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**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Write News Proposals, Not Press Releases**

**By Rusty Cawley**

**Write News Proposals, Not Press Releases by Rusty Cawley**

There are only two times to write a news release.

The first is when your story is so big that your only real problem is finding a room large enough to hold all the reporters who want to attend your press conference.

The other is when your news is so small that it warrants only the briefest mention.

The first instance is rare and is generally reserved for large-cap public companies. Microsoft announces that Bill Gates is stepping down as CEO. Coca-Cola announces a settlement in a yearlong racial discrimination suit. Ford announces it is recalling thousands of Explorers to replace their Firestone tires. These are examples of when a press release is the right choice.

The second instance is fairly common and is found in organizations of all kinds: public, private, governmental and not-for-profit. Your organization names a new vice president.

Your company announces its second-quarter profits. Such news is condensed into a release and distributed to local newspapers and trade magazines, usually with solid results.

But all too often a CEO expects the mainstream media and the trade press to jump on a story that simply has no obvious news value.

A prominent restaurant chain opens its second location in a major city. The first location got great coverage; the second should get even more, right?

Wrong.

There's no obvious news value to a second location. Send that as a press release to the media, and your story will line garbage cans throughout your town.

## Write News Proposals, Not Press Releases

The PR Rainmaker knows: In most situations, it is better to think in terms of proposals, not releases.

Instead of releasing a general idea to the media at-large, tailor your story to specific reporters at specific publications.

Forget the headline: "Restaurant Opens Second Great Location."

Consider breaking your one large story into several smaller stories, then selling the pieces to the media one at a time.

Does your new restaurant offer a trendy new dish or an exotic cocktail? Call the local morning show producers and offer to show viewers how to make it at home.

Installing a high-tech kitchen with a flash-cook oven unlike any other in town? Call the restaurant-beat writer at the local business journal and offer an exclusive look at how the device will make your restaurant among the most profitable in town.

Is your celebrity investor dropping in to check out your site? Take high-quality photos and send them to the city's gossip columnist. Better yet, call the talk radio station and offer a live interview.

If nothing else, plan a stunt. Break a world record. Get outrageous.

But forget about mailing, faxing or e-mailing a press release.

Propose your stories one at a time. That's how the PR Rainmaker works.

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### **Press Releases vs. Advertising Or How To Get Free Publicity for Your Business**

**By Robert Wardrick**

Press Releases vs. Advertising Or How To Get Free Publicity for Your Business by Robert Wardrick

Free publicity about your business is more valuable than paid advertising.

How do you get free publicity? Use press releases.

"First Things First"

(a) Make your press releases news NOT advertising.

A sample news item could be your business sponsoring a community program, offering a free service or

introduce a unique product.

(b) Research the Media

Read several back issues of the publications you plan to send your releases, most are niche-oriented and only acceptable submissions of interest their readership.

(c) Keep Your News Story Current.

Writing about past or far future events can lower your chances of publication. If your news is time-sensitive include the words "For Immediate Release" in your press release.

(d) Use a proper news release format.

SAMPLE Format:

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Press Release

Contact: Your Name  
Tel: (000)000-0000  
Fax: (000)000-0000  
your-email@your-dot.com

Date:

For Immediate Release

NEWS RELEASE HEADING HERE (ALL CAPS)

Sub-Heading Here (Lower Case)

(Your City/State)---Put Your News Story Here – Write in Paragraphs of five-six double-spaced lines each.

---End---

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Some editors may run your release "as is" while other will edit it.

(e) email Press Releases vs. Fax or U.S. Postal Service.

## Write News Proposals, Not Press Releases

Many publications will accept email and fax press releases, but you should inquire first.

Keep a log of who you submit press releases. When you get publicity save the clipping and post them on your website, and in your ezines and include them in your next press kit.

(f) News editors receive thousands of press releases daily, persistent and patient can produce free publicity rewards.

Footnote: Using press releases is also an excellent way for ezine publishers to have fresh new content.

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