

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

Inspiring People to Achieve Success

Creator/Editor: Paula Hines Lonergan

JANUARY – MARCH 2007

VOLUME 3, NUMBER 1

Missing Business Card

I was on the bus recently writing my latest project endeavor in a notebook. My level of concentration must have been attention-getting because it got attention.

A man across from me asked if I was writing poetry. I told him no, but I was working on another project. He told me he was a song writer. I told him I was a writer and author. He talked about his friend who recently published a book. He attended her book signing.

Continue page on 2...

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Jan – Mar 2007

Page 1

Welcome to Issue Seven of The S.E.M.O.M. Newsletter. S.E.M.O.M. is Success Equals Mind Over Matter. (Earlier issues may be viewed on the web.)

My Dad, Paul "Doc" Hines, is the assistant coach featured in the Disney movie "Remember the Titans." As a teacher, coach, and parent he endeavored to teach the life skills his players, students, and children needed to be successful and self-supporting. The ability to use discernment is important to make proper decisions in life. It is invaluable to look at the big picture. A player may feel, for example, working hard during football practice is overkill. However, let's look at the big picture. All the hours and days of practice help one to develop the skills and strength to play the game well and with endurance. The same is true with starting and completing projects. They may be time-consuming and tedious to do. But looking at the big picture there is great satisfaction when you finally reach your goal. Use discernment to recognize what is important in life. And feel empowered enough to follow through on the decisions you make.



Titan News

The members of **1971 T.C. Williams Titans High School football team** are available for speaking engagements. For information, or to contribute to the '71 Original Titans foundation, visit the website at www.71originaltitans.com.

Upcoming Events

The A-Z Steps to Writing and Publishing Your Book workshop reveals the step-by-step process to write, publish, and market your book. It gives details on how to pursue a publishing company and exercises to improve your writing skills, in addition to providing tips on getting your book printed. The classes are at the Monrovia Community Adult School located at 920 South Mountain Avenue in Monrovia, CA. The dates for the upcoming classes are Wednesday, February 28, 2007 and Saturday, March 11, 2007. To register for the class, call 626-471-3035.

Continued from page 1

The gentleman wanted to exchange numbers. He wrote his name and number on a sheet of paper. I complained that I had a million business cards, but they were all at home.

Why were all my business cards at home? Well, I cleaned out my purse and took them out but did not put them back. My business cards did me no good since they weren't with me.

Take this as a lesson: keep your business cards with you and handy. Did I give him my number? Sure, I gave him my number. I wrote it on a sheet of paper, which is probably lost by now. Take a lesson!

Tip: Free biz cards are available at www.vistaprint.com

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Page 2

Fall East Coast Adventures

I signed my book *A Titan of a Man* at the Virginia State University (VSU) Bookstore in **Petersburg, Virginia**. It was VSU's homecoming weekend. This was the first time in over 15 years my father Paul Hines was not in attendance at homecoming. It was a day filled with inquiries about him and his health (he is doing fine, btw). Everybody missed him. I guess you can say I was the homecoming rep for the family this year.

The day was fun. The book signing was successful. I had an opportunity to meet many "writers at heart" like J.C. Johnson. I encouraged her to pursue and follow through on her writing projects. But, not just her, everyone should do so.

In the **King George, Virginia** Library, I gave a writing and publishing seminar. It was great because there were several people in attendance who knew my dad from "back in the day." In attendance was a reserved young woman. She had a superb gift for storytelling. I explained to her writing does not come natural to all, so she should not take her ability to write for granted or let it to go waste. I hope she won't.

Finally, the writing seminar at the Beatley library in **Alexandria, Virginia** was equally enjoyable. It brings me great joy to share information with others. To help them to see their visions of becoming a writer and author is truly within reach. But you need dedication and determination.

Yes, the needed **Focus, Positivity, Empowerment** for Success Equals Mind Over Matter.

YAAWC News

Women At Work organization will no longer be the sponsors/coordinators for Young African American Women's conference.

The Daniels Foundation has stepped up to the plate to be the fiscal agent for the Young African American Women's conference. For information about the conference or to volunteer, contact Women at Work at 626-796-0403 or visit www.yaawc.org.

Inspirational Word The Joy of Giving

Every week I volunteer to conduct a class at a local convalescent home in Pasadena. It's part of my ministry. I appreciate the privilege overall and enjoy the enthusiasm of those in attendance.

However, every so often I have "one of those days." A day where I didn't prepare as well as I should. Or I was perhaps a little rushed that morning. Or maybe my assistants didn't show so I had to conduct the class all by myself.

Recently, I had a day like that. By the end of the class I was spent and feeling drained. But as I was walking out, one of the residents said to me I want to shake your hand. I held my hand out and he shook it. Then he said I really appreciate your coming.

Continue on page 4...

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Page 3

Attention Book Lovers &

Aspiring Writers/Authors/Publishers

You are Invited to Host a
Writing Workshop and Book Signing
Featuring

Paula Hines Lonergan

Daughter of "Remember the Titans" Coach Paul "Doc" Hines

- ▶ Mini workshop* and book signing
- ▶ Book signing following your program or book club session
- ▶ Keynote address and book signing

*In this 30-minute workshop, Ms. Lonergan discusses her journey to successfully writing and self-publishing three books. She reveals the ABCs of good writing. She talks about copyright and fair use laws and how and why to get a website for your business.

Paula Hines Lonergan is Owner of
PRL Publishing Company and the Author of
***A Titan of a Man - A Coach of the Famous
'71 Titans Who Inspired Generations of Young
People***
&
***Babies Dribble and Drool and Other Expert
Observations of a Non-Parent about Kids and
Parenting***

To schedule a book signing or for information,
call 626-255-1743 or email at
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Continue from Page 3

Those words almost brought tears to my eyes. It also brought my thinking back into perspective. Instead of thinking about myself I should have been thinking about the residents. Many of them rarely have family and friends visit.

They appreciate encouraging words and a smile. I endeavor to bring them both. It was a reminder that my visits do make a difference. And I'm glad.

Thank to all the attendees of The A-Z Steps of Writing and Publishing a Book Workshop held at Monrovia Adult School in October.

Publishing Note:

Remember since January 2007, the ISBN numbers contain 13 digits instead of 10. For more information, visit <http://www.isbn.org>

The next issue of The S.E.M.O.M. Newsletter will be April 2007.

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Page 4

Order books by Paula Hines Lonergan

A Titan of a Man

ISBN: 978-0-9743957-0-8 (13 digit)

ISBN: 0-9743957-0-6 (10 digit)

Price: \$12.50

Felines Shed Fur & Purr

ISBN: 978-0-9743957-2-2 (13 digit)

ISBN: 0-9743957-2-2 (10 digit)

Price \$4.95

Babies Dribble & Drool

ISBN: 978-0-9743957-1-5 (13 digit)

ISBN: 0-9743957-1-4 (10 digit)

Price \$4.95

Mind Over Matter Leadership Workbook

Price: \$4.95

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