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NONFICTION CREDITS

(499 projects as of 12/18/2015)

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

2016

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* "Top 10 Food Trends for 2016"

2015

M-*Snowshoemag.com* "Deep Woods NH"
M-*Snowshoemag.com* "Snowshoe Coastal NH"
O-Solo Travel "The Gentle Island"
M-American Fitness "Ectomorph, Mesomorph, Endomorph?"
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* “ Snowshoing 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 Myhtakes” 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 Myhtakes” 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 Myhtakes” July/Aug
 M-*Onfitness* “8 Weights & Measures” July/Aug
 M-*Women in the Outdoors (Turkey Country)* “The Right Boots” September
 M-*Onfitness* “8 Myhtakes” 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 Myhtakes” Mar/Apr
 M-*Onfitness* “8 Myhtakes” Jan/Feb
 M-*AAA Northern New England Journey* “Reid State Park January”

2011

M-*Onfitness* “8 Weights & Measures”
 M-*Onfitness* “8 Myhtakes” Nov/Dec
 M-*Onfitness* “8 Myhtakes” Sept/Oct
 B-*Jump Lines* Anthology “Growing Corn with BB Gun: essay, May
 M-*Onfitness* “8 Myhtakes” July/Aug
 M-*Onfitness* “5 Trainer’s Tips” May/June
 M-*Onfitness* “8 Myhtakes” May/June
 M-*Onfitness* “8 Myhtakes”
 M-*Onfitness* “8 Myhtakes” Mar/Apr
 M-*Mature Living* “Surviving Allergies Gardening”
 M-*Onfitness* “8 Myhtakes” 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 Myhtakes” (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 Myhtakes” (November)
 M-*Onfitness* “8 Myhtakes” (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” (3rd 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”

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