are not within your power to change. For those individuals that are in recovery, the “Serenity Prayer” is a foundational appeal or request to God for help.

Regardless of what may have led you to be in your current circumstance, you should know that you, too, have the ability to receive help from the Heavenly Father. Change is possible! Take comfort in the prayer below that so many others attribute to their new lives.

God grant us the serenity to accept the things we cannot change, the courage to change the things we can, and the wisdom to know the difference.
Starting the School Year Right

Children’s Light Foundation, a charity that donates to children’s causes all over the world, and New Community Corporation sponsored a Back to School Giveaway Aug. 29 at St. Joseph Plaza for area families. Children received backpacks and school supplies to ensure a good start to the school year.