

# TheLARIAT

TAKE A LOOK AT

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PRESIDENT'S MESSAGE

# Don't let bad experiences stop you

Hi, everyone!

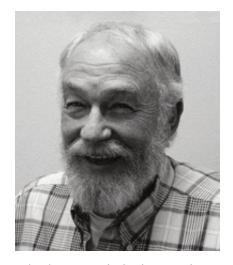
It is so good to sit in my office on the side of a mountain and contemplate writing something, but when I see the stuff you write I get totally excited. I know we have all had our experiences with writing for the annual contest, but let me encourage you to *write on!* 

Last year, I had what one might consider a bad experience. I went to my journals and diaries from when I was a young man in the Navy. Copying practically verbatim, I created a couple of cute stories.

Of course I didn't win, place, or show. I did get comments from my judge like, "This couldn't have happened," and "Do people *really* do that?" Needless to say, I was just a little disheartened and tore my submissions into very small pieces.

I later found out that my judge was a woman. Nothing against women, but my judge had *no* experience in military matters, had never traveled, and knew very little about the world.

Although my judge commented that she loved the entertainment value of my story and that it gave her pause and lots of laughter, she knew it had



to be fiction and I had entered it in the wrong category.

Guess what? I am going to my journals again this year. I am going to submit again this year and I encourage all of you to do the same. The deadline is June 15, so you don't have a lot of time. As Larry the Cable Guy says, "Get 'er done!" and make a plan to be at Roundup this year.

If you have had a bad experience, blow it off and go on. At least you have had an *experience*. One of our goals as members of the League is to learn. So keep writing, and keep learning, too.

My best to you!

— Andy Anderson

#### DOROTHY CROFTS, MEMBERSHIP CHAIR

# Membership increases due to word-of-mouth

Word-of-mouth advertising is great! I have been getting a lot inquiries from people who are interested in joining the League because they know someone who is already a member. Thanks to all of you who are telling your friends, family, and other acquaintances about the League of Utah Writers.

Welcome to the new members who have joined since the last issue of The Lariat (see the table below). We hope everyone will feel welcome and want to become active in their local chapters. There are many opportunities to serve in leadership positions on both the chapter and state levels for any of you who want to get more involved.

Don't forget to renew your membership so you can take advantage of the free Spring Workshop(s) still to come.

Please check the mailing label on the front of this newsletter to find out when your membership expires. If you see a yellow highlight on your label, that means you need to mail your membership dues immediately. Make your \$24 check payable to the League of Utah Writers and mail it to:

League of Utah Writers P.O. Box 18430 Kearns, UT 84118

If you have any questions about membership or other League matters, please feel free to contact me by email at dorothycrofts@luwrite.com.

CHAPTER	NO. OF MEMBERS	NEW MEMBERS	
Blue Quill	26	Kay N. Hallows	
Bountiful	21		
Cache Valley	17	Beth B. Esplin, Ron Hellstern, JoAnne L. Williams	
Color Country	14	Sherrie Mackelprang, Barbara Shakespeare, Vicki Treadway, Jennifer Weaver	
Heritage Writers	43	Minnie Benson, Grace Humphrey, Julie Merino, Barbara Shake- speare, Roy Tinney, Dorothy Varney	
Just Write	8		
Oquirrh Writers	28	Ali Cross, Suzanne Gehring, Ilene Lofgren, Jolynn Rood	
Park City	9		
Salt Lake	17		
Sevier Valley	15		
Utah Valley	68	Cindy Beck, Rebekah Griffin, Jeanne Hodges, Brandi Jeffs, Mattea Jeffs, Tristi Pinkston, Brittany Sandgren, Mary Jo Wight	
Wasatch Writers	23	Sharon Steele	
Wordcraft	45	Beth Midgley, Deborah Whipple	
Total Membership	334	Includes all who expire in March, April, May	

# THE WRITER'S BLOCK

Poetry can be a puzzle, to read and to write. What was fresh in Shakespeare's day is cliché in ours. So how do you write something more sublime than ridiculous? Let's puzzle it out:

#### Organizing your pieces

- Poetry isn't created ex nihilo. You need experiences to draw from. Go do things!
- Collect words. If a certain image or turn of phrase strikes your fancy, write it down in an idea book.
- Read and listen to as much poetry as you can. Learn from other poets' successes and mistakes.
- Care more about writing than getting published.
   Write what you love, not what you think will sell.

#### Putting everything into place

 Fill your poem with sight, sound, taste, touch, and smell. Link the feelings and ideas you want to express with images, images, and more images.

- Choose precise words to convey your images. Strike out clichés, forced rhymes, and filler words.
- Try something new. Introduce a twist, a fresh view, an unusual reinterpretation of the familiar.
- Don't be in a rush to finish. Put your poem aside for a few days and let your ideas percolate.

#### Looking at the big picture

- Read your poem aloud to see how it sounds. Does it have rhythm? Does it flow smoothly?
- You may be too close to your work to see it with a critical eye. Find an honest critique group you can share it with.
- Make sure your poem is neat and typo-free. If you don't care about it enough to proof it, why should an editor care enough to publish it?
- Believe in yourself. An editor's rejection is not necessarily a reflection on the quality of your poem.
   Keep writing and submitting relentlessly!

# On memory of ... BONNIE S. GUDMUNDSON



Bonnie Virginia Stucki Gudmundson passed away peacefully on April 17, 2007, after suffering a stroke. She

leaves behind a large, loving family to whom she gave her full support and love.

Bonnie was a dedicated member and former president of the Bountiful Chapter of the League of Utah Writers. She wrote poems, short stories, plays, essays, songs, and biographies. Many of her works won awards and were published, both locally and nationally. Her poems frequently appeared in the "Poetry Corner" of Bountiful Davis Art Center or in a local newspaper. Bonnie was also an active member of the Utah State Poetry Society, previously serving as

local chapter president of that organization.

Bonnie practiced as a speech pathologist for 22 years in Davis School District, also spending several years teaching. For several years she had a private speech/language pathology practice in Bountiful, Utah.

Bonnie was a devoted member of The Church of Jesus Christ of Latter-day Saints, serving in various positions. Before she died, she served as name extraction director for the North Canyon Fifth Ward. She especially enjoyed being a visiting teacher and helping others.

#### CEIL DEYOUNG ELLIOT, CONTEST CHAIR

# **Answers to Common Contest Questions**

- Q Can I submit more than one entry per category?
- A Absolutely! The more the better.
- Q Does my submission need to be about history or heritage?
- A You may write about any subject that fits the submission guidelines.
- Q If the guidelines ask for two copies of the excerpt, should I send two synopses as well?
- A No. We need two excerpts, but only one synopsis.
- Q How many poems can I send per fee?
- A You may send one poem per fee, except for category 6 (haiku). You may send three haiku for one fee. Please put each haiku on a separate page with category name and number, because each will be judged separately.

- Q For category 4, New Talent Poetry, Free Verse, is the 32-line limit correct?
- A That's a typo. You may have up to 40 lines.
- Q If I have a published manuscript and an unpublished manuscript, do I send them both to you?
- A No. Please send your published material to Mary Barns for consideration for the Publications Award. I only handle the unpublished material for the LUW contest. Send your unpublished material before midnight, June 15 to:

Ceil DeYoung Elliot 224 S. Main St., # 435 Springville, UT 84663

Feel free to call me at 801-722-4718, or email me at contest@luwrite.com.

# Calling all League poets ...

Would you like to have your poem reworked and edited by a professional? Claudia Keelan, a 2007 Roundup workshop speaker, would like to use six to eight poems written by League members during her presentation. So if you want o participate, get your pet poem ready!

To have your poem considered for submission, please contact your chapter president. Each chapter president may submit one poem from his or her chapter to be considered for Claudia's workshop.

Presidents, be creative in choosing which member's poem you'll submit. For example, you could hold a drawing or have an impromptu contest at your next chapter meeting.

Please email your chapter's submission by August 15, 2007 to President-elect Marilyn Richardson at jayrich@infowest.com.

## EXTRA! EXTRA!

GET YOUR NEWS ON THE NET

You can now access PDF versions of *The Lariat* on the Internet. Just go to the League's Web site at www.luwrite.com.

If you would like to "opt out" of receiving a paper copy of the newsletter in the mail, please email Merrijane Rice at merrijane@writing.com.

If you have already opted out and want start receiving the newsletter again, send another email to the same place.

# Chapter Chatter! News from our neighbors

## Cache Valley

It's a quiet time for the Cache Valley chapter, but that doesn't mean we're not writing.

Several members are submitting manuscripts here and there, some are revising chapters and articles, and others are researching details for their current novels.

Each month brings a new visitor to our meetings—we welcome the new voices and feedback.

We've had entertaining speakers and are currently looking forward to taking our meetings outside as soon as the weather allows!

- Kristen McLain

## Color Country Nightwriters

Corrie Lynn Player is still keeping busy with her writings. She has a speaking engagement in Korea on July 4 and 5. Good luck Corrie!

**Robert Story** sent his manuscript off to be edited. Robert has a great story in the making.

Vickie Treadway has two more short stories on Amazon.com: "Troublesome Pugsley and Caitlyn's Best Friend" and "Sensual Delights." You can find her online at www.freewebs.com/torylynn.

Jennifer Weaver joined the League in February. She is Editorial Page Editor for *The Spectrum and Daily News*. We're glad to have her in the group.

Sherrie Mackelprang is revising her book. She has asked another chapter member to take a look at it and hopefully write a forward for it. Hope it works out for you Sherrie!

Ronald Carrier has his third short book written, but said he doesn't think he will have it published until fall. Probably a suspense story—I know he has me in suspense.

Caryn Ann Wilhelm, a past member, came back to the group after some trouble with health problems. She is writing a monthly guest column for *The Spectrum and Daily News*. Glad to have you back Caryn, and we look forward to reading your columns.

There are others in the group like me who need an attitude adjustment, and who need to get busy writing. I don't know why they don't do as I say, and not as I do!

Plans for the workshop we're hosting on June 30 are going great. The speakers are as follows:

- Robin Lynn Pratt will talk about the art of making books
- James Plonowski and Eileen Saunders will talk about poetry
- Robyn Heirtzler will talk about characterization
- David Farland will talk about the business of writing

For more information on this workshop, contact Sharon Palmer at writer\_cedar\_mom@yahoo.com.

— Scott Holyoak

## Heritage Writers Guild

We welcome the following new members: Barbara Shakespeare, Roy Tinney, Jelene Kirkland, and Christine Morrison.

At last we can toast *Beth Moore* on the publication of her collection of journals on the Haun's Mill Massacre entitled, *Bones in the Well*. The publication date was pushed back several times, but at last it has arrived. Those interested in ordering a book may get one for \$30 plus postage and handling by contacting ahclark.com.

In early March, **Becky Jackson** organized a successful workshop in cooperation with the Dixie Business Alliance featuring Dian Thomas.

Marilyn Richardson sold a story to Spider magazine, publication date 2008 or 2009. Betty Vickers will have an article published in Family Motor Coaching magazine, and her poetry will be included in the Southern Quill in July 2007.

Elliah Terry won first place and \$200 with a poem submitted to the Virgin Valley Arts Association in Mesquite. Area poets sent in approximately 85 poems. Visual artists were then free to select a poem that inspired a new work. The idea for this project came from member Bill Witsberger. Elliah also sold her poem to Wee Ones magazine.

We have enjoyed several good meetings with presentations by *Betty Vickers* on interviewing techniques, *Joan Runs Through* on writing po-

etry, and *Blackhawk Walters* on taking action and getting to the task at hand of writing your book.

— Marilyn Richardson

## **Oquirrh Writers**

Our chapter meetings are held every month on the third Thursday at 7 p.m. and on the first Saturday at 10 a.m. All meetings are held at the home of Sylvan and Dorothy Crofts, 5075 West 4700 South #204 (at the office house) in Shadow Ridge Estates. The Saturday morning meetings are for reading and critiquing. Participants are asked to bring five copies of what they want to read so we can follow along and mark up the pages. You will then get the pages back after your work has been discussed.

For the Thursday night March chapter meeting, *Dorothy Crofts* led the group in a fun Rhyme Time activity.

The all-day Spring Workshop that we hosted on April 7 was a great success (this meeting replaced our first Saturday morning meeting). The three guest speakers (Clint Johnson, Tristi Pinkston, and Bettyanne Bruin) were well-prepared and taught with clarity and ease. They were all enthusiastic and those in attendance couldn't help but feel motivated by the speakers. There were a few new members who joined the League during the Workshop and we would like to welcome them to our chapter. We look forward to getting to know them better and hearing about what they like to write.

The Thursday night April chapter meeting was well attended and everyone left the meeting feeling edified and encouraged to try their hand at using the "Five Basic Plot Patterns" in their short stories and/or novels. Our guest speaker was *Judy Olsen*, a member of the Wordcraft chapter.

Many of our members who were unable to attend the first Spring Workshop held in West Valley City are looking forward to the second all-day Spring Workshop which will be held May 12 at Melina's Mexican Restaurant in Farr West/Ogden beginning at 9 a.m. It's exciting to know that there are so many fringe benefits available to members of the League for just the cost of a \$24 annual membership fee.

Janine Creager, a member of the Bountiful Chapter, is scheduled to be our guest speaker on May 17 and she will be teaching us how to bring our nonfiction to life. Then on June 21, Linda Weaver Clarke will lead the discussion around her historical novel. She will share her experiences of writing and getting it published.

Sara Fitzgerald will chair our annual Oquirrh Writers' Contest for 2007. Entries will be accepted up until September 15 postmark (see form on page 10). You can request contest guidelines and categories by email to sarafitzgeraldwrites@netscape.com. Sara's best selling book Mine for Keeps has been nominated by Champagne Publishers for the Best Selling Author 2006 Award. Her third book, Anything for Charity, is also being published by Champagne Books and will be out in June 2007.

— Dorothy Crofts

## Park City

A small and faithful core of us continue to meet the first Tuesday of each month for a critique session at the Park City Library. It's been fun to

get to know each other and become familiar with the various projects.

Phyllis Whitfield continues to have her mystery stories published in Woman's World. She has a mystery, "Too Cool" coming out on April 10 and another one on June 5 called, "A Crime to Remember."

Irene Hastings has written several features for the Wasatch Wave and continues to cover news stories. If I know Irene, she's also preparing several entries for the Roundup contests. Best of luck, Irene!

— Barbara Bretz

#### Salt Lake

**Peggy Kadir** published her haiku poetry in the Small Canyons Anthology—Southwest Region.

Robin Pratt, former president of our group, read her essay on motherhood during the University of Utah's 2007 Women's Week Celebration on March 12. A wide range of women and men competed with their essays, and Robin's was one chosen by the judges for portraying experiences related to motherhood.

Since publishing her book, *Rebecca Guevara* has branched out and is helping others with their writing careers. On March 21, 2007, she offered a workshop entitled, "Write Your Book" in conjunction with the Women's History Month.

**Jennifer Mosher** is working on an inspirational book about her journey back from a brain injury as a result of a car accident.

Carolyn Campbell of the Wordcraft

Chapter recently sparked energy in our writing aspirations by sharing her expertise as part of the League of Utah Writers Speakers Bureau. Thanks, Carolyn!

With some excess funds in the bank, we will be purchasing some writing books for the Salt Lake Public Library. It's the least we can do, since the group meets there for free on the second Tuesday of each month (with the exception of August and December, when we mingle socially with food, friendship, and sharing some of our writing in a setting away from the library).

— Marsha Lundgren

## Sevier Valley

Judy Busk will be presenting two discussions on her book, The Sum of Our Past: Revisiting Pioneer Women. On May 24, she will be at the Scandinavian Festival in Ephraim at 7 p.m. On May 26, she will be sponsored by the Utah Humanities Council's Public Square program at Antelope Island at 2 p.m.

We're very proud of *Elysa Campbell*. She has won this year's Deseret News/KSL Sterling Scholar Award in English, a well-deserved honor.

— Esther Williams

### Wordcraft

Our chapter, which meets at the Holladay Library the first Wednesday of each month at 7 p.m., has had a great spring. January brought a Creative Writing night, where we each wrote a short story in 15 minutes. Author Scott Parkin spoke in February, and novelist Judy Olsen discussed short story plotting in March. In April, Ann Cannon entertained us by sharing her adventures in writing her column for the Deseret News.

Our members have also been busy.

Neal Anderson just released a preproduction copy of his book The Oval at Eisenhower High, a story about critical thinking for teens.

Carolyn Campbell had an article, "Dive Into Dinner" appear in Faith and Family magazine.

Val Greenwood published his book in March 2007, How Often Would I Have Gathered You: Stories from the Old Testament and Related Sources for Latter-day Saints through American Book Publishing.

Elinor Hyde has had a poem, originally published in 1999, reprinted and read at the Family History Library. This poem was also distributed after the Trolley Square shootings. She is a busy church ward newsletter editor, too.

Judy Olsen's strong family novel, Bevond the Horizon, arrived on bookstore shelves in January 2007, published by Covenant Communications, Inc.

Janet Petersen's book Good Food & Conversation was featured in the food section of the Provo Daily Herald on March 25.

Marlene Pinkney is publishing a children's book, It Came From Under the Sink. She has also had a commemorative book published for the Moran Eve Center.

Terrylee Pixley published her poem "The First Kiss."

Carol Quist had her short story "Roseview the Fourth" published in the March 2007 issue of Sunstone magazine.

Sharon Vollett published a poem, "One Woman," and three children's books: What I'm Meant to Be, Sammy Spider's Christmas Adventure, and Best Friends.

- Judy Olsen

#### EDITOR'S

# TOP 3 CLICKS 🚄 🕏



### Writing DEN's Tips-O-Matic

Look up grammar rules, helper words, and other writing tips www2.actden.com/writ\_Den/tips/contents.htm

### Cyndi's List of Genealogy Sites on the Internet

Links to help you write your family's history www.cyndislist.com/writing.htm

#### Advice on Publishing & Writing Poetry

Links, resources, and practical advice www.emptymirrorbooks.com/publishing

# GET READY FOR TONG! UP

If you register by August 14 for this year's Roundup, your fee is only \$93! Thereafter, your price is \$125. Please be aware, only members of the League can "itemize" what events they want to attend and have the price adjusted accordingly. All non-members must pay \$199 whether they attend only one event or the entire two days. For more information, see the registration form on page 9.

You can make early reservations at the Courtyard Marriott

by calling 435-986-0555. The special room price for Roundup is \$89 a night (regularly \$119). We have reserved a block of rooms until August 14. If you're looking for a less expensive alternative that isn't too far from the conference, call the Hampton Inn at 435-652-1200.

See the planned schedule of events below. This schedule is subject to change.

Thursday, Septer	mber 13			
TBA	If you plan to arrive a day early, consider visiting Tuacahn to see the musical 42nd Street. For moinformation, call 1-800-747-9882 or go to www.tuachan.com.			
Friday, Sept 14				
3 to 5 p.m.	Bonus Early Bird Activity: See the dinosaur tracks, view a film, and write a "dino" poem that may be included in a publication sold at the museum to help support education work. Fee: \$10.			
4 to 6 p.m.	Registration in Marriott lobby			
5:30 to 6 p.m.	Meet and greet for first time attendees in the President's Suite			
6 to 8 p.m.	Welcome and Poetry Red Carpet Awards Banquet			
Saturday, September 15				
7:30 a.m.	Board meeting			
7:30 to 9 a.m.	Breakfast on your own			
8 to 9 a.m.	Registration			
TBA	Four Workshop Sessions, Four Choices per Session: Will Bagley, historian Katie Day, Berkley Publishing, primarily mysteries / thrillers (sign up for one-on-one sessions) Candace Fleming, children's author Leonore Madden, scene markers in fiction and nonfiction Barbara Porter, Christian fiction Gail Smith, writing your own story Dave Wolverton, writing screen plays Nuts & Bolts: Ask a panel of experts about writing and marketing Self Publishing: Tips from the UPS copy center Technology & Writing: Learn to create your own Web page And more to be announced later, including a bonus GPS activity			
TBA	Keynote Speakers: Hyrum Smith of Franklin Planner fame Candace Fleming, children's author			
Ongoing	Browse books for sale, experience a mini Tai Chi session, and network with fellow authors			
5:15 to 6 p.m.	Receptions for past and future chapter presidents			
6 to 8:30 p.m.	Prose Red Carpet Awards Banquet			

# "Our Heritage — Our History" 2007 Roundup Registration

Nam	e:	Phone number:
Addı	ress:	Email:
City,	State, ZIP:	Chapter:
GENI Full 1	Special room rate if res To make reservations, of The hotel is not response.  ERAL CONFERENCE REGIS registration includes meals, Member price up to Au Member price after Au	St. George, 185 East 1470 South erved by August 14 is \$89 a night plus tax (regularly \$119) call 435-986-0555 sible to meet any specific dietary requests or requirements
	_	1 conference
	Friday, 3 to 5 p.m. Friday, 5:30 p.m. Friday, 6 p.m. Friday, 7 p.m. Saturday, 7:30 a.m. Saturday, 10 a.m. Saturday, 11 a.m. Saturday, 12 p.m. Saturday, 2 p.m. Saturday, 3:30 p.m. Saturday, 3:30 p.m. Saturday, 5:15 p.m. Saturday, 6 p.m. Saturday, 7 p.m.	Early bird bonus activity: visit historic dinosaur tracks \$10  Meet and greet with the President for first time attendees Free Banquet \$30  Poetry Red Carpet Awards Free State officers board meeting \$25  Choice of four workshops \$25  Choice of speaker Hyrum Smith of Franklin Planner fame \$30  Keynote speaker Candace Fleming, children's author \$50  Reception for past and future chapter presidents Free  Banquet \$30  Prose Red Carpet Awards Free
	Sales table reservation for some the sales table reservation for Suest meal(s) for Saturday Guest meal(s) for Saturday Extra copy of syllabus Renew membership for curing the sales were membership for non-nounce table sales table sales are sales to sales and sales table sales table sales are sales table sales tab	ons (to be announced)
PAYN	NENT INSTRUCTIONS	
Chec	k number:	Total amount enclosed: League of Utah Writers and send it along with this form to:

Kearns, UT 84118

For more information, call Dorothy Crofts at 801-966-8830 or 801-898-0606, or email dorothycrofts@luwrite.com. For additional copies of this form or to get a membership application, go to www.luwrite.com. Please note, this schedule is subject to change.

# **OQUIRRH WRITERS**

# 2007 Writing Competition Personal Submissions Chart

Welcome to the Oquirrh Writers annual writing competition! We will accept entries until September 15, 2007. To request a copy of the rules, fees, and categories, email sarafitzgeraldwrites@netscape.com.

Phone number: \_\_\_\_\_

Address:		Email:	_ Email:		
City, State, ZIP:		Are you an (	Are you an Oquirrh Writers member?		
Category number	Category name	Entry title	Word / line count	Fee	
	Make a money order for	r the total of your fees to "Oquirrh Wri	iters"		

To enter, mail your entries with this Personal Submissions Chart and a *money order* for your fees no later than September 15, 2007 to:

Sara Fitzgerald 2331 West 4175 South Salt Lake City, UT 84119

#### 49TH ANNUAL UTAH ARTS COUNCIL

# WRITING CONTEST

Postmark deadline: June 29, 2007

Awards up to \$1,000 in seven categories:

Novel
Biography/autobiography
Stories collection
Young adult book
Short story
Poetry
Essays

Find the guidelines, rules, and application form at: arts.utah.gov/funding/competitions/writing\_competition/index.html

Or contact the Literature Program to receive a hard copy:

Utah Arts Council Literature Program 617 E. South Temple Salt Lake City, UT 84102 (801) 236-7553



## CALL FOR PAPERS ...

and pictures, memorabilia of historical significance

Your help is invited, and encouraged, and requested, and begged for! This is more critical than a dangling preposition!

Some of you have held spring workshops, or will do so shortly. Many are holding other special chapter activities or inviting especially good presenters to chapter meetings. Please help us accumulate fitting materials to be included in our LUW Official History. Send copies of programs/syllabi, hand-outs, photos, or any other items of historical significance ASAP after your workshops/activities so that I can include them in the history. You may send them to:

Bruce Allen, LUW Historian 454 E. 1310 S. Kaysville, UT 84037

It is always great to look back and remember what strides we have made. Thank you so much for your help.

The artist is nothing without the gift, but the gift is nothing without work.

- Emile Zola



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#### A LETTER FROM THE EDITOR

# Spring into action for Roundup

Spring has certainly been a long time coming this year. So I've been spending a lot of time huddled under a warm blanket writing wishful poetry about warmer weather. What better way to celebrate April as National Poetry Month?

I hope you have been taking similar advantage of the cold weather to avoid the usual yard work and instead put all your efforts into writing winning entries for the Roundup contest. The entry deadline is just around the corner—I hardly feel prepared for it myself!

The wonderful thing about this year's contest theme is its versatility. Consider the gold mine of writing opportunities: personal anecdotes, historical fiction, poetic odes to ancestors, favorite family

stories, biographical sketches, or sci-fi stories about parallel universe histories and time travelling.

And our resources are only limited by our imagination. Consider scouring old news stories, revisiting your journal, reading family history, looking through your scrapbooks or high school year-books, reminiscing with relatives and neighbors, or rifling through your memento drawer to jog some memories.

Let's make this year's contest a celebration of our history and heritage. After all, it's that tired, musty old history that helped create our vibrant lives and families today.

- Merrijane Rice