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## NONFICTION CREDITS

(531 projects as of 11/18/2017)

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

### 2018

O-AAA *Home & Away* “*Enjoying Lobster in England*”  
M-*Onfitness* “What is a Champion?” (cover feature)  
M-*Onfitness* “BioEx Systems” (advertorial)  
M-*Onfitness* “Corepump” (advertorial)  
M-*Onfitness* Versa Gripps USA (advertorial)

### 2017

M-*Onfitness* “Klass Nutrition” (advertorial) Sept/Oct  
M-*Onfitness* “IntelaMetrix” (advertorial) Sept/Oct  
M-*ProteinPlusFlour* (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”  
M-*Onfitness* “Patricia Bragg” (profile) Jan/Feb  
M-*Onfitness* “Top Fitness Trends” Mar/Apr  
M-*Onfitness* “SwatFuel” (advertorial) Mar/Apr  
M-*Onfitness* “Intelli Roll” (advertorial) Mar/Apr  
M-*Onfitness* “Concussions” (Cover feature) May/Jun  
M-*Onfitness* “Carlson Labs” (advertorial) May/Jun  
M-*Onfitness* “Barlean’s (advertorial) May/June  
M-*Onfitness* “Mushroom Wisdom” (advertorial)

### 2016

*M-Onfitness* “Keto/OS” (advertorial)  
*M-Onfitness* “Ecto, Meso, Endomorph”  
*M-Onfitness* “Safety of the Squat”  
*M-Onfitness* Training the Year Round Athlete”  
*M-Onfitness* Eccentric Resistance Exercise and Your Client”  
*M-Onfitness* “Secrets of Growing Old”  
*M-Onfitness* “Magnesium and Athletic Performance”  
*M-Onfitness* “PainAway Sports Cream” (Topricin)  
*M-Onfitness* “Weck Method of Training”  
*M-Onfitness* “Diet Myths”  
*M-Onfitness* “Ultramarathon Recovery” sidebar  
*M-Snowshoemag.com* “Snowshoe Coastal NH and ME”  
*M-Onfitness* “Exertional Heat Illness”  
*M-Onfitness* “Weekend Binge Eating”  
*M-IdeaFit* “Active Aging” Sept/Oct.  
*M-Onfitness* “Top 10 Fitness Trends for 2016”  
*M-Onfitness* “Boomer Strength and Power”  
*M-Onfitness* “High Velocity Training”  
*M-Onfitness* “Overtraining with Resistance”  
*M-Onfitness* “2016 Dietary Guidelines”

## 2015

*M-Snowshoemag.com* “Deep Woods NH”  
 O-Solo Travel “The Gentle Island”  
 M/O-IDEAFIT “Keeping Seniors Motivated”  
*M-Turkey Country* “Keith Carlson”  
*M-Snowshoe.com* “Stay in Shape for Snowshoeing: Bike Acadia National Park”  
*M-Riversports.com* “Kayaking Maine’s Orr’s and Bailey Islands”  
*M-Onfitness* “Stay with Exercise”  
*M-Onfitness* “Running Smart”  
*O-Riversports* “Richard Carney, Diver”  
*M-American Fitness* “How to Avoid Allergy and Asthma Triggers”  
*O-Snowshoemag.com* “Acadia, Snowshoe Magic”  
*M-Turkey Country* “Beat the Heat”  
 O-Ovarian Cancer Alliance “My Story”  
*O-Snowshoemag.com* “Snowshoeing the Bend High Country”

## 2014

*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* “Did You Inherit Bad Feet?”  
*M-Onfitness* “Running Smart”

*M-Onfitness* “Myhttakes” Sept/Oct  
*O-Riversports* “Kayaking Netarts Bay”  
*M-Onfitness* “Myhttakes” July/Aug  
*M-Onfitness* “Myhttakes” May/June  
*M-American Fitness* “Seven Surprising Health Myths” 2014  
*M-Onfitness* “Myhttakes” Mar/Apr  
*M-Onfitness* Science Reports Jan/Feb  
*NL-Dollar Stretcher* “Saving \$ on Long Distance Move”  
*M-Onfitness* “Myhttakes” Jan/Feb  
*O-Snowshoemag.com* “More Mt. Hood Area Trails”  
*O-Snowshoemag.com* “Snowshoeing in Bend, Oregon”  
*O-Snowshoemag.com* “Hike Monhegan Island”  
*O-Snowshoemag.com* “Hiking Acadia National Park”  
*O-Riversports.com* “Build and Maintain Endurance for Your Sport”

### 2013

*O-Snowshoemag.com* “Govt. Camp Area Trails” Nov 26  
*M-Onfitness* “Myhttakes” Nov/Dec  
*M-Onfitness Science Reports* Sept/Oct  
*M-Onfitness* “Myhttakes” Sept/Oct  
*O-Riversports.com* “Magic in a Kayak”  
*O-Riversports.com* “Doing the Dog Paddle” (reprint)  
*M-Onfitness* “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  
*M-Onfitness* 12 “Myhttakes” May/June  
*O-Snowshoemag.com* “Play Safe in the Woods”  
*M-Onfitness* 12 “Myhttakes” Mar/Apr  
*M-Onfitness* 8 Science Reports Mar/Apr  
*M-Onfitness* 8 Science Reports Jan/Feb  
*M-Onfitness* 8 “Myhttakes” Jan/Feb

### 2012

*O-Competitor.com* “5 Essential Tips for Cold-Weather Running”  
*O-Snowshoemag.com* “Snowshoeing Bethel Maine”  
*O-Snowshoemag.com* “Doing the Dog Paddle” (reprint)  
*M-Onfitness* 8 Science Reports Nov/Dec  
*M-Onfitness* “8 Weights & Measures” Nov/Dec  
*M-Onfitness* “8 Myhttakes” Nov/Dec  
*O-Snowshoe.mag.com* “More Snowshoeing Trails in Maine, North and West”  
*O-Snowshoe.mag.com* “More Snowshoeing Trails in Maine, Acadia Region”  
*O-Snowshoe.mag.com* “More Snowshoeing Trails in Maine, Central”

*O-Snowshoe.mag.com* “Five Snowshoeing Trails in Maine, Mid Coast”  
*O-Snowshoe.mag.com* “L.L. Bean”  
*M-Onfitness* “8 Mythtakes” Sept/Oct.  
*M-Onfitness* “8 Weights & Measures” Sept/Oct  
*M-Green Prints* “Building a Survival Garden”  
*M-American Fitness* “Increase Endurance Naturally” July  
*M-Onfitness* “8 Mythtakes” July/Aug  
*M-Onfitness* “8 Weights & Measures” July/Aug  
*M-Women in the Outdoors (Turkey Country)* “The Right Boots” September  
*M-Onfitness* “8 Mythtakes” May/June  
*M-Onfitness* “Hot Weather Exercise” May/June  
*M-Onfitness* “Brain Food” Mar/Apr  
*NL-The Dollar Stretcher* “Tips for Garage Sale Success”  
*M-Onfitness* “8 Mythtakes” Mar/Apr  
*M-Onfitness* “8 Mythtakes” Jan/Feb  
*M-AAA Northern New England Journey* “Reid State Park January”

## 2011

*M-Onfitness* “8 Weights & Measures”  
*M-Onfitness* “8 Mythtakes” Nov/Dec  
*M-Onfitness* “8 Mythtakes” Sept/Oct  
*B-Jump Lines Anthology* “Growing Corn with BB Gun: essay, May  
*M-Onfitness* “8 Mythtakes” July/Aug  
*M-Onfitness* “5 Trainer’s Tips” May/June  
*M-Onfitness* “8 Mythtakes” May/June  
*M-Onfitness* “8 Mythtakes”  
*M-Onfitness* “8 Mythtakes” Mar/Apr  
*M-Mature Living* “Surviving Allergies Gardening”  
*M-Onfitness* “8 Mythtakes” Jan/Feb  
*M-Maine Boats, Homes & Harbors* “Richard Carney”  
*M-American Fitness* “Increase Endurance Naturally”  
*M-Mature Living* “Container Gardening Mistakes”

## 2010

*O-GRAND* “CA-125 Screening”  
*M-AMC Outdoors* “Beat the Heat”  
*M-Mature Living* “Bulb Planting Boobos”  
*M-American Fitness* “Busting Popular Myths”  
*O-Advanceweb.com; Advance for Nurses* “Speaking to Groups Without Fear”  
*M-OCEAN Magazine* “Likuri Island: A Chief’s Retreat”  
*M-Arthritis Today*

*O-theheartofnewengland.com* “Visit Maine’s Beacons of the Sea” (reprint)  
*O-theheartofnewengland.com* “Bliss of Biking Acadia...” (reprint)  
*O-theheartofnewengland.com* “R. Carney, Treasure Diver” (reprint)  
 NP–*Downeast Dog* “The Ingestion Question” (reprint) January  
 M–*Onfitness* “Increasing Endurance Naturally”  
 M–*Women in the Outdoors* “Layering for Cold Weather Exercise”  
 M–*Onfitness* “8 Mythtakes” (January)  
 M–*Home & Away* (AAA) “Monhegan Island: Hikers Paradise”  
 M–*Toastmasters Magazine*, Midcoast Hospital “Presenting With Care” (RNs)  
 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 Mythtakes” (November)  
 M–*Onfitness* “8 Mythtakes” (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