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NONFICTION CREDITS: MAGAZINES, NEWSPAPERS, NEWSLETTERS, ON-LINE

546 projects as of 08/04/2019

M-Magazine
O-Online
B-Book
BR-Brochure/booklet
NP-Newspaper
NL-Newsletter
V –Video

M-Onfitness “Daniel Mosier, Armwrestling Champ” November 2019
O-CURE “My Survival Garden: Overcoming Ovarian Cancer” 7/31/19
M-Onfitness “Will Moorad, Crossfit Athlete” July 2019
M-snowshoemag.com “The Majesty of Jackson Hole, Wyoming” 3/13/19
M-Onfitness “The Jill Brown Story” Mar/Ap 2019
M-Onfitness “Cody Nance, Making of a Champion” Jan/Feb 2019
M-snowshoemag.com “Snowshoeing NV
M-snowshoemag.com “Building and Maintaining Snowshoe Endurance”

M-snowshoemag.com “Snowshoeing MN Scenic Bluff Country” Dec 6, 2018
M-snowshoemag.com “Basic Safety on the Trail” Nov 28, 2018
M-Onfitness “Making of a Champion” (Hunter McIntyre) Nov/Dec
O-AAA Home & Away – “Enjoying Lobster in Historic Dartmouth” July 2018
M-Onfitness “Brain Food” Sept/Oct
M-Onfitness “Jason Karp is Born to Run” July/Aug 2018
M-Onfitness “Making of a Champion” (Charles Rucker, cover feature) Mar/Apr
M-Onfitness “What is a Champion?” (Janet Barry, cover feature) Jan/Feb
M-Onfitness “2018 Fitness Trends” (short feature) Jan/Feb
M-Onfitness “BioEx Systems” (advertorial) Jan/Feb
M-Onfitness “Corepump” (advertorial) Jan/Feb
M-Onfitness “Versa Gripps USA” (advertorial)

M-Onfitness “Klass Nutrition” (advertorial) Sept/Oct
M-Onfitness “ProteinPlusFlour” (advertorial) Sept/Oct
M-Onfitness “IntelaMetrix” (advertorial) Sept/Oct
M-Onfitness “Ola Loa” (advertorial) Sept/Oct
M-Onfitness “Senior Fitness is Medicine” (cover feature) Sept/Oct

O-AAA-Home & Away website – “Hunting for Sea Glass” June 2017

M-Onfitness “Patricia Bragg” (profile) Jan/Feb 2017

M-Onfitness “Top Fitness Trends” Mar/Apr 2017

M-Onfitness “SwatFuel” (advertorial) Mar/Apr 2017

M-Onfitness “Intelli Roll” (advertorial) Mar/Apr 2017

M-Onfitness “Concussions” (Cover feature) May/June 2017

M-Onfitness “Carlson Labs” (advertorial) May/June 2017

M-Onfitness “Barlean’s” (advertorial) May/June 2017

M-Onfitness “Mushroom Wisdom” (advertorial) May/June 2017

M-Onfitness “Ecto, Meso, Endomorphs”

M-Onfitness “Keto/OS” (advertorial)

M-Onfitness “Safety of the Squat” Sept/Oct 2016

M-Onfitness “Training the Year Round Athlete” Sept/Oct 2016

M-Onfitness “Eccentric Resistance Exercise and Your Client” Sept/Oct. 2016

M-Onfitness “Secrets of Getting Old” Sept/Oct

M-Onfitness “Magnesium and Athletic Performance” July/Aug 2016

M-Onfitness “PainAway Sports Cream” (Topricin) July/Aug 2016

M-Onfitness “Weck Method” July/Aug 2016

M-Onfitness “Diet Myths” July/Aug 2016

M-Onfitness “Ultramarathon Recovery

M/O-IDEAFIT “Active Aging” fall 2016

M-Onfitness “Weekend Binge Eating” May/June 2016

M-Onfitness “Exertional Heat Illness” May/June 2016

M-Snowshoemag.com “Snowshoe Coastal NH and ME” Feb 2016

M-Onfitness “Dietary Guidelines 2016”

M-Onfitness “Top 10 Food Trends for 2016

M-Onfitness “Overtraining with Resistance” 2016

M-Onfitness High “Velocity Training” 2016

M-Onfitness “Boomer Strength and Power”

M-Onfitness “Fiber Facts” Mar/Apr 2016

M-Onfitness “Top 10 Fitness Trends Mar/Apr 2016”

M-Snowshoemag.com “Deep Woods NH”

M/O-IDEAFIT “Keeping Seniors Motivated” Jan 2016

O-Solo Travel (Canada) “The Gentle Island”

M-Turkey Country “Keith Carlson”

M-Snowshoemag.com “Stay in Shape for Snowshoeing: Bike Acadia National Park”

M-Riversports.com “Kayaking Orr’s and Bailey Islands”

M-Onfitness “Stay with Exercise”

M-Onfitness “Running Smart” Mar/Ap 2015

O-Riversports “Richard Carney, Diver” spring

M-American Fitness “How to Avoid Allergy and Asthma Triggers,” summer

O-Snowshoemag.com “Acadia, Snowshoe Magic” Jan 2015

M-Turkey Country “Beat the Heat” May/June 2015

O-Ovarian Cancer Alliance “My Story” February 2015

O-Snowshoemag.com “Snowshoeing Bend High Country” 2015

M-Snowshoemag.com “Snowshoeing NH Western White Mountains”

M-Snowshoemag.com “Snowshoeing NH Eastern White Mountains”
 M-Snowshoemag.com “Snowshoeing Southern NH”
 M-Snowshoemag.com “Wolf Neck Woods, Freeport, Maine”
 M-Onfitness “Running Smart” July/Aug 2014
 M-Onfitness “Did You Inherit Bad Feet?” July/Aug 2014
 M-Onfitness “Myhttakes” Sept/Oct 2014
 O-Riversports “Kayaking Netarts Bay 2014
 M-American Fitness “Seven Surprising Health Myths” 2014
 M-Onfitness “Myhttakes” May/June 2014
 M-Onfitness Science Reports Jan/Feb 2014
 NL-Dollar Stretcher “Saving \$ on Long Distance Move” May 2014
 M-Onfitness “Myhttakes” Mar/Apr 2014
 M-Onfitness “Myhttakes” Jan/Feb 2014
 O-Snowshoemag.com “More Mt. Hood Area Trails” 2014
 O-Snowshoemag.com “Snowshoeing in Bend, Oregon” 2014
 O-Snowshoemag.com “Hike Monhegan Island” 2014
 O-Snowshoemag.com “Hiking Acadia National Park” 2014
 O-Riversports “Build and Maintain Endurance for Your Sport” 2014

O-Snowshoemag.com “Govt. Camp Area Trails” Nov 26 2013
 M-Onfitness “Myhttakes” Nov/Dec
 M-Onfitness Science Reports Sept/Oct
 M-Onfitness “Myhttakes” Sept/Oct
 O-Riversports.com “Magic in a Kayak” 2013
 O-Riversports.com “Doing the Dog Paddle” (reprint) 1/22/2013
 M-Onfitness 12 Myhttakes July/Aug
 M-Onfitness Science Reports July/Aug
 O-Competitor.com “Prevention Now: Avoid Injury Later” 2/2013
 M-Onfitness 8 Science Reports May/June 2013
 M-Onfitness 12 Myhttakes May/June 2013
 O-Snowshoemag.com “Play Safe in the Woods” 1/28
 M-Onfitness 12 Myhttakes Mar/Apr
 M-Onfitness 8 Science reports Mar/Apr
 M-Onfitness 8 Science reports Jan/Feb 2013
 M-Onfitness 8 Myhttakes Jan/Feb 2013

O-Competitor.com “5 Essential Tips for Cold-Weather Running” 11/28/2012
 O-Snowshoemag.com “Snowshoing Bethel Maine” 11/25/2012
 O-Snowshoemag.com “Doing the Dog Paddle” (reprint) 2012
 M-Onfitness 8 Science Reports 2012
 M-Onfitness “8 Weights & Measures” Nov/Dec 2012
 M-Onfitness “8 Myhttakes” Nov/Dec 2012
 O-Snowshoemag.com “More Snowshoeing Trails in Maine, North and West” 2012
 O-Snowshoemag.com “More Snowshoeing Trails in Maine, Acadia Region” 2012
 O-Snowshoemag.com “More Snowshoeing Trails in Maine, Central” 2012
 O-Snowshoemag.com “Five Snowshoeing Trails in Maine, Mid Coast” 2012
 O-Snowshoemag.com “L.L. Bean” 2012
 M-Onfitness “8 Myhttakes” Sept/Oct.
 M-Onfitness “8 Weights & Measures” Sept/Oct 2012

M-Green Prints "Building a Survival Garden" 2012
 M-American Fitness "Increase Endurance Naturally" 7/2012
 M-Onfitness "8 Myhttakes" July/Aug
 M-Onfitness "8 Weights & Measures" July/Aug
 M-Women in Outdoors (Turkey Country) "The Right Boots" 9/2012
 M-Onfitness "8 Myhttakes" May/June 2012
 M-Onfitness "Hot Weather Exercise" May/June2012
 M-Onfitness "Brain Food" 2012
 NL-Dollar Stretcher "Tips for Garage Sale Success"
 M-Onfitness "8 Myhttakes" Mar/April
 M-Onfitness "8 Myhttakes" Jan/Feb
 M-AAA Northern New England Journey "Reid State Park" 1/2012

M-Onfitness "8 Weights & Measures" 2011
 M-Onfitness "8 Myhttakes" Nov/Dec 2011
 M-Onfitness "8 Myhttakes" Sept/Oct 2011
 B-Jump Lines MMW Anthology "Growing Corn with BB Gun" essay, May
 M-Onfitness "8 Myhttakes" July/August 2011
 M-Writers' Journal 2011
 M-Onfitness "5 Trainers Tips" May/June 2011
 M-Onfitness "8 Myhttakes" May/June 2011
 M-Onfitness "8 Myhttakes" Mar/April 2011
 M-Mature Living "Surviving Allergies Gardening"
 M-Onfitness 8 Myhttakes Jan/Feb 2011
 M-Maine Boats, Homes & Harbors "Richard Carney" 2011
 M-Mature Living "Container Gardening Mistakes" 2011

O-GRAND "CA-125 Screening" 9/2010
 M-AMC Outdoors "Beat the Heat" 7/2010
 M-Mature Living "Bulb Planting Boobos" 11/2010
 M-American Fitness "Busting Popular Myths" 2010
 O-Advanceweb.com;Advance for Nurses "Speaking to Groups" 5/2010
 M-OCEAN "Likuri Island: A Chief's Retreat"
 M-Mature Living "Container Gardening Mistakes"
 O-theheartofnewengland.com "Visit Maine's Beacons" (reprint)
 O-theheartofnewengland.com "Bliss of Biking Acadia" (reprint)
 O-theheartofnewengland.com "R Carney, Treasure Diver (reprint)
 M-Arthritis Today
 NP-Downeast Dog News "The Ingestion Question" (reprint) January
 M-Onfitness "Increasing Endurance Naturally" 2010
 M-Women in the Outdoors "Layering for Cold Weather 11/2010
 M-Onfitness "8 Myhttakes" 1/2010
 M-Home & Away (AAA) "Monhegan Island: Hikers Paradise 4/2010
 M-Toastmasters Midcoast Hospital "Presenting With Care (RNs)"
 M-Women in the Outdoors "Hiking Acadia National Park"
 M-Onfitness "Agony of 'da Feet" (reprint American Fitness)
 M-Onfitness "Coming Back" Terry Roach (reprint Masters Cycling)
 M-Onfitness "Top 10 Foods" (reprint American Fitness)
 M-Onfitness "Kayaking 101" (reprint Today's Officer)

M-Antiques & Collecting "Richard Carney: Treasure Diver" 11/09
 M-Onfitness "Cold Weather Ex: Plan for Success" 11/2010
 M-Onfitness "8 Myhtakes" 11/2010
 M-GRAND "Cancer Answers for Kids" 2010
 M-Onfitness "8 Myhtakes" 9/2010
 M-GRAND "Waiting for my Grandson" poem 8/2009
 M-Just Labs "What's in the Dog" 2009
 M-Onfitness 10 "Weights & Measures" 2009
 M-Onfitness 8 "Business Tips" 2009
 M-Onfitness "Beat the Heat" (article) summer 2009
 M-Islands "Lapita Pottery of the Fiji Islands" 9/2009
 M-Long Island Woman "Athletic Shoes" 2009
 M-WAHM (Work at Home Mag) "House Plants 101" (reprint) 11/09
 M-Arthritis Today "MassageEnvy" for Balance Dept. 3/09
 M-American Fitness "Osteoporosis" (rewrite JEP) 2009
 O-Backroads Traveler "January in Maine" + photos 1/2009

M- WAHM (Work at Home Mag) "Exercise on the Job" (Reprint)
 M-AMC Outdoors "Breathing Along the Trail" 10/2008
 N-Times Record "MYT Costumes for the Stars" 7/17/2008
 M-American Fitness "Maximal Lactate in Rowers" (rewrite JEP)
 N-Downeast Dog News "Fido's DNA" 2008
 M-Long Island Woman "Keeping Food Safe" 2008
 O-theheartofnewengland.com "Keeping Extremities Warm" 3/3/08 (reprint)
 M-Mature Living "Fun with Cacti" 10/08
 M-History "Armor for Horses" 4/08
 M-GRAND "Collections and Recollections" 5/08
 M-Masters Athlete "Comeback Athlete of the Year" 02/08
 NP-Downeast Dog News "Doing the Dog Paddle (reprint) 8/08
 O-Masters Cycling "Coming Back Again and Again" spring/08
 M-Elks "Manassas: Battlefield Auto Tour" 2008
 M-American Fitness "5K Age & Weight Run Handicap" 01/2008
 M-Mature Living "Bug-Proof Houseplants" 2/08
 NL-Dollar Stretcher "Exercise on the Job" 1/08
 NL-Dollar Stretcher "Eat Healthy, Eat Cheap" 3/08

NP-Times Record "Town Attorney Gets Scrooged" 12/07
 M-HerSports "Cold Weather Exercise" 11/07
 B-Fodor's Maine Coast Midcoast update for 2008, Second Edition
 B-Fodor's New England Midcoast Best chapter for 2008
 O-Bushducks Global Adventures "Beach Neils Harbor" 7/24(reprint) with photos
 O-theheartofnewengland.com "Ten Great Picnics" (reprint)5/4/07
 O-theheartofnewengland.com "Biking Bliss at Acadia"
 M-Arthritis Today "Avoiding Falls and Fractures"
 M-American Fitness "Top 10 Foods" 9/07
 M-Arthritis Today "Psychosocial Factors and Knee Pain"
 M-Arthritis Today "Complicated Grief"
 M-Arthritis Today "Fun with Grandkids" 7/07

M-Arthritis Today "Self Talk"
 O-theheartofnewengland.com "Cold Weather Exercise 1/29/07
 O-liwomanonline.com "Houseplants 101" 2/07
 M-Port City Life "Visit Maine's Beacons of the Sea" 9/07
 NL-Dollar Stretcher "Sleep Cheap" 9/07

V-Volunteers of America with Steve Phillips Video Productions, 7-minute video
 B-A Cab to Stonehenge (collection of my poetry)
 O-theheartofnewengland.com "Wolf Neck Woods" 2/12(reprint)
 M-Wolf Moon Journal "Beach at Neils Harbor" 5/06
 M-Wolf Moon Journal Acadia, No Problem"
 M-Port City Life "Biking Bliss at Acadia" 5/06
 M-Just Labs "Doing the Dog Paddle" 7/06
 M-Arthritis Today "Arthritis and Sex"
 M-Arthritis Today "Phthalates and Lupus"
 M&O-Long Island Woman "Winter's Discontent" (reprint) 12/06
 M-Arthritis Today "Take a Break"
 M-Fort Myers Magazine "Debunking Nutrition Myths" (reprint)
 M-Birds & Blooms "Container Cactus Garden" 11/06
 O-Fairfield Review "My Place"(reprint) Fall 06
 M-Health & Home "Prevention Now.." (reprint)
 M- Artilleryman "Fort Knox" 8/06
 O-theheartofnewengland.com "What Do Rainy Day" 8/28/06(reprint)
 M-Wolf Moon Press "Time to Go" 5/06
 O-theheartofnewengland.com "A River's Run" 2006
 O-theheartofnewengland.com "My Place" (reprint) 8/22/06
 O-theheartofnewengland.com "Acadia Hikes" (reprint) 2006
 O-theheartofnewengland.com "Diving and Digging" (reprint) 2006
 O-Wolf Moon Online "Neils Harbor" essay 3/06
 M-Wolf Moon Press "No Problem" essay 03/06
 O-Heart of New England "Wolf Neck Woods" (reprint) 2/12/06
 NL-Dollar Stretcher "Exercise on the Job" 2006
 O-Stellarmag.com "Acadia Hikes"(reprint) new photos 2006
 M-Port City Life "Biking Acadia Carriage Paths" 2006
 M-Just Labs "Kayaking With Your Lab" 7/06
 M-Arthritis Today "Arthritis and Sex" 2006
 M-Arthritis Today "Phthalates and Lupus" 6/06

O-What We Now Know, Casey Research "Cancer" 12/20/05 week
 O-What We Now Know, Casey Research "Alzheimer's" 10/31/05
 O-Heart of New England Online "Beach Glass" (reprint) 8/22/05
 NL-O-Dollar Stretcher "Cut Grocery Bill (2nd reprint) 8/05
 M-Arthritis Today "Why Family is Not Enough" 6/2006
 V-Volunteers of America (video voice-over) 7/2005
 M-Arthritis Today "Take a Vacation" 2005
 M-Arthritis Today "Light Therapy" 2005
 M-Arthritis Today "Patience" 10/05
 M-Arthritis Today "Talk Therapy" 2005
 M-Port City Life – "Richard Carney, Digger, Diver" 2005

M-American Fitness – “Agony of Da’ Feet” 7/2005
 B-Fodor’s Maine Coast 2005 - Mid Coast chapter, First Edition

 M-Ft. Myers Magazine “Beat the Heat When Exercising” 7/04
 O-Wolf Moon Press “Popham Beach” (essay, 2nd publication) 2004
 NL-Habitat for Humanity BBA Off to College 07/04
 NL-HFH/BBA “Youth Build Groundbreaking” 07/04
 NL-HFH/BBA “Walk Success” 07/04
 M-Arthritis Today “Got 10 minutes? 10 Ways to Fit Fitness” 11/04
 NL-Habitat for Humanity BBA “Volunteers are Recognized” spring/04
 NL-HFH/BBA “Walk for Habitat” spring/04
 M-Arthritis Today “Your Brain: Use It Or Lose It!” 9/04
 O-Beachesbeaches.com “Popham Beach: Where Rivers Meet Sea” 07/04
 NL-HFH/BBA “First Subdivision for Habitat” winter/04
 NL-HFH/BBA “Pianist Frederick Moyer” winter/04
 M-Arthritis Today “Active Travel” 2004
 M-Arthritis Today “Self-Talk” 2004
 O-Today’s Officer Online “Brew It!” 8/04
 BR-Reaching a Carefree Retirement - State Farm Insurance Co.
 “Fit For the Future” 2004
 NL-O-Dollar Stretcher “Cut That Grocery Bill” 2004
 NL-HealthInk “Avoid Spring Cleaning Injuries” 2004

 M-Wolf Moon Press “God Was Born..”(7/03, print, online)
 M-Wolf Moon Press “Tea at St.Ives”(6/15 online, Aug. print)
 M-Arthritis Today “A + for Apples” 10/03
 M-Arthritis Today “Staying with Exercise” 11/03
 NL-HFH/BBA “Downeast Bldg. Supports Habitat fall/03
 M-Arthritis Today “Kayaking: Yes” 9/03
 O-Today’s Officer Online “Travel Healthy” 7/2003
 NP-Times Record “Tim Sample to Headline...” (Habitat) 2/25/03
 NP-Times Record “Thank You Because...” (Habitat) 1/7/2003
 O-Today’s Officer Online “Kayaking 101” 3/2003
 M-Vibrant Life “Your BMR...” (reprint) 3/2003
 NL-HFH/BBA “Two True Community Partners” spring/03
 NL-HFH/BBA “Being Appreciated” spring/03
 NL-HFH/BBA “Dedication Leads to a Dedication” winter/03
 NL-HFH/BBA “Spindleworks Artists Collaborate” winter/03

 NP-Times Record “Spindleworks Artists” (Habitat) 12/18/02
 NP-Times Record “Dining Adventures with Habitat” 10/2002
 M-Health & Home “Prevention Now...”reprint, Philippines) 2002
 NP-Times Record “United Voice Community Land Trust...” 7/2002
 NP-Coastal Journal (same as above) 6/2002
 NP-Times Record “Dinner to Boost Habitat...” 5/2002
 NP-Coastal Journal (same as above) 5/2002
 M-Cooking Pleasures “Chilean Sea Bass Debate” 8/2002
 NL-Health & You "Hazards of OxyContin" (Health Ink Comm.) 2002
 NL-Starting Out Healthy same as above

M-TROA "Playing It Safe" (avoiding sports injuries) 5/2002
 M-Cooking Pleasures "Mercury Bust" 1/2002
 BR-Maine Invites You "A Taste of Maine" 2002

O-Drkoop.com – "Foot Fitness" 10/2001
 O-Drkoop.com – "Your BMR..." 7/2001
 M-Vibrant life – Prevention Now: Avoid Injuries..” 11/2001
 M-Health News "Wellness Prof." (reprint, Philippines)1/2001
 M-Health & Home "Water Work" (reprint, Philippines) 2001
 M-Let's Live "Spirituality/distance Healing" 2001
 M-Arthritis Today "E-books" 2001
 M-American Fitness "Prevention: Avoid Injuries.." 3/2001
 M-Retired Officer TROA "Alternative Therapies" 2001
 M-Home Cooking "Food Safety Tips" 11/2001

M-Health News (Philippines, reprint) "Water Ex." 11/2000
 M-Happiness (Tennessee, reprint) "Water Ex." 9/2/2000
 NP-Sunday Gleaner (Jamaica)"Your Wellness Prof."(rep)6/4/2000
 NP-Sunday Gleaner "Beat the Heat.."(rep)5/21/2000
 NL-Network (Geiger Co.) "Complete Sales Package" 9/2000
 M-Cooking Pleasures "Proper Cooling of Food" 12/2000
 NL-The Maine Island Trail "The Eagle Has Landed" 11/2000
 NP-Active Times "Water Sports" 2000
 M-American Fitness "Exercise/Hot Weather" (reprint) 7/2000
 O-FitnessLink.com "Crunch: Boot Camp Tr."(review) 3/2000
 NP-Active Times "Heal With Humor" 8/2000
 M-Practical Living Magazine "Good Night's Sleep" (reprint)3/2000
 O-FitnessLink.com "The Firm: Basics"(review) 3/2000
 M-Vibrant Life "Water Exercise" (reprint) 7/2000
 O-FitnessLink.com "Kathy Smith Peak Fat Burn"(review) 3/2000
 M-Let's Live "Medihoney" 6/2000
 NL-DogGone "Kayaking With Bowser" July/Aug 2000
 NL-DogGone "Hanging on the Rock River" May/June 2000
 M-Let's Live "Antibacterial Overkill" 1/2000
 NP-Active Times "Nutrition Myths" 1/2000
 NP-Maine Bus. Monthly "MMW: An Uncommon Group" 1/2000

NP-The Times Record "Gifts/Make Difference" 12/17/99
 NP-The Times Record "Water Exercise" 11/19/99
 NL-New Directions "Good/Bad cholesterol" fall, 1999
 BR-Making Most of Your Retirement Guide – State Farm Ins. (USA)
 "How Does Your Wellness Profile Stack Up?"
 NP-Active Times "Water Exercise" 10/99
 NP-Active Times "Sleep" 9/99
 M-Weight Watchers "Cardio Machines Can't Count" 10/99
 NL-New Directions "Antibacterial Risks" summer 1999
 NL-New Directions "The Power of Light" summer 1999
 M-AMC Outdoors "Fall Hikes in Acadia Nat. Park" 10/99
 NL-Maine Island Trail "Beach Glass.." summer 1999

M-Vibrant Life "Ex. In Heat" (reprint) 7/99
 M-Vibrant Life "50 Tips to Stamina" (reprint) 11/99
 M-Gen. American Solutions "Healthy Gour. Cook." Spring 1999
 NL-New Directions "Losing Wt. Naturally" spring 1999
 NL-New Directions "Artificial Sweeteners" spring 1999
 NP-The Times Record "Basement Cleaning 101" 4/6/99
 M-Your Health "Video Respite" (sidebar) 1999
 NL-New Directions "Karma" winter 1999
 M-Mature Outlook "Relief for Caregivers" (Alzheimer's) 1999
 M-Mature Outlook "Medication too Hot to Handle?" 1999
 M-Mature Outlook "The Tartar Control Dilemma" 8/99
 M-Mature Outlook "Milk in Cardboard Containers, Please!" 1999
 M-Your Health "SAD" 1/99
 BR-Making Most of Your Retirement Guide – State Farm Ins. (Canada)
 "How does Your Wellness Profile Stack Up?" 1999

M-Cooking Pleasures "Adventures with Food and Wine" 12/98
 NP-Times Record "Keeping Warm" 12/3/98
 NP-Times Record "How Get Started Snow Mobiling" 12/3/98
 NP-Times Record "Houseplants 101" 11/24/98
 M-Veggie Life "Lose Wt. With Diet Supplements?" 11/98
 NL-New Directions "Spirituality in Medicine" fall 1998
 M-Pillsbury's Fast and Healthy "Farewell Holiday Calories" 11/98
 NL-New Directions "Hyperbaric Oxygen Therapy" summer 1998
 M-Country Journal "Give Life" 11/98
 M-Your Health "Exercise in Hot Weather" (quiz) 7/98
 M-American Fitness "Acupuncture" 1998
 NP-Active Times "Personal Wellness Guide" Spring 1998
 M-Country Heart "Giving Pots Personal Touch" 1998
 M-Veggie Life "Acupuncture" 8/98
 NL-Doggone "Dog Days at Fort Knox" 9/98
 M-Pillsbury's Fast and Healthy "What Equals a Serving?" 9/98
 M-Mature Outlook "Acupuncture" 8/98
 M-Maine: experience "Great Fall Hikes at Acadia" 8/98
 M-Pillsbury's Fast and Healthy "Gardening for Exercise" 7/98
 M-Pillsbury's Fast and Healthy "Dance Up a Storm" 5/98
 M-Fast and Healthy "Try These for Stamina" 3/98
 M-Maine: experience "Sea Kayaking/H2Outfitters" 5/98
 M-Birds & Blooms "World is a Cactus Garden (reprint) 1998
 NL-Doggone "A Bark on the Beach" Mar/Ap/98
 M-Your Health and Fitness "Do-It-Yourself Fit." spring/98
 M-Country Heart "World in a Cactus Garden" 4/98
 NP-Times Record "SAD" (Seasonal Affective Disorder) 2/24/98
 NL-Doggone "A Lady in Lowell Park" 1/98
 M-Fast and Healthy "Health Habits" 1/98
 NP-Times Record "The Arbor"(Alzheimer's) 4/14/98
 NP-Times Record (Winter sup)"Cold Weather Exercise" 1/98
 NP-Times Record (winter sup)"Cross C. Ski Expeditions" 1/98

M-Maine: experience "Mt. Abrams Ski Area (review) 11/97
 M-Maine: experience "Cross Country Ski Wolf Neck 11/97
 NP-Times Record "Eating Light/Eating Out" 11/25/97
 M-Country Journal "Indoor Air Quality" 10/97
 O-Story Store online sale (reprint) "Flat Truth" 7/97
 M-Fast and Healthy "Sponge-Off" 7/97
 M-Fast and Healthy "Sleep Walking" 7/97
 NP-Times Record "10 Nutrition Rules To Live By" 7/8/97
 NP-Times Record "Fresh Air" 6/3/97
 M-Fast and Healthy "Summer Activities" 5/97
 NP-Times Record "Exercise on the Job" 3/97
 NP-Times Record "Indoor Exercise Ideas" 3/97
 NP-Times Record "Exercise and Motivation" 3/97
 M-Fast and Healthy "Quotables" 3/97
 M-Fast and Healthy "How Much Exercise?" 3/97
 NP-Active Times "25 Tips to Stamina" 2/97
 NP-Times Record "Cut That Grocery Bill" 1/97
 M-Fast and Healthy "21 Tips To Shape Up" 1/97
 M-Fast and Healthy "Music To Exerciser's Ears" 1/97

NP-Times Record "Increase Stamina" 12/17/96
 NP-Times Record "How To Choose Child Care" 12/10/96
 NP-Times Record "How To Build A Cactus Garden" 12/24/96
 M-Authorship (NWA) "...Poetry Anthologies" 11/96
 M-Fast and Healthy "Aging and Strength Training" 11/96
 NP-Times Record "Keeping Food Safe" 10/1/96
 NP-Times Record "Unclutter Your House" 9/9/96
 NP-Times Record "Take A Break!" 8/1/96
 M-Family Health "Dust Allergies" (reprint) 7/96
 NP-Times Record "10 Free Family Activities" 6/96
 NP-Times Record "Great Rainy Day Family Activities" 6/96
 M-Fast and Healthy "Got 10 Minutes? Get Active!" 3/96
 M-Baby's World "How To Choose a Caregiver" Spring 1996
 M-Baby's World "10 Great Exercise Videos" Spring 1996
 M-Baby's World "Post-Pregnancy Shapeup" Summer 1996
 M-Baby's World "Post-Partum Gut Suckers" Summer 1996
 M-Outdoor Action "50 Tips To Increase Stamina" Spring 1996
 NP-Active Times "10 Great Calorie Burners" 4/96
 NP-Active Times "Best In Exercise Videos" 8/96
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