

(Coming Soon!)

Inspiring People to Achieve Success

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ANNOUNCEMENT

I have been writing The S.E.M.O.M. Newsletter for three years now. I started it as a way to keep in touch, let all know what's happening on my end, but especially to encourage aspiring writers and authors to keep up their craft.

Starting with the April 2007 quarterly issue, the newsletter will have a new name and a new format.

What is it? You'll have to wait until April to find out.

Why change the name? Well, in life they say nothing stays the same. The new name will more clearly define and focus on the positive contents I endeavor to include in the newsletter each quarter. (hint, hint)

Do you have something positive to share? Do so by emailing me at the address below. Then, your positive and inspirational words can be included in the next issue. See you in April. Take care.

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Welcome to soon to be renamed and revamped S.E.M.O.M. Newsletter.

Paul "Doc" Hines, my Daddy, is the assistant coach featured in the Disney movie "Remember the Titans." He taught me many wonderful lessons. But not only myself but generations of students he taught at Ralph Bunche H.S., Pomonkey H.S., Minnie Howard, T.C. Williams H.S. and more. One of my father's most memorable lessons was "mind over matter, if you don't mind, then it don't matter." Those who knew my Dad understood and benefited from what he said when he talked about "mind over matter."

One of my father's players Tom Lewis said, "I am a great fan of your father. He was my football offensive line coach during his first and second year at T.C. (Williams High School) I was the starting center that very first game...Those two years playing for your father served me well later in life. I often remembered him looking at us and saying "If you don't mind..... it don't matter" as we worked our butts off. In all seriousness, it was his mannerisms, his quotes, his general example that I reflected on as I matured as an adult. Through various jobs, the Navy, then college and now as a medical equipment engineer, I often tell stories of those football practices with your father. I owe your father a great deal. He still encourages me on even after all this time."

My father's former player learned tenacity and the importance of overcoming obstacles with the "mind over matter if you don't mind, then it don't matter" attitude. This attitude is **NOT** referring to:

- A. Spiritism, demonism, or witchcraft; nor
- B. Extra-terrestrial intervention, healing, or levitation; nor is it
- C. Buddhism, Hinduism, or Eastern Philosophy.

But I know that is clearly shown from all my writings when I make mention of it. For it is about developing an attitude of not being a quitter. When the going gets hard, the tough get tougher. When life gives you lemons, you make lemonade.

How many times have our parents told us to fix or straighten "our" or "that" attitude? "Mind over matter, if you don't mind, then it don't matter" is a reminder to not give up on what's important, even when obstacles come our way. Remaining focused, keeping positive, and feeling empowered enough to accomplish the goal, whatever it may be and no matter how hard the road may seem. A lesson to remember.

