

## Sherry B. Hanson Nonfiction Credits

Sherry B. Hanson  
81 Jordan Avenue, #1  
Brunswick, ME 04011  
207.721.0955  
e-mail: [hanson-sherryb@comcast.net](mailto:hanson-sherryb@comcast.net)  
[www.sherryhanson.com](http://www.sherryhanson.com)

### NONFICTION CREDITS

(390 projects as of 10/01/09)

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

#### 2010

M-*Onfitness* “8 Myhttakes” (January)  
M- *Home & Away* (AAA) “Monhegan Island: Hikers Paradise”  
M-*Toastmasters* Magazine, Midcoast Hospital “RN’s Speaking to Groups” workshop  
M-*Onfitness* “Agony of ‘da Feet” (reprint *American Fitness*)  
M-*Onfitness* “Top 10 Foods” (reprint *American Fitness*)  
M-*Onfitness* “Coming Back,” on Terry Roach (reprint *Masters Cycling*)  
M-*Onfitness* “Kayaking 101” (reprint *Today’s Officer*)  
M-*Women in the Outdoors* “Hiking Acadia National Park”

#### 2009

M-*Antiques & Collecting* “Richard Carney: Treasure Diver”  
M-*GRAND* “Cancer Answers for Kids”  
M-*Onfitness* “Cold Weather Exercise Success”  
M-*Onfitness* “8 Myhttakes” (November)  
M-*Onfitness* “8 Myhttakes” (September)  
M-*Just Labs* “What’s in the Dog”  
M-*Onfitness* 10 “Weights & Measures”  
M-*Onfitness* 8 “Business Tips”  
M-*Onfitness* “Beat the Heat” (article)  
M-*Islands* Magazine “Lapita Pottery of the Fiji Islands”

M – *Long Island Woman* “Athletic Shoes”  
 M – *GRAND Magazine* “Telephone Talk with Toddlers”  
 M – *WAHM (Work At Home Mag)* “House Plants 101” (reprint)  
 M – *Arthritis Today* “MassageEnvy” for Balance Dept.  
 M – *American Fitness* “Assessing Osteoporosis Knowledge” (rewrite JEP)  
 O – *Backroads Traveler* “January in Maine” essay + photos

## 2008

M – *WAHM (Work at Home Mag)* “Exercise on the Job” (reprint)  
 M – *AMC Outdoors* “Breathing Along the Trail”  
 N – *Times Record* “Costumes for the Stars”  
 N – *Downeast Dog News* “Fido’s DNA”  
 M – *Long Island Woman* “Keeping Food Safe” (reprint)  
 O – *Heart of New England.com* “Keeping Extremities Warm” (reprint)  
 M – *American Fitness* “Maximal Lactate Female Rowers” (JEP rewrite)  
 M – *Mature Living* “Fun With Cacti”  
 M – *History Magazine* “Armor for Horses”  
 M – *GRAND* “Collections and Recollections”  
 M – *Masters Athlete* “Comeback Athlete of the Year”  
 NP – *Downeast Dog News* “Doing the Dog Paddle (reprint)”  
 O – *Masters Cycling.com* “Coming Back Again and Again”  
 M – *Elks* “Manassas: Battlefield Auto Tour”  
 M – *American Fitness* “5K Age & Weight Run Handicap” JEP rewrite)  
 M – *Mature Living* “Bug-Proof Houseplants”  
 NL – *Dollar Stretcher* “Eat Healthy, Eat Cheap”  
 NL – *Dollar Stretcher* “Exercise on the Job”

## 2007

NP – *Times Record* “Town Attorney Plays Scrooge” 12/07  
 NL – *Dollar Stretcher* “Sleep Cheap”  
 M – *HerSports* “Cold Weather Exercise”  
 O – *Bushducks Global Adventures* “Beach at Neils Harbor” (reprint) with photos  
 B – *Fodor’s Maine Coast* 2008 Midcoast chapter update  
 B – *Fodor’s New England* 2008 Midcoast Best chapter  
 O – *Heart of New England* “Ten Great Picnics” (reprint)  
 O – *Heart of New England* “Biking Bliss at Acadia” (reprint)  
 M – *Arthritis Today* “Avoiding Falls and Fractures”  
 M – *American Fitness* “Top 10 Foods”  
 M – *Arthritis Today* “Psychosocial Factors and Knee Pain”  
 M – *Arthritis Today* “Complicated Grief”  
 M – *Arthritis Today* “Fun with Grandkids”  
 M – *Arthritis Today* “Self Talk”

O-*Heart of New England* “Cold Weather Exercise”  
 O-*Long Island Woman Online* “House Plants 101”  
 M-*Port City Life* “Visit Maine’s Beacons of the Sea”

## 2006

B-A *Cab to Stonehenge*( collection of my poetry)  
 M-*Health & Home* “Prevention Now: Avoid Injuries Later” (reprint, Philippines)  
 O-*Fairfield Review* “My Place” (3<sup>rd</sup> publication)  
 O-*Heart of New England* “What Do Rainy Day in Maine”  
 M-*Birds & Blooms* “The Container Cactus Garden”  
 M & O-*Long Island Woman* “Winter’s Discontent” (reprint, edited)  
 M-*Fort Myers Magazine* “Debunking Nutrition Myths” (reprint)  
 O-*Heart of New England* “Richard Carney, Digger Diver (reprint)  
 O-*Heart of New England* “A River’s Run” (reprint)  
 O-*Heart of New England* “My Place” (reprint)  
 M-*Arthritis Today* “Take a Break”  
 V – Volunteers of America, with Steve Phillips Video Productions, 7-minute video  
 M-*Wolf Moon Press Journal* “Time to Go”  
 M-*Artilleryman* “The Other Fort Knox”  
 O-*Heart of New England* “Wolf Neck Woods” (reprint)  
 O-*Stellarmag.com* “Acadia Hikes” (reprint) new photos  
 M-*Wolf Moon Press* “Beach at Neils Harbor”  
 M-*Wolf Moon Press* “No Problem”  
 M-*Port City Life* “Biking Acadia Carriage Paths”  
 M-*Just Labs* “Doing the Dog Paddle”  
 M-*Arthritis Today* “Arthritis and Sex”  
 M-*Arthritis Today* “Phthalates and Lupus”

## 2005

O-What We Now Know, Casey Research “Cancer”  
 O-What We Now Know, Casey Research “Alzheimer’s”  
 O-Heart of New England Online “Beach Glass” (reprint)  
 NL-O-*Dollar Stretcher* “Cut Grocery Bill (2nd reprint)  
 M-*Arthritis Today* “Friends Help You Live Longer  
 M-*Arthritis Today* “Light Therapy”  
 M-*Arthritis Today* “Patience” 10/05  
 M-*Arthritis Today* “Talk Therapy”  
 M-*Port City Life* “Richard Carney, Digger, Diver”  
 M-*American Fitness* “Agony of Da’ Feet  
 B-*Fodor’s Maine Coast 2005* Midcoast chapter

## 2004

M-*Ft. Myers Magazine* “Beat the Heat When Exercising”

O-Wolf Moon Press Journal "Popham Beach" (essay, 2nd publication)  
 NL-Habitat for Humanity/Bath Brunswick Affiliate "Off to College"  
 NL-HFH/Bath Brunswick Affiliate "Youth Build Groundbreaking"  
 NL-HFH/Bath Brunswick Affiliate "Walk a Success"  
 M-Arthritis Today "Got 10 minutes? 10 Ways to Fit Fitness"  
 NL-HFH/Bath Brunswick Affiliate "Volunteers are Recognized"  
 NL-HFH/Bath Brunswick Affiliate "Walk for Habitat"  
 M-Arthritis Today "Your Brain: Use It or Lose It!"  
 O-Beachesbeaches.com "Popham Beach: Where Rivers Meet Sea"  
 NL-HFH/Bath Brunswick Affiliate "First Subdivision for Habitat"  
 NL-HFH/Bath Brunswick Affiliate "Pianist Frederick Moyer"  
 M-Arthritis Today "Active Travel"  
 O-Today's Officer Online "Brew It!"  
 BR-Reaching a Carefree Retirement-State Farm Insurance Co. "Fit For the Future"  
 NL-O-Dollar Stretcher "Cut That Grocery Bill"  
 NL-Health Ink "Avoid Spring Cleaning Injuries"

### 2003

M-Wolf Moon Press Journal "God Was Born" (print, online)  
 M-Wolf Moon Press Journal "Tea at St. Ives" (print, online)  
 M-Arthritis Today "A+ for Apples"  
 M-Arthritis Today "Staying with Exercise"  
 NL-HFH/Bath Brunswick Affiliate "Downeast Bldg. Supports Habitat"  
 M-Arthritis Today "Kayaking: Yes"  
 O-Today's Officer Online "Travel Healthy"  
 NP-Times Record "Tim Sample to Headline..." (Habitat)  
 NP-Times Record "Thank You Because..." (Habitat)  
 O-Today's Officer Online "Kayaking 101"  
 M-Vibrant Life "Your BMR..." (reprint)  
 NL-HFH/Bath Brunswick Affiliate "Two True Community Partners"  
 NL-HFH/Bath Brunswick Affiliate "Being Appreciated"  
 NL-HFH/Bath Brunswick Affiliate "Dedication Leads to a Dedication"  
 NL-HFH/Bath Brunswick Affiliate "Spindleworks Artists Collaborate"

### 2002

NP-Times Record "Spindleworks Artists" (Habitat)  
 NP-Times Record "Dining Adventures with Habitat"  
 M-Health & Home "Prevention Now..." (reprint, Philippines)  
 NP-Times Record "United Voice Community Land Trust..."  
 NP-Coastal Journal "United Voice Community Land Trust..."  
 NP-Times Record "Dinner to Boost Habitat..."  
 NP-Coastal Journal "Dinner to Boost Habitat..."  
 M-Cooking Pleasures "Chilean Sea Bass Debate"  
 NL-Health & You (Health Ink Communications) "Hazards of OxyContin"

NL-*Starting Out Healthy* “Hazards of OxyContin”  
 M-The Retired Officer’s Association of America “Playing It Safe” (avoiding sports injuries)  
 M-*Cooking Pleasures* “Mercury Bust”  
 BR-Maine Invites You “A Taste of Maine”

## 2001

O-drkoop.com “Foot Fitness”  
 O-drkoop.com “Your BMR...”  
 M-*Vibrant Life* “Prevention Now: Avoid Injuries”  
 M-*Health News* “Wellness Prof.” (reprint, Philippines)  
 M-*Health & Home* “Water Work” (reprint, Philippines)  
 M-*Let’s Live* “Spirituality/Distance Healing”  
 M-*Arthritis Today* “E-books”  
 M-*American Fitness* “Prevention: Avoid Injuries”  
 M-The Retired Officer’s Association of America “Alternative Therapies”  
 M-*Home Cooking* “Food Safety Tips”

## 2000

M-*Health News* “Water Ex.” (reprint, Philippines)  
 M-Happiness “Water Ex.” (reprint, Tennessee)  
 NP-*Sunday Gleaner* “Your Wellness Prof.” (reprint, Jamaica)  
 NP-*Sunday Gleaner* “Beat the Heat” (reprint)  
 NL-*Network* (Geiger Co.) “Complete Sales Package”  
 M-*Cooking Pleasures* “Proper Cooling of Food”  
 NL-*The Maine Island Trail* “The Eagle Has Landed”  
 NP-*Active Times* “Water Sports”  
 M-*American Fitness* “Exercise/Hot Weather” (reprint)  
 O-FitnessLink.com “Crunch: Boot Camp Training” (review)  
 NP-*Active Times* “Heal With Humor”  
 M-*Practical Living Magazine* “Good Night’s Sleep” (reprint)  
 O-FitnessLink.com “The Firm: Basics” (review)  
 M-*Vibrant Life* “Water Exercise” (reprint)  
 O-FitnessLink.com “Kathy Smith Peak Fat Burn” (review)  
 M-*Let’s Live* “Medihoney”  
 NL-*DogGone* “Kayaking With Bowser”  
 NL-*DogGone* “Hanging on the Rock River”  
 M-*Let’s Live* “Antibacterial Overkill”  
 NP-*Active Times* “Nutrition Myths”  
 NP-*Maine Business Monthly* “MMW: An Uncommon Group”

## 1999

NP-*Times Record* “Gifts/Make Difference”  
 NP-*Times Record* “Water Exercise”  
 NL-*New Directions* “Good/Bad Cholesterol”

BR-Making Most of Your Retirement Guide-State Farm Insurance (USA) “How Does Your Wellness Profile Stack Up?”

NP-*Active Times* “Water Exercise”

NP-*Active Times* “Sleep”

M-*Weight Watchers* “Cardio Machines Can’t Count”

NL-*New Directions* “Antibacterial Risks” summer

NL-*New Directions* “The Power of Light” summer

M-*AMC Outdoors* “Fall Hikes in Acadia National Park”

NL-*Maine Island Trail* “Beach Glass”

M-*Vibrant Life* “Exercise the In Heat” (quiz, reprint)

M-*Vibrant Life* “50 Tips to Stamina” (reprint) 11/99

M-Gen. American Solutions “Healthy Gourmet Cook”

NL-*New Directions* “Losing Weight Naturally”

NL-*New Directions* “Artificial Sweeteners”

NP-*Times Record* “Basement Cleaning 101”

M-*Your Health* “Video Respite” (sidebar)

NL-*New Directions* “Karma”

M-*Mature Outlook* “Relief for Caregivers” (Alzheimer’s)

M-*Mature Outlook* “Medication too Hot to Handle?”

M-*Mature Outlook* “The Tartar Control Dilemma”

M-*Mature Outlook* “Milk in Cardboard Containers, Please!”

M-*Your Health* “SAD”

BR-Making Most of Your Retirement Guide-State Farm Ins. (Canada) “How does Your Wellness Profile Stack Up?”

## 1998

M-*Cooking Pleasures* “Adventures with Food and Wine”

NP-*Times Record* “Keeping Warm”

NP-*Times Record* “How Get Started Snow Mobiling”

NP-*Times Record* “Houseplants 101”

M-*Veggie Life* “Lose Weight with Diet Supplements?”

NL-*New Directions* “Spirituality in Medicine”

M-Pillsbury’s *Fast and Healthy* “Farewell Holiday Calories”

NL-*New Directions* “Hyperbaric Oxygen Therapy”

M-*Country Journal* “Give Life”

M-*Your Health* “Exercise in Hot Weather” (quiz)

M-*American Fitness* “Acupuncture”

NP-*Active Times* “Personal Wellness Guide”

M-*Country Heart* “Giving Pots Personal Touch”

M-*Veggie Life* “Acupuncture”

NL-*DogGone* “Dog Days at Fort Knox”

M-Pillsbury’s *Fast and Healthy* “What Equals a Serving?”

M-*Mature Outlook* “Acupuncture”

M-Maine: experience “Great Fall Hikes at Acadia”

M-Pillsbury's *Fast and Healthy* "Gardening for Exercise"  
 M-Pillsbury's *Fast and Healthy* "Dance Up a Storm"  
 M-Pillsbury's *Fast and Healthy* "Try These for Stamina"  
 M-Maine: experience "Sea Kayaking/H2Outfitters"  
 M-*Birds & Blooms* "The World is a Cactus Garden (reprint)"  
 NL-*DogGone* "A Bark on the Beach"  
 M-*Your Health and Fitness* "Do-It-Yourself Fit."  
 M-*Country Heart* "World in a Cactus Garden"  
 NP-*Times Record* "SAD" (Seasonal Affective Disorder)  
 NL-*DogGone* "A Lady in Lowell Park"  
 M-*Fast and Healthy* "Health Habits"  
 NP-*Times Record* "The Arbor" (Alzheimer's)  
 NP-*Times Record* (winter supplement) "Cold Weather Exercise"  
 NP-*Times Record* (winter supplement) "Cross Country Ski Expeditions"

### 1997

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

### 1996

NP-*Times Record* "Increase Stamina"  
 NP-*Times Record* "How to Choose Child Care"  
 NP-*Times Record* "How to Build a Cactus Garden"  
 M-Authorship (National Writers Association) "...Poetry Anthologies"  
 M-*Fast and Healthy* "Aging and Strength Training"  
 NP-*Times Record* "Keeping Food Safe"  
 NP-*Times Record* "Unclutter Your House"

NP-*Times Record* "Take A Break!"  
 M-*Family Health* "Dust Allergies" (reprint)  
 NP-*Times Record* "10 Free Family Activities"  
 NP-*Times Record* "Great Rainy Day Family Activities"  
 M-*Fast and Healthy* "Got 10 Minutes? Get Active!"  
 M-*Baby's World* "How to Choose a Caregiver"  
 M-*Baby's World* "10 Great Exercise Videos"  
 M-*Baby's World* "Post-Pregnancy Shapeup"  
 M-*Baby's World* "Post-Partum Gut Suckers"  
 M-*Outdoor Action* "50 Tips to Increase Stamina"  
 NP-*Active Times* "10 Great Calorie Burners"  
 NP-*Active Times* "Best in Exercise Videos"  
 M-*Fast and Healthy* "Test Your Fitness I.Q."  
 M-*Fast and Healthy* "Desperately Seeking a Flat Stomach"  
 BR-*Exploring Maine* "The Forts of Maine" (reprint)

### 1995

NP-Star Publications "10 Big Fit. Myths" (reprint, Malaysia)  
 M-*Longevity* "Have Healthy Lifestyle?" (reprint, S. Africa)  
 M-*Longevity* "Fitness Facts & Fables" (reprint, S. Africa)  
 NP-*Lincoln County Weekly* "Lincoln County Community Theatre"  
 M-*Your Health* "20 Ways to Total Health" (reprint)  
 NP-*Times Record* "Taking New Strides"  
 M-*Fast and Healthy* "Relaxation Techniques"  
 M-*Fast and Healthy* "Cold Weather Exercise"  
 M-*Fast and Healthy* "Your Vacuum Cleaner and Allergies"  
 M-*Single Styles* "Facts on Fat" (Lear's, reprint)  
 M-*Single Styles* "Scoop on Fat" (Complete Woman, reprint)  
 M-*Military Lifestyle* "Family Emergency Plan"  
 NP-*Lincoln County Weekly* "10 Ways to Get In Shape"  
 M-*Fast and Healthy* "Sit-ups and Pushups"  
 M-*New Body* "20 Ways to Total Health"  
 M-*Your Health* "Good Food Gone Bad" (Weight Watchers, reprint)  
 M-*Single Styles* "Living the Fit. Alphabet"  
 M-*Dog Fancy* "Doggie Data"

### 1994

M-*Fast and Healthy* "10 Tips to Healthier You"  
 M-*Country Journal* "How to Unclutter Your House"  
 BR-*Exploring Maine* "Forts of Maine" (reprint)  
 NP-*Times Record* "Have a Great Garage Sale"  
 M-*Fast and Healthy* "Sports Music Inc."  
 M-*Fast and Healthy* "Weight Training"  
 M-*Complete Woman* "Fat: The Real Scoop"

M-*BodyWise* “Water Works”  
 NP-*Lincoln County Weekly* “Master Bladesmith”  
 M-*Single Styles* “Living the Fitness Alphabet”  
 NP-*Lincoln County Weekly* “Bill Glennon at Work”  
 M-*Authorship* (National Writers Association) “Poetry Anthologies”  
 M-*Fast and Healthy* “5 Easy Exercises”  
 M-*Complete Woman* “Negative Body Lingo/Job Interview”  
 M-*Weight Watcher’s* “Good Food Gone Bad”

### 1993

M-*Cooking Light* “31 Tips for Healthy Living”  
 M-*Country Journal* “Yard Sale Primer”  
 NP-*Times Record* “The Arbor” (Alzheimer’s Unit)  
 M-*Today’s Family* “A Teenage Alphabet”  
 NP-*Times Record* “Home and Garden Improvements”  
 NP-*Times Record* “Cross Training”  
 BR-Exploring Maine “The Forts of Maine”  
 M-*Your Health* “Ex. Video Tape Review” (reprint)  
 NP-*Times Record* “Independence Assoc.”  
 M-*Complete Woman* “The Lifestyle Quiz”  
 NP-*New York Times* Syndicate “Yard Sale Primer” (one year)  
 M-*New Body* “Where’s the Fat?”  
 M-*Your Health* “Facts on Fat” (reprint)  
 NP-*Maine Sunday Telegram* “Arizona’s Grand Canyon”  
 M-*Cooking Light* “Best Exercise Videos for 1993”

### 1992

M-*Complete Woman* “The Best in Exercise Videos”  
 NP-*New York Times* Syndicate “Fitness Alphabet” (reprint, *Vogue Espana*)  
 NP-*New York Times* Syndicate “Fitness Alphabet” (reprint, *Fresno Bee*)  
 NP-*New York Times* Syndicate “Fitness Alphabet” (reprint, Harris Pub.)  
 M-*Rockford Magazine* (Illinois) “Destination: Adventure”  
 M-*New Body* “Thrill Seekers”

### 1991

M-*Rockford Magazine* “Health Quiz”  
 M-*Rockford Magazine* “Eat Your Way Slim”  
 M-*Rockford Magazine* “Exercise Can Be Habit-Forming”  
 M-*Rockford Magazine* “Motivation Made Easier”  
 M-*Writer’s Journal* “The Part Time Writer”  
 M-*Lear’s* “Facts on Fat” (quiz)  
 M-*Today’s Family* “Your Care Giver”  
 M-*Today’s Family* “Ten Ways to Cut Your Grocery Bill”  
 M-*Lear’s* “The Fitness Alphabet”

M-*Today's Family* "Eating for Your Life"

NP-*New York Times* Syndicate "Facts on Fat" (reprint, *Oregonian*)

NP-*New York Times* Syndicate "Facts on Fat" (reprint, *San Juan Star*)

**1990**

M-*Wisconsin Woman* "What Kind of Exercise is Best for You?" (quiz)

M-*Wisconsin Woman* "How Well Do You Handle Stress?"

**1989**

M-*Weight Watcher's Health Guide* "Flunking Fitness?"

M-*Baby Talk* "How to Hire a Care Giver"

**1988**

M-*Better Homes* Low Calorie Recipes "On the Move"

M-*New Body* "Fitness Facts: (reprint)"

NP-*Prime Times* "Power Walking" (reprint)

M-*Complete Woman* "Test Your Fitness I.Q."

**1987**

M-*McCall's* "Fitness Facts and Fables"

M-*Self* "Super Walking Shape-Up Plan"

M-*McCall's* Summer Health Guide "Fitness Facts"

M-*Complete Woman* "Power Walking"

**1986**

M-*Total Fitness* "Couples' Workout"

M-*Family Circle* "The ABC's of Fitness"

M-*Complete Woman* "Beat Fitness Burnout"

**1985**

M-*Total Fitness* "Exercise Way to Beautiful Breasts" 12/85

NL-*The Open Door* Co-Editor, 1984-1985, YMCA Newsletter, 24 articles

**1984**

M-*Fit* "Water Workout"

M-*Fit* "Ultimate Lunch Hour Workout"

M-*Fit* "Exercise Myths"

**1983**

NL-*The Open Door* "From the Games..."

M-*Lady's Circle* "Use Head, Beat Bulge"

**1978-1980**

NP-*Dixon Telegraph* "Y's Way" Column, Co-Editor 1978-1980, 12 articles