

MOVERS AND SHAKERS

Volume 2, Issue 4

ANNIVERSARY ISSUE

April 2014

WELCOME!

It's never too late to get your life on track...

By Melissa Flynn
MAOM



We welcome you to read and share. So feel free to do both.

(Address letters to Movers and Shakers' Editor, PO Box 1204, Cheshire, CT 06410 or movingontoinspire@gmail.com or fax 203-303-7225)

* * * * *

I would like to offer my fellow small business owners an olive branch. Isn't that how the expression goes? For the small price of some distribution space, you will receive free ad space for a month.

The space being offered is a half-page. For a full

WELCOME continued on page 2

WHAT'S NEW IN MAOM!

An Evening of Scrabble

By Will Dunlop



As I wrote a couple of months back, MAOM formed a Scrabble team for a literacy fundraiser of the Literacy Volunteers of Meriden and Wallingford. Our team, MAOM's Movers, consisted of the MAS staff—Melissa Flynn, Kelly Schmidt, and I—and one of Melissa's friends, Kim Turret.



On the evening of February 26th, we arrived to

WHAT'S NEW continued on page 2

"I want my words to matter. I want my thoughts to be shared."

Melissa Flynn

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page, you would have to pay 50% off the original price.

In return, we just ask that you allow us to display our newsletter in your business establishment on a monthly basis.

The free ad runs for a month. And for the second month, you can continue to run your ad for 35% off the regular price.

To take advantage of this offer, just call or email us. Then we will forward you a form and take it from there.

We look forward to hearing from you soon.

* * * *

WEAP Publications LLC has been focusing its efforts on reaching out to local aspiring authors. And once we stumble on worthy unpublished authors, we hope to help them get published. To that end, we would like to introduce you to our first client, PJ Fenton.

Are you interested in new worlds, interesting characters, and suspense? Have you read any good books lately? What about a decent series?

PJ has written a sci-fi fantasy novel that he hopes will become a series.

He lives in Wallingford, CT with his cats with his family close by. He has a BS in aeronautical engineering, a MS in religious education, and he drives a truck full-time for the family business.

Interesting, huh? He is fairly new to writing. But he hopes to do it full-time in the near future.

Join us in supporting him by following him on Pinterest and Facebook.

<https://www.facebook.com/PatrickFentonAuthor>

<http://www.pinterest.com/patrickfenton73/>

And you can be sure that as soon as the book is in print, you will be the first one to know.

So, are you writing? Do you want to write? Does your next door neighbor keep sharing stories with you?

On page 9, you can find our publishing flyer. You can also call, email, or fax us with any questions that you may have.

We will answer you. That is what we do.

I am waiting by the phone... ☺

find a vast lobby filled with tables and teams.

Melissa was surprised to see so many people there; I actually thought there'd be more (Scrabble's a fun game). We quickly settled at our table and Melissa broke out the costumes. True to form, she had gone all out and had made us special visors, masks, and name tags. The nametags actually had two pieces of paper connected with string. We draped them over ourselves so that our name was in the front and our company name on back.

Before the games actually got started, we were all reminded of why we were there. Naambiama Salifu, a former adult student of the literacy volunteers, gave a stirring speech of how the Literacy Volunteers program taught her to read and write English, and now she could help her young son with his homework.

There were times when I was seeking pledges that it was rather frustrating, and I didn't get as much as I expected, but this story showed that the time put in was for a good cause. As Melissa says, "It's all about getting out and helping each other."

They also held a raffle, the winner being the team who had managed to get the most pledges. As I said previously, I had not gotten a great amount of pledges, despite the variety of places I visited when I had some free time. I still feel like I really lived up to our team name, because I moved all over the place, as did Melissa, looking.

Given that I ended up not getting a phenomenal amount, I did not believe we would win the raffle. It wasn't a bitter thought; it was simple acceptance, being satisfied that I'd done my part. Well, we didn't win, but we did end up getting close, so maybe next time.

After that, the game began and MAOM's Movers donned our crazy outfits.



WRITING NEWS!



WRITING NEWS

Hi, all! How has this winter been treating you? Crazy question, right? If you are in the east, you got hammered with rain, snow, and cold, just as I have. If you are in the west, fires, dryness, earthquakes, and smog have been making you hate the weather.

But maybe the distressing weather has kept you in writing. I wish I could say the same for myself. I have had little time to concentrate on my writing. Though I try to redirect my time, it has not worked out well.

Yet my buddy Will has just submitted another short story to a magazine. I think he is trying to make me look bad.

Oh well. Gotta get going. I have some writing to do.

Later. dudes and dudettes. ☺

MAOM would like to welcome you to share. How can we help you? What do you need?

In our current climate, no one should just be thinking about what they need.

We, as a people, need to work together. So I reach my pen out to say, "What is it that you need most?"

WRITE TO US. EMAIL US. CALL US.

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PO Box 1204, Cheshire, CT 06410
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Phone: 203-707-3918*

A FEW WORDS OF INSPIRATION!

Wasted on the Young

By George Providence II

MAOM



You have heard the lament that youth is wasted on the young? I have begun reflecting on the implicit recrimination in this adage more and more, now that I have crossed the half century mark, and when Melissa asked me to fill in this month, it was the first thing that popped into my head. The second thing was the candy lady from next door.

My formative years were spent in a housing project on the outskirts of New Haven. These projects were set on the side of a hill. Entrance to them was gained by turning off of the main road at the top of the hill and onto a smaller road that cut a lazy semicircle through the projects until it reconnected with the main road down the hill. The majority of the residents lived on either side of the semicircle. A little further down the main road there was a brook where there were a few more buildings that completed the projects.

The building we lived in was in the middle of the projects, a section that we kids called Middle of the Hill. Above us was Up the Hill, below us was Down the Hill, and the folks on the other side of the brook lived in the section we called By the Brook. These demarcations were helpful for fomenting friendly rivalries around sports and also the occasionally not-so-friendly turf skirmish.

The buildings of the projects were long two-story brick affairs with four units per building. Each unit had two floors, four bedrooms, a kitchen, dining area, living room area, and one and a half baths. These specifications are important, for I am part of a large family. I am the eldest of six sons and, along with my mother and father, we needed a lot of space. The projects accommodated us nicely.

A FEW WORDS continued on page 4

As I mentioned, these particular projects were on the outskirts of the city, and there was no conveniently situated neighborhood store that kids could traipse off to and blow their weekly allowance. Filling that void was the candy lady.

Now, at any one time there were at least three candy ladies in the projects. Usually there were two who split the business in Middle of the Hill and there would be one either Down the Hill or By the Brook. Up the Hill never really had a candy lady, due in no small measure to the periodic rampages of the monstrous German shepherd called Bozo. The family who owned him kept him shackled with a huge chain in the back of the building where they lived. When we'd get off of the school bus Up the Hill, we could see Bozo prowling at the end of his chain. There were a few of the kids who would try to get a rise out of him, juking at him and throwing rocks at him, but he never barked. He just kept moving and eyeing his tormentors, seeming to bide his time til' he was free to repay in kind. After hearing a few tales by those who witnessed Bozo at work, I waited until the bus stopped in Down the Hill to get off. The specter of Bozo running free, chomping at whosoever fell in his path, was enough to keep those who didn't live Up the Hill circumspect about their ventures into that section of the projects. At least it did me. But I digress.

The candy lady and her family moved in next door to us after the people who lived there before them bought a house and moved up and out. In short order, she set up shop at the back of the apartment and distinguished herself in two ways. The first was by having the best selection of candies in the projects. Chic-o-sticks, Mary Janes, Now or Later's, Mike and Ike's, Hot Tamales, Tootsie Rolls, Hershey Bars, Boston Baked Bean candy, jawbreakers, she had 'em all, and was doing big business. The second was because she dipped snuff. Prodigiously. Religiously. Unfortunately for her young customers, the nexus of these two distinctions happened whenever they would ring the bell for service, for upon entering the door she would first spit before taking their order. Once or twice she caught a kid on the arm with some of the spit, causing howls from the unfortunate victim and guffaws from his friends. We talked about

The first round consisted of just our team trying to use as much of our letters as we could, placing them wherever we could. The second round had us actually play another team. Both times, MAOM's Movers worked together as a democratic engine, throwing out ideas and deciding which to use (no mean feat when you take into account the pressure of our time limit). Yet, the crazy frenzy of it was part of what made it fun.

I remember when Melissa and I first heard about the fundraiser and talked about participating. We had a lot of stuff going on around the date, so we knew it would be yet another thing to be concerned about. But we did it anyway, and we are glad we did. We highly recommend the experience. The literacy volunteers are a worthy cause, and we plan to be back again next year. Maybe we'll see some of you there as well. ☺

her, the nasty spitting, the ratty rag she had wrapped around her head, the way she shuffled from the door to over to where the candy was and back, and how she was always calling us baby or sugar. What struck me then about the candy lady was the little half smile she seemed to always wear and a look in her eyes that was different from other grown folks. A settledness, a peace, a confidence that I could not identify at the time, but I see regularly now, because I see it in the eyes of my mother. It is the peculiar genius of old age. No, she has not accumulated great wealth, she has not acquired myriad advanced degrees, but she has learned to live with a truthfulness that allows her to face each new day with an assurance born from experience. Unfortunately for them, many of our most celebrated personalities, those of TMZ or Extra, know how to live hard, but not long. They who spend their days and nights in front of the camera or as subjects of the tabloids (and those who wish to do so) never wake up settled, at peace, and with confidence. It takes more than a notion to make it to old age.

Is youth wasted on the young? Probably. I'll know better if I get to old age. ☺



INCREASE YOUR CUSTOMER BASE

Through inspiration, we promote a continual growth of mental, emotional, physical and financial wellness within our communities. Let our fortitude work towards growing your business.

Movers and Shakers was designed to provide our community-at-large a closer look at the inner workings of Moving and Other Matters. Infused with Melissa Flynn's philosophy of "It's never too late to get your life on track," **MAS** is another way to share our inspirational methods. It's also a new venue for new writers who are looking to get their work published. Including your advertisements gives our readers a closer look at the products and services that they seek.

MAS readers include:

- ❖ 65% female
- ❖ 85% will have an education level beyond high school
- ❖ 85% will be employed
- ❖ Income levels will range from 20-100+k
- ❖ 70% will be between the age of 35-54

What are the benefits of you advertising with **MAS**?

- Presence of a new medium with readers across classes and education levels
- With our initial audience of thousands, we hope to reach 100,000 by 2014.
- Distribution sites will consist of over 50 locations (they include libraries, small business contacts obtained through networking and networking events across the state)
- Appearance in print and online, with opportunities to include articles about your business.
- Online visibility to include FB and twitter updates using your personalized ad

MAS readers read from cover to cover, all the while looking for events, goods and services. Call to schedule your free marketing consultation today!

MAS newsletter

Melissa Flynn, Publisher
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Ad files can be sent to: _____movingontoinpire@gmail.com

Like us on Face book at: <https://www.facebook.com/pages/Movers-And-Shakers-newsletter/565923096771753?ref=hl>



MAS MEDIA KIT

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250-850 words

Discuss your business and the people behind it all.

BUSINESS SPOTLIGHT

200-600 words

Talk about your products and services.

PRESS RELEASE

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Share what's new in your business.

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ALL OF THE ABOVE LISTED ARE INCLUDED WHEN 6 MONTHS ARE PAID IN FULL.

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GUEST SPOTLIGHT

Life Gets Tough

By Wayne English

I know it's so because life's lessons
taught me so

And yet, this I also know
To fear not the darkness
When dawn lights the way
Know that forever, my friend
And you'll be okay

Total War

By Wayne English

"Sir, we're under attack."

"Chinese? Russians?"

"Negative sir. The Chinese Inter Continental
Ballistic Missiles are still in their launch cradles.
Russian ICBMs are on the ground."

"Who then? Terrorists?"

"Negative, sir. The East coast is gone, sir. The
Chinese and Russian birds are under attack as
well."

"Who could do this? Klingons? Romulans?
Shadows?"

"Unknown, sir. But they are sure doing a fine job.
New Orleans is gone, sir. I suggest you call the
President, sir."

"Bobby, Tommy, lunch."

"Aw. Mom!" ●

Want to see your own writing featured in MAS?

*Don't hesitate to send something our way. We
consider stories, poetry, essays, articles, and pretty
much any other kind of writing you throw at us. Refer
to our submission guidelines on page 17 if you're
interested.*

*Please remember our no-profanity policy when
submitting.*

OTHER MATTERS!

CAPA University
By Will Dunlop

Last issue we talked to a new author in Connecticut; for this issue we would like to share with our readers a great opportunity if one is an aspiring author. On May 10th of this year, the Connecticut Authors and Publishers Association (CAPA) is holding its annual CAPA University conference at the Hartford Steam Boiler Conference Center (1 State Street, Hartford, CT). Founded 11 years ago by CAPA's board of directors, CAPA-U is a conference in writing and marketing, boasting a variety of workshops and panels dedicated to help attendees with current work and to provide guidance in the general process of writing.

Opening CAPA-U, Barbara Shapiro, a NY Times bestselling author and Northeastern University teacher of writing, will deliver the keynote address. Afterward, the aforementioned workshops will be held on such topics as book covers & design and creating dramatic tension in writing. There are fifteen in total, of which attendees may choose three. For anyone further along in their writing, there will be a chance to meet with an agent and a marketing expert. Attendees have breakfast and lunch provided for them, and there is free parking.

Perhaps one of the more unique happenings is "Writer's Idol," an event where you may submit the first 250 words of your manuscript to be read by a professional book narrator and evaluated by a panel of judges (though this one won't have Simon Cowell on it). These evaluations are anonymous, but still come prepared to hear criticism. Thick skin is a must for writers.

While you are thinking about attending this amazing conference, you might also want to think about joining CAPA itself. Attendees who are members may have their books on sale at the CAPA-U bookstore.

If you are interested in attending CAPA-U, visit its page on the organization website (<http://www.aboutcapa.com/capau.htm>) and click the link that will take you to the application form and a brochure with more information. ☺

APPLYING THE LESSONS!

Talking to People
By Will Dunlop

MAOM



After reading our "What's New," you'll see that I went back in time a bit for what I wrote. In the spirit of going back in time, I'd like to share something I experienced a few months ago when I was handing out copies of MAS. Melissa and I do that together frequently, but this was back when she was having her adventures in London and Paris, so I had to do it alone.

I don't have a specific quote from Melissa to share with you here; it's more of an attitude she has, one that allows her to go out and talk to people and get to know them. Interaction doesn't come as easily to me, never has. Plenty of people have this problem, too. Unfortunately, you cannot go through life without interacting with others—unless you're a hermit in the woods. I admit, sometimes I think that could be a good life. But then I might have to give up TV. Or worse, books.

So, there I was, going around talking to people and offering them a newsletter. There's something to say for learning by doing. As I kept repeating who I was and why I was there, what the company was and did, it got easier to just go up and engage. It flowed more smoothly by the end of my first day out. By the second day it was good even at the first stop I made. Also, most people are less intimidating than you think. Most are polite and friendly.

One particular experience stood out for me. The person running the shop I was in, after I gave her the issue, commented on my lack of gloves on this bitterly cold day. I told her I had, sadly, lost them. She then offered me new ones for free, a gesture that surprised and touched me in a genuine way.

So, yeah, people can be cool. Perhaps we should all be getting to know each other better. ☺

WEAP PUBLICATIONS LLC

The First Dihybrid Publisher

WEAP Pub LLC was originally founded for the purpose of starting a magazine called WEAP—We Embrace All People. It's a diversity magazine with a focus on youth and education.

Now WEAP Pub LLC will begin publishing books for new authors. The runs will be on smaller scales for writers who are not looking for huge brands. As a "dihybrid publisher," we provide the same experience as a hybrid publisher (i.e., more author involvement in the creative process, additional help with marketing, larger percentage of royalties), but at more negotiable prices and packages. Our goal is to create a cooperative process with our authors, giving them the personal attention you won't find at larger publishers due to their time constraints. We will take you from your idea to publication.

With the publishing of their books, writers will also receive the services listed:

- Professional editing, proofreading, and ghostwriting
- 10 publicity bookings
- Help with platform building to include social media
- 1 local feature article
- A full feature in *MAS*
- Free books, the amount will be determined on a person-by-person basis
- Paid assistance with website and book trailer
- Maintain 90% of rights to your work
- WEAP Pub LLC takes a very small royalty fee
- Public speaking instruction
- Interior formatting
- ISBN, LCNN, and Bar Code

Packages

Each package comes with the same services as listed above. However, some of them, such as website setup and assistance, will be offered



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Contact Us Now And We Can Get You Started

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MELISSA 'ON LIFE'

By **Melissa Flynn**
(MAOM)

A SPECIAL MELISSA'S ON LIFE SHARING AN ESSAY WRITTEN AND DELIVERED DURING BLACK HISTORY MONTH

On February 24, 2014, I shared an essay about my mother for a Black History Month Celebration at the Mitchell Library in New Haven, CT. The library is located on 37 Harrison Street in the Westville section of New Haven.

I had been contacted by George Providence II to be one of four readers for the festive reading.



So, the day of the event, I sat down to put some ideas together. And this is what I came up with.

CELEBRATING MY MOTHER

As a child, I watched ROOTS. As a child, I read and learned about Umoja and Kujichagulia. And as a child, I watched my mother wear her head wraps and dashikis.

Who was this woman? Where did her values and child-rearing ideas stem from?

She was my mother. She was born in Greenville, NC, and eventually came to CT, where she raised a family and worked to improve her community.

She was Ora Jean Flynn. And today at this Black History Month event, I want to "Celebrate My Mother." Because of her, I celebrate my heritage and my history.

As a mentioned before, I learned about Umoja and Kujichagulia. These are the first two principles of Kwanzaa, which is an African-American holiday created to give blacks an opportunity to learn and celebrate themselves.



Each of the seven days of Kwanzaa is dedicated to a principle.

- *Umoja* (Unity): To strive for and to maintain unity in the family, community, nation, and race.
- *Kujichagulia* (Self-Determination): To define ourselves, name ourselves, create for ourselves, and speak for ourselves.
- *Ujima* (Collective Work and Responsibility): To build and maintain our community together and make our brothers and sisters' problems our problems, and to solve them together.
- *Ujamaa* (Cooperative Economics): To build and maintain our own stores, shops, and other businesses, and to profit from them together.
- *Nia* (Purpose): To make our collective vocation the building and developing of our community in order to restore our people to their traditional greatness.
- *Kuumba* (Creativity): To do always as much as we can, in the way we can, in order to leave our community more beautiful and beneficial than we inherited it.
- *Imani* (Faith): To believe with all our hearts in our people, our parents, our teachers, our leaders, and the righteousness and victory of our struggle.

As a child, we celebrated Kwanzaa every year. And though I struggle to remember all of its principles by heart, the first two are words that I live by—unity and self-determination (*Umoja* and *Kujichagulia*).

This comes from my mother's unwavering desire to instill a sense of self in me. This comes from her success in teaching me the importance of education, community, and my heritage.

Though she now watches me from above, I know she is still here to nudge me when I need it most.

Some children lack that kind of support—that kind of warmth and love. And one thing I repeat regularly that my mother taught me is “that it takes a community to raise a child.” So let's get to raising. Let's put our collective ideas together and find ways to improve the support that our children are getting today.

I was lucky. I had a mother who cared. I had a family that knew the importance of making sure I got an education. And I even had some of the things that I wanted. I realize how blessed I am. I realize that though I have struggled as a single mother and as a single black woman, things could be worse.

Recently I took a vacation. I won't go into all the little details. But I want to share a moment of my trip with you.

I decided to take the trip of my life. I wanted to go to London and spend a day in Paris while I was there. Then came the moment to decide “What day do I leave?”

Every year I try to find some way to honor my mother's birthday, which is Jan. 9th. I usually think about her, watch old VCR tapes of her, or read something that I know she enjoyed.

This year, I decided to start my vacation on her birthday. And to truly honor her, I was going to take a detour to California to visit some cousins whom I hadn't seen in twenty years and my aunt and uncle whom I saw 5 years ago.

Family was important to my mother. It's that Unity that I mentioned earlier. I met the spouses and children of both of my cousins. And I stayed with each of them. And as I drove back 5 days later to LAX, I smiled. I felt warm and happy. And I knew my mother was smiling with me.

And the night before, I had rifled through a box of my things from when I went to college in CA. I found many old letters from my mother. I decided to have some things shipped back. It would be nice to have more things to read on upcoming January 9th's.

As I sat home the other day reading a letter of hers from December 1988, I realized how much I wished she were here. I'm grown. I know she is gone. But when I am happy, sad, and lonely, I always want a hug from my mom.

"I did not and do not want pity or sympathy. Empathy. Yes. Compassion. Yes. Unity. Yes. If I could have one wish at this very moment, it would be that God would reunite the minds of my children. (With Love For one another; this would be the best thing in the world for them...We have always had a small family, but there is no reason that it still can't be Very Strong and in Unison. You ARE FAMILY!!")

I share this to show how much she believed in what she preached. I wish I could stand here and tell you that my siblings and I are in Unison. But unfortunately, most of us are not. But what I will tell you is that I have people around me that I do consider my family. Those people and I support and love each other. I need to know that my life matters. I need to know that I have done my part for my community. So, as I strive for unity, I also remember to stop and love myself.

In loving myself, I must also love my neighbors and do my part to help us all grow.

I do this every day by teaching people what "Moving On" means to me.



When I say moving on, I'm usually referring to all aspects of life. But today I'll be focusing on moving on to help others and make our communities healthier and more productive. It's all about empowering ourselves and maintaining balance in our personal and professional lives.

With all that going on you would hardly think I have time for anything else in life besides myself. Yet, I am determined to live a purpose-driven life; I am determined to help make this world a better place—as corny as that may sound.

For the past five years, I have been home on worker's compensation, due to a work injury. This unexpected impasse in my life was confusing, hurtful, and painful. Not knowing where to turn, I did as I do—cried and cried. Then when I stopped, I reached out and found a therapist. She helped me talk out many of my issues. And, between talking to her, god, and myself, I came to the conclusion that it was time for me to re-evaluate my life. It was time for me to decide whether or not I could live with the direction that I was headed in. Not that I was doing anything elicited; it's just a matter of substance.

So, in 2012, I realized that it was time for me to grow. I needed to change how I explained my purpose in life to myself. And one day as I sat down to think, I browsed the bible. I kid you not when I tell you that I was drawn to Psalm 13. Since that day, I have read that passage on a regular basis. Though it does not explicitly refer to a situation such as mine, it speaks to me.

Psalm 13
Prayer of One in Sorrow
For the leader. A Psalm of David.
How long, O Lord? Will you utterly forget me?

*How long will you hide your face from me?
How long shall I harbor sorrow in my soul, grief in my heart day after day?
How long will my enemy triumph over me?*

*Look, answer me. O Lord, my God!
Give light to my eyes that I may not sleep in death, lest my enemy say, "I have overcome him";
Lest my foes rejoice at my downfall, though I trusted in your kindness.
Let my heart rejoice in your salvation; let me sing of the Lord, "He has been good to me."*

My study bible tells me that this speaks of a psalmist who is seriously ill, and expresses fear that enemies will interpret his or her death as a divine judgment. So the psalmist prays for a healing that will signal to the enemies that he or she enjoys god's favor. It ends with a statement of trust in god and a statement of praise.

Before I referenced my study bible, I drew my own understanding of this psalm. I still do this. Psalm 13 says to me that I have been struck by an illness (whether it is physical or emotional) and as I read, I remember that god does love me. He wants me to hold my head up. He wants me to do what makes me happy. This higher power has a plan for me; I just have to realize that and be proactive in order to make it happen.

All of this reading and thinking brought me to a decision that surprised me, mostly because it came to me right away. But it was also shocking to me that I wanted to get out and work with people. Though my decision may seem impulsive, I don't feel like it was. I feel as if I was lead to do what I'm supposed to be doing. It makes me nervous, and I can be shy at times. Yet, the truth is that I feel an overwhelming necessity to help people.

I've always enjoyed helping people when I could. But, as a scientist, I enjoyed my moments alone with my experiments. My decision was that I would find a way to make a difference and make a living at the same time.

Finding a job that you enjoy is possible in life. But, I admit, we do not all get that opportunity. What is important to remember is that no matter what life throws at us, we have to find our way; we have to shake off the bad and keep trying.

This world needs more beacons of hope and inspiration—people who are willing and able to spread the word that it is never too late to get your life on track.

In my life, I found ways to survive—to cope. At times, unfortunately, my coping mechanisms were unhealthy. Finding healthier methods are possible. All I had to do was to make an effort.

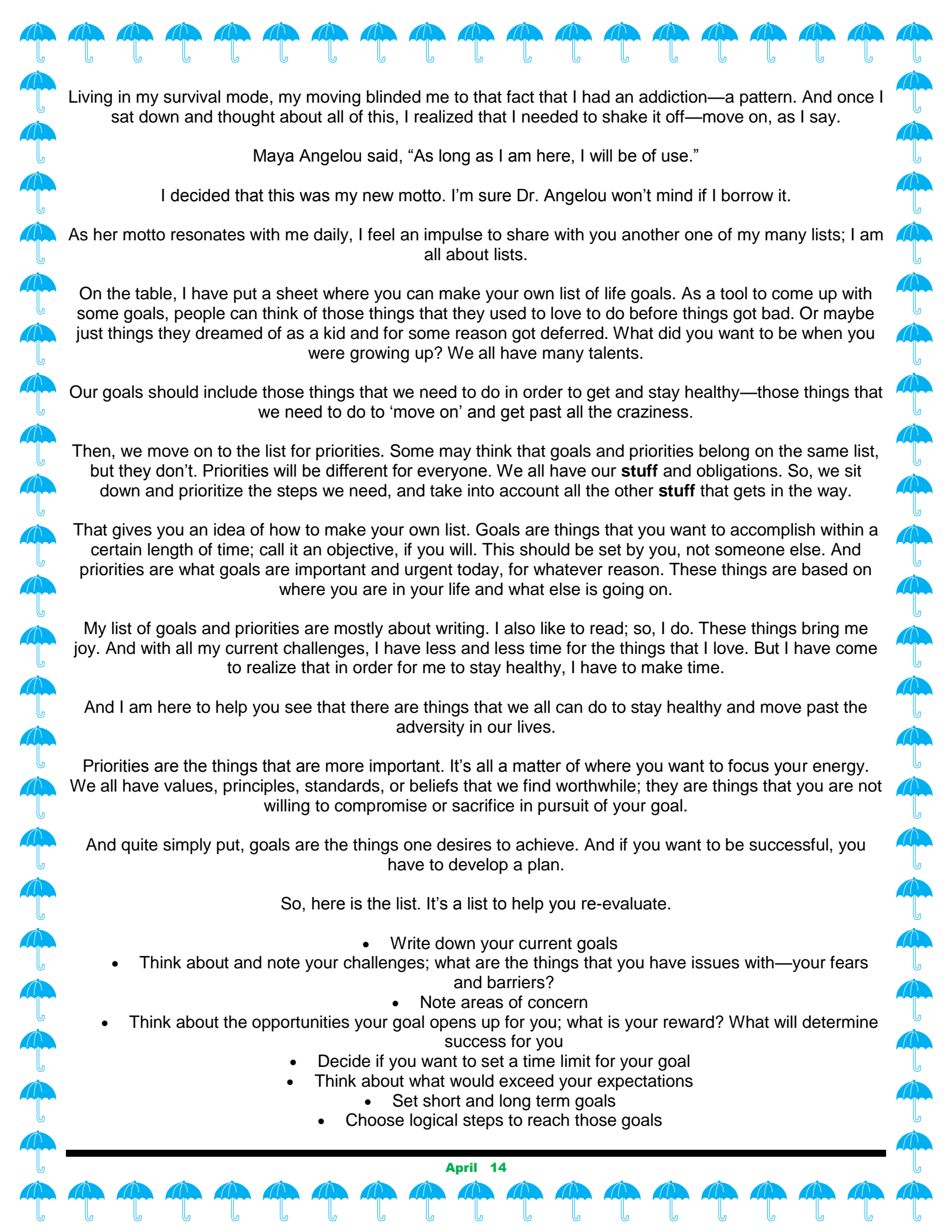
This brings me to my first list of the day. It's a list of the two things you need to do, in order to succeed in life.

- Set a goal.
- Then you get up every day and work towards that goal.

And at the end it is not important whether or not we complete our goals. What is most important is the journey and the people you meet along the way.

My journey started out with many bumps along the way. I had to deal with bouts of sexual, physical, and verbal abuse. My coping mechanisms included: stealing and stashing candy as a child, binge drinking, exotic dancing, dating the wrong kind of men, and moving as often as I changed my clothes.

Once I started to move, I began to like it. The moving made me feel safe. As soon as my friends and family got wind of where I moved to, I needed to move again. I would move in, bleach the place down, and put new locks and chimes on the windows and doors. And I slept with a golf club by the bed. I still have the golf club today, and I will let you wonder whether or not it is still by my bed.



Living in my survival mode, my moving blinded me to that fact that I had an addiction—a pattern. And once I sat down and thought about all of this, I realized that I needed to shake it off—move on, as I say.

Maya Angelou said, “As long as I am here, I will be of use.”

I decided that this was my new motto. I'm sure Dr. Angelou won't mind if I borrow it.

As her motto resonates with me daily, I feel an impulse to share with you another one of my many lists; I am all about lists.

On the table, I have put a sheet where you can make your own list of life goals. As a tool to come up with some goals, people can think of those things that they used to love to do before things got bad. Or maybe just things they dreamed of as a kid and for some reason got deferred. What did you want to be when you were growing up? We all have many talents.

Our goals should include those things that we need to do in order to get and stay healthy—those things that we need to do to 'move on' and get past all the craziness.

Then, we move on to the list for priorities. Some may think that goals and priorities belong on the same list, but they don't. Priorities will be different for everyone. We all have our **stuff** and obligations. So, we sit down and prioritize the steps we need, and take into account all the other **stuff** that gets in the way.

That gives you an idea of how to make your own list. Goals are things that you want to accomplish within a certain length of time; call it an objective, if you will. This should be set by you, not someone else. And priorities are what goals are important and urgent today, for whatever reason. These things are based on where you are in your life and what else is going on.

My list of goals and priorities are mostly about writing. I also like to read; so, I do. These things bring me joy. And with all my current challenges, I have less and less time for the things that I love. But I have come to realize that in order for me to stay healthy, I have to make time.

And I am here to help you see that there are things that we all can do to stay healthy and move past the adversity in our lives.

Priorities are the things that are more important. It's all a matter of where you want to focus your energy. We all have values, principles, standards, or beliefs that we find worthwhile; they are things that you are not willing to compromise or sacrifice in pursuit of your goal.

And quite simply put, goals are the things one desires to achieve. And if you want to be successful, you have to develop a plan.

So, here is the list. It's a list to help you re-evaluate.

- Write down your current goals
- Think about and note your challenges; what are the things that you have issues with—your fears and barriers?
 - Note areas of concern
- Think about the opportunities your goal opens up for you; what is your reward? What will determine success for you
 - Decide if you want to set a time limit for your goal
 - Think about what would exceed your expectations
 - Set short and long term goals
 - Choose logical steps to reach those goals

Keeping this list in mind, ask yourself if the activities that take up most of your time are really moving you towards your goals? If not, set priorities that supports your desired journey. Having a real plan increases your odds of success. The continuity it offers allows you to see subtle changes. This process also enables you to move on from small setbacks and concentrate on the big goal. Don't try to do everything. Take care of yourself by paying attention to your physical, emotional and financial health.

My entire goal lies in empowering myself, women and all other people to move on from all the abuse and hardships in life. This same strength is something I saw in my mother. Life can be tough.

And in my own experience in dealing with life's trials and tribulations, my body has suffered many days of numbness and shock. As we all do, I usually need a while to process what has happened to me. And as I go through the normal stages of grief and post-traumatic stress, I'm always waiting for it to end. Just recently, I realized that I'm stuck with it all. Does that mean I'm doomed in life? No. Does it mean I can't ever have any happiness? No. What it does mean is that I have to play a proactive part in creating my happiness. Sometimes in order to do this, I have to talk to myself.

That is exactly why I am here today. I want to share my new found happiness with you and the world. I want everyone to know that it is never too late to get your life on track. It is never too late to learn to 'move on.' I want to share the self-determination that my mother has driven in me—the determination to help our young people see that there is more in their future than the struggles that they currently see.



We all have our tricks. What works for me may not necessarily work for you. But if you keep at it, what works for you will become evident.

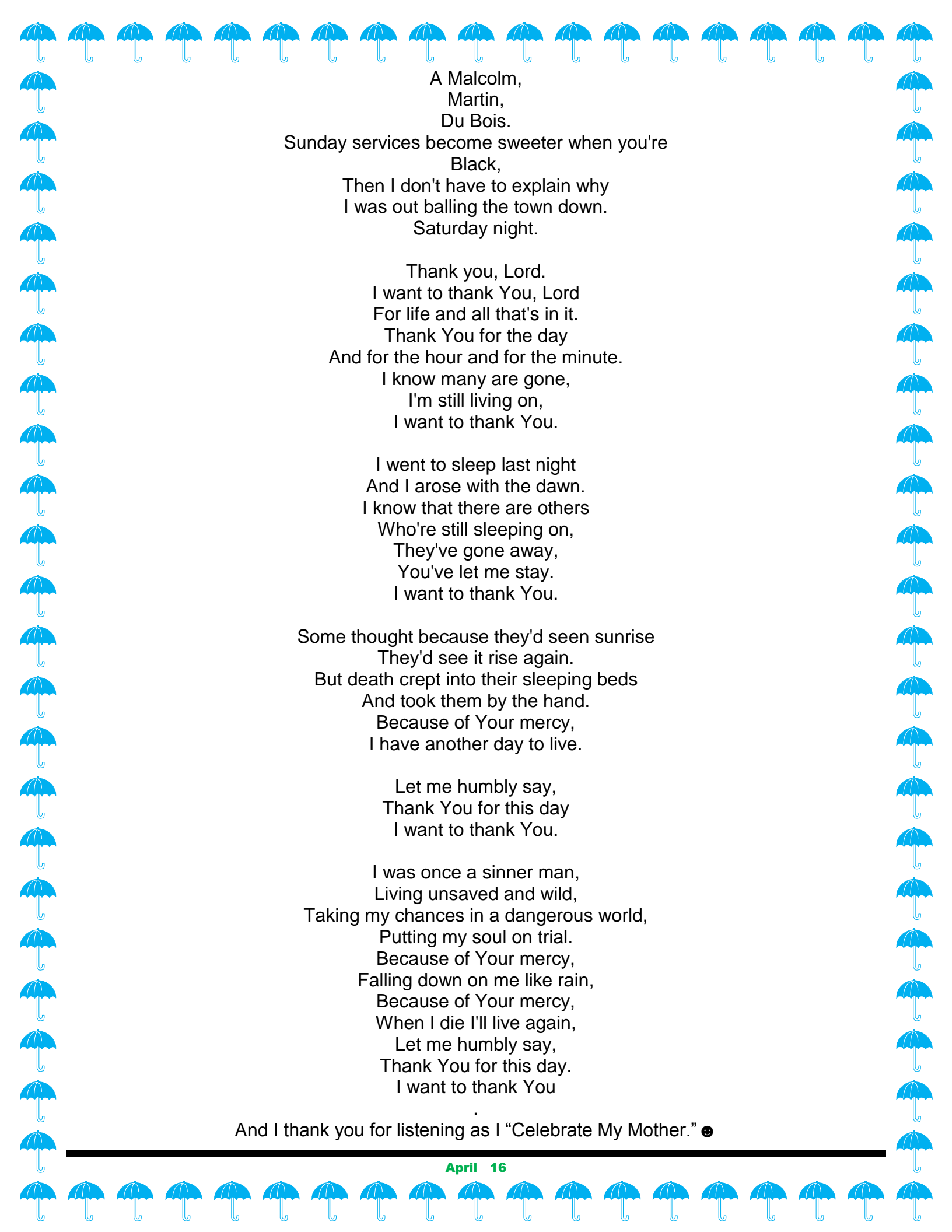
I welcome and appreciate all thoughts and ideas.

So let's move on and make the most of our time. And remember to help thy neighbor.

Now, because my mother and I have always loved Maya Angelo and her poetry, I will leave you with this:

THANK YOU, LORD - By Maya Angelou

I see You
Brown-skinned,
Neat Afro,
Full lips,
A little goatee.



A Malcolm,
Martin,
Du Bois.

Sunday services become sweeter when you're
Black,
Then I don't have to explain why
I was out balling the town down.
Saturday night.

Thank you, Lord.
I want to thank You, Lord
For life and all that's in it.
Thank You for the day
And for the hour and for the minute.
I know many are gone,
I'm still living on,
I want to thank You.

I went to sleep last night
And I arose with the dawn.
I know that there are others
Who're still sleeping on,
They've gone away,
You've let me stay.
I want to thank You.

Some thought because they'd seen sunrise
They'd see it rise again.
But death crept into their sleeping beds
And took them by the hand.
Because of Your mercy,
I have another day to live.

Let me humbly say,
Thank You for this day
I want to thank You.

I was once a sinner man,
Living unsaved and wild,
Taking my chances in a dangerous world,
Putting my soul on trial.
Because of Your mercy,
Falling down on me like rain,
Because of Your mercy,
When I die I'll live again,
Let me humbly say,
Thank You for this day.
I want to thank You

And I thank you for listening as I "Celebrate My Mother." ☺



How to Submit an Op-Ed Article or Letters or Other Works to the Editor

Movers and Shakers (MAS) accepts opinion articles, other works, and letters to the editor on any topic. The suggested length is 600 words, but submissions of any length will be considered. We ask that all submissions be sent exclusively to **MAS**. We will not consider articles/letters/work that has already been published in print or online. Submissions may be sent in any of these ways:

- By e-mail to: movingontoinspire@gmail.com
- By fax to: (203) 303-7225
- Or by mail to:

Movers and Shakers' Editor, PO Box 1204, Cheshire, CT 06410

Please note that e-mailed articles/letters/works should be pasted or typed into the body of the message; please do not send attachments.

We read all submissions promptly and will contact you within three business days if we are going to publish your piece. If you have not heard from us within three business days, please assume that we will not be publishing your article/letter/work. Given the volume of submissions we receive, we regret that we are unable to call or email in the event an article has been rejected. **MAS** are not able to return submissions.

We do not accept profanity. We do reserve the right to print what we chose. We do welcome everyone to share.

Thank you.

Happy Writing!



MARKET ANALYSIS

As inspirational leaders, MAOM is always looking for ways to better serve the public. Our goal is to reach and help people, and we would like your input. Please answer questions honestly, and with as much detail as possible. No personal information needed, such as name, address, etc. You may simply answer the questions on these pages, remove them, and mail them to MAOM, PO Box 1204, Cheshire, CT 06410. Or you can send it electronically, either by scanning these pages with your answers and emailing them, or by putting the answers directly in the body of the email. Please send emails to movingontoinspire@gmail.com and use the subject line **MAS Market Analysis**.

1. What content in a newsletter attracts you and would allow you to continue reading the publication? (Pictures, topics, layout, etc.)
2. Would you like it better if the newsletter had more interactive pieces? (Surveys, crossword puzzles, contests, etc.)
3. Where do you usually pick up publications like our newsletter?
4. How long have you been reading *Movers and Shakers*? Was there any issue in particular you liked?
5. Is there any area of our company you would like to hear more of in the newsletter? Something you would like to see more attention paid to?
6. Do you believe there is something inspirational among the newsletter columns?
7. Do you believe we need inspiration provided to us in life?
8. What are some of your goals?
9. We list a few of our services in the flyers attached to the newsletter. Which one do you think is the most interesting?
10. What publications do you read regularly?
11. What was the last book you read?
12. What is your favorite TV show
13. What did you study in college?
14. What is your profession?
15. What age range do you fall under? 18-25, 26-35, 36-45, or 45 and over?
16. Any other comments about the newsletter you'd like to share?



CALENDAR OF EVENTS

MAOM'S CENTRAL CONNECTICUT BUSINESS EXPO

THE SANDMAN GALLERY AND FRAME SHOPPE, MERIDEN, CT 06450
14 WEST MAIN STREET

FEBRUARY 22, 2014 11:00 AM- 2:30 PM

FREE ADMISSION AND LIGHT REFRESHMENTS

IF INTERESTED IN BEING AN EXHIBITOR, CALL MELISSA FLYNN AT 203-707-3918

BLACK HISTORY MONTH READING

NEW HAVEN FREE PUBLIC LIBRARY @ MITCHELL BRANCH LIBRARY

FEBRUARY 24, 2014 6:00 PM-8:30 PM

COME HEAR POETRY AND STORIES FROM LOCAL AUTHORS

MELISSA FLYNN, RIVER HEYWARD, GEORGE PROVIDENCE II, AND LOUIS RAY

LITERACY VOLUNTEERS SCRABBLE CHALLENGE

FOUR POINTS BY SHERATON MERIDEN

FEBRUARY 26, 2014 5:30 PM-8:00 PM

MAOM'S MOVERS, OUR COMPANY TEAM, WILL ATTEND TO PRESENT

THE PLEDGES WE COLLECTED AND PLAY SCRABBLE

TO SUPPORT THE WORK OF THE

LITERACY VOLUNTEER TUTORS OF MERIDEN AND WALLINGFORD

3RD SEMI-ANNUAL ARTIST'S SHOWCASE

THE SANDMAN GALLERY AND FRAME SHOPPE, MERIDEN, CT 06450
14 WEST MAIN STREET

AUGUST 9, 2014 10:30 AM- 2:45 PM

GUEST SPEAKER: TO BE ANNOUNCED

FREE ADMISSION! FREE PARKING! LIGHT REFRESHMENTS!

AND PLENTY OF BOOKS AND ART FOR SALE!!!

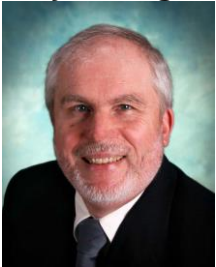
NEWSLETTER STAFF

Melissa Flynn, Publisher, is a scientist, writer, inspirational speaker, educator, blogger, coach, and consultant from Cheshire, CT. She has recently written a memoir, started a newsletter, and is addicted to Acorn TV.

Will Dunlop, Editor, has been at MAOM for over a year now, editing, proofreading, and now writing three pieces for the newsletter. In his spare time, Will writes poems and stories, which usually involve dark subject matter. Regardless of what he writes, he is a friendly person who likes to laugh.

George Providence II, Columnist, is the eldest of the six sons of George Sr. and Barbara, the father of two girls, Tiffany and Brittany, and the proud grandfather of Playback, The Greek, and The Chinaman, otherwise known as Brianna, Amara, and Kymani. He is currently working on a collection of shorts stories titled *The Definition(s) of a Black Man*.

Wayne English, Contributor



Wayne English has published three books. His first, *Web Content Rx*, was a Top 5 Business Title in The Washington Post's Leadership Books, is published by Career Press, marketed by SkillSoft 24x7, sold worldwide, and translated into other languages. His nonfiction is published online in such places as Website Magazine and SiteproNews as well as in print in various newspapers, magazines and newsletters.

In addition to his writing, Wayne has taught Software Quality Assurance, Radiation Protection, First Aid, and photography. He is an experienced speaker, having spoken at writer's conferences, businesses, networking groups, and on panel discussions. He owns Web Content Rx, LLC, a Web content and social networking company where he created written and video content for businesses and politicians. He blogs at blog.WebContentRx.bix.



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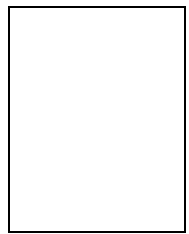
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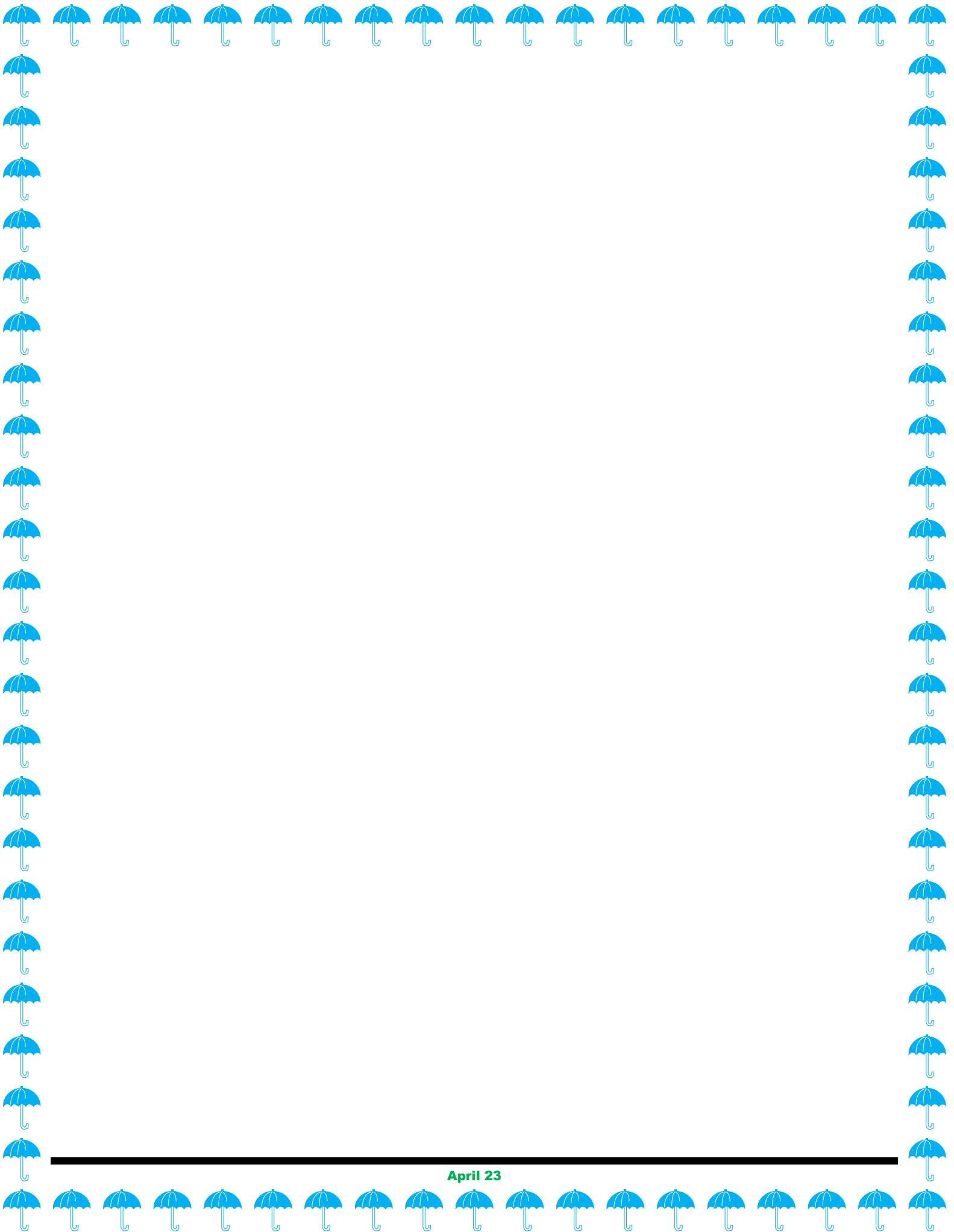
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ADDRESS CORRECTION REQUESTED

April 22





April 23