

Kathryn Milner

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6424 Sherman Avenue

Cincinnati OH 45230

USA

After 35 years' experience in publishing and design—including business, technical, and educational writing and editing; book editing (both fiction and nonfiction); news editing; feature writing; and web writing—I've honed the skills that are critical for excellent ghostwriting and editing. The toughest part of either job is, as one publisher told me, "respecting the voice of our authors while helping them realize their vision." Those many years of working closely with writers of all sorts have exercised my ability to strengthen communication while preserving its unique expression. In fact, my work as a fiction editor has raised that particular skill to a fine art.

Successful business writing, at its best, is a sharply focused type of motivational writing, and its effectiveness is always measured by the results it brings. I've written press releases, promotional materials, radio spots, ad copy, and business plans, and my international clients will attest to my ability as a writer in that regard. (References on request.)

Finally, knowledge of production and graphics enables me to integrate easily with your team. As a full-time freelancer, I can flex my schedule as needed, seven days a week, and I can devote my skills and broad experience to your projects without distraction. Please feel free to contact me for long-term projects or for last-minute damage control!

Editor

National Mall Monitor Weekly

Clearwater FL

NATIONAL MALL MONITOR WEEKLY tracked and analyzed business news and trends for commercial real-estate developers, primarily those involved in building, managing, and promoting major shopping malls. I refined the newsletter's graphic identity and clarified its editorial style. (No longer in publication.)

Copy editor

St. Petersburg Times

St. Petersburg FL

The *St. Petersburg Times* is an award-winning midsize daily newspaper. As an editor assigned to the metro desk, I met nightly deadlines for at least two editions. Editors work with reporters and edit copy, write headlines and cutlines, design pages, specify type, select and size art, and oversee page makeup. Editors have final authority over the printed page—during my tenure at the *Times*, an editor was fired for a single (significant) mistake.

Editor/writer

National Council of Teachers of English (NCTE)
Urbana IL

NCTE sponsors the ERIC Clearinghouse for Reading & Communications Skills (ERIC/RCS) in cooperation with the National Institute of Education, US Department of Health, Education & Welfare. ERIC's objective is to provide educators with information about developments in education by collecting, analyzing, evaluating, and disseminating material related to research, instruction, and personnel preparation at all levels and in all educational institutions. I edited approximately 100 document abstracts each week and edited, designed, and oversaw production of a variety of academic publications (books, journal articles, pamphlets, brochures, flyers). My own article, "Literature of Adolescence: The Inevitable Battleground," published in the JOURNAL OF READING (v21 n1), was chosen for reprint and inclusion in the welcome packet for the International Reading Association's annual convention that year.

www.ncte.org

www.eric.ed.gov

Assistant editor

Noise Control Engineering

Purdue University, West Lafayette IN

As assistant editor of *Noise Control Engineering*, a bimonthly academic journal for professional engineers, I was responsible for all editorial, production, and graphics functions, advertising, and fulfillment. After I left this position, I continued as a consultant to aid the transition to a new editor. The position itself was split into two separate jobs. www.inceusa.org/index.asp

Freelance

- Editor, Mundania Press, Cincinnati OH www.mundania.com/index.php

- Editor and writer:

The Center for Future Human Evolution, Inc.

www.humansfuture.org/human_nature_intro.htm

Advanced Cognitive Enhancement/ACE Clinics, Toronto, Canada

www.sharperprograms.com/memoryloss.html

Joi Design, New Zealand, Australia, & US www.joi.co.nz

RLM Public Relations, New York & Tampa www.rlmp.com

Case by Case Web Development, Berlin & Taiwan. This client required a great deal of rewriting of ESL text (Chinese to English).

- Contributing editor, *CoverGirl Ezine*
- Copywriter, Indiana Design Consortium, Lafayette IN www.idc-marketing.com
- Textbook editor and designer, Allyn & Bacon, West Publishing
- Publications consultant, Purdue University, Tampa Bay Jazz Society

- Contributor, music reviews and celebrity interviews, *Marge Hofacre's Noname Jazzletter*, Tampa & Los Angeles (Indexed in the archives of the Jazz Institut Darmstadt, Germany, the largest public research jazz archive in Europe.)
- Researcher and writer, technical and business materials, TRIMEX CORPORATION, Clearwater FL; PRAXIS Incorporated, Cincinnati OH

Education & Certifications

- Mount Holyoke College 1972
- Institute of Children's Literature (not yet completed)
- Continuing education units in business management and computer programming
- Brainbench Certifications:



Written English, Master Level



Editing & Proofreading, Master Level



Business Writing, Master Level

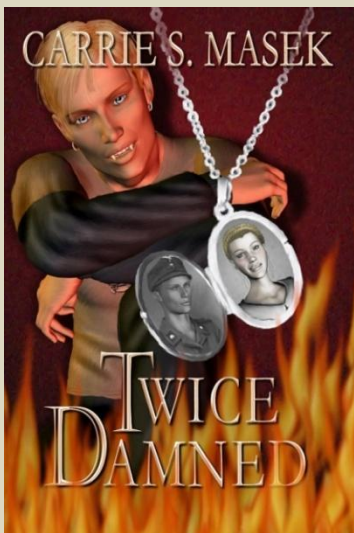
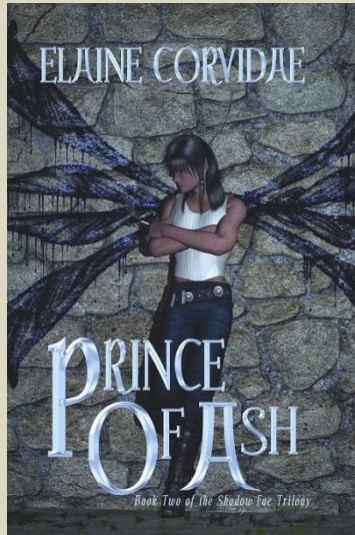


English Vocabulary, Master Level



Spelling, Master Level

Portfolio

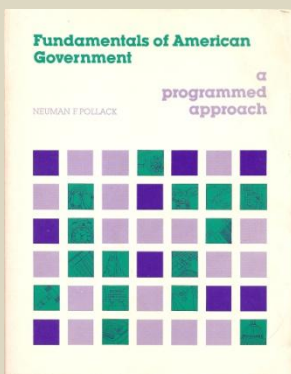


Novels edited recently for Mundania Press

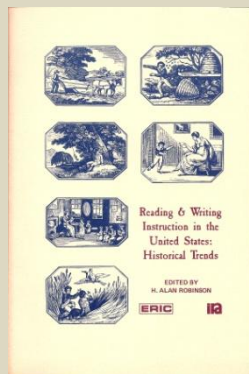
Mundania specializes in fantasy, science fiction, horror, mystery, & the paranormal.

www.mundania.com/index.php

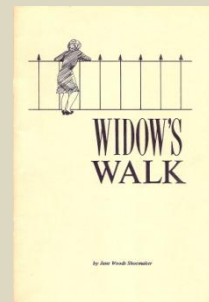
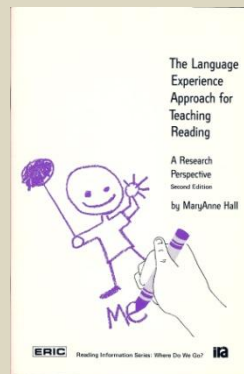
Some books & publications designed & edited . . . & some, illustrated



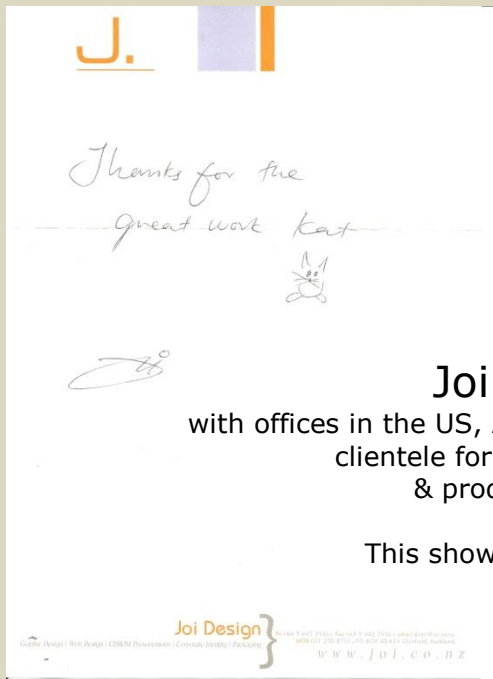
Allyn & Bacon, Inc.



National Council of Teachers of English



Private client



Joi Design is a full-service design company with offices in the US, Australia, & New Zealand, & an international clientele for whom they've built more than 300 websites & produced highly successful branding campaigns.

This shows both sides of a printed brochure.

www.joi.co.nz

CoverGirl eZine, aimed at teens & preteens, is still in operation, but it's changed radically from its original concept. The text for this page & two additional articles follow.

Meet Kathryn...

CoverGirl eZine contributing author and assisting editor!

Kathryn's Contributions...

[Seeing Eye To I](#)
[Name, name...](#)

Navigation...

[CoverGirl eZine](#)
[Home](#)
[Article Bank](#)

Send Kathryn Email

kathryn@covergirlzine.com



A letter from Kathryn:

Does it get any better than this?

Here I get to do what I love to do, writing about what I love to do, writing . . .

Hold on! Nothing to do with you, you say? SO wrong!

Writing is nothing less than the working of magic,
& you could use a little of that.
Couldn't you?

Whether you read them in silence or hear them in the dark,
words have power to change your mind & maybe
to change your world.

I sow dragon's teeth whenever I use words, the poet said
(or was it the magician?) & he spelled with care.

For more than 30 years, I've been writing & editing--
fiction, textbooks, magazines, newspapers--
making the words work magic,
in such alchemical labs & wizardly workshops as
Mundania Press, Purdue University,
the National Council of Teachers of English,
& the *St. Petersburg Times*.

But does it get any better than this?

Well, let's see. I haven't found the golden fleece yet,
nor the philosopher's stone, nor the grail.
But I'm still looking, & I'll try to map it out here.
Try to find some real, *practical* magic,
some words with power to, say, change
the way people see you or the way you see yourself.
To conjure ripe berries & beanstalks from mere dirt,
sweet cakes from plain white powders.
To summon love or to call down the moon.

This will *not* be a journey (sounds too much like work).
This will be
a real
trip.

~ Kathryn

"Many people are
inventive,
sometimes
cleverly so.
But real creativity
begins with
the drive to
work on
and on and on."
Marguerite H Bro

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[Cover Girl eZine Home](#) :: [Site Map](#)

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~ Kat

Name name *bo bame*, banana fana fo fame . . .

What was that?

A sudden . . . shift in auditory frequency?

A swift . . . disturbance in your field of vision?

A sort of . . . icky feeling?

Oh, well. Must have been . . . nothing. Fact is, if you can't name it, it doesn't exist. Not in *your* world, anyway.

It's as simple as this: The computer won't save it unless you name it. Without a name, it's gone. Not trashed; nonexistent. Never *was*.

You may think that a person without a name is like the tree that falls in the forest without anyone around to hear: it's still there, isn't it? But the power of names goes far beyond place-holding.

I know your name. With it, I can summon you; I can command you; I can focus the attention of a roomful of people on **you**. If a stranger calls you by name, don't you feel just a bit nervous? Vulnerable? How did he get your name? He has something of yours, something very personal, that you did not give him.

You may have noticed that when people want to influence you--change your mind, sell you something, scold you--they pepper their speech with your name. This is a power play, & people do it without thinking (or, if they've studied such things, they do it on purpose). The point is, it works. Each time you hear your name, you're pinned by it. *Oops, that's me. Hey, that's me. That's me. That's ME!*

If you're a model, a performer, a creator, your name is one of the most important tools of your trade. Your name is your identity. That means it's the **same as you**; it stands for you people's minds. In professional terms, managing your name in the marketplace is called "branding."

Remember when the musician Prince wanted to be known simply as "The Artist"? Didn't work, did it? Too vague or too arrogant, the result was that nobody knew what to call him. Invariably they called him The-Artist-Formerly-Known-as-Prince. Not what he had in mind, certainly; right back where he started, only way too long a way round to get there.

Prince started with a nearly perfect stage name. Short; starts with a plosive consonant (P, T, K, D, B, hard C), which makes it easier to remember; positive connotations of royalty; and to top it off, it's his real name. All he had to do was drop his more-common middle name & surname (Rogers & Nelson), & he was good to go.

Often as not, celebrities--particularly performance artists--change their names. Wrestlers & rap stars do it as a matter of course. But actors & musicians may have to alter names that are too long to remember or too hard to pronounce. Sometimes, two performers have the same name, & obviously no stage is big enough for both of

them. Other times, a name just doesn't sound right. Michael Dumbbell-Smith was probably wise to change his identity to Michael Crawford. You think?

For models, fashion sorts out names as well as faces. Of the top 25 or so male models cited by MODELS.com, most use both first & last name, & most sound like original issue. Of the top (new) female models, nearly all use one name only, often something exotic. Except, that is, for the 15 women deemed "icons," celebrity models with plenty of public recognition & staying power. All but one of these supermodels use their full names (think Kate Moss, Linda Evangelista, Naomi Campbell, Claudia Schiffer), just as the men do. What does that tell you of power?

The point is to speak the magic word that will nudge you ahead of all the other runners. If it's the name you were given at birth, wonderful! If that one needs a little tweaking to feel right, go ahead. It's your identity, after all. Figure out who you are. Your name locates the unique file of your ability so that the rest of the world can find you. But say it with care. *And always guard your passwords.*

Seeing eye to i

Um . . . **That camera** just winked at you. Are you going to smile back at it, or what?

Think quick. You need to know the answer now if you're looking for a serious professional relationship & not just a flash flirtation.

That camera has a cold, all-seeing eye. Some people--not only the innocent inhabitants of distant desert isles, but plenty of disillusioned media dreamers, too--believe that it sucks the soul right out of you & traps it forever on film.
woooOOOOoooo . . .

Well, maybe not. But it does work some **powerful magic**. It catches light waves (or are they particles?) that you can't really see (till they bounce off something & whack you in the eye), bends them through a lens so they hit a chemical-coated or magnetically charged surface (plate, film, tape, whatever) and, presto chango! captures them forever. Whether you like it or not.

Now, here's how you can practice some simple but effective magic of your own. The key is to practice, long before you catch the camera's eye. No posing & grimacing in front of a mirror: that just teaches you to pose & grimace. This trick is truly magical.

Look: I write these words, you read them, & voila! My thoughts are now, magically, inside your head. Your feelings show on your face, the camera catches them, I see the photo, & again voila! I know just how you feel! That is, I do if you've done your job.

You have the ability to send--as well as to receive--more emotional messages than you can name or even recognize. Under your skin, wrapping & shaping your face, is a mask of muscles--44 of them. These muscles move (fast-twitch for smiles, slow-twitch for frowns) to match your every mood: researchers have identified 43 distinct

movements. Put those moves together every which-way, & your face is capable of more than 10,000 expressions. (Think of all the words I can spell with only 26 letters, & you begin to get the picture.)

How can you hope to control all those possibilities? Think of an emotion you want the camera to capture, something specific: *anticipation*. Fearful or fun? Let's say fearful. Now try to remember a time when you knew for certain something absolutely unbearable was going to happen. Remember where you were: was it fluorescent bright or smoky dim, ear-splitting loud or dead quiet, shivery cold or sweaty hot?

If you can't remember anything awful enough, make it up. Maybe you're in a play, & the theater's packed, & you're on your mark, & the curtain's about to go up, & you can't remember a single line. Hear the audience murmuring, waiting for you; smell the dust in the choking air; feel the heat from the lights & the trickle of sweat on your neck. And you just realized your period's starting. **You're on!**

In ordinary circumstances, you'd probably try to mask your feelings. But the fact is, even the most accomplished liar shows a split-second flash of true emotion before the mask sets. Your face is so responsive that your feelings go public before you even know what they are, in less than a quarter of a second.

A good model or actor uses that very human trait to call up the right _expression for the camera to capture. Here's a list of the expressions all human beings, from the wild man of Borneo to the man in the moon, recognize:

- anger
- disgust
- embarrassment
- fear
- happiness
- sadness
- surprise

Figure out what's made you feel that way *exactly*, remember it as clearly as you can. Then look the camera in the eye.

Once you've worked out your own unique triggers for the basic emotions, add to your bag of tricks. Identify more specific feelings--frustration, rage, seduction, hilarity, nausea. Start a notebook & write down your memories, your personal trigger for each emotion. Include snapshots that bring them back in vivid detail, or cut pictures from magazines. When they're strong in your mind, they'll be clear on your face.

Now when the camera winks at you, cast your spell. The camera will catch it, the world will look at the photo, & voila! Everybody knows just how you feel. Magic.

Splash pages & capture pages

This is a PRIVATE party.

Are you on the guest list?*

* We can get you in, but only if you're an AVGA member. Are you? Yes! Then quickly, sign up! You're about to miss out... [number, please](#)

Want to know a secret?

Technology has finally caught up with women's oldest problems!

Now you can get rid of yeast, bladder, & other bacterial infections, once & for all!

Most of the bacteria that cause gynecological problems are anaerobic—when they're exposed to oxygen, they die. The negative-ion tape embedded in every Love Moon Anion Sanitary Pad emits up to 5000 negative ions (anions) per square centimeter. This concentration of anions releases oxygen, quickly killing the bacteria and viruses on sanitary napkins.

But that's not all it does!

Anions and oxygen penetrate the body easily, balancing pH & killing the very cause of disease. Love Moon pads effectively strengthen immunity, reduce stress, eliminate vaginal infection, treat inflammation, eradicate odor, & diminish fatigue. Tissue oxygenation increases blood flow & promotes healing.

Hard to believe? Try it free!

Love Moon looks like the answer! Send me a sample & tell me more!

Name: _____
 E-Mail: _____
 Street: _____
 City: _____
 State: _____
 ZIP: _____

[Get More Info](#)

Your information will never be shared or sold—ever!

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Pardon me...

are you on the list?

this is a private party

Only AVGA members may enter here.

AT LAST!

21st century science catches up with women's oldest problems

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Love Moon looks like the solution to so many problems! Send me some to try & tell me more...

Name: _____
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 Street: _____
 City: _____
 State: _____
 ZIP: _____

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We don't blame you...

but this is a private party!

We get the latest news, ask questions, share answers, meet other members, to give & get help -- want to join us?

Make the most of your AV Global experience!

AVGA members only... [enter here](#) & sign up to join the fun!

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**** Got the password?

It's the only way you're getting in...

You can find the latest news, ask questions, share answers, meet other members, give & get help.

Want to make the most of your AV Global experience?

Sign up & find out what you're missing.

[number, please](#)



Mi Arte es Su Arte

required a diverse array of promotional materials for its grand-opening push, including press releases, product descriptions, & a 30-second radio spot.

Grand Opening: New Store Offers Hispanic Handcrafts and Unique Artwork with a Twist

Imagine: You just found the perfect bit of bling-bling for your impossible-to-please teen daughter, AND you gave direct support to the family of a hard-working artisan in a developing country. In a perfect world? Nope. Right here.

Mi Arte Es Su Arte, a direct importer of fine handcrafts and artwork from the rich and diverse cultures of Latin America, announces its grand opening in August at 109 4th Street at Historical Railroad in Santa Rosa.

Born out of love for Latino artistic traditions and the conviction that art transcends cultures, Mi Arte Es Su Arte regularly allocates part of its profits to stimulate and support art in Latin America.

- more -

New Store Offers Unique Artwork (page 2)

Founder Jaime Peñaherrera explains: "By providing constant feedback, we help artists and artisans to improve their products. These are not business people, so we also do the heavy lifting of marketing and selling for them. We help them export their art to the world, letting them concentrate on what they do best: creating beautiful artistic objects. We're extremely proud of the positive economic impact we've made for these families. It's very gratifying to see people accomplish their dreams, and knowing that somehow we have contributed to that dream."

Born and raised in Ecuador, Mr. Peñaherrera has seen economic and political unrest first hand. When he arrived in the US fifteen years ago, he spoke no English and had no money and no family. Even so, he earned a master's degree in government from Harvard University and an MBA in marketing from Fairleigh Dickinson University. In the midst of a successful career in sales, marketing and strategy, he found time to start his business with a website, mi-arte-es-su-arte.com.

Because Mi Arte Es Su Arte purchases directly from the artist, there are no distributor costs--the savings belong to the customer. Better yet, in the near future, online orders will ship directly from the artisan's country, saving even more in transportation and inventory costs. Again, the savings will go to the customer.

#

For additional information:

nt@mi-arte-es-su-arte.com

www.mi-arte-es-su-arte.com

ACE Clinics, Sharper Programs, & Deeper Dimension Publishing

Bob Gottfried, Ph.D., is the clinical director of Advanced Wellness Programs & Advanced Cognitive Enhancement (ACE) clinics and a consultant for the Canadian Centre for Integrative Medicine and Global Health Management. He is the originator of an innovative therapy called Core Integration and the developer of advanced programs for enhancing memory and concentration.

I rewrote Dr. Gottfried's entire website for Sharper Programs during its launch phase, as well as press releases and a print brochure for the programs. Two excerpts:

Does Having a High IQ Matter?

Everybody wants a high IQ. Most people would say that the higher your IQ, the better you do in school; a high IQ will get you into a better college; and people with high IQs get better jobs, make more money, and win contests on TV. On the flip side, you probably expect that people with low IQs are losers, flunk out of school, can't get good jobs or earn much money. So you may want to know: how high is your kid's IQ? How about your own? Can you do anything about it?

Obviously, IQ is a loaded concept. It stands for *intelligence quotient*, and it's a good idea to understand what that means.

The idea that intelligence can be tested and measured was first put to use a hundred years ago, when the French government sought a way to identify schoolchildren who needed special help. The test itself tried to gauge the mental age of the child on the basis of normal development of basic intellectual skills. The mental age was then divided by the child's chronological age and multiplied by 100 to determine the intelligence quotient. (Since then, scoring has become slightly more sophisticated; it's based on a statistical population-distribution of age peers.)

You might wonder how a test that's based on the development of basic mental abilities in early childhood could be applied to fully mature adults. If development is no longer the issue, then we need to define intelligence itself.

Intelligence is controversial

Once you recognize that intelligence and knowledge are not the same thing, you have a problem. What, exactly, are you measuring? This is where the controversy arises. A simple definition of intelligence might be "the ability to acquire knowledge and apply it to solve problems." You can find endless variations of this, limited only by the number of dictionaries you consult. More specifically, intelligence is a collection of skills: logical reasoning, problem solving, critical thinking, and adaptation. But how do you measure *the ability* to do these things (intelligence), rather than *the use* one has made of that ability (knowledge)?

No matter how you answer that question, the bottom line is this: **IQ is not the same thing as intelligence.** IQ is a score on a test. And you can certainly raise a test score.

Read more here: www.sharperprograms.com/foryou.html

Alzheimer's Disease & Mild Cognitive Impairment

How to tell if you or someone you love is developing memory loss

Your husband just asked where you got that silly book of poems on the coffee table.

Five minutes ago, he asked where you got that silly book of poems on the coffee table.

Five days ago, he gave you that book of poems for your wedding anniversary.

Is it Alzheimer's Disease?

If you missed an exit on the way home yesterday, or goofed making change at the supermarket, or put your socks on inside out this morning, don't worry. You're normal. But people suffering from Alzheimer's Disease (AD) may forget how to get home, or how to count change, or how to dress, and may not be fully aware of these mistakes. They will deny having made them. A person who makes a mistake because of poor concentration will usually realize the mistake and be able to correct it.

By the age of 65, one in every ten people may have developed AD; at 85, five out of ten may be expected to have AD. In fact, age is the most important risk factor for AD. The most common form of dementia, it's a very serious illness, and because it involves progressive deterioration of brain cells, so far, it has no cure.

The earliest symptoms of AD may be forgetfulness and loss of concentration. People with Alzheimer's may have trouble recalling addresses or phone numbers, major events, or the name of the president. But the symptoms worsen. They include language deterioration, impaired ability to process visual information, poor judgment, confusion, restlessness, and mood swings. Eventually, AD destroys cognition, personality, and normal physical functions.

Read the rest here: www.sharperprograms.com/alzheimers-mci.html

I also edited his children's book *Max the Guard Dog* and the accompanying *Guide for Parents and Educators* and workbook. The following is from the original website HappyKidsNow.com, which is no longer maintained. The books and support materials are available from Deeper Dimension Publishing.

www.deeperdimension.com

Parenthood is a joy. Parenting is a job.

In today's world, it's tough to keep kids healthy and safe. It can be even tougher to keep kids happy. Experts in child psychology have plenty of advice for you, all designed to help you improve your parenting style.

Parenting style?

Strict and stern or permissive and easygoing, heavy on athletics or academics, social responsibility or creative expression: everybody has a different way of dealing with their kids. (What was *your* dad's parenting style? Your mom's take on child psychology?)

The fact is, though styles may vary, the substance of parenting stays the same: raising healthy, happy, well-adjusted kids. Along with the basics of food, shelter, and potty training, parents need to teach their kids how to handle life's challenges.

Learning to deal with feelings is the single most important factor in any person's ability to enjoy life and to feel content and happy. When kids don't know how to deal with their emotions, they feel frustrated and unhappy, out of control, and unsafe. As they grow, they may learn to ignore those feelings and even to bury them completely. Anger, stress, anxiety, depression, and burnout are natural reactions to those ignored and buried emotions. Many people turn to drugs or alcohol to numb the pain; others try stress counseling or anger-management training.

Wouldn't it be better if your kid could avoid all of that?

If you could help your kid learn, at an early age, how to deal with painful and scary emotions, such as anger, hurt, sadness, and fear, wouldn't you?

If you had learned those skills when you were a child, how would YOU feel today?

Emotionally healthy, happy kids may never need anger management, stress counseling, or medication to cope with their feelings. Even children with

behavior problems and kids with attention deficit disorder (ADD and ADHD) can learn to deal with their emotions in a healthy way.

Many parents look for books about child psychology. They seek tips for correcting a child's behavior, managing anger, dealing with anxiety and depression.

That's the bandage approach.

The solution is to teach kids to identify their emotions, to express them in appropriate ways, and to handle them *before* they become a behavior problem.

That's parenting with style!

* * *

Does YOUR KID do this?

- ☹ Have trouble speaking freely about his feelings?
- ☹ Get bored easily?
- ☹ Tend to be impatient?
- ☹ React badly when she doesn't get what she wants?
- ☹ Throw frequent temper tantrums?
- ☹ Act aggressively?
- ☹ Fear groups or social situations?
- ☹ Is your child too quiet?

Any one of these behaviors can be a serious challenge for caring parents, but they all can be improved, eliminated, or avoided altogether. **Dealing with Feelings: Raising Emotionally Healthy Kids** is a breakthrough audiovisual program that offers a dynamic and entertaining way to help kids learn to be happy.

[Who is Max, & what does he know?](#)

[Learn more about raising happy kids.](#)