

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

Inspiring People to Achieve Success

OCTOBER 2005

VOLUME 1, NUMBER 2

Writing Tip

Newspaper and publishing editors say, "It's the content that counts" in regards to the many article and manuscript submittals received. Proper formatting is important, for it distinguishes you as a professional. However, never underestimate the importance of good writing or a great story or concept. Never let formatting worries overshadow your creativity. Some practical things to avoid when submitting articles, query letters, or manuscripts, do not misspell the editor's name or the name of the publication. General submissions guidelines are to use clean, white paper, a type size of 10 or 12 point, allow for a 1" margin on the page, and don't staple pages, use paper clips instead. Pay attention to details when pursuing publishers, but maintain freshness and ingenuity in your writing.

Inspirational thought

Katrina has taught quite a few lessons. One, life is fragile. Two, sometimes the help you need is not always readily available. Consequently, preparation is important in many situations in life. Are your important papers organized and readily accessible? If you had 10 minutes to evacuate your home, do you know what you'd take? Are you appreciating each and every day of your life? If not, get ready, get set, start.

Welcome to the Second Issue of The S.E.M.O.M. Newsletter.

(If you missed the first issue, visit the website to read it.)

My father "Remember the Titans" Coach Paul "Doc" Hines' was famous for saying "Mind over matter, if you don't mind, then it don't matter." S.E.M.O.M. is short for Success Equals Mind Over Matter. Many words encompass the Mind over Matter concept. I came up with such words as tenacity, motivation, determination, and dedication. However, the more I thought about it, three words came into the forefront for me: FOCUS, POSITIVITY, and EMPOWERMENT. Focus is important in order to reach your goals. Positive thinking deters you from giving up because you feel good about what you want to accomplish. Empowerment keeps you secure, able, and willing to do what you need to do.



Titan News

The '71 Original Titans Foundation nominated new members for their Board of Directors. They are Mike Hopson, President, Reggie Watson, Vice President, Mike/Rosemary Lynch, Secretary, John Leber, Treasurer, and Petey Jones, Member At Large. The foundation is active in the community and provides scholarships for T.C. Williams students. To

contribute to the foundation or for more information, see the website www.71OriginalTitans.com.

Upcoming Events

I'm conducting comprehensive classes on how to write and publish a book at the **Monrovia Community Adult School** located at 920 South Mountain Avenue in Monrovia, CA. **The A-Z Steps to Writing and Publishing Your Book** workshop is a detailed class showing the systematic process to starting a publishing company, also how to write, publish, and market your book. The September 14 class was very successful. Upcoming class dates are October 19 and November 9, 2005. To register for future workshops, call 626-471-3035.

Virginia State University's Homecoming is October 8 and I will be there as usual. My father and his cronies give the biggest tailgate party of the day. I write about the day's festivities in chapter 3 of my book **A Titan of a Man**. To read about it, visit www.ATitanofaMan.com.

While on the East Coast, I'm presenting **writing and publishing seminars**. The first will be on **Sunday, October 9, 2005** at 4:00 pm at the L.E. Smoot **Library** located at 9553 Kings Highway in **King George, Virginia**. For details, call 540-775-7951.

On **Monday, October 10, 2005** at 2:00 pm, I'm giving the seminar at **Caravan Books and Imports** located at 6053 Oxon Hill Road in **Oxon Hill, Maryland**. For information, call 301-567-8234.

Women's World Article Feedback

Many people contacted me providing lovely feedback on my August 23 Women's World article "I have a Special Pen Pal."

Traci wrote "LOVED reading the article about you and your Grandma... sweet story... I also shared this with my 14-year old daughter and advised her that she and her Nana (my Mom) should become pen pals. She agreed."

Leta email saying she still has the letters written to her by her Grandmother (now deceased.)

It was encouraging to receive such delightful comments. Knowing the article motivated others to keep in touch via letters makes me happy I shared our story. I surprised my grandmother by not telling her the article was coming out ahead of time. She was amazed and she said she didn't remember writing any of those things. Good thing I still have the letters to prove it.

Letters last longer than a deleted email or a phone conversation. How important it is not to take for granted the time we have to share and nurture relationships with our loved ones.

PRL Publishing
2245 E. Colorado Blvd
No. 104 PMB 243
Pasadena, CA 91107
626-255-1743
Email:
paula@PRLDesigns.com

**You can read this
newsletter online.**

We're on the Web!
www.PRLDesigns.com

Other News

Read my regular monthly observations about the common things in life in **COMMENTARY ON...** at www.prldesigns.com/commentarylist.html. In recent months **COMMENTARY ON...** included an inspirational thought and writing tip in the column. Starting in the September 2005 those features will not be included in **COMMENTARY ON...** They will be in The S.E.M.O.M. Newsletter instead.

I am the program chair for the **Young African American Women's Conference on Saturday February 25, 2006**, at Pasadena City College, in Pasadena, California. For more information or to participate in the conference, call Women at Work at 626-796-6870.

A Story Within

A friend emailed me the following:

[My daughter] and I read [Women's World] article and we both liked it a lot. [She] was inspired to write and wanted to know how Paula got started.

I thought I'd take a moment to address this inquiry.

In all honesty, writing and publishing a book was never something I had considered doing.

Now, granted I have always enjoyed writing. I remember in elementary school, I used to write stories about created adventures and even entered a poem in the local library booklet called Kaleidoscope.

Writing letters is something I've always done, writing to friends and family regularly. So throughout my life, let us say I practiced my writing.

During my late teens and early twenties, I got involved in poetry and diary writing. It was more for myself than anything.

It wasn't until I got the idea for the book *A Titan of a Man*, that I even considered writing professionally. I wrote the book in just one month. Then, while deciding what to do with the manuscript, I pursued freelance writing with the local newspaper. When I determined to start my own publishing company to publish *Titan* myself, I guess I realized this is something I could do well and enjoyed doing.

Does it pay a lot? It can, and I am sure definitely for some authors like Ann Tyler and Robert Parker. What you put into it is what you get out of it. Because my life is so full with other things, I haven't devoted my "full life" to writing. But, I find it has added a dimension to my life that is a delight and I have no regrets in the pursuit.

What did it take to get it done? Well, focus and positive thinking. Do I feel empowered? Yes, knowing I put my mind to it and was able to accomplish my goals. And just think it's still a work in progress. Always.

PRL Publishing Giving Back

A portion of the proceeds of the sales during the months of October, November, and December 2005 will be donated to the '71 Original Titans Foundation and to benefit the victims of Hurricane Katrina and Rita.

Is there a special coach in your life? Or a young ball player? An AKA soro? A parent raising teenagers? Then, they might enjoy reading *A Titan of a Man*.

Are you an animal lover? Then, you'll enjoy the humor in *Felines Shed Fur and Purr*.

Are you an educator? The principles in the *Mind over Matter Leadership Workbook* provide great teaching tools.

Remember, books make great gifts for all occasions.

Order Books by Paula Hines Lonergan

A Titan of a Man

ISBN: 0-9743957-0-6 Price: \$12.50

Felines Shed Fur and Purr (Limited release)

ISBN: 0-9743957-2-2 Price \$4.95

Babies Dribble & Drool

ISBN: 0-9743957-1-4 Price \$4.95

Mind Over Matter Leadership Workbook Price: \$4.95

The ABCs of Writing and Publishing Workbook Price: \$5.95

The A-Z Steps of Writing & Publishing Your Book Price: \$7.95

_____ *Babies Dribble and Drool* \$ _____

_____ *A Titan of a Man* \$ _____

_____ *Mind Over Matter Leadership Workbook* \$ _____

_____ *The ABCs of Writing and Publishing Workbook* \$ _____

_____ *Felines Shed Fur and Purr* \$ _____

_____ *The A-Z Steps of Writing & Publishing Your Book* \$ _____

Subtotal \$ _____

8.25% Sales Tax (CA only) \$ _____

Shipping and Handling*

\$2.00 for the first book or booklet \$ _____

\$1.00 for each additional book \$ _____

Total \$ _____

Just fill out the information below and send this page with your remittance to:

PRL PUBLISHING, Order Department
Attention: Paula Lonergan
2245 E. Colorado Boulevard, No.104 PMB 243
Pasadena, CA 91107

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Email Address _____

Check/Money Order enclosed for \$ _____ U.S. only

Please contact PRL Publishing at 626-255-1743 or Paula@PRLDesigns.com for orders of 10 books or more and for costs for shipping overseas.

You can order the books through your local Border Books store. Just give them the title and the ISBN number. Or you can order at Amazon.com.

The S.E.M.O.M Newsletter is published quarterly by PRL Publishing, and was created to share information to inspire people to achieve success in life.

If you would like to contact us:

PRL Publishing
2245 E. Colorado Blvd.
No. 104 PMB 243
Pasadena, CA 91107
Phone 626-255-1743
Email:
Info@PRLDesigns.com

Paula Lonergan,
Managing Editor

@2005 PRL Publishing.
No portion of this newsletter may be reprinted without the written consent of PRL Publishing.

You can read this newsletter online.

We're on the Web!
www.PRLDesigns.com

Calling All Aspiring Young Writers Ages 8 – 18 years of age.

Enter the upcoming Writing Contest!!

Look out for the details in January 2006 issue of The S.E.M.O.M. Newsletter – Inspiring People to Achieve Success.

In the next issue, we will take a closer look at the '71 Original Titans success stories. Where are they now? What helped to get there?

A Story Within will provide insights from another successful writer.

See you next year in 2006!!

Be safe and keep healthy!

