

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

Inspiring People to Achieve Success

JANUARY 2006

VOLUME 2, NUMBER 1

Promoting Excellence in Writing

Win a **\$10** gift certificate!!
Calling all young people
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S.E.M.O.M. Newsletter
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Write your essay on the
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April 2006 issue of The
SEMOM Newsletter.

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Welcome to Issue Three of The S.E.M.O.M. Newsletter. (Earlier issues may be viewed on the web.)

**"Daddy Doc" the assistant coach featured in the Disney movie
"Remember the Titans" was infamous for telling his football players,
"Keep exercising and working hard, I believe in 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.** He was encouraging them to be focused. The definition of
FOCUS is a condition in which something is clearly perceived. Another meaning is
close or narrow attention. It also means concentration. You need focus to reach
your goal, whether it is to finish your school or work assignment, complete the
book you are writing, or putting the ball through the hoop or hole. First, keep in
mind your goal, and then maintain the FOCUS to see it to its
finish.



Titan News

The **1971 T.C. Williams Titans High School football team**
featured in the Disney movie "Remember the Titans" celebrates
the 35th anniversary of their winning championship. The coaches
and players from the famous "Titans" team will be honored at
the U.S. Army All-American Bowl Game. The East vs. West

match-up brings together the top high school football players in the nation. The
game will be at the Alamodome in San Antonio, Texas, and broadcast live on **NBC**
on **January 7, 2006, at 1:00 p.m. EST**. To contribute to the foundation or for
more information, see the website www.71originaltitans.com.

Upcoming Events

The A-Z Steps to Writing and Publishing Your Book has been revamped and
updated to include more information and insights on the step-by-step process to
writing, publishing, and marketing your book. I've reviewed the evaluations from
prior attendees and have adapted the course accordingly to provide more details
on how to pursue a publishing company and more 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 **January 25,
2006, March 11, 2006, and April 22, 2006**. To register for the class, call 626-
471-3035.

Do you tremble at the thought of speaking in public? It is possible to overcome
your fears, help those butterflies in your stomach fly in formation, and learn good
presentation skills. Come learn how to be comfortable in front of any sized group
and organize an engaging, flowing presentation. The upcoming seminar date for
the **Making Memorable Presentations Like a Pro** will be **Saturday, February
4, 2006** at 2:15 p.m., at the Santa Catalina Library on 999 E. Washington
Boulevard in Pasadena, CA. For details, call 626-744-7272.

Visit www.PRLDesigns.com or call me at 626-255-1743.

Inspirational Thought It's a Great Bad Day

Have you ever had a day when you just couldn't get yourself together? Your head is **cloudy** and so is the weather. Your body is tired and the hot water for your herbal tea just isn't boiling fast enough for you.

We probably all have a day like that every so often. And if you don't be glad. Bad days can still be great days, however. Think about the fact that you have your life, your breath. You see that's a good thing.

On most bad days, a good rest, a filling meal, a warm hand, and reflection on bad days that have been experienced in the past AND SURVIVED can help you to endure. Or maybe it takes a reflection on those that haven't survived at all because of a tragedy in a hurricane, car accident, or a heart attack. When you have today and you make it to tomorrow, it's a great day even when it's not.

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Other News

The preparations for the Fifth "Explore and Soar" **Young African American Women's Conference** are moving along quite well. As program chair, I have been quite busy helping to put together an appealing and educational program for the young women ages 13-21.

Women At Work is the founder of the Young American Women's Conference. As a result of the tireless efforts of many volunteers over the years, this conference has grown from a small, regional conference to one that now serves nearly 500 adolescent, teen and young adult females, representing more than 25 cities and 75 schools throughout Southern California. The three focus areas of the conference are Health and Personal, Education, and Career.

The conference will be on **Saturday February 25, 2006**, at Pasadena City College, in Pasadena, California. For more information or participate in the conference as a volunteer, presenter, or attendee, call Women at Work at 626-796-6870 or visit <http://www.youngafricanamericanwomensconference.com>.

Rotary Club of Altadena invited me to be a guest speaker at their meeting on Thursday, December 22, 2005. In my discourse, I focused on the positive lessons learned from my father "Doc," such as the importance of developing tenacity in order to reach goals as well as the value of exercising tolerance and understanding in relationships with others in order to contribute to peace and unity.

The Rotary is an organization of business and professional leaders providing humanitarian services and encouraging high ethical standards in all vocations. The Rotary Club of Altadena (RCA) supports local programs involving youth and seniors, and vocational and career development. The RCA's focus and theme for the month of December is Family. To learn more about the RCA, visit their website at <http://www.altadenarotary.com> or call 626-794-7163. If you would like to schedule me to speak at your association's next event, visit www.PRLDesigns.com or call 626-255-1743.

Remembering the Titans

Remember the Titans is a make you feel good kind of movie. Many people wonder what the original players (not the actors) learned from their experience.

Derik "Sugarbabe" Hopson said the success of the movie is a constant reminder of those things he learned while growing up in Alexandria, and playing on that championship team.

He knows that teamwork and determination, family and friendship, along with positive inspiration and guidance from fine leaders like the Titan coaches, can both create and nurture dreams to the point they become realities.

That's what he learned from the experience. To read what other Titan team members said about their experience, visit www.71originaltitans.com.

Writing Tip

Editing is a tricky thing. There's correct spelling and correct grammar. But, then there's the usage of the correct word as well. Witch can be a challenge. See what I mean. Which can be a challenge is more accurate.

The best of books have mistakes in them, from Dickens, to Sherlock Holmes, to Harry Potter. In fact, I was reading an article in the Los Angeles Times recently and there was a misprint, or a misspelling, well, it was the wrong word used. I was shocked, but then I got over it. Editing is a tough job. Especially when it comes to editing your own work.

Mistakes inevitably creep up in any manuscript. That makes editing important. I have re-read things I wrote years ago and find out opps! I missed something.

Have you ever found after looking at a document more than a few times, you start to miss or overlook errors. Enlist the help of others to read over your important documents, such as letters to editors, publishers, and the like. Read and re-read.

And hey, if you find any oversights in this newsletter, drop me a email to let me know.

However, remember, if the Los Angeles Times can make a boo-boo, I can, too, even though I try to avoid it. I try. I really due. I mean I really I do. Gotcha again!

A Story Within

A Lifetime of Writing and Reading! Guest Contributor, Cheryl Robinson

I have been writing since I learned to read at 3-years old. Even then I tried to write little stories that resembled the ones in my "Golden Books." I officially became a writer at fifteen, when I won a State Crime Prevention Essay Contest in Indiana. I continued my start in writing by being active on the high school and college Journalism staffs.

Then life happened. I continued to write, but only published a few articles here and there. In 1989, I decided to get back on track with my writing as a career and make the bulk of my salary as a "writer." So, I landed my first full-time job as a technical writer and two years later became a writer-editor.

Since I learned to read early, I have been an avid reader for the majority of my life. As a teenager, I made my daily trek to the library and read a minimum of a book a day. Later, I joined four book clubs at once. But now, I've slowed down and belong to only one book club and go to the library once a week. I read a minimum of one and a half books a week.

I learned early in life that to be successful I had to focus on what is important to me and what I want to achieve with my life. I wanted to be a writer and that goal became my number 1 priority—accelerating me towards success.

Maintaining my goal was easy because I had picked something that I love to do. It was not a hard job to put forth the time and effort required to succeed at that goal. Subsequently, I broke my big goal into smaller goals and rewarded myself when I accomplished each success.

I know that to achieve my goals, it takes determination, commitment, passion, hard work and sacrifice—it is an on-going process. Throughout this process, I have to remain positive even in bad times and surround myself with positive people, who want to help me accomplish my goals. I have had to cut off negative people who only believed that I would not succeed in becoming a writer.

Today, I am proud of the writer in me! I have numerous articles written. I have one published book and several waiting to be published. I have many books waiting to be written. I read and write every day of my life. The successes keep coming—big and small. My life is fulfilled. I am a successful writer because I followed my personal path to success.

Cheryl Robinson is a writer, author and journalist. Her first book, *A Forgotten Negro League Star: A Personal Look at Al Burrows*, was published in January 2004. She has a children's book at the publisher and is negotiating a contract for a sickle cell disease book. Cheryl also is writing a contemporary romance novel. Cheryl Robinson is Host and Executive Producer for the Just About Books Internet Radio Talk Show. You can email her at JustAboutBooks@yahoo.com

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

That issue will announce the winner of the writing contest.

We'll also have insights from another published author in A Story Within.

Find out about the various activities that took place in San Antonio with the 35th anniversary celebration with the Original Titan's at the All American Bowl.

Also, coming are more inspiration and writing tips.

By the way, as promised a portion of the proceeds from books sold during Oct., Nov., and Dec. were donated to help victims of Katrina and the '71 Original Titans Foundation.

See you in a few!!

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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 and Publishing Your Book* (updated)**

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