

# FOR WOMEN ONLY, INC

THE OFFICIAL NEWSLETTER OF FOR WOMEN ONLY, INC



"Your Past is not Your Future"

From infancy through college and beyond, every person needs to experience levels of accomplishment that is success, completion and satisfactory performance. Accomplishments boost our self-esteem, instills trust to press against mediocrity and sets aflame our desire to master goals.

A healthy lifestyle is key to personal success. The results and efforts we put forth progresses pass impossibilities. Accomplishments make you and I stronger, nurturing a sense of self—physically, emotionally, mentally, and financially.

*Physically*—accomplish what you are able to do without damaging your bodily functions. No one can do anything burnt out and you cannot hear yourself think clearly. Do not measure yourself against others because we have different dynamics and factors that work for us. God granted us all a diversity of power.

*Emotionally*—accomplish short-term goals before tackling long-term goals because at times, seeing is simply believing. From the time we were children, we dreamed. go for it! It's never too late. It was a fifteen-year journey in completing my bachelor's degree because my dream would not die! I became a juggler balancing motherhood, career, ministry, and college. Always remember that faith is the confirmation that you have what you believe when you combine good work and confidence.

*Mentally*—to focus is an accomplishment within itself. Focusing is at its trying point in chaos, confusion, busyness, and void. Maintaining your discipline of objectives, routines and plans are essential and challenging but can be done against the odds. In most cases, you will need a weekly list of things to do with specific days to complete tasks. Be reasonable with expectations especially working with externals beyond your control.

*Financially*—accomplishment is limited when based only on material gain and substance and the emptiness that follows once you have acquired them reduces self-worth and self-concept and that alone is devastating. However, knowledge and sound advice are beneficial to obtaining economical contentment—now and later—so work what you have.

What is your success? Success is your ability to fulfill self-actualization—maximizing your skills by managing your career, education, home life and hobbies to experience self-satisfaction and then reaching out to others. Moving forward, when you think of the word accomplishment, think purpose and achieve it! (*Hosea 4:6 and James 1:5*)



by Damita Lucas

SUMMER Issue

Jun/Jul/Aug 2010

FORWOMENONLYINCLA.ORG

## ACCOMPLISHMENT

### Inside this issue:

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# ADMISSION TICKET

save the date

thursday, august 26, 2010

## Thursday Nite Fever 60s Style

looking forward  
to seeing you!

invitation to  
follow



For Women Only, Inc.  
532 W 55th St  
Los Angeles, CA 90037-4006  
(mailing address Only)  
323.527.0425

Comments:  
info@  
forwomenonlyincla.org

*Albert Einstein defines "insanity as doing the same thing over and over and expecting different results."*

There is an estimated 4000 young people homeless each year after leaving the foster care/probation system. We must change the way "business as usual" is done regarding shelter requirements, conventional "speed" job/skills training, and how we push our youth to seek government aid versus working through life's challenges.

FOR WOMEN ONLY, Passport to Life (PtL) offers a different way to achieve different results—call us at 323.527.0425.

We Need Your Help!

# THANK YOU

*"For Women Only, Inc. is a nonprofit organization that provides women in transition from incarceration, alcohol, substances abuse or domestic violence with training, education and resources to sustain economic independence through employment or entrepreneurial endeavors"*



*Union Pacific has a long-standing commitment to improve the quality of life in the communities they serve and where their employees live and work.*

*We gratefully THANK the Union Pacific Foundation for their generous financial support of our Mobile Technology Lab.*

We're on the web:  
ForWomenOnlyIncLa.org

**Your Charitable Donation is Tax-Deductible  
Please check with your legal advisor**

For Women Only exist because of the caring and generosity from the community, individuals, grants, and businesses. **100 percent** of all gifts received are used to support our job readiness, information, education and resource activities.



FWO joined the Ralphs Community Contribution Program. By registering your Ralphs Club Card online at [www.ralphs.com](http://www.ralphs.com) or by calling 18004434438— every time you shop and swipe your card, FWO earns a rebate.



FWO joined the Food4Less Community Contribution Program. By registering your Food4Less Club Card (to get a card call 3237783797) online at [www.food4less.net](http://www.food4less.net) every time you shop and swipe your card, FWO earns a rebate.



If you have a vehicle you longer want or have not the time to sell, let the Vehicle Donation Program take your worries away. FWO will get a benefit and you will get the tax-deduction. Please call 3237783797 for more information.



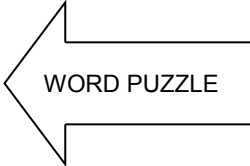
Want to donate—fast and easy  
Visit [www.forwomenonlyincla.org](http://www.forwomenonlyincla.org) and click "Your Support" link.



Give while you shop, Shop while you give

Each time you make a purchase at one of a thousand online stores, your transaction triggers an automatic donation to  
**FOR WOMEN ONLY**

M M T M F E M P M A A B U Y A  
A A D R C A H U F N F E S A H  
E I T A I I S G S L R L P V T  
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WORD PUZZLE

Sixties Trivia

**Church Bulletin Bloopers**

**T**he Scouts are saving aluminum cans, bottles and other items to be recycled. Proceeds will be used to cripple children.

**T**he pastor would appreciate it if the ladies of the congregation would lend him their electric girdles for the pancake breakfast next Sunday morning.

**L**ow Self Esteem Group will meet Thursday at 7 PM. Please use the back door.

**R**emember in prayer the many who are sick of our church and community.

Internet Friends: ReverendFun.com

- |              |             |              |             |
|--------------|-------------|--------------|-------------|
| ARETHA       | FLINTSTONES | LOVE         | PSYCHEDELIC |
| BARBIE       | HENDRIX     | MATCHBOX-CAR | SIXTIES     |
| BEATLES      | HIPPIES     | MINI-SKIRT   | SWIM        |
| BELL-BOTTOMS | JFK         | MLK          | TWIST       |
| DRUGS        | KEN         | MUSIC        | VIOLENCE    |
| FASHION      | LAVA-LAMPS  | PEACE        |             |

**For Women Only,  
a safe, loving,  
and nurturing  
environment for  
young women in  
transition**

## CONGRADULATIONS




Debra moved from transitional housing to her own home. She passed the State's screening process and continues to work for the Department of Health Care Services. We wish Debra continued success.



**Dish:** Garden Pasta Salad w/Chicken **Recipe** Serves: 8

4 (8-ounce) bone-in chicken breast halves, with skin  
Coarse salt and pepper  
Juice of half a lemon  
2 tablespoons canola oil  
4 cups whole wheat rotini  
2 cups broccoli florets  
1/4 cup mayonnaise  
1 tablespoon Dijon mustard  
1 cup frozen edamame (soybean), thawed  
1 cup matchstick carrots  
1 cup baby spinach, chopped



**Instructions**

1. Heat the oven to 350 degrees. Line a rimmed baking sheet with foil. Season the chicken with salt and pepper and transfer it to the baking sheet. Drizzle on the lemon juice and oil, then bake the chicken until the juices run clear when pierced with a knife, about 1 hour. Transfer the meat to a plate to cool, reserving the cooking juices.
2. Cook the rotini according to the package instructions, adding the broccoli to the pot for the last 2 minutes. Drain, reserving 1/4 cup of the water, plus 2 tablespoons if you're using a rotisserie chicken that has no cooking juices. Transfer the rotini and broccoli to a large bowl. Add the reserved cooking juices and pasta water and toss to coat the ingredients.
3. When the chicken has cooled, remove the skin. Pull the meat from the bone, tear it into bite-size pieces, and add it to the pasta.
4. In a small bowl, stir together the mayonnaise and mustard until well blended. Add the mixture, along with the remaining ingredients, to the bowl and toss well. Taste and adjust the seasoning with salt and pepper, if desired.

Here's a new take on pasta salad that combines slow-roasted chicken, corkscrew noodles, kid-friendly veggies, such as edamame, and a light dressing flavored with a hint of Dijon mustard. Take a shortcut on a busy night by using a store-bought bird instead of roasting the chicken yourself.

### Nutritional Information

Per serving (1-1/2 cups): Calories 439 ★ Total Fat 13 g (21% DV) ★ Saturated Fat 2 g (11% DV) ★ Cholesterol 62 mg (21% DV) ★ Sodium 306 mg (13% DV) ★ Total Carbohydrate 43 g (14% DV) ★ Fiber 8 g (32% DV) ★ Sugar 3 g ★ Protein 34 g (69% DV) ★ Vitamin A (54% DV) ★ Vitamin C (22% DV) ★ Iron (22% DV)

Recipe: FamilyFun.com  
By Virginia Willis

