



# RIZONA AUTHORS ASSOCIATION

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501c3 organization

[Arizona Authors.com](http://Arizona Authors.com) [Facebook Page](#) [Arizona Authors Blog](#) [Arizona.Authors@yahoo.com](mailto:Arizona.Authors@yahoo.com)

Issue 20

Arizona Authors Association

June-July 2022

## INDEX

## Page

President's Corner by Toby Heathcotte	<a href="#">01-02</a>
Publisher's Weekly Bestseller List	<a href="#">02</a>
Arizona Authors Association Leadership	<a href="#">03</a>
Literary Trivia	<a href="#">03</a>
Membership Benefits	<a href="#">04</a>
Submissions	<a href="#">04</a>
Recent and Upcoming Events	<a href="#">05</a>
Congratulations to our Members	<a href="#">06-07</a>
Write A Memoir to Remember Workshop with Patricia L. Brooks	<a href="#">08</a>
The Road to Imagination by Cherie Lee	<a href="#">10</a>
Calling All Volunteers!	<a href="#">11</a>
The Impact of Sleep on Writing by Dr. Diane Holloway Cheney	<a href="#">12</a>
The Million Mile Walker Review by Mark D. Walker	<a href="#">13-15</a>
Where in Arizona? by Janet Alcorn	<a href="#">16</a>
Dynamic Media Relations by Jeanne Burrows-Johnson	<a href="#">17-19</a>
What Are You Reading?	<a href="#">19</a>
Let them Talk! Workshop with Penny Orloff	<a href="#">20</a>
AAA Membership Form	<a href="#">21</a>
Literary Contest Report by Jane Ruby	<a href="#">22</a>
Arizona Authors Literary Contest	<a href="#">23-24</a>
Writing Mysteries Workshop with Donis Casey	<a href="#">25</a>
The Inevitable Author by Kathleen Cook	<a href="#">26-27</a>
New Book Releases	<a href="#">28-31</a>
Short Releases	<a href="#">32</a>
Back Page Quotes and Trivia Answers	<a href="#">33</a>



## President's Corner by Toby Heathcotte

My Friends,

In April, 18 authors participated in Karen Odden's Zoom workshop, "What is the Why?": Building a Backstory for Nuanced Characters and Authentic Conflict on Backstory. Many thanks to Dr. Odden whose material was timely and important. Participants got a chance to interact with the presenter and all enjoyed the exchange during this excellent workshop. She included a helpful handout, which can be found elsewhere in the newsletter for members to download.

Continuing the summer program, we have two workshops scheduled during the time frame of this newsletter. I'll send a notice in advance, but you can register at any time, and I'll send you the Zoom link.

On June 11, member Patricia Brooks will speak on The Art of Writing Memoir. She has presented it before, but it's the kind of subject that participants can view with fresh items. Our memories and life events keep changing, so memoir techniques can be refined for books or brief essays. It's an event to anticipate.

On July 9, Penny Orloff will present "Let Them Talk!" - Writing Compelling Character Dialogue. Although Penny Orloff has only been a member for a short time, she has been an actor for many years. Her take on this subject will be fun and original.

You can look forward to two more workshops in the next newsletter cycle: On August 13, Donis Casey will present Writing Mysteries, and on September 17 Jane Ruby will present The Snowflake Method.

continued on the next page

President's Corner, continued

There's a month left to write or polish something to enter in the contest. Jane Ruby says we can use more entries in every category, so get busy and send something in. The July 1 deadline will be here before you know it.

Go on our website, click on Contest, or download the copy that is in this edition of the newsletter. Don't miss your chance to be a part of the fun. The banquet and literary magazine will come out November 5.

We currently have 134 members. We welcomed several new members in the past three months:

Andrew Means of Apache Junction  
 Don Childs of Tucson  
 Elizabeth Ajamie-Boyer of Phoenix  
 Gary Youngling of Tucson  
 Isabella Constante of Sedona  
 Jodi Decker of Glendale  
 Kat Curley of Surprise  
 Maryann Germain of Phoenix  
 Monica Bauer of Tucson  
 Peter DeChristopher of Vail, AZ  
 Robert Ronning of Tucson  
 Rod Collins of Casa Grande?  
 Ryan Countrymen of Cave Creek  
 Venetia Hobson Lewis of Tucson

Reminder on member webpages: If you have not been on our website recently, go click on Members, then click on your name. Check to make sure your information is up to date. Let Kathleen know if you have corrections or additional publishing credits to add.

Ways to participate in AAA: You can chat with each other on our Facebook page. You can go on our website and join the forum. You can go on other members' webpages to get their email address to correspond directly with them. Or you can add a piece of writing or promotion on our blog by sending the material to Vijaya Scharz. All links can be found on our website.

Peace for you.  
 Peace for Ukraine.

Toby Heathcotte  
 Arizona Authors, President  
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<https://www.arizonaauthors.org/>  
<http://www.arizonaauthors.com/>

*It's not too late to pick up your  
 copy of the 2022 Arizona  
 Literary Magazine, on sale  
[HERE](#)*



### *Publisher's Weekly*

#### Bestseller List

#### Top 5 Overall in the Last 30 Days:

1. ***Cat Kid Comic Club #3: A Graphic Novel: From the Creator of Dog Man*** Dav Pilkey, Author and Illustrator
2. ***It's Not Easy Being a Bunny*** Marilyn Sadler, Author
3. ***It Ends With Us*** Colleen Hoover, Author
4. ***The Mothers and Daughters of the Bible Speak: Lessons on Faith from Nine Biblical Families*** Shannon Bream, Author
5. ***Little Blue Truck's Springtime*** Jill McElmurry, Illustrator, Alice Schertle, Author

(Children's authors, note that three of the top five are children's books!)





The deadline to submit articles, news items, photos, jokes, etc, is the 15th of odd - numbered months. Anything submitted after the deadline will be saved for a future edition. Thank you!

### Arizona Authors Association Leadership

Board of Directors:

President.....Toby Heathcotte  
Treasurer/Literary Contest Director.....Jane Ruby  
Editor/Website Admin.....Kathleen Cook

Unless expressly stated, Arizona Authors Association, including its newsletter staff, neither endorses nor takes responsibility for the opinions expressed in this publication.

**Editorial correspondence and newsletter submissions may be emailed to:**

[faerland@yahoo.com](mailto:faerland@yahoo.com)

**All other inquiries should be sent to:**

[Arizona.Authors@yahoo.com](mailto:Arizona.Authors@yahoo.com)

### Literary Trivia

(Answers on the Back Page)

1. Name the famous author who wrote his last novel in crayon.
2. What do J.D. Salinger’s two initials stand for?
3. In Emily Brontë’s *Wuthering Heights*, which two lovers engage in a tragic romance?
4. How was John Steinbeck’s original manuscript, *Of Mice and Men*, destroyed?
5. Name the well-known western fiction author who wrote over a thousand books using more than seventy pen names.
6. Name the protagonist in John Green’s *Looking for Alaska*.

For these and more trivia, go to:  
[ThoughtCatalog](http://ThoughtCatalog)



Saguaro at Sentinel Peak, Arizona

Photo by Arizona Authors Association Member  
Janet Alcorn

## Arizona Authors Association

### Current Benefits and Submission Guidelines

#### Membership Benefits

The Arizona Authors Association offers several valuable benefits to our members. This newsletter provides you with a bimonthly guide to workshops, events and activities, many of them free or low cost, designed to hone your skills as a writer. In addition, both our blog and our newsletter offer advice, suggestions, and insight to reinforce your expertise.

The yearly Literary Contest furnishes an opportunity to showcase your work and the possibility of earning prizes that will enhance your reputation as an author. Do you have an older book that never got the recognition it deserved? Our “Oldie but Goldie” category offers a chance to relaunch and renew interest in it. We also offer online book fairs or other events through our Zoom account. Advertising under the Arizona Authors Association banner allows you to promote your work and increase your visibility with a minimum of expense and effort.

I hope you will take advantage of the newsletter to report your accomplishments. Our “Congratulations” page is designed to applaud your efforts and inspire other members. We also welcome your input on anything author related, such as your own literary news, useful tips, helpful websites, etc. Ask questions that will be answered in the next issue. Together, we will all benefit from the combined knowledge of our diverse membership.

Lastly, one of the biggest benefits of your Arizona Authors Association membership is the ability to reach others with your book releases and advertisements. At present, members may submit a quarter-page ad for author-related services without cost. Books released within the previous six months (or about to be released) will receive a free, full-page ad.



#### Submissions to the Newsletter

Your input is welcome! The following categories accept submissions through midnight on the **15th** day of odd-numbered months. Send all entries to: [faerland@yahoo.com](mailto:faerland@yahoo.com).

**Features** are between 800-1200 words (we will consider other lengths). We seek articles that motivate and inspire writers to write, to enhance their skills, to promote their works, or other such **relevant** topics.

**What Are You Reading?** asks members to share their current reading material in 200 words or less. Tell us why you like or dislike a book (written by anyone except yourself). This will help other members in their quest for new reading material.

**Road to Imagination** seeks finished works of 800 words or less based upon the previous issue's story prompt. **Back Page Quotes** seeks jokes or quotes (200 words or less) on the foibles of writing, editing or publishing. We also need Arizona landscape **photos**, as inspiring space fillers for our newsletter. If we use them, we'll credit you. Please be sure to state in your email that you took the photos.

If you published a book within the last six months, share it with the Arizona Authors Association Newsletter. We'd love to advertise it in our next issue. We will also list any upcoming book-related events, meetings, workshops, book sales, book signings, etc., across the state or in nearby regions as space permits. If you offer editing, proofreading, or other literary services, submit a quarter-page ad with us, currently without cost to members in good standing.

Send your articles in Word, Notepad or Wordpad format. Articles will be standardized to a Times New Roman 11pt font. Pictures may be gif, png or jpegs. Send large pictures, if possible, (no less than 2"x4") since we can shrink any picture without losing quality, but small pictures cannot be enlarged without deterioration. Note that all submissions are subject to light editing/proofreading. You will be informed in advance of publication if extensive edits are needed.

Thank you!



## Recent and Upcoming Events

### RECENT

On April 30, USA Today bestselling author Karen Odden presented a Zoom workshop, **What is the Why? Building a Backstory for Nuanced Characters and Authentic Conflict**. Participants learned to create backstories for their protagonist and important secondary characters. To find out more about Karen, her books and her workshops, click [HERE](#).



On Saturday, May 7, Sanderson Lincoln Plaza in Carefree, Arizona, hosted **For the Love of Story**. Ten local writers shared their personal short stories, including our own Mark D. Walker and Karen Odden. This event takes place nationwide at various times. To find out more, check out the event Facebook page [HERE](#).

On Saturday, May 21, Donis Casey presented a free virtual writing workshop entitled **Dialog, Dialect, and Voice - How to Make Your Characters Ring True**, sponsored by the Tempe Public Library. Donis also presents **Tell Me Your Story**, a monthly series in which she invites successful authors to her website to share their life experiences and how those experiences have influenced their writing. If you are having trouble believing you can find success, these writers' stories will prove that almost anything can be overcome. On May 20, Donis's guest was historian/mystery writer Charlotte Hinger, author of the Lottie Albright Mysteries, and 2021 inductee into the Colorado Authors' Hall of Fame. To read the fascinating feature or to view the entire archive, visit [www.doniscasey.com](http://www.doniscasey.com)



On Wednesday, May 25, Patricia L. Brooks and the Scottsdale Society of Women Writers welcomed Susan Wingate, #1 Amazon bestselling author, to their monthly Zoom meeting. Susan spoke on why writers write and how to improve as a writer. For info on SSWW and future events, contact Patricia at 480-250-5556 or email her at [patricia@plbrooks.com](mailto:patricia@plbrooks.com)

### UPCOMING

On Saturday, June 4, 2022, the inaugural Desert Foothills Book Festival will be presented by the Holland Community Center and the Desert Foothills Library. The festival will run from 9 a.m. to 2 p.m. at the Holland Community Center, 34250 N 60th St., Scottsdale, AZ 85266. Fifty-plus tables will be available to meet and greet the authors, sell, and sign books. Arizona Authors Association member Patricia L. Brooks, author of three successful memoirs, and her author-husband, Earl L. Goldmann, will join approximately 50 other authors as they display/sell/sign their books. Karen Odden will give the first Keynote Presentation. Visit the website [HERE](#).

On Saturday, June 11, Patricia L. Brooks will be conducting a Zoom workshop entitled, "Write a Memoir to Remember." The workshop will be held from 10am-Noon MST online. Association members may participate for free. For more information on how to register, go to Page 8 of this newsletter or contact [Toby](#). To find out more about Patricia, click [HERE](#).



On July 9th, Penny Orloff will be conducting a Zoom workshop entitled, "Let them Talk!" The workshop will be held from 10am-Noon MST online. As always, members may participate for free. For information on how to register, see page 20 of this flyer or contact [Toby](#). For more on Penny,

click [HERE](#).

Check out the Maricopa County Library District's ShelfLogic Podcast. From the website: "The shelves of MCLD come to life! Join librarians each week to connect with books, music and apps available at your library." To see the podcasts available, click [HERE](#).

## Congratulations to Our Members



Mike's new book, [OSS Top Secret Operations](#), was released in mid-March and has steadily moved up the charts. In April, it was listed on Amazon's Hot New Releases in six different categories ranging from #3 to number #16. It's a three-volume set with the first volume out now. See it featured on page [29](#) of this newsletter.

Mike's older works, [True Crime Chronicles Volumes 1 and 2](#), remain near the top of the Amazon charts. And Mike's new short story, "The African Slave Trade and Cannibalism," has also climbed the charts and at one point was listed as a hot new release by Amazon. You'll find this 51-page short release featured on page [32](#) of this newsletter.



Mike also recently learned that the Guam Senate had once passed a resolution honoring Miss Keandra Marlaine McDonald for her win in the annual Armed Services YMCA National Art Contest. Keandra was featured in Mike's internationally acclaimed, [My Hero, Military Kids Write About Their Moms and Dads](#) (St. Martin's Press).

Finally, Mike's [Bombshell](#) book was featured in a full-page article in *The Telegraph*, an English newspaper with a circulation of approximately 300,000 readers. If you look closely, you'll see Mike's picture in the upper right hand corner of the photo above. The English language version of the book is also a paperback bestseller in Japan.

To find out more about Mike, click [HERE](#).



Congrats go to Mark D. Walker for his Bronze award in the Adventure Travel Category of the Solas Awards, sponsored by the [Traveler's Tales](#) website. Mark won the award for his article, "Tschiffley's Epic Ride."

In April, Mark's article "Time Among the Maya, Travels in Belize, Guatemala and Mexico: Personal Reflections" was featured in *Revue Magazine* [HERE](#). Another article was published in the May issue of *Revue Magazine*, "My Saddest Pleasures: 50 Years on the Road- First Stop Guatemala." Check it out [HERE](#).

He also published his article, "Traveling Through the Land of the Eternal Spring: A Literary Journey," in [Literary Traveler](#). The article is largely a reprint of the special feature published in the February issue of the Arizona Authors Association newsletter.

Mark's new book, *My Saddest Pleasures: 50 Years on the Road* will be out at the end of May through Cyberwit. You may purchase it [HERE](#).

Mark's review of *Traveling with Myself and Another*, by Martha Gellhorn, appeared in the May issue of *Midwest Book Review*. And to top off a great month, Mark was also featured at "For the Love of Story," (see picture) held at the Sanderson Lincoln Pavilion in Carefree, AZ, on May 7th. He read his short story, "La Pulcera" (The Bracelet).

To find out more about Mark, check out his website: [millionmilewalker.com](http://millionmilewalker.com)





Congratulations, continued.

Congratulations go to one of our members, USA Today bestselling author Karen Odden. Karen was one of ten authors featured at “For the Love of Story,” which took place on May 7th at the Sanderson Lincoln Plaza in Carefree, Arizona. She read her short story, “Writing with Fire.”

Karen also gave a workshop on April 30 for the Arizona Authors Association entitled, “What is the Why, Building a Backstory for Nuanced Characters and Authentic Conflict.” Nineteen participants attended the workshop.

On May 24, gave her zoom webinar on writing effective query letters to Sisters in Crime National. Members may view it in the archives. And on June 4 at the Desert Foothills Book Festival (9 am-2pm at The Holland Center, Scottsdale) Karen will be giving the first Keynote Presentation, a slide show, 10-10:45 pm, called "Train Wrecks, Trauma, and Truth: What Victorians Can Teach Us About Today."

To find out more about Karen, visit her website at <https://karenodden.com/>



Heidi M. Thomas' book, [Rescuing Hope](#), has been named a **Book Excellence Awards** contest finalist in women's fiction. The book was published in October, 2021, and featured in this newsletter last fall.

From the website:

Samantha Moser's quest to buy the ranch her great-grandparents once owned—the ranch she's struggled to manage for a heartless owner—seems impossible. With the help of the troubled teen she's mentoring, and her rescue horses, life is rich under the Montana sky. But when a group of veterans with PTSD need her help, and the man she could find happiness with has a serious accident while helping her rescue

another horse, life takes an overwhelming, stressful turn. Can Sam find the strength and courage to overcome, or will all her dreams shrivel and die on the prairie?



[Rescuing Hope](#) is the second in the “Rescue” series. To view the first in the series, click [HERE](#). To learn more about Heidi, visit her website at: <https://www.heidimthomas.com/>



Janet Crum is delighted to announce that her short nonfiction piece, “A Christmas Duet,” was published in *Harmony Magazine*, a visual arts and literary journal published by the Medical Humanities Department of the University of Arizona College of Medicine. Issues are available free online from the [Harmony website](#), and Janet's piece is in the [2022 issue](#) beginning on page 12. You may read the issue by clicking [HERE](#).

“A Christmas Duet” captures a precious few minutes of the last Christmas Janet spent with her mother.

While this piece is written under Janet's real name, she usually writes under the pen name Janet Alcorn, which is what she uses in her regular Arizona Authors Association newsletter feature, “Where in Arizona?”

Learn more about her and her writing at <http://janetalcorn.com>.

# Write A Memoir to Remember

Free Zoom Workshop Presented by Award-Winning Author Patricia L. Brooks

Saturday, June 11th, 2022  
10am-Noon MST online

Email [Toby Heathcotte](mailto:Toby.Heathcotte@azauthors.com) to participate.

We are experiencing an unprecedented time in our history. Our lives have changed in so many ways. In an encouraging and insightful presentation, Patricia will help you capture your untold story. Through her highly regarded presentation, she will share with you how to produce this memoir to your own satisfaction, face your fears and conquer your story's emotional essence.

With tips and techniques from her own daring memoirs, ([Gifts of Sisterhood](#), [Three Husbands and a Thousand Boyfriends](#), and [Sick as My Secrets](#)), Patricia will inspire you to take the necessary steps to complete your manuscript. She will also discuss why you should: keep a writing journal, do the necessary research, write goals and make no excuses about your writing.

In this workshop, Patricia stimulates your creative talents by showing you how to break through your silence to find your voice and give yourself permission to write your truth. Considering what has been happening in the world, now is a great time to record your stories for posterity.

## Learning Objectives:

- Understand the real Theme of your memoir
- Learn to dig deep to get to the Soul of the story
- Discover the Depth and Challenge of your memoir
- Realize you can Speak your Truth



Patricia is president/founder of Brooks Goldmann Publishing Company, LLC and Scottsdale Society of Women Writers. *Sick as My Secrets* covers her 35-years of recovery. *Three Husbands and a Thousand Boyfriends* addresses love addiction. *Gifts of Sisterhood* is a tribute to her sister who passed away from lung cancer. Find out more about Patricia on her website:

[brooksgoldmannpublishing.com](http://brooksgoldmannpublishing.com)



One of Patricia's award-winning memoirs, [Sick as My Secrets](#), on sale now.



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*Sunset is the opening  
music of the night.*

-Mehmet Murat ildan

Organ Pipe National Monument

Photo by Arizona Authors Association  
Member Janet Alcorn





## The Road to Imagination

by Cherie Lee

Do you ever need a prompt to get you started? Try Cherie Lee's story starter to spur your imagination and get the sentences flowing. An award-winning author, Cherie wrote the following paragraph as a guide:

"This fictional teaser can be used by teachers or by anyone (recommend sixth grade and up through all adult ages) who wants a creative writing exercise or to jump start a new work. This idea is not meant to be genre specific, but left to the writer's imagination. There are no specific rules to follow. All the listed questions do not need answers. There is no order for preferred reading."

If you would like to share a story you create with this prompt (800 words or less), please send it no later than July 15 to [faerland@yahoo.com](mailto:faerland@yahoo.com) and we may publish it.

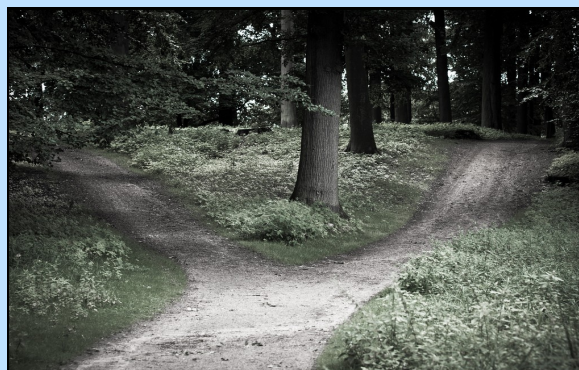
### The Horse

Dust swirled into the air. The horse reared and stomped the ground before bolting for the lone shade tree in the corner of the bare pasture. A slimed water trough stood under the shade tree. A bale of hay lay scattered on the ground. Once again the owner had failed to take proper care of this animal. Sneaking under the fence and holding a carrot in front of me, I stepped carefully toward the stallion. Carrots worked as a bribe to allow me to get close to him. My pocket contained many of them. I whistled softly to get him to look at me. He reared up, and then charged toward me at a gallop. I stood still and waited. I knew he'd rear again and stomp his feet before he'd take a carrot and trot by my side to the water trough. This time he ran past me, knocking me down. His front legs clawed the air before they landed on the ground, one on each side of my head. I heard a loud noise, but couldn't see what had happened.

### Questions:

1. Why did the owner neglect the horse?
2. Was the owner ill or in jail or just busy?
3. How long had the youngster known the horse?
4. How often did the youngster go to the pasture?
5. Why did the horse react differently this time?
6. Was the horse trying to harm the boy or girl, or protect the child from danger?
7. What was the loud noise heard and who or what had made it?

**Now it's your turn. Go forth and write!**





## Calling All Volunteers!

The Arizona Authors Association needs help in the following areas. If you can serve in one of these positions, you may earn enough credits to pay for your membership, and you will earn our gratitude at the same time!



### Jobs Available:

**ZOOM WORKSHOP:** Present a Zoom online workshop in 2022 for the membership and public. (90-120 minutes in length.) You may submit your own topic for approval or choose from among suggested topics. A board member would set up the Zoom connection and introduce you to the participants.

**NEWSLETTER ARTICLES:** Add four substantive articles of between 800-1200 words to the newsletter (one in each upcoming issue) on **writing-related** topics (of help to authors, publishers, editors, etc.) Topics could include editing help, grammar help, marketing tips, publishing trends, etc.

**WEB PROMOTION:** Search the internet for author-related, high-quality, non-spam websites, classifieds, etc, where we can advertise the Arizona Authors Association for free, particularly our contest, events, banquet, and literary magazine. Experience in sending press releases to radio, TV, and podcasts that promote author-related material is a plus. Submit our ad or press release (provided) to quality web sources and then report back to us when at least six sources publish them.

**ZOOM MEMBER SPOTLIGHT:** Conduct a one-hour Zoom interview with an Arizona Authors Association member to add to Facebook and Zoom files. Research the member's books and basic biographical info before the interview and prepare relevant, appropriate questions (main and alternate) ahead of time.

**WORKSHOP:** Present an Association workshop at a physical location, such as a local library (we would secure the venue). Submit a topic of your own for approval or choose from among our suggested topics, and then prepare and present your 90-120 minute workshop.

**FORUM CONTENT:** Do you spend a lot of time on Facebook? Are you fond of forums? If so, you may be able to help us establish and advertise our new arizonauthors.org forum. We need someone to post in the forum daily, add content, articles, and information of interest to authors. Create threads, add posts, add comments, etc. Be warned: the current forum is only newly created, so it's lifeless. If you add good content to it, we can get it off the ground and attract other members.

Contact a Board Member if you are interested in any of these positions:

Toby Heathcotte: [toby@tobyheathcotte.com](mailto:toby@tobyheathcotte.com)

Jane Ruby: [moonvalleyisr@cox.net](mailto:moonvalleyisr@cox.net)

Kathleen Cook: [faerland@yahoo.com](mailto:faerland@yahoo.com)





## The Impact of Sleep on Your Writing

by Dr. Diane Holloway Cheney

Without enough rest, no writer can create a true masterpiece. Authors tend to have a variety of different tasks to do, in addition to writing. They're busy, so they snatch moments of time when they can. Sleep is often a neglected commodity, relegated to the sidelines of a full life. The proper amount of sleep, however, allows brains to operate at optimal efficiency. Creativity, imagination, intellect—all of these form the core of wonderful prose. If you want to write well, you must give your brain what it needs ... proper nutrition, stimulation, and above all, rest and refreshment.

The following tips are from Arizona Authors Association member Dr. Diane Holloway Cheney. They are taken from her book, *Sleep Problems: Food Solutions. The Impact of Sleep Problems on Society*. Follow these guidelines to improve your writing:

1. Most people with insomnia say they can't sleep because they have too much on their mind. Clear your mind by jotting down what's bothering you and what to do tomorrow.
2. Keep a pen by your bed and if you wake up with an idea, jot it down to explore later.
3. Don't go to bed till you're tired! Let eyelids get heavy. Try to keep a regular bedtime.
4. Don't use the bed for anything but sleep and fooling around. Watch TV or read elsewhere.
5. Don't listen to music or TV when you go to bed. They interrupt sleep.
6. Have no light in your bedroom. The sleep hormone is triggered by complete darkness. If there is any light, let it be red rather than blue or green. Throw a red paper over the lights.
7. Make your bed warm enough but slightly cool because it's better than too hot.
8. If you snore, buy and use a chin strap (or a CPAP device if you have obstructive apnea).
9. Sleep is easier with knees bent slightly toward the chest. Satisfy noticeable sexual needs and then get comfy.
10. Don't nap during the day or if you do, make it only a short refresher nap.
11. Exercise at least a half hour a day, even if it's only walking or exercising inside the home, but not just before bedtime.
12. Eat your last meal at least 3 hours before bedtime, unless it's a small snack or beverage. Have a bit of something sweet about 30 minutes before getting in bed for the night. See below.
13. Avoid caffeine six or more hours before you sleep. Also, alcohol in the evening sends glucose into your cardiovascular system. It turns to pure glucose in the middle of the night and may wake you up in a hyperactive state. So have your wine with dinner and no later.
14. Don't do anything exciting or watch a scary movie an hour before bedtime. Enjoy relaxing activities or watch comedy, romance or musical things on TV in your last 30 minutes.
15. Eat a half banana, or a little cereal in milk, or cheese on crackers, or a bit of ice cream or walnuts or some snack described in this book 30 minutes before bedtime.
16. Drink some tart cherry juice or warm herbal tea or warm water in which you've soaked celery or lettuce leaves for a few minutes before imbibing.
17. Bath or shower with essential oils described in this book (rose oil, lettuce oil, etc.)
18. If you can't sleep, set your bedtime one hour later than usual to see if that helps.
19. Once in bed, sense whether you're too awake after 30 minutes, jot down what you're thinking about, and perhaps get up and do something boring (read the dictionary) and see if it helps.
20. Be safe with a security alarm, a sign of it in your yard, lock all doors, and when travelling stay on upper floors away from traffic and bad people who usually burgle lower floors. Safety is important for sleeping well.

Dr. Holloway Cheney belongs to the American Psychological Association, International Association of Police Chiefs, Intelligence National Security Alliance, American Society for Industrial Security, National Association of Social Workers, American Nursing Association, American Medical Writers Association, International Social Science Review, American Film Institute, Academy Museum of Motion Pictures, and Sundance Institute. She served as Drug Czar under Dallas mayor Annette Straus. Among her many works she has written three books on the Kennedy assassination. Find out more about her [HERE](#).





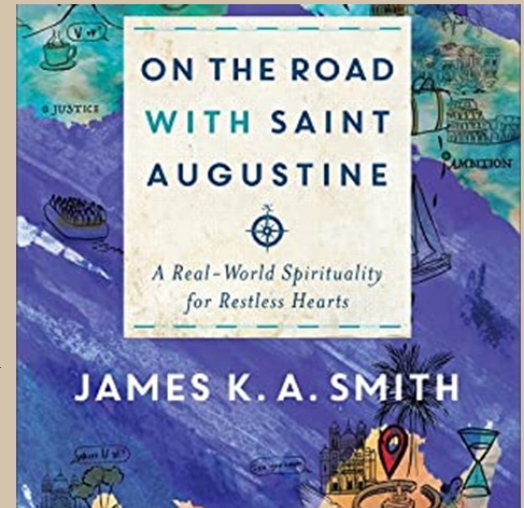
## The Million Mile Walker Review What We're Reading and Why

By Mark D. Walker



My middle daughter handed me this book and said she thought I'd appreciate it, as St. Augustine was offering the hitchhikers guide to the cosmos of wandering hearts—and she was right! The book is a travelogue of the human spirit. And a road trip with a prodigal who's already been where you think you need to go.

The book was also timely, as Augustine was a great example of the influence and power of immigrants—he was a “mestizo”—born outside of Carthage in what is today Algeria and wandering the Roman Empire in Italy, which led to what anthropologists call the “stranger value.” While insiders find it challenging to see the world from any perspective other than their own, “the pariah has no fixed position, no territory to defend, no interest to protect. As a visitor and sojourner, as one who is always being moved on, he is much freer than the good citizen to put himself in the place of another...” according to Michael Jackson in “Existential Anthropology.”



As a travel writer's aficionado, I was impressed how the author makes St. Augustine's wanderings seem more tangible by comparing him to Dean Moriarty in Jack Kerouac's *On the Road*, where the narrator, Sal Paradise, plays chronicler to the antics at the start of the story. This contrasts with the author's invitation to journey with an ancient African, who will surprise you by having “been there and done that.” He's no saint, which is why he makes salvation seem possible.

The author contrasts Sal in *On the Road*, who thought Dean was “the perfect guy for the road because he was born on the road.” He goes on to say, “The road is iconic because it is the symbol of liberation. From **On the Road** to **Easy Rider** to **Thelma and Louise**, the road is a ribbon that wends away from convention, obligation, and the oppression of domesticity. It's hitting the road and heading west, loading up the car and leaving for college, hopping on a bus to New York City, backpacking through Europe, or hitchhiking to Memphis.” The difference on the road between Dean and Augustine is not their experience of the road, but what they make of it.

He points out that the road, the journey, and the quest not only organizes St. Augustine's *Confessions* as a dominant metaphor of Augustine's spirituality but in *Teaching Christianity*, St. Augustine's manual for preachers, he describes a heart on the run.” As the author points out, “The heart's hunger is infinite, which is why it will ultimately be disappointed with anything merely finite and, as Augustine points out, we experience frustration and disappointment when we try to make the road a home rather than realizing its leading us home. “There is a delight in the sojourn when we know where home is.”

St. Augustine's epiphany comes from reading Paul's epistles, “Not in riots and drunken parties, not in eroticism and indecencies, not in strife and rivalry, but put on the Lord Jesus Christ” (Rom. 13: 13-14). “...It was as if a light of relief from all anxiety flooded into my heart.” The Christian life is a pilgrimage of hope. St. Augustine influenced the development of Western philosophy and Western Christianity and is viewed as one of the most important Church Fathers. His most important works include *The City of God*, *On Christian Doctrine*, and *Confessions*.

Sal Paradise reminds his fellow wanderers, “That last thing is what you can't get.” Nobody can get to that last thing. We keep on living in hopes of catching it once for all.” Reflecting despair of telling oneself that “the road is life.” This

continued on the next page

The Million Mile Walker, continued

contrasts with St. Augustine's contention that "it is God who runs down the road to meet prodigals." "My Father's house has many rooms" (John 14:2). There is room for you in the Father's house.

The book ends with the reference that the Duomo in Milan was built on the site of the cathedral Augustine visited so often. And today, there is a quiet section in the church with the following curious sign. Marking off an "Area Reserved to Worshipers," it instructs: "Please, no tourists. Do not go beyond this point except for confession."

**The Author: James K. A. Smith**

Trained as a philosopher focusing on contemporary French thought, James K. A. Smith has expanded on that scholarly platform to become an engaged public intellectual and cultural critic. An award-winning author and widely-traveled speaker, he has emerged as a thought leader with a unique gift of translation, building bridges between the academy, society, and the church.



This book seemed a "must-read" after writing "Tschiffley's Epic Equestrian Ride" and my 15,000-mile trek through Latin America, and "Traveling Solo," which is part of my new book, *My Saddest Pleasures*. Cahill takes us on a "hellarious" trek with professional long-distance driver Garry Sowerby from the southernmost tip of Tierra del Fuego to the northernmost point of the Dalton Highway in Alaska in a record-breaking 23 ½ days (which allowed them to convince Guinness Believe It Or Not" to underwrite the trip, as well as confirm their record) ...and they convinced corporate sponsor GMC to give the Sierra truck and support the entire journey.

I'm a big fan of lists of challenges one will face on the way, as they are both revealing and humorous:

*Dodge gasoline bandits for fun and profit!*  
*Outrun drunken bus drivers on slippery mountain roads!*  
*Thrill to mind-numbing poverty and desperation!*  
*Zorro Uzi-toting terrorists in remote jungle locales!*  
*Enjoy the staccato sounds of exotic war zones!*  
*Joke with armed teenaged soldiers!*  
*Experience the excitement of an automatic weapon at your neck!*  
*Join the gay, mad festivities inside a typical Peruvian jail!*

And yet their record-breaking pace is contrary to what much of Latin America's culture and values are about, and you miss so much. I felt sorry for Cahill and Sowerby and wanted to tell them to take a few days off to explore unique places like Buenos Aires and Guatemala City, which they barely mentioned. However, they did have a meal at my favorite steak house, "Rodeo," in Guatemala City. The author describes their diet for three weeks: "...We would, out of relentless necessity, live on coffee, beef jerky, and milkshakes."

The author aptly describes the final irony of the adventure-driving business, "The essence of our adventure was to avoid adventure at all costs" to stay on schedule and according to the master plan. The authors follow the Pan-American Highway on their 15,000-mile trek, a network of roads stretching across the Americas for 19,000 miles. According to the Guinness World Records, the roads link almost all the Pacific coastal countries of the Americas and, according to the Guinness World Records, are the world's longest "motorable road." And what made it such a challenge for Cahill and Sowerby was its passing through diverse climates and ecological types—ranging from dense jungles to arid deserts to high barren tundra. Use this link to read the entire review: <http://millionmilewalker.com/2022/04/road-fever-a-high-speed-travelogue-by-tim-cahill-reviewed-by-mark-d-walker/>.

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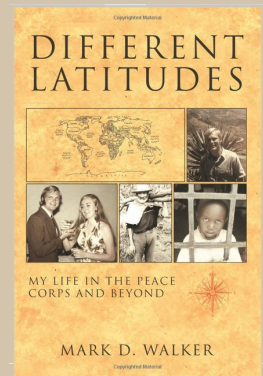
The Million Mile Walker, continued**The Author**

Cahill attended the University of Wisconsin-Madison on a swimming scholarship. His epic trip from Ushuaia in Tierra del Fuego to Prudhoe Bay, Alaska, is the source material for this book. He has written several books, such as *Wolverine is Eating My Leg*, *Jaguars Ripped My Flesh*, and *Buried Dreams*. He is a frequent contributor to National Geographic Adventure magazine.

You can find the entire review of this book and many others on my website under the "Library" tab. Please let me know what you think - about this newsletter, my reviews and most importantly, what you are reading so I can ponder all of it and share some of your comments in my next column. You can email me at: [Mark@MillionMileWalker.com](mailto:Mark@MillionMileWalker.com) or through my websites: <http://www.millionmilewalker.com/> or Facebook at <https://www.facebook.com/millionmilewalker/>

Walker was a Peace Corps Volunteer in Guatemala and spent over forty years helping disadvantaged people in the developing world. He came to Phoenix as a Senior Director for Food for the Hungry, worked with other groups like Make a Wish International and was the CEO of Hagar USA, a Christian-based organization that supports survivors of human trafficking.

His book, *Different Latitudes: My Life in the Peace Corps and Beyond*, was recognized by the Arizona Authors Association for nonfiction and according to the *Midwest Review*, "... is more than just another travel memoir. It is an engaged and engaging story of one man's physical and spiritual journey of self-discovery..." His honors include the "Service Above Self" award from Rotary International. His wife and three children were born in Guatemala. You can learn more at [www.MillionMileWalker.com](http://www.MillionMileWalker.com) and follow him on his [Facebook](#) page.



*Nature Always  
Wears the Colors  
of the Spirit*

-Ralph Waldo Emerson

Sedona, Arizona,  
photo by Arizona Authors  
Association member  
Elizabeth Ajamie-Boyer





## Where in Arizona?

by Janet Alcorn

Each issue we'll add a photograph taken somewhere in Arizona along with a list of ten locations, one of which is correct. If you think you know which one, write to [faerland@yahoo.com](mailto:faerland@yahoo.com) and let us know. The first one to guess the correct answer will have their name published on this page in the next issue. Arizona Authors Association member Janet Alcorn will supply the photos for this and future issues.

Arizona Authors Association member **Robert Ronning** guessed last month's location correctly. Congratulations, Robert, and thank you for participating!



Last month's photo was taken in Tucson, Arizona



This month's photo was taken in one of the following locations:

### Possible Locations:

Casa Grande

Tucson

Apache Junction

Yuma

Bisbee

Ajo

Camp Verde

Globe

Gila Bend

Nogales

Write to [faerland@yahoo.com](mailto:faerland@yahoo.com) no later than July 15th with your guess. If you are the first to answer correctly, we'll publish your name in the next issue, when we reveal the location of this photo.





## Dynamic Media Relations by Jeanne Burrows-Johnson



*Successful branding rests on myriad strategies...including positive media relations.*

*In reaching out to media, know that you're moving into the realm of commercial writing, requiring concise verbiage directly addressing the needs of a specific audience. The bottom line is to follow the rules set down by each media outlet...*

### KNOW YOUR MEDIA

Consider **which media outlets [print, broadcast, and online]** are appropriate for shining a spotlight on *you*. **Regardless of choice, you'll need concise data. You can pay for a subscription to detailed media lists or build your own.** Even with annual subscriptions, the information becomes outdated, so you must verify data periodically. **If creating your own media list**, gather the following information: Names of media outlets and key personnel [including linked organizations such as radio, television, magazine, and on-line products within a single company]; mailing and street addresses [for drop-offs]; phone and fax numbers [used by government and media]; and departmental email addresses. You'll glean additional information as staff become acquainted with you.

### NETWORKING WITH MEDIA

Having compiled details about each media outlet (including demographics of *their clientele*) you need to establish relationships with key journalists and editors. After all, there's no telling *what* a person's next job may be...Is there a journalist or editor for whom your work will be of particular interest? As an author, it's easy to rely on effective writing. But personal visits with media professionals will **broaden your skill set through the genteel art of verbal communication**. Unable to meet with media representatives personally? Organizations like Chambers of Commerce and book fairs often have booths with local media. Also **make calls to introduce yourself and learn about an individual's normal and seasonal interests**.

### TIMELY & APPROPRIATE MEDIA RELEASES

What constitutes a newsworthy media release? **Topics must be appropriate to media outlets.** For example, you wouldn't send notice of an elementary school program to a Seniors' magazine—unless that demographic is notably involved in the program. And, when there's an element of time involved (such as a holiday event), media outlets are more likely to give you attention IF you contact them with **sufficient lead time**.

*Consider the following scenarios when communicating with local, regional, national, Internet, and even international media outlets:*

continued on the next page

Dynamic Media Relations, Continued**WIN A CONTEST, AWARD, SCHOLARSHIP, OR CONTRACT?**

The Media is always interested in stories of success, especially when addressing their niche market. In your releases, make sure you indicate the stature of an individual, business, or organization that is recognizing your work. If there's a prolonged timeline, **send out updated announcements**. Be sure to mention other newsworthy persons involved in the project or event...such as the person slated to be the voice for your audio book or an event's MC. By the way, this includes political, religious, or volunteer activities which are often appealing to the media.

**PARTICIPATING IN A SPECIAL EVENT?**

You may already have a plan for participating in viral or in-person events. Also consider non-profit organizations who'd find your work beneficial to their cause. You could donate books, address students or staff about effective writing principles, or volunteer as an event's MC. Even if *they're* sending out media releases, **send your own tasteful release** focusing on the event in a distinctive format highlighting your involvement. An event benefitting your community makes you an ideal guest for an early morning drive time radio talk show—excellent for promoting a worthy cause and **drawing free media attention!**

**The most popular topics for garnering media attention relate to children, elders, and non-profit organizations.** That's why it's beneficial to team up with such groups...Remember, Such associations attract loyal followers. And, **word-of-mouth promotion is the most beneficial and cost-effective form of advertising!**

You may wonder if there's a way to **ensure your release will be acted upon as you desire**. The simple answer is *no*. Admittedly, it helps to get your message published if you have developed a positive relationship with the media outlet...and are prominent in your field. For most of us, the main concern is **avoiding being perceived as wasting a media professional's time**. If your release seems irrelevant, it will minimize the possibility of promoting current work and decrease the likelihood of your next outreach being greeted with joy.

**A GOOD FIRST IMPRESSION**

Regardless of *your* valuation of your message, consider how the media will judge its value to *their* clientele. Many writers and artists view their work as having ultimate significance. They begin nearly every communication by lauding themselves. Rather than opening your cover note of a media release with *I*, **begin with words that will appeal to their patrons, thereby encouraging a desire to learn more about you and your work. Present facts in a way that builds interest in your topic.**

~ As \_\_\_\_\_'s youth face another summer of seeking entertaining activities...

~ The enclosed image shows local author \_\_\_\_\_ donating her time at...

~ Jane Smith, winner of the 2022 \_\_\_\_\_ Award is named presiding judge in the forthcoming spelling bee for elementary school children in the \_\_\_\_\_ School District.

Remember that if *you're* involved in an event benefitting your community, **you might be the ideal guest for an early morning drive time radio talk show**—a great way promote your event...while **providing you with free media coverage.**

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Dynamic Media Relations, Continued**SHAPING STRONG MEDIA RELEASES**

**Try not to bore your recipient.** A majority of media releases are one or more pages of single-spaced paragraphs.” They often lack sectioning, titling, or bold or underscored text. **If the opening of a long document is not auspicious, the recipient probably won’t finish reading it...especially when more appealing materials are available!** Even if a plodding release is read, it may only be published because there’s a slow news day (with a large “news hole”)

**Short-circuit these problems by opening with the classic Ws of Who, What, When, and Where. After that, utilize the journalist’s inverted pyramid placing** relevant facts at the beginning of narrative text. **Editors like material they can drop into small spots in their layout.**

**SENDING OUT RELEASES**

**Follow each media outlet’s instructions.** To increase the number of people who see my releases, **I end emails stating hardcopy will follow.** With few people bothering with anything but emails, there’s a chance several people will read your copy when sent in more than one form. Of course, **you can’t be certain of how your copy will be treated.** **Contrary to what many media specialists assert, I’ve found providing minimal text gives an editor less to delete, re-sequence, or rewrite.** Remember, they’ll contact you if they’re interested in learning more. And, **remember to send out follow-up releases on the results of your project.** Highlight the event’s outcome, mentioning any noteworthy person or historical context which will distinguish the activity as being of general interest in your community.

Despite enhanced **connectivity with media**, at some point you may need to invest in advertising. To maximize the results, **your branded message must be consistent and memorable.** From your words to their accompanying colors and shapes, you must strike an accord with your target market. To achieve your long-term goals, you’ll need to look beyond traditional ads and commercials. Appropriate saturation of **social media outlets, YouTube videos, and even infomercials have been used effectively by authors seeking improved community relations.** As you contemplate your options, evaluate whether you have the skill set to design and implement a branding program without professional assistance.

Wishing you the best in your creative endeavors,  
**Jeanne Burrows-Johnson** *author, narrator, consultant, and motivational speaker*

For examples of media release layouts with sample text for print and broadcast media please visit: [https://www.imaginingswordpower.com/media/media\\_release\\_samples.html](https://www.imaginingswordpower.com/media/media_release_samples.html)

For more ideas to maximize the results of your branding program, visit my marketing website or blog: [Imaginings Wordpower & Design Consultation.com](http://ImaginingsWordpower&DesignConsultation.com), [Blog.JeanneBurrows-Johnson.com](http://Blog.JeanneBurrows-Johnson.com). You are also welcome to send me an email at [info@JeanneBurrows-Johnson.com](mailto:info@JeanneBurrows-Johnson.com)

**What Are You Reading?**

This week I read Janet Evanovich’s [To The Nines](#). It isn’t my normal read. I delve more into historical fiction, nonfiction, fantasy or sci-fi. I’m not an Evanovich fan; she’s too edgy and modern to suit me. So why was I laughing throughout the book? Despite my qualms after reading the first page and nearly passing it up, I continued to the second page. After that, I was hooked. I laughed in spite of myself. Yeah, this is part of a series and I hadn’t read the earlier ones, but who cares? It was still funny.

*To The Nines* is about a klutzy pair of bail bonds women who get into some hilarious, sexy, and downright stupid adventures. Some of it is scary, too, since most of the book centers around the fact that someone wants to murder the heroine. But he’s doing it in a rather funny way, so you can’t help but laugh. If you’ve ever thought Evanovich was not your kind of writer, give her a try. You may hate yourself for loving it. –Editor





# Let Them Talk!

Free Zoom Workshop Presented by Award-Winning Author Penny Orloff

Saturday, July 9, 2022  
10am-Noon MST online

Email [Toby Heathcotte](mailto:Toby_Heathcotte) to participate.

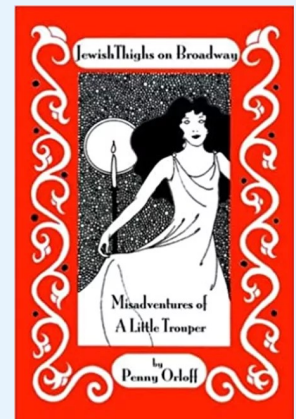
## Writing Compelling Character Dialogue

Examples, discussion, and exercises to help participants hear what their characters have to say, expressed in the characters' own voices.

Penny Orloff was a working actor and dancer in Los Angeles when a Juilliard scholarship took her to New York. She sang more than 20 Principal Soprano roles for New York City Opera, and played featured roles on Broadway under directors Harold Prince and Joseph Papp. Theater, concert, and opera engagements took her all over the US, Europe, and the former Soviet Union. Her solo show, "JEWISH THIGHS ON BROADWAY"—based on her novel of the same name—toured the US for a decade, including a successful run off-Broadway in 2005. Her current show, "SONGS AND STORIES FROM A NOT-QUITE-KOSHER LIFE," is on hold until the theaters open again.

She is the author of "Art as Lifework, Life as Artwork," a creativity seminar and workbook offered nationwide since 1991; and is still procrastinating on her new book, "Who Would You Be If You Had Nothing to Bitch About?" A Tarot reader for over 50 years, Penny has used the cards in her counseling practice for decades.

She is a regular contributor of stories to the Chicken Soup for the Soul series, and has worked for a dozen years as an arts journalist for various online and print media. Find out more about Penny and her work [HERE](#).



Penny's award-winning book, [Jewish Thighs on Broadway: Misadventures of A Little Trooper](#) is for sale on Amazon and other outlets.





# Application for Membership

## Benefits of Membership

Literary Contest   Awards Banquet   Literary Magazine  
Book Festivals   Book Signings   Facebook Page   Critique Groups  
Newsletter   Speakers   Workshops   Website Page

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

HOME PHONE \_\_\_\_\_

CELL \_\_\_\_\_

EMAIL \_\_\_\_\_

WEBSITE \_\_\_\_\_

TYPE OF MEMBERSHIP \_\_\_\_\_

PUBLICATIONS OR CURRENT PROJECTS: \_\_\_\_\_

**Writers Published or Unpublished:**

One year \$45  
Two years \$80  
Three years \$110

**Professional Membership:**

Related Services such as Publishers,  
Agents,  
and Editors:  
One year \$60  
Two years \$110  
Three years \$165

**Send Checks or Money Orders To:**

Arizona Authors Association  
6145 West Echo Lane  
Glendale AZ 85302-5709

**Or Pay With:**

Venmo.com:  
ArizonaAuthors-Association  
  
Paypal.com:  
arizona.authors@yahoo.com

**ALL MEMBERSHIPS RENEW EACH JANUARY**

Arizona Authors' Association is a Non-profit 501c3 organization. Its mission: To foster literary achievement, advance the art of writing and serve the writers, authors, editors, publishers and allied professionals of Arizona and the nation. [Arizonaauthors.com](http://Arizonaauthors.com), [Arizona.authors@yahoo.com](mailto:Arizona.authors@yahoo.com)  
[toby@tobyheathcotte.com](mailto:toby@tobyheathcotte.com)



## Literary Contest Report

by Jane Ruby

The 2022 AAA Literary Contest is chugging along! We are still accepting entries until Midnight, July 1. See entry form on our website or on the next page of this newsletter.

As of May 8, we have 24 entries:

- 5 Oldies
- 5 Fiction
- 4 Nonfiction
- 1 Picture Book
- 4 Short Stories
- 2 Essays
- 3 Poems

Get those entries in—don't wait till the deadline!

We cannot stress the importance of adhering to contest rules. Published entries require 2 copies. If you have more than one entry, send 2 copies of each book. Mail to Literary Contest Director, 1119 E. LeMarche Ave., Phoenix, AZ 85022. You can send payment by cash or check with your books. You can also email a copy of your entry form if using Venmo or Paypal for payment. **BUT WAIT THERE'S ONE MORE OPTION:** you can mail your entry form AND use Venmo/PayPal for payment. We'll do whatever it takes to get your entries!!

Take note of entering Unpublished Novels (manuscripts). They cannot have been published elsewhere, or they would be disqualified as "unpublished." We also reserve the right to publish them in our magazine FIRST before anywhere else. This was an issue for several authors last year. Our magazine is set to publish in early November, so if you can wait that long, you may enter your unpublished work in our contest.

Payment of Unpublished entries can be handled by:

Venmo (ArizonaAuthors-Association)

Paypal (Arizona Authors Association or button from the website)

Cash or check (mailed to Literary Contest Director, 1119 E. LeMarche Ave., Phoenix, AZ 85022)

If you have other questions, please let us know by email: [Arizona.Authors@Yahoo.com](mailto:Arizona.Authors@Yahoo.com) .

Thanks,

Jane Ruby, Literary Contest Director

Jane is an award-winning novelist, essayist, and short story writer. She's judged many association literary contests and took over as the Literary Contest Coordinator in 2019. The former Secretary of the Association, she now serves as both the Contest head and as the Treasurer of the Association. Find out more about Jane [HERE](#).



**First Prize**

\$100 & publication or feature in Arizona Literary Magazine

**Second Prize**

\$50 & publication or feature in Arizona Literary Magazine

**Third Prize**

\$25 & publication or feature in Arizona Literary Magazine

**Honorable Mention**

Publication or feature in Arizona Literary Magazine

1<sup>st</sup> and 2<sup>nd</sup> Prize Winners in Poetry, Essay & Short Story get nominated for the National Pushcart Prize (value: PRICELESS)



[www.ArizonaAuthors.com](http://www.ArizonaAuthors.com)  
[Arizona.authors@yahoo.com](mailto:Arizona.authors@yahoo.com)

**ARIZONA AUTHORS ASSOCIATION  
2022 LITERARY CONTEST  
DEADLINE: July 1st!**

**Unpublished Categories**

Poem

Short Story/Essay/Personal

Narrative/Review

Novel /Novella

**Published Categories**

OLDIE BUT GOLDIE

Fiction

Nonfiction

Children's Picture Book

Juvenile/Young Adult

**CRITIQUES OFFERED** (For unpublished works only with an extra fee.)



Since 1978, the Arizona Literary Magazine has launched the careers of many authors.

**See entry form on Next Page!**

TITLE OF SUBMISSION:

**Contest and Submission Rules**

NAME: \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_  
 CITY/STATE: \_\_\_\_\_  
 PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

BELOW, check category you wish to enter, fill in price and TOTAL AMOUNT DUE AT BOTTOM

**PUBLISHED ENTRIES** (\$30 for members, \$35 nonmembers)  
 \_\_\_\_\_ FICTION: Novel/Novella/Short Story Compilation = \$ \_\_\_\_\_  
 \_\_\_\_\_ NONFICTION = \$ \_\_\_\_\_  
 \_\_\_\_\_ CHILDREN’S PICTURE BOOK = \$ \_\_\_\_\_  
 \_\_\_\_\_ JUVENILE/YOUNG ADULT = \$ \_\_\_\_\_  
 \_\_\_\_\_ OLDIE BUT GOLDIE = \$ \_\_\_\_\_

**UNPUBLISHED ENTRIES:**  
 \_\_\_\_\_ POEM (\$20 for members, \$25 nonmembers) = \$ \_\_\_\_\_  
 \_\_\_\_\_ SHORT STORY, ESSAY, PERSONAL NARRATIVE, REVIEW (\$25 for members, \$30 nonmembers) = \$ \_\_\_\_\_  
 \_\_\_\_\_ NOVEL/NOVELLA (\$35 for members, \$40 nonmembers) = \$ \_\_\_\_\_

**CRITIQUES For Unpublished Only**  
 \_\_\_\_\_ POEMS (\$25 for members, \$30 nonmembers) = \$ \_\_\_\_\_  
 \_\_\_\_\_ SHORT STORY, ESSAY, PERSONAL NARRATIVE, REVIEW (\$30 for members, \$35 nonmembers) = \$ \_\_\_\_\_  
 \_\_\_\_\_ NOVEL, NOVELLA (\$35 for members, \$40 nonmembers) = \$ \_\_\_\_\_  
**TOTAL AMOUNT DUE** (for entries & critique requests) = \$ \_\_\_\_\_

Pay by check or Venmo (see QR code below):  
 Checks payable to Arizona Authors Association  
 Mail entries (and copy of Venmo payment if applicable) to:

Arizona Authors Association  
 1119 East Le Marche Ave.  
 Phoenix, AZ 85022

To pay for contest fees, you can go to Venmo and type in:  
 ArizonaAuthors-Association  
 Or scan the code:

Now available on our [website](#), you may also pay with **PayPal!**

**ALL BOOKS/E-BOOKS IN PUBLISHED CATEGORIES** – Submit 2 copies. Books must include ISBN, copyright date, and publisher information. E-Books must be submitted in print & bound form like a gallery or ARC. No books returned; all will be donated after judging.

**OLDIE BUT GOLDIE** entry can have any publication date, but must never have won this contest. Must be indie work. ALL OTHER PUBLISHED ENTRIES must have 2021 or 2022 publication date.

No submissions by publishers unless entry is a compilation of authors.

**UNPUBLISHED CATEGORIES – IF BY MAIL:** Submit THREE (3) copies; **IF BY EMAIL:** Submit PDF file (See payment section for addresses)

Poetry entries - 50 line maximum in 12-point plain font. Single-spacing within stanzas OK.

Short Story/Essay/Personal Narrative/Review entries cannot exceed 15 pages and must be printed in 12-point plain font, double-spaced lines, 1-inch margins, title and page numbers in header. Author’s name cannot appear anywhere in text—only on entry form.

Novel/Novella entries must include a synopsis (max. 5 pages) and the first 25 pages of manuscript. The synopsis must summarize entire story. Must be printed in 12-point plain font, double-spaced lines, 1-inch margins, title and page numbers in header. No author's name in text – only on entry form. Manuscripts must be completed and available upon request. They will not be returned except if critique is requested.

Winners in unpublished categories automatically consign first serial rights to Arizona Authors’ Association, our right to publish in the Arizona Literary Magazine in November, 2022, before anywhere else.

Multiple entries – need an entry form for each entry. You may print extra forms from our website ([www.ArizonaAuthors.org](http://www.ArizonaAuthors.org) or [.com](http://www.ArizonaAuthors.com)) or photocopy this form.

We reserve the right to switch an entry’s category, cancel a category, or not award any winners if they don’t meet publishing industry standards. Any entry not following rules will be disqualified without notification or refund.

**Deadline: Postmark by July 1, 2022**

**Good Luck To All Our Contest Entrants!**



arizonaauthors.com [arizona.authors@yahoo.com](mailto:arizona.authors@yahoo.com)

## Arizona Authors Writers Workshop



# WRITING MYSTERIES

Donis Casey

**Saturday, August 13, 2022 • 10:00 to 12:00 pm, MST**

Free and Open to the Public on Zoom

Register with [toby@tobyheathcotte.com](mailto:toby@tobyheathcotte.com) or [arizona.authors@yahoo.com](mailto:arizona.authors@yahoo.com)



What makes a mystery novel? How do you put the puzzle together? A mystery novel is like a hero quest, a medieval myth. Evil is done. The hero goes on a quest to right the wrong. The hero confronts the villain and does battle. Justice is done in the end – and justice may not be what you expected!

No matter what genre you're writing, there are elements of mystery in the story. You must draw the reader into the world you've created. She has to believe what you're telling her. She has to care what happens to the characters like they're real people. It doesn't matter if you have a wonderful puzzle to solve if the reader doesn't care.

**Donis Casey** is the author of *Valentino Will Die* (Feb. 2021) the second episode (following *The Wrong Girl*, 2019) in a fresh new series featuring Bianca LaBelle, star of the silent screen action serial *The Adventures of Bianca Dangereuse*. In addition to this series about a beautiful, headstrong, and wildly lucky girl in glamorous 1920s Hollywood, Donis is also the author of ten *Alafair Tucker Mysteries*, an award-winning series featuring the sleuthing mother of ten children, set in Oklahoma during the booming 1910s. Donis is a former teacher, academic librarian, and entrepreneur. She lives in Tempe, AZ. Read the first chapter of each of her books at her website, [www.doniscasey.com](http://www.doniscasey.com)

*Valentino Will Die: A Bianca Dangereuse Hollywood Mystery* by Donis Casey. Who is trying to kill the world's greatest lover? As Rudolph Valentino lies dying, his dear friend and screen idol in her own right, Bianca LaBelle, promises him that she will find out who is responsible. One of his many lovers? A delusional fan? Or could it be a particularly vicious mobster?

"A delicious glimpse into Hollywood's Golden Age... Bianca might be a glamorous star, but she is also a likeable, smart, and feisty heroine." **Rhys Bowen**



## The Inevitable Author

by Kathleen Cook

### Live Your Adventure!

When I was younger, it seemed as if I was always too busy to find adventure in day-to-day life. I counted the many tasks I had to slog through until I could sit down, relax, write, sleep, and do it all over again the next day. I didn't see the adventure in making peanut butter sandwiches, washing clothes, running errands, and other tasks. I dreamed longingly of retirement, when I could go on safaris, climb mountains, and take white-water rafting trips.

Now that I'm retired and doing at least some of that, I wonder how many adventures I actually missed while young. That peanut butter sandwich that fell on the floor to the dog's delight, and my adventure in bathing him when he wound up with brown goo all over him (that dog hated baths!) is remembered fondly now with a laugh as well as an exaggeration or two. At the time, though, it seemed such a routine, mundane incident.

What about the time I washed clothes and the machine broke down and started spewing soapy water all over the laundry room floor and into the carpet in the next room, where it squish-squish-squished for the next two days? Yes, that was an adventure! And what about the time I had a simple, ordinary checkup with the doctor? That certainly turned into an adventure of bald-faced lies that had to be ashamedly backtracked. It went sort of like this:

"Kathleen, you'll have to come in next week for your routine mammogram." (Do I want to get a mammogram? Heck no! What kind of excuse can I give?)

"Um ... I can't. I'm going to visit relatives next week."

"Oh, you're going to Illinois? What a coincidence! I'll be there too next week! I'm visiting my sister; maybe we can get together for lunch. Where will you be staying?"

(Oh DANG! She knows all my relatives are in Illinois! What do I do NOW????)

"Um ... Er ... actually we're not visiting my relatives in Illinois; we're visiting other relatives."

"Oh, you're going to GERMANY?"

(Oh DANG! She knows my husband's from Germany! I TALK TOO MUCH!!!)

"Um .... Er ... Ummm."

"Hey Clara!" (Clara looks up from her books.) "Guess where Kathleen is going? She's visiting GERMANY next week! You know that country well, don't you?"

Clara comes over and asks, "Oh wow, what part? Munich is beautiful this time of year. If you stop there, you can say hi to my cousin, Klaus. He works lunches at the Bahnhof Café near the train station."

(I check my watch nervously.)

"Oh, I'm so sorry guys; I'm late for the dentist! I'll talk to you next time!"

"Have a great trip! We'll want to see ALL the pictures of Germany when you get back!"

On an emotional-stress-adrenaline scale, if that wasn't an adventure, I don't know what is. And it didn't end there. My stomach went skydiving the next day, when I called up to say, "I lied."

A prolonged giggle on the other end was followed by, "Monday, 9:00. No excuses."

"Yes, Ma'am." Monday morning saw a new round of giggles the moment I walked in. Talk about adventure! Disney's Matterhorn couldn't have done worse!

continued on the next page



The Inevitable Author, continued.

As of this writing, I am preparing to take a trip into the wilds of Maine, where moose and black bear abound and my grown kids will be sharing the adventure with me. I can't wait! But when you consider my previous, ordinary, run-of-the-mill adventures, I'd say this one will be rather tame. No stomach skydives. No heart palpitations. Easy breezy lemon squeezy.

If you're in the midst of your "ordinary" life and dreaming of "someday," look around you. You may find plenty of action right where you are. So start writing that new adventure tale!

Kathleen Cook is a retired editor and the author of more than twenty books. A former copy writer/editor for Demand Studios, she also served as the Fictional Religion Editor for the ODP (Open Directory Project) in the internet's early days. She is currently the Arizona Authors Association's editor as well as its website developer. Find out more about Kathleen [HERE](#).



*“A true conservationist is a man who knows that the world is not given by his fathers, but borrowed from his children.”*

— John James Audubon

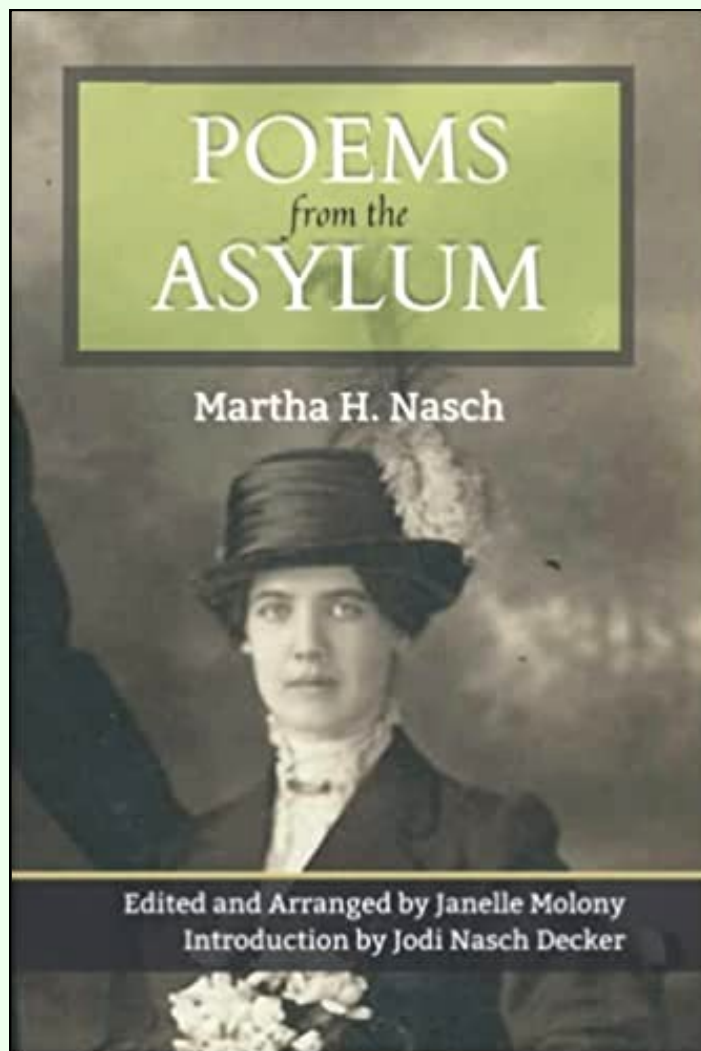
Sedona, Arizona

Photo by Arizona Authors Association member Elizabeth Ajamie-Boyer



## NEW BOOK RELEASE

by Martha H. Nasch  
Introduction by Jodi Nasch Decker



### Poems From The Asylum

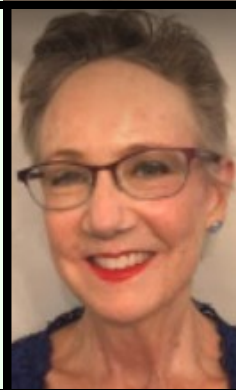
Arizona Authors Association member Jodi Decker teamed up with her daughter, Janelle Molony, to publish *Poems From the Asylum*, a book compiled from the poems of asylum inmate Martha H. Nasch, Jodi's grandmother. From the Amazon website:

"Anthology of harrowing and insightful poems written by Martha Hedwig Nasch, patient-inmate #20864 at the St. Peter State Hospital for the Insane. After noticing something strange from a secret medical procedure in 1927, St. Paul, Minnesota, Martha Nasch's doctor claimed she just had a "case of nerves." With a signature from her adulterous husband, Martha was committed against her will to the asylum. She spent nearly seven years in the Minnesota hospital during the Great Depression and tried to escape twice. Martha's poems from behind bars include shocking eyewitness accounts of patient treatment and a long-suffering adoration for her only child, now being raised alone by her deceiving spouse."

More than fifty photographs and illustrations are included with the historical research that accompanies this beautiful and haunting collection of poems.

Find the book on [Amazon](#), [Barnes&Noble](#), and other outlets.

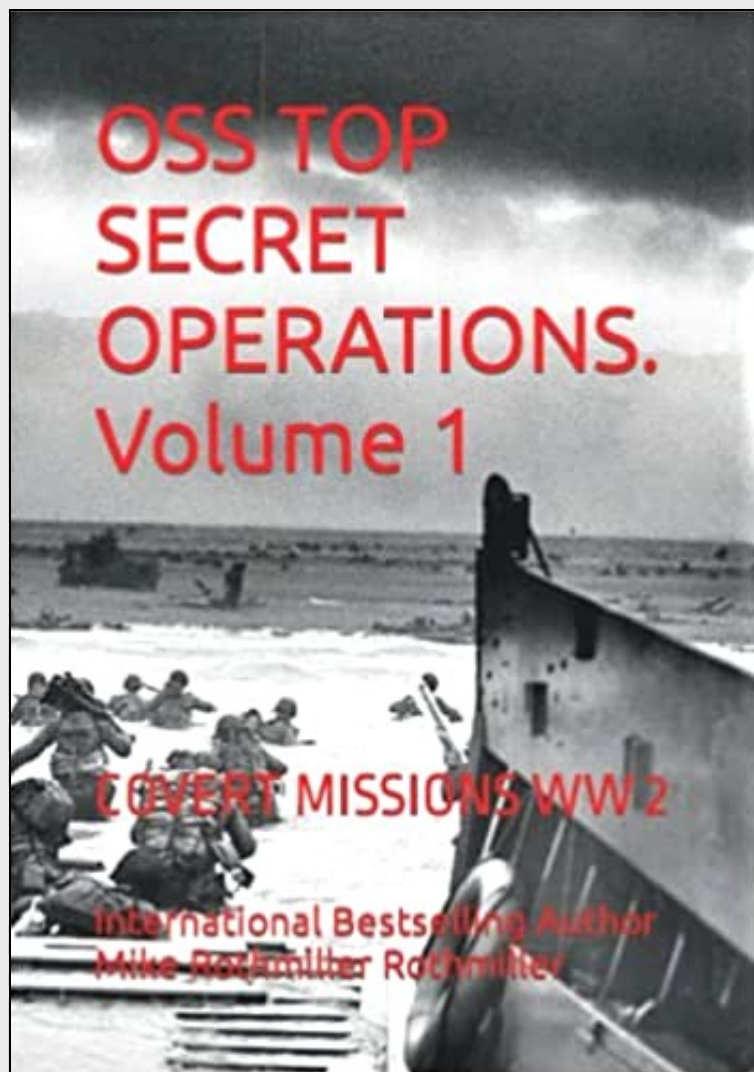
Jodi Nasch Decker is a college public speaking teacher. She is also a member of the Glendale Historical Society. During the course of compiling her grandmother's poems, she did extensive research in order to authenticate the details of Martha's involuntary commitment to the St. Peter State Hospital for the Insane. The poems were written by Martha, a firsthand account of the desperate conditions within the facility, the injustices, and maltreatment of the patients. Of the book, Jodi stated in *The Glendale Star*: "The tone is still redemptive or upbeat . . . There's a misperception that it's depressing, but if people read it — I don't want to say it has a happy ending, that's not the right word — but you're going to walk away satisfied. I feel Martha has been vindicated after all these years, because they wrote such harsh things about her. We base it on fact to try to make it more factual than emotional, and her words vindicate her." The book was published with the help of her daughter, author/editor Janelle Molony. To read the entire interview in *The Glendale Star*, click [HERE](#). To visit her Facebook page, *Seven Years Insane*, click [HERE](#).





## NEW BOOK RELEASE

by Mike Rothmiller



### OSS TOP SECRET OPERATIONS. Volume 1

These are the true stories of OSS covert operations during World War 2. They were written at the end of WW 2 and cut to the chase. There is no flowery narration, just hard-hitting facts of their successes, difficulties, and failures. This is the most accurate assessment of intelligence operations from the war.

Before World War II, intelligence activities in the United States were mostly carried out by the Department of State, the Office of Naval Intelligence (ONI), and the War Department's Military Intelligence Division (MID). Hoping for greater coordination of intelligence activities and a more strategic approach to intelligence gathering and operations, on July 11, 1941, President Franklin Roosevelt appointed William J. Donovan to head a new civilian office attached to the White House, the Coordinator of Information (COI). The COI was charged with collecting and analyzing information that may have had bearing upon national security, correlating such information and data, and making this information available to the President, authorized departments, and government officials. Mike edited these records for clarity, but did not change the content in any way.

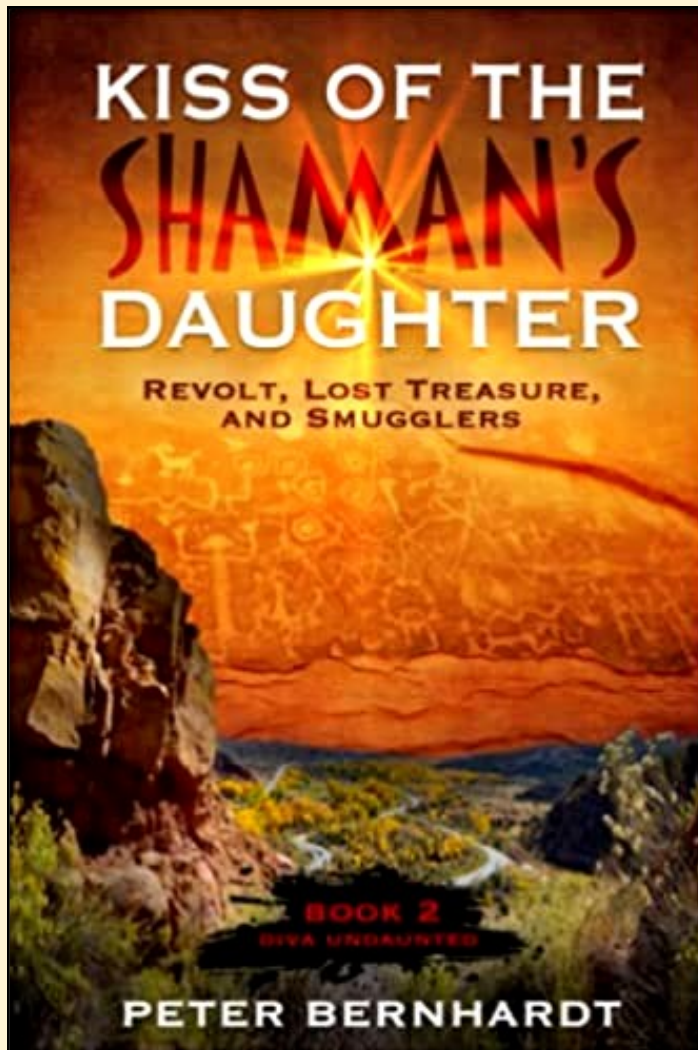
You may find this volume on [Amazon](#) and other outlets.

Mike Rothmiller is a New York Times Bestselling Author, nominee for the Pulitzer Prize, historian, former cop and Army medic. He's also served as a TV reporter, an award winning documentary producer and television host for ESPN, PBS and other international television markets. He's written and produced over 25 television documentaries, numerous TV and radio ads and has authored movie scripts. His nonfiction book, *My Hero. Military Kids Write About Their Moms and Dads* (St. Martin's Press) received international acclaim and holds the honor of being the only book in history to have forwards written by three living Presidents and General Norman Schwarzkopf. He's authored many books and his *Secrets, Lies and Deception and Other Amazing Pieces of History* was featured on Fox News and over 40 Television News Stations across America. Readers of his books include three Presidents, former First Lady Laura Bush, the late Charlton Heston and Queen Elizabeth II. To read more about Mike, click [HERE](#).



## BOOK RELEASE

by Peter Bernhardt



### Kiss Of The Shaman's Daughter

Peter Bernhardt's rerelease of *Kiss of the Shaman's Daughter*, Book 2 in his series, *Diva Undaunted*, now has a facelift. From the Amazon website:

Against the backdrop of the rugged Sangre de Cristo Mountains, aspiring diva Sylvia Mazzoni hopes to combine her Santa Fe Opera debut and a romantic reunion with her lover, Washington attorney Rolf Keller. But Rolf's old nemesis from law school, Charles Slater, now an archaeologist, intrudes on their tryst. He is on the run from ruthless antiquities traffickers who are after his recent find of prehistoric Indian artifacts.

After Slater vanishes under suspicious circumstances, Rolf plunges into the New Mexico wilderness to search for him and his priceless cache. Soon, he finds himself in desperate flight not only from the guns of the murderous smugglers, but from the FBI as well.

Read more on this thriller [HERE](#). It is part of a series that includes [The Stasi File](#).

Find the book on [Amazon](#), [Barnes&Noble](#), and other outlets.

Peter is a retired attorney with the U.S. Attorney's Office. He relates his entry into writing novels: "As I approached my prime, I developed the powerful urge to write thrillers. My wife harbored the absurd suspicion midlife crisis had struck, because I was bound in those days to courtroom and desk at the U.S. Attorney's Office. So my dream remained just that for a long time. As soon as I retired, though, we moved to Arizona and I took things in hand by enrolling in a workshop for wannabe authors."

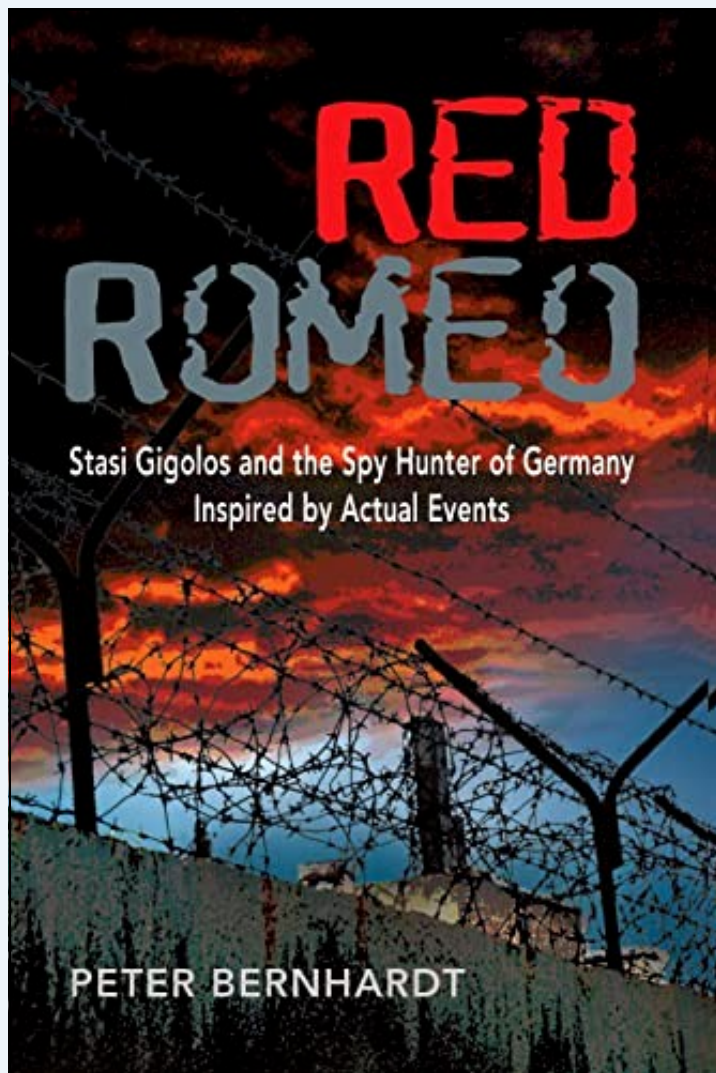
Since German is his native tongue, he faced an additional challenge writing in English. But his skills developed quickly and he soon finished his first book in what would eventually be a trilogy. *The Stasi File* was named a finalist for Book of the Year by the British-Arts-Council-sponsored website [www.youwriteon.com](http://www.youwriteon.com), and is ranked a bestseller by the site. The novel was a quarter finalist in the 2011 Amazon Breakthrough Novel Award Contest. Find out more about Peter and all of his books [HERE](#).





## BOOK RELEASE

by Peter Bernhardt



### Red Romeo

Peter Bernhardt's rerelease of *Red Romeo* now has a striking new cover photo from a Canadian photographer, enhanced by a local Arizonan artist. Peter found the photograph fitting, since the novel features a hairy escape attempt over the Berlin Wall.

The following is a brief summary of the book:

"The summer of 1977 finds divided Germany locked in a fierce espionage battle in the third novel, *Red Romeo*. West Germany's premier spy hunter, ambitious Sabine Maier, faces off against ruthless Stasi General, Werner Heinrich. Sabine has filled half a prison with her prodigious arrests of communist spies. Heinrich is the mastermind behind a small army of spy gigolos who prey on lonely women working in the West German government's most secret divisions. Caught in the middle is ladies' man Stefan Malik, a reluctant Romeo, forced to do the general's bidding or rot in a Stasi prison."

You may find this volume on [Amazon](#), [Barnes&Noble](#), and other outlets. You may also enjoy the first book in the *Diva Undaunted* series, [The Stasi File](#).

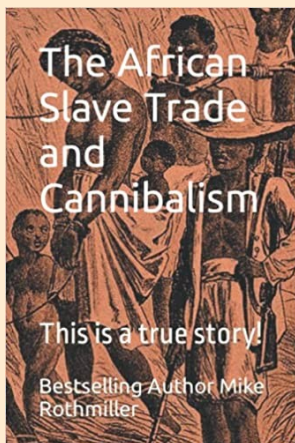
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## SHORT RELEASES

If you have a short story, article, essay or other work that has recently been published, submit it by contacting our editor, Kathleen Cook, at [faerland@yahoo.com](mailto:faerland@yahoo.com). The work **must contain at least 1600 words**, fiction or nonfiction, on any topic of general interest published within the past six months.



Mike Rothmiller's new short release, *The African Slave Trade and Cannibalism*, was published on April 13, 2022, and contains 51 pages. It already made it to number one in Amazon's "Hot New Releases."

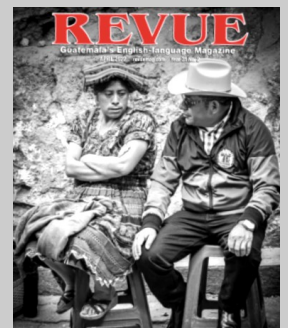
You can find this release on Amazon by clicking [HERE](#).

To find out more about Mike, click [HERE](#).

Mark D. Walker's short story, "Time Among the Maya; Travels in Belize, Guatemala and Mexico, Personal Reflections," was featured in the April issue of [Revue Magazine](#). In it, Walker "discusses the writings of Ronald Wright, including his ability to pinpoint some of the critical issues impacting Central America."

To read the short story, click [Revue Magazine](#).

To find out more about Mark, visit his website: [www.millionmilewalker.com](http://www.millionmilewalker.com)



Mark D. Walker's short story, "Traveling Through the Land of the Eternal Spring: A Literary Journey," was reprinted in [Literary Traveler](#) in April. The article first appeared in the Arizona Authors Association Newsletter earlier this year, in a special feature highlighting our regular columnist and his history.

To read the entire article on [Literary Traveler](#), click [HERE](#).

For more on Mark, visit: [www.millionmilewalker.com](http://www.millionmilewalker.com)

Have you published a short story or article of at least 1600 words in the last six months? Share it with the Arizona Authors Association and we may feature it on this page!







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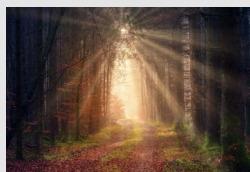
## Back Page Quotes

"It is impossible to live without failing at something, unless you live so cautiously that you might as well not have lived at all - in which case, you fail by default." —J.K. Rowling



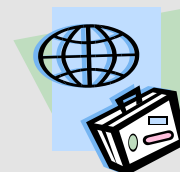
"We are cups, constantly and quietly being filled. The trick is knowing how to tip ourselves over and let the beautiful stuff out." —Ray Bradbury

"It's so hard to forget pain, but it's even harder to remember sweetness. We have no scar to show for happiness. We learn so little from peace." —Chuck Palahniuk



"We are all broken, that's how the light gets in." —Ernest Hemingway

"Life is a journey, not a destination." —Ralph Waldo Emerson



Do you know a joke about writing, publishing or editing, or a quote from a famous author? Send it to [faerland@yahoo.com](mailto:faerland@yahoo.com) before the 15th of odd-numbered months, and it may appear in a future issue.

## Literary Trivia From Page Three

### Answers

1. James Joyce. He wrote both *Ulysses* and *Finnegan’s Wake* in crayon due to eye disease.
2. Jerome David
3. Catherine and Heathcliff
4. His dog Toby ate it.
5. Lauran Bosworth Paine
6. Miles Halter