

The S.E.M.O.M. Newsletter

Inspiring People to Achieve Success

JULY 2006

VOLUME 2, NUMBER 3

Money, Money, Money

If you are anything like me, counting and numbers is just not your speed. I can write up a storm, edit in a flash, and pen prose in a sec, but when it comes to numbers, I have to use my fingers to count and then some.

However, I have found when it comes to owning your own business good money management is invaluable. That is true even when it comes to your personal finances as well. However, when you start your publishing company or pursue writing on a professional basis, be sure to keep good records of your spending as well as your receipts.

I have found it helpful to use accounting software such as Microsoft Money. I got mine free from my credit union. Learn to use spread sheet programs to track your accounts.

Whatever you do and whatever you use, keep track of your money. It will save you financial headaches in the long run.

Welcome to Issue Five of The S.E.M.O.M. Newsletter.

(Earlier issues may be viewed on the web.)

Paul Hines is the assistant coach featured in the Disney movie "Remember the Titans," as played by Greg Alan Williams. He had his football players do "up-downs" over and over (watch the movie to see what an up down is). While they were exercising he would tell them, "if you don't mind then it don't matter, keep on working." S.E.M.O.M. is short for Success Equals Mind Over Matter. In his efforts to encourage his players to work hard, he admonished them to remain POSITIVE about the results of their hard work. When doing or dealing with something complex, it can be a challenge to see beyond the NOW. But in order to finish your goal or task to the end, you must keep focused on the result and outcome. The '71 Original Titans were winners because of the positive reinforcement they received from my Dad and others. Whether things are momentarily looking up or down, KEEP POSITIVE!



Titan News

The **1971 T.C. Williams Titans High School football team** had their annual picnic in July. They gave another scholarship to a T.C. Williams student. The student who received the first scholarship graduated this past year. All the Titans are very happy and proud to have been able to contribute to the education of their fellow "Titan." The Titans are available for speaking

engagements. For more information or to contribute to the foundation, visit the website www.71originaltitans.com.

Upcoming Events

The A-Z Steps to Writing and Publishing Your Book provides the step-by-step process to writing, publishing, and marketing your book. It gives details on how to pursue a publishing company, and exercises to improve your writing skills, in addition to the particulars in printing a book. The classes are at the **The Monrovia Community Adult School** located at 920 South Mountain Avenue in Monrovia, CA. The dates for the upcoming classes are **Wednesday September 13, 2006, and Saturday, October 21, 2006**. To register for the class, call 626-471-3035 or for more information, visit www.PRLDesigns.com.

Inspirational Thought

Fighting Insecurity

We all have those moments in life when we feel unsure or slightly insecure. It's part of being human, not perfect.

There are many factors, which can lend to feeling less than adequate. Perhaps it has to do with our upbringing. Or we have to cope with a certain disability or problem. Maybe our work or home environment gives cause for insecurity. Whatever the contributor, we can take heart in the wise counsel of "to love your neighbor as yourself."

In order to give love you have to maintain a certain level of self-love and respect. Know that every one on this earth has the ability to do positively and contribute positively to this world.

Continued....

Other News

The preparations for the Sixth Annual "Explore and Soar" **Young African American Women's Conference** are moving along. Once again, I'm on the program committee. However, after two years of being the chair, I'm allowing someone else to take that post.

Women At Work is the founder of the Young American Women's Conference. The conference will be early in 2007, at Pasadena City College, in Pasadena, California. For more information or to participate in the conference as a volunteer, presenter, or attendee, call Women at Work at 626-796-6870 or visit <http://www.youngafricanamericanwomensconference.com>.

I participated in a role model/mentor luncheon in connection with **Entering the College Zone Conference** at the Pasadena Foothill Education Center on Saturday, April 29, 2006. It was organized by Debra Johnson of SMILE TV (Pasadena Channel 55). During the lunch break, my focus was discussing web design with the students. In the May 2006, issue of Commentary On...I discuss the experience from my own perspective as I reflect on my own youth. You can read it at <http://www.prl designs.com/commentary62.html>.

Other recent Commentary On... subjects include parenting, bus-riding, and pictures. You can read all of them at Commentary On...An Online News Column About Common Things in Life located online at <http://www.prl designs.com/commentarylist.html>.

A Singing Good Time

I've had a singing good time of late. When I was younger, I'd sing around the house and be told to "shut up." It's a good thing I didn't let that deter me from singing because I have reaped a few rewards.

Caltech (California Institute of Technology) sponsored a singing contest called Caltech Idol (like American Idol, get it?) I entered and sang Roberta Flack's "The First Time Ever I Saw Your Face." Well, I won first place, a trophy and a gift card. YIPPEE!

I got the idea to do a spoof on my winning, so I created a website. It has pictures and funny side notes about the contest and me, the 2006 Caltech Idol. You can view it at www.PRLDesigns.com/caltechidol.html

Over the memorial day weekend at the annual Jazz Festival here in Pasadena, I visited the Oscar Meyer Hotdog Mobile. I sang the Oscar Meyer Weiner song. If you want to hear it, go to www.singthejingle.com, click on Watch Your Video and Enter Code GAKTP and Enjoy! (or Not!)

Finally, as Wendy and Othniel celebrated their one year anniversary, it meant it has been a whole year since I sang "Living for the Love of You" at their wedding. I don't think I'll ever recover. They said I did a good job, however, I say "never again." I'll stick to the small stuff like the Weiner Song.

Even if it is as simple giving someone as flower picked from a garden which brightens someone else's day (as someone did for me today) helps each one of us to feel good about ourselves and hopefully help alleviate insecurities.

Tell yourself you are worthy, no matter what anyone else says, has, or does. Endeavor to stay in control of your feelings and thoughts. Be true to yourself, and be secure about yourself. Enjoy the flowers that you give and receive.

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Here's a poem I wrote many years ago.

Where was the picture in the background taken? (be as specific as possible)

The first two people to email the correct answer to me at:

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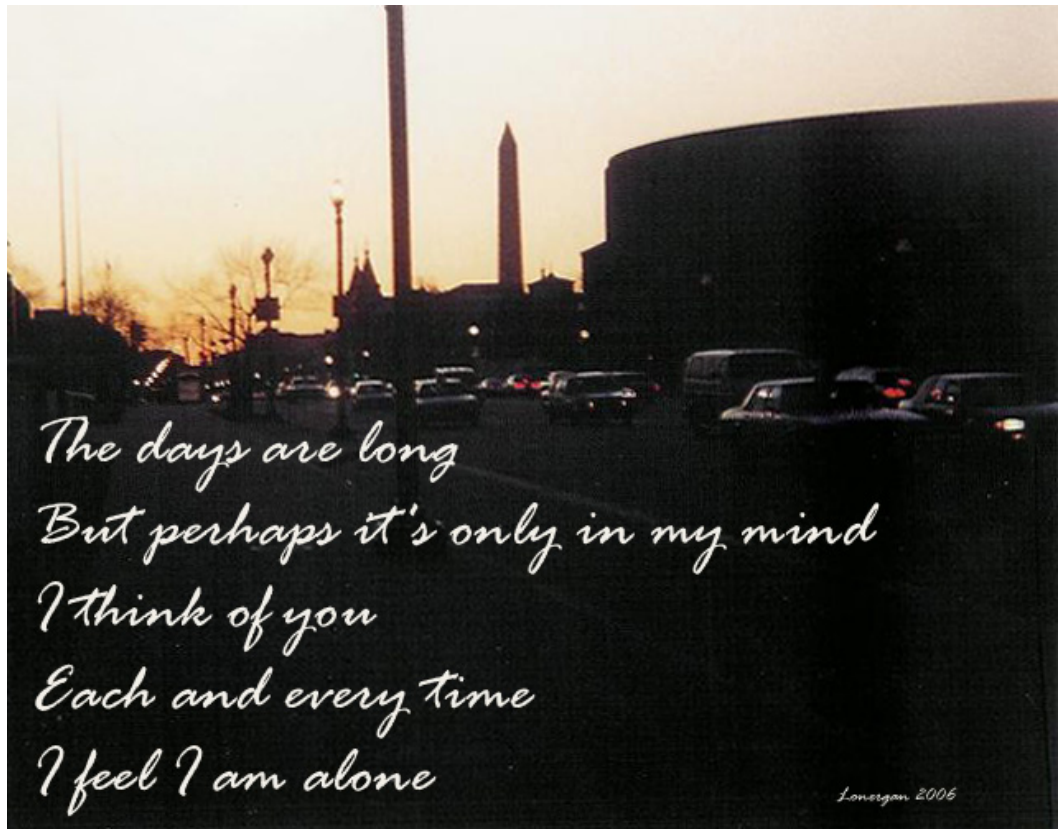
will receive a copy of my book *Babies Dribble and Drool*.

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If you have a favorite poem you have written and you would like it to feature in the next issue of The S.E.M.O.M Newsletter, send it to me by September 15, 2006, along with your name and email address and it will be considered in a future issue.

In two days, I'm off to Prague, Czech Republic. I'll tell you about my trip when I return.

The next issue of The S.E.M.O.M. Newsletter will be October 2006.