



You're Living Proof

Quarterly Newsletter 2007

Greetings from Our Executive Director



“Dancing” was chosen as the theme of our inaugural fundraiser because we believe that Life is indeed a dance. At times we take the lead and show others how to execute the right move; sometimes we follow the leader. But sooner or later, we all take our turn on the dance floor of Life.

Initially, when we're learning to take a new step, we're apt to feel insecure, even awkward. We may step on toes or lose our balance altogether, perhaps falling flat on our faces before we get it right. Eventually, however, if we just hang in there and trust the process, our skill level increases and we begin to find our own unique rhythm. Then, like dance partners on a ballroom floor, we begin to move in tandem and can create amazing results. As we learn to trust and let go and move to the beat of life, our Dance becomes a beauty to behold!

You're Living Proof helps women and children survivors of domestic violence. By offering transitional assistance, we help them regain their balance and learn how to take the next right steps toward living a life of freedom from abuse. Our approach is as dynamic and unique as the families that we serve with the one common denominator being the desire for freedom from abuse.

Partnering with You're Living Proof directly impacts the lives of these brave survivors. We offer many creative and fulfilling opportunities for individuals, corporations, and other organizations to help. Please visit our website at www.urlivingproof.org to learn more about You're Living Proof and ways that you can join in the Dance of Life!

You're Living Proof that together, we can end domestic violence against women and children.

With Warmest Regards,

Dr. Doris Forte'

In This Issue

Volume 1
Number 1

Message from the Director
Update...1

Feeling Lucky?...1

Quarterly Sponsor...2

Warning Signs of Dating Violence...2

Dancing with the Stars...3-5

In Case You Missed It...6

What's Coming Next?...6

Feeling Lucky?



Each volume of our newsletter will pose a question in this section. Find the answer in one of the articles and email it to info@urlivingproof.com. Two winners will

be chosen and announced in the next newsletter. The prize this quarter is a Sunday jazz brunch for 2 at **Grigsby Grill!**

Grigsby Grill is located at 1455 Grigsby Road, Houston, TX 77009; Phone number 281-752-6990. Owners David and Judi Coker are famous for their Jambalaya. Beat the heat and enjoy their air conditioned outdoor patio!

Describe 3 characteristics of a healthy dating relationship and 3 characteristics of an unhealthy dating relationship.

Quarterly Sponsor - Momentum BMW



Momentum BMW West is one of the premier BMW dealerships in the country. Their commitment to customer service is second to none. BMW West offers one of the most comprehensive parts and service departments in the automotive industry. Check them out online at www.bmwwest.com.

Thank you Momentum BMW for supporting *You're Living Proof!*

Warning Signs of Dating Violence



Are you going out with someone who...

- Is jealous or possessive toward you? Won't let you have friends? Checks up on you? Won't accept breaking up? Tries to control you by being bossy? Giving orders, making all the decisions: Doesn't take you seriously?
- Is scary? You worry about how s/he will react to things you say or do? Threatens you? Uses or owns weapons?
- Is violent: has a history of fighting? Loses temper easy? Brags about mistreating others?
- Pressures you for sex? Is forceful or scary around sex? Thinks of you as a sex object? Tries to guilt trip you by saying "if you really loved me you would..."? Gets too serious about the relationship too fast?
- Abuses drugs or alcohol and pressures you to take them?
- Blames you for the mistreatment They might say that you provoked him/her, pushed his/her buttons, made him/her do it, led him/her on?
- Has a history of bad relationships and always blames other people for their problems?
- Believes that in a relationship one person should be in control and have all the power and the other person should be submissive?
- Your friends and family have warned you about the person or told you they are worried about your safety?

Healthy Relationships

- Discussing and agreeing on things (Ex. Where to go on a date)
- Liking each other as you are
- Respecting each other's feelings
- Being open-minded with each other
- Being able to do other things with your friends
- Trusting and being honest with each other

Unhealthy Relationships

- Not respecting each other's privacy and individual space
- Being filled with jealousy
- Not being able to trust each other
- Being selfish
- One person controlling the other
- Lying to each other
- Being violent
- Forcing your partner to do anything they don't want to do

“Dancing with the Stars” - A Star-Studded Success!

You're Living Proof hosted its inaugural fundraising event, “Dancing with the Stars, Deep in the Heart of Katy”, on April 24th at Mayde Creek High School’s Performing Arts Center. The event was a huge success with many local celebrities participating in the event.



Darby Douglas dancing with his partner, Mayde Creek High School Martinette field officer Kayla O'Brien



Final contestants (l to r): Darby Douglas (KHOU ultimate traffic) and his partner Kayla O'Brien, Stephanie Bishop partner of Johnathan Walton (KHOU feature reporter), and 1st place winners, Cali Gunning partner of Katy police officer Jeron Barnett



Professional ballroom dancers, Melissa Blanco and Brent Bornon demonstrating what real ball room dancing should look like





Kristy Williams and her two sons, accepting The First Annual Freedom Award that was awarded to her husband, Katy Police Officer Robert Williams for deeds of courage and compassion.



Dr. Doris Forte', Founder and CEO of You're Living Proof welcoming audience at the beginning of the show



Board member Rikki Gillum presenting 3rd place award to Darby Douglas and his partner Kayla O'Brien



KHOU feature reporter Johnathan Walton awarded 2nd place winner along with his partner, Mayde Creek Martinette Stephanie Bishop



The Honorable Mayor of Katy, Doyle Callender receiving his award



Crowd at the event in the Mayde Creek High School Performing Arts Center



Emcee Johnny Bravo, former Mayde Creek Ram and co-manager of ESPN 97.5 and Rock 103.7 FM



Katy Fire Chief Marc Jordan receiving honors for performing a hip hop dance routine. His partner is Mayde Creek High School Martinette Cara Ross



We wish to thank our wonderful community supporters and contributors for making “Dancing With The Stars, Deep in the Heart of Katy” such a great success!

Katy Printers, The Vista Company at LaCenterra, Tradition Bank, Momemtum BMW West, Trinity Transport, Brainstream, Katy Christian Ministries, Fort Bend Womens Center, Berkeley Eye Center @ Katy, Bear Creek Assistance Ministries, Katy Rehabilitation Hospital, The Arthritis Foundation, The Hyatt Regency Resort & Spa @ Lost Pines, The Marriott Springhill Suites, Katy Magazine, Sam Houston Race Park, Panera Breads @ Fry Road, Panera Breads @ West Oaks, Artcetera, Visionary Eye Care, Katy Eyewear Discounters, Starbucks @ LaCenterra, Cookies by Design, Ruff Riders, Empowerment Services, Bear Creek HEB, Taste of Texas, Pucinella, Texas Borders, Grisby Grill, The Midnight Rodeo @ Katy Mills, Massage Envy, Attorney Sharon C. Stodghill, KD’s Florist, AllAround Awards, Merle Norman @ LaCenterra, PeekABoo, Los Cucos Mexican Restaurant, RiverRidge Golf Course, Westside Lexus, Westside Tennis Club, Katy Flower Shoppe, The Pink Magnolia, The Pie Shoppe, Buddy & Jerry, AllnOne, the Katy Times, KHOU TV, ESPN 97.5 FM Radio, Rock 103.75 FM, Charles Boatright and Family, Harleys Angels, Quantum Leap Success Coaching, Perceptive Marketing, Khun Noi Thai Restaurant, and Mancuso Harley Davidson.

Board of Directors: Dr. Doris Forté, Rikki Gillum, Camryn Barganier, Gloria Meade, Dr. Debra Thomas, Lauri Davis, Linda Jones, and Christine Stilwell.

Volunteers: Lissette, Denise, Dana, Rose Marie, Freda, Molly, Vi, Patricia, Julie, Florence, Ginger, Terri, Lori, MCHS Martinettes, Cheerleaders, Choir, NHS, RSVP, Eugene Foney, Jeanette O’Brien, Julie Harris, Virgil Thompson, Doreen Lauri, Patti Otwell and Michele Beasley.

You're Living Proof, Inc. and Empowerment Services, Inc.



presents



"In Case You Missed It"



Parents of graduating seniors hope that everything they've ever taught their children will 'stick'. Knowing that in just a few weeks for their young adults will leave the nest headed for college, they wonder and worry if their child is truly prepared for the challenges that life inevitably will bring.

"In Case You Missed It" focuses on our youth who are graduating from high school and proceeding into the next phase of their lives. This seminar equips young adults to readily identify their value system and set goals that reflect their personal creed. Further, it empowers them with proven techniques to accomplish these goals. This seminar offers effective tools to help overcome obstacles that arise along life's journey and transform them into opportunities.

"In Case You Missed It" consolidates parental, societal, and academic guidance, once more, from an unbiased perspective that is enlightening, educational, and empowering. Give your graduating senior the gift that keeps on giving. Enroll them in this powerful seminar today!

June 16th, July 21st and August 18th

8:30 a.m. - 9:00 a.m.	Registration/Breakfast
9:00 a.m.	Mirror, Mirror On The Wall - Identifying Who You Are
10:-00 a.m. .	What You See is What You Get - The Power of Visualization
11:00 a.m.	Ready or Not...Here I Come! - How to Accomplish Your Goals
12:00 a.m.	Knock Knock...Who's There? - Obstacles or Opportunities?
12:00 p.m. - 1:00 p.m.	Lunch/ Questions and Answers

To enroll in this seminar, call **281.644.6161**
Seating is limited to 30 participants per session so register today!

What's Coming Next?

2nd Annual **BREAK THE CYCLE!** Motorcycle Rally will be held on Saturday, October 27, 2007
at Mancuso Harley Davidson located at Hwy 290 and FM 1960.

Visit our website at www.urlivingproof.org for details and registration information.