

# 380 Guide™

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## AN **ARTISTIC** **GUIDE** TO PILOT POINT

**MEET BRASWELL HIGH SCHOOL'S  
NEW PRINCIPAL DECORIAN HAILEY**

**ENGAGING YOUR BRAIN  
FOR MENTAL GAIN**

**INCAPACITATED: WHAT  
HAPPENS IF YOU'RE OUT OF IT**

**COUNTY THANKS VETERANS  
WHO VOLUNTEER THEIR TIME  
TO CLEAN UP WAR MEMORIAL**

**SELF-CARE AND WELLNESS  
IN THE AGE OF COVID-19**

**UNITED WAY OF DENTON TO  
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# CONTENTS

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Cover Photo By- Jodie Linton-Prickett  
One of the enchanting tree canopy roads scattered throughout the 380 Corridor.

June/July 2020



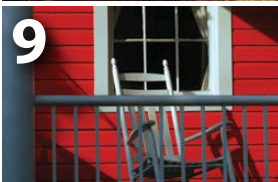
11-14



5



7



9



17



18



21



22

## IN THIS ISSUE

- 5 **Engaging Your Brain**  
for Mental Gain
- 7 **Meet Braswell High School's**  
**New Principal DeCorian Hailey**
- 9 **Incapacitated:**  
**What happens if you're out of it?**
- 11 **An Artistic Guide to Pilot Point**
- 15 **United Way of Denton County**  
Awarded \$300,000 to Provide Stability  
to Veterans and Their Families
- 17 **Self-Care and Wellness**  
in the Age of COVID-19
- 18 **County Thanks Veterans**  
**Who Volunteer Their Time**  
**to Clean Up War Memorial**
- 21 **Top Ten Reasons**  
to Write Your Book Right Now
- 22 **You Can Take It With You!**

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380Guide.com 3



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# ENGAGING YOUR BRAIN for Mental Gain

By Jessica Small,  
Extension Agent-Denton County



Having a healthy mental state in life is key, especially during the challenges that we are currently facing. Mental health is also a broad category that encompasses a variety of things many people deal with daily. Depression, anxiety, stress, are just a few examples of mental health. In this particular article, I'd like to focus on better brain health. We must take care of our brains and intentionally feed them daily with activities that will keep our minds sharp.

There are so many things we can do to feed and engage our brains. Practicing daily meditation for five minutes or simply sitting quiet for ten minutes can help maintain healthy brain function. Listening to calming music or a podcast is also beneficial to our mental health. The calm app is a free resource and can be used for meditation, yoga, taking a

peaceful walk, or to get a good night's rest. In addition, journaling can be used in a plethora of ways. For example, writing out a daily gratitude list every morning or creating a to-do list to accomplish the daily or weekly agenda can keep our minds alert and on task.

In a recent Harvard Health article, researchers discussed some other ways to keep our brains young and wise. "Any mentally stimulating activity should help to build up your brain. Read, take courses, and try "mental gymnastics," such as word puzzles or math problems. Experiment with things that require manual dexterity as well as mental effort, such as drawing, painting, and other crafts." You can read more about insightful tips to keep your brain youthful here: <https://www.health.harvard.edu/mind-and-mood/12-ways-to-keep-your-brain-young>

Calling a friend that you haven't talked to in a while or even video chatting via ZOOM

with loved ones can increase brain health as well. Reaching out to friends and family can provide a sense of peace and happiness particularly due to the stressful pandemic the world is experiencing today. Checking on the elderly population that may have been affected by COVID-19 is a great way to show them they are loved and appreciated. Being social versus being isolated prevents people from feeling alone or shifting into sadness or becoming depressed. "Strong social ties have been associated with a lower risk of dementia, as well as lower blood pressure and longer life expectancy." (Harvard Health Publishing)

I encourage you to take action and begin strengthening your brain health daily. Mental health awareness is very important and pertains to everyone at any age. By continuously engaging your brain, you will support quality of life and gain rewarding results that last a lifetime.

Source: Harvard Health Publishing



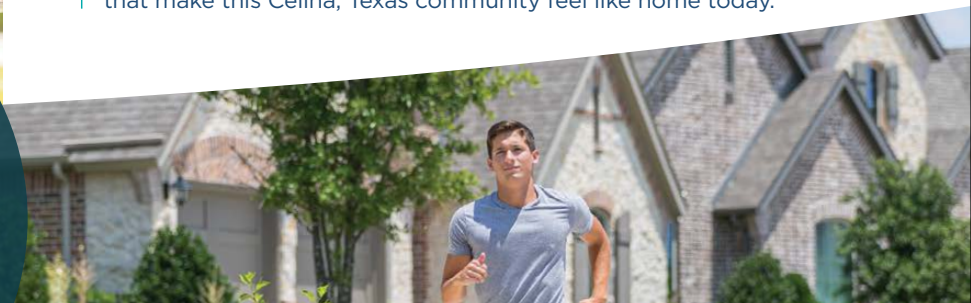
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# Meet Braswell High School's New Principal DeCorian Hailey

*Article Provided by Denton ISD*

DeCorian Hailey, associate principal of Guyer High School, has been named the new principal at Braswell High School. In the fall, Dr. Lesli Guajardo will continue to serve the Braswell Zone, focusing on student outreach and community engagement.

"Mr. Hailey brings an energetic personality to an area of our district that continues to experience explosive growth and attract new families every day," said Jeff Russell, area superintendent of academic programs. "He is a proven leader that champions student-focused instruction with an undeniably enthusiastic personality."

Mr. Hailey has spent the past five years as a key leader at Guyer High School, where students and staff have received numerous accolades in academics, fine arts and athletics on the state and national levels.

He brings more than 18 years of educational experience to his new role at Braswell High, including 12 years as an associate principal or assistant principal. Mr. Hailey is also familiar with the district, having served as an assistant principal at Strickland Middle School for two years, and a teacher and coach at Guyer High and Crownover Middle schools for two years.

Mr. Hailey served as an assistant principal and the associate principal at Lake Dallas High School from 2010-2015. He began his career as a science teacher and coach in DeSoto ISD, then moved to serve students in the Garland and Frisco school districts.

"I am so honored by and excited for the opportunity to serve the students and families of Bengal Nation," said Mr. Hailey. "Braswell High School serves as the focal point of

the area with many young programs that are poised to take on 6A academics, fine arts and athletic contests with a fresh look and reputation of excellence. I intend to lead those next-level efforts, immersing myself in this dynamic community."

Mr. Hailey graduated with his bachelor's degree from Austin College and earned his master's degree in educational administration from the University of North Texas.

He is married to Lacey Hailey, the principal of McNair Elementary School, and they are raising a daughter who attends Harpool Middle School.

Braswell High, which opened in August 2016 and is currently in its fourth year, will be moving from Class 5A to Class 6A. The school posted an enrollment of 2,345 students.




*Ty Belger*

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*Photo of Bear Cat Water Tower By Utility Services Company*



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# INCAPACITATED: WHAT HAPPENS IF YOU'RE OUT OF IT?



When Frank started his company five years ago, he did what most passionate sole proprietors do and dove in headfirst. He was determined to build something special brick by brick, and, thanks

to a sound strategy and lots of elbow grease, he succeeded. There was just one problem. Not once during all those late nights of dreaming big picture did Frank put a plan in place to protect his financial and property matters if he was ever injured or incapacitated.

What would happen if he did not die but was instead out of it for any length of time? Who would sign checks and manage his accounts? Who would open his mail? Who could pay bills? Frank did not have answers to these questions. And he regretted it when he woke up one day and realized he had been in a coma for three months after being in a car wreck.

The reality is that most of the clients we work with are in the same boat. While we all know we will die someday and are constantly reminded that we need to protect our loved ones, it is not as certain that we will become incapacitated. Therefore, we find it increasingly difficult to plan for that possibility.

Most of us cannot imagine becoming incapacitated. And we take for granted that it will not.

In my book, *Who Gets Your Stuff When You Die: 14 Secrets For Protecting Everyone You*

Love And Everything You Own, I explain that flexibility in estate planning means going beyond thinking about how to protect our families if we pass away. We must also consider what we have in place if we are incapacitated and cannot act for ourselves.

## **Guardianship — It covers more than you think**

When most people hear the term guardianship, they immediately think of protecting children. But it is so much more than that. Take Frank, for example. To keep his business running while he was incapacitated, we had to get guardianship over him. But no one was able to sign checks for the business for over a month until the court appointed one of the brothers as his guardian. Luckily, that was a wise decision, but most of us would rather make that choice ahead of time.

## **Below are a few tools to help you make that decision:**

**A Living Trust** — Trusts will serve you well if such a need arises. If you are a business owner, you could put the ownership of the business into the trust. The trust would be in charge of running the business, and you could name a successor trustee to make important decisions if you become incapacitated.

**Power of Attorney** — POAs can also be used to protect assets and handle business affairs in the event you are incapacitated. However, it is important to note here that Texas law requiring acceptance of a statutory power of attorney has eleven exceptions to

that requirement. For instance, a title company can refuse to accept the POA if the person signing the POA is not an existing customer. Even courts and companies that accept them say that for someone to act under a power of attorney, the power to do what they are trying to do must be specifically listed.

We will get into other problems with POAs in a subsequent blog. The main takeaway here is that having a will or power of attorney is likely not sufficient to cover all of your bases in the event you are incapacitated. Consulting with a qualified estate planner about your specific situation can ensure these documents are designed to help you.

## **Call Leigh Hilton PLLC today!!**

Flexibility in estate planning is important. Accidents or illnesses can take away our ability to act responsibly and handle personal or business decisions. And this can happen to anyone at any age. Please call Leigh Hilton PLLC so that we can help ensure your family will be taken care of in the best way possible. Leigh Hilton PLLC wants to be your first call every time for any estate planning need. We look forward to serving you. For more information please visit [www.leighhilton.net](http://www.leighhilton.net) or call 940-387-8800.



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# An Artistic Guide TO PILOT POINT

*Guide and Photography by Justine Wollaston and Jodie Linton-Prickett*

*What better way to spend some time with friends and family than a public art walk? With the need to continue social distancing for the time being an art walk provides open space, fresh air, exercise and sunshine. Pilot Point, Texas has a lot to offer and it is easy to drive the area, or park your car on the square and see most of the featured works of art in this section by foot. Pilot Point is brimming with unique murals and other artistic works. The square is rich with architectural history (as featured in our December/January issue), greenery, ghost signs, and works that have raised eyebrows and brought national news to the area. What a great way to spend time with friends and family!*



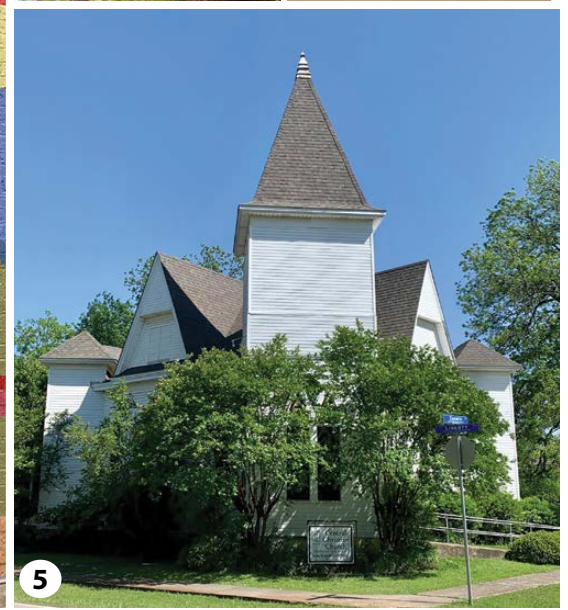
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### 1. Community Library Mural (Detail)

Location: 324 South Washington Street

Artist: House of Justine

Date: 2019, Materials: Exterior latex paint on brick.

### 2. Old Oak Tree at the Library

Location: 324 South Washington Street

This tree and other old oaks are scattered around the old town.

Artist: Mother Nature. Date: 100's of years, Materials: Natural.

### 3. BearCat Mural and Restored Water Tower

Location: Behind the Pilot Point Fire Department on 110 West Division Street.

Materials: Metal Paint. Artist/Engineer: Utility Services Company

Date: Original Structure 1915/ Repainted Last 2019

### 4. Old City Park Childrens' Playground

Location: 120 Division Street

Date: 2018, Materials: Numerous

### 5. Central Christian Church (Architecture)

Location: 201 East Liberty Street

Date: 1902

Materials: Numerous

### 6. Marie's Heart-Shaped Vineyard

Location: Across from Central Christian Church on East Liberty Street.

Date: 2016

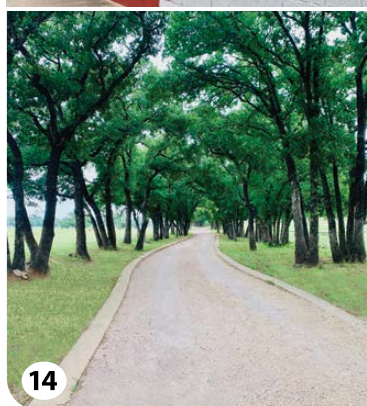
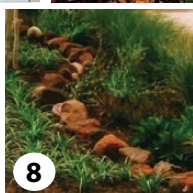
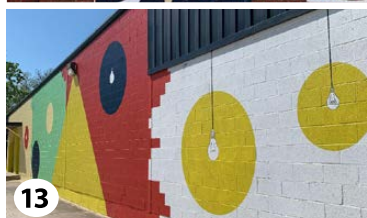
Materials: Vines.

### 7. Running Horses Curb Art

Location: Across from City of Pilot Point Building, 102 East Main Street

Artist: HouseofJustine

Materials: Latex paint on concrete.



**8. 19th Century Club Garden** *(With a view of the bank mural showing how they enhance each other.)*  
**8a. The Garden**

Location: Historic Pilot Point Square at the Corner of Washington and Main.

Artists/Gardners: The 19th Century Garden Club.

Date: 2019

Materials: Plants.

**9. Farmers and Merchants Bank Curbside Mural**

Location: 100 North Washington Street.

Artist: HouseofJustine

Date: 2019

Materials: Latex paint on concrete.

**10. The Restored buildings (Architecture)**  
on the North side of the Square and one of the sidewalk planters.

Location: Historic Down Town Pilot Point on Main Street.

**11. Eve and Miss Liberty**

Location: 100 North Washington Street on North Side of Farmers and Merchants Bank.

Artist: Justine Wollaston

Date: 2003, Materials: Latex paint on stucco and concrete.

**12. LizzyGator Custom Creations**

Location: 12222 Massey Road

Artists: LizzyGator

Date: 2019

Materials: Numerous

**13. Light Bulbs** *(Work in progress)*

Location: South Side Wall of Building located at 442 US- 377

Artist(s): Wilmar Toro and Giovanni Fortunato

Date 2019

Material: Paint on Brick

**14. Roads with a Canopy of Trees**

Found in numerous places around town.



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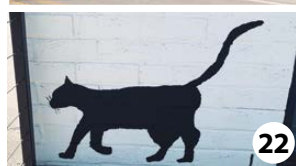


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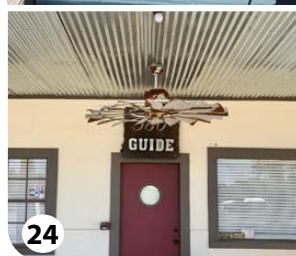
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24



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### 15. Welcome to Pilot Point

Location: 201 South Jefferson Street.

Artist: HouseofJustine

Date: 2016, Materials: Latex paint on restored brick.

### 16. Dr Pepper (Ghost Sign)

Location: Historic Pilot Point Square at the Corner of Liberty and Jefferson

Date: Most Ghost Signs can be dated as early as 1890's through the 1960's.

Materials: Paint on stucco.

### 17. Bill Durham (Ghost Sign)

Location: Historic Pilot Point Square on the Corner of Main and Jefferson.

Materials: Paint on brick. Artist: Unknown

Date: Most Ghost Signs can be dated as early as 1890's through the 1960's.

### 18. The Lowbrows Girl

Location: 200 South Washington Street

Artist: HouseofJustine

Date: 2008, Materials: Latex on brick.

### 19. The Garage Door Theater

Location: 110 South Washington Street

Artist: Justine Wollaston

Date: 2016, Materials: Latex paint on metal doors.

### 20. The Bob Albrecht WW1 Memorial

Location: Historic Pilot Point Square on the Northwest side of the Gazebo

Artist: Various, and stone structure by Slay Memorial.

Materials: Metal and stone.

### 21. Pilot Point's Historic Square (Architecture)

Location: Historic square surrounded by Washington Street, Main Street, Liberty Street and Jefferson Street

### 22. Cat (Work in progress)

Location: East Facing Wall of Building Located at 442 US-377

Artist(s): Wilmar Toro and Giovanni Fortunato

Date: 2019, Material: Paint on Prick

### 23. Bicycle (Work in progress)

Location: South Facing Wall of Building Located at 442 US-377

Artist(s): Wilmar Toro and Giovanni Fortunato

Date: 2019, Material: Paint on Brick

### 24. The Original Windmill Ceiling Fans (Functional Art)

Location: Under the Canopy of the Pilot Point Guide Building, 301 South Washington Street

Artist: Kelly Eggers

Date: 2019

Materials: Metal, paint, electrical elements.

# UNITED WAY OF DENTON COUNTY

## Awarded \$300,000 to Provide Stability to Veterans and Their Families

### *Texas Veterans Commission Fund for Veterans' Assistance Boosts Denton County Veteran Support Services*

United Way of Denton County has been awarded a \$300,000 grant from the Texas Veterans Commission Fund for Veterans' Assistance to support a new Denton County Veteran Stability Program, beginning July 1, 2020, designed to provide financial assistance and supportive services for Veterans and their families.

"This will be a great resource for Veterans in our community," said Paul Bastaich, the Denton County Veterans Service Officer. "Our Veteran Community Navigators look forward to collaborating with this program at the Denton County Veteran Center."

The Veteran Community Navigator (VCN) program was piloted in 2016 by United Way of Denton County and funded with a state grant to begin providing a

more holistic approach to supporting Veterans and their families. The VCN proved successful referring over 700 clients from inception to October 2018, when it officially began operation as part of the Denton County Veteran Service Office.

The grant from the Texas Veterans Commission Fund for Veterans' Assistance will build off the VCN program to identify and support vulnerable Veterans in crisis. An estimated 41,000 Veterans live in Denton County with approximately 2,000 living in poverty.

"We are excited to continue our collaborative work providing holistic support to Veterans with our community partners," said Courtney Cross, Director of Mental Health and Housing for the United Way of Denton County. "This grant comes at a critical time because

we know that when a community crisis hits, it unfortunately impacts the most vulnerable first and in the most dramatic ways."

The Denton County Veteran Stability Program will partner with various nonprofits and government agencies serving Veterans and their families in the county. This grant will equip service providers with additional resources to provide emergency financial assistance to help navigate Veterans through crisis to stability.

This program is supported by a grant from the Texas Veterans Commission Fund for Veterans' Assistance. The Fund for Veterans' Assistance provides grants to organizations serving veterans and their families. Learn more at <https://www.TVC.Texas.gov>.



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# Self-Care and Wellness in the Age of COVID-19



Taking care of yourself and your loved ones during a stressful time is critical for good health and wellbeing. No one will argue that now is one of the most stressful times that you and your family may ever experience in a lifetime—we hope anyway! What better time than now to begin or improve your self-care routine? What about an exercise and stretching program?

At Stretch4Life, we have options for you as you self-distance and options as you integrate back into the social world. You can do many of these ideas individually, as a family or in a small group. Our App, Stretch4Life is one of these options, and it is a low-cost option too! Our staff is ready to help you with a baseline Zyto scan, Lymphatic drain massage, and more! So, get off the couch and join us as we journey together toward self-care!

## Step 1: MOVE

Movement is one of the foundations to a healthy existence, especially when we live an increasingly sedentary lifestyle. There is no doubt that our social life has taken a hit but let us look at the flip side of the coin. We now have the time to focus on ourselves and our families in a way that can improve our physical and mental health. As we begin to get back to our new normal, we can choose what commitments we will continue and what we will cease.

Begin with small changes because they are more sustainable and can have a huge impact on your health! Walk the dog more often, park your car far away from others to get in a few more steps, do exercises and stretches from your App as you take a 15 minute work break, step outside and watch the birds, pick a physical chore to accomplish each day, check in on your neighbors by bringing them a treat or a little happy, hold a family treasure hunt, garden, take on some home improvements visit the local park and walk!

## Step 2: EAT HEALTHY

Cooking is fun! Or so I keep telling myself that it is! Now that we have gotten used to more time at home, why not take a cooking class, plant an herb garden, try some new recipes, hold a Zoom cocktail hour with friends, bake

cookies for people who are not ready to be social quite yet, and share your success with others. It does not have to be difficult to modify your diet. Small changes make a big difference. You may not be able to find your favorites at the local grocery, but I have noticed that the fresh vegetables are always stocked! Try a new one this week.

One of the best things you can do for your body is to eliminate the poor quality, processed foods from your diet. One week at a time, make small swaps. Cut back on the alcohol and sugar. You do not have to do it all at once, just be mindful of what and when you eat. When you begin to think of food as medicine for wellness, you really can be more intentional about your choices! If you do this, just think of all the baby steps you will have made over the summer!

## Step 3: SLEEP

Stress interrupts good sleeping habits and routines. As we return to our new normal, it is a good time to work on improving your routines! Our Pre-COVID-19 world was overworked and overscheduled. We were exhausted and overwhelmed. This is a perfect opportunity to un-plug, relax, stretch and breathe. Start a sleep routine and stick to it!

Here are some ideas for you. Go to bed and wake up at the same time every day. Make your bedroom a retreat for you by keeping it cool and de-cluttered. Take a hot bath to relax. Un-plug from the screens an hour before bed and do not keep your phone next to you as you sleep. Diffuse your favorite essential oil to help you relax. Work through one of the stretching routines on our App to relax your muscles. At Stretch4Life, we have individual appointments to help you utilize this App online only or in person. Keep a notebook next to your bed that you can jot down thoughts to tackle in the morning. Clear your mind and rest.

If you are a Wellness Enthusiast, please check out our newest App, The Power of Posture. This is designed to be a 6 credit CEU Course for professionals, but anyone can walk through the helpful content to learn how our body works and how to relieve stress at home. It is an amazing tool to have if you want a more in-depth approach to your own wellness.

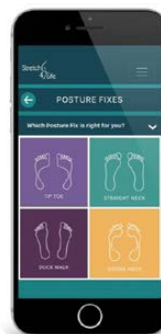
We also offer a product called S4L Tone. This appointment allows for a healthy muscle lift in the areas

affected by lymph drainage. It is done in a hands-off way so that hardly any contact is needed between the client and the practitioner. Our clients simply love the immediate results of this product! If you are ready to shed your stress, this is for you!

Lastly, we are offering an in-person opportunity for you to come and get your wellness questions answered! Join me at The Beatitudes Tea Room in Lake Dallas on June 20th at 11 am for a Q & A about Tone, nutrition baby steps, ozone treatments, massage and more! Please email me to RSVP as spots are limited.

Do not ever hesitate to seek help in your life journey. There are many resources here in your backyard! The 380 Corridor is full of people willing to help you achieve better health and well-being. At Stretch4Life, we are ready to help you walk forward on your journey. We would love to partner with you and use the resources we offer to help you!

Lori Walter LMT, owner of Stretch4Life, developed the Stretch 4 Life Massage Technique because of her passion to help people restore their muscle strength and range of motion. Through this method, our Massage Therapists aid in reducing – or eliminating – pain through specific stretch routines, which we personally develop for our clients. We would love to see you in our clinic or assist you with an at-home program using one of our Apps! Visit Stretch 4 Life at <http://stretch4life.com/>, contact them at [stretch4lifeclinic@gmail.com](mailto:stretch4lifeclinic@gmail.com) or (940) 591-6491.



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How is your posture? Many people don't know what is correct posture and how their posture could be affecting their health. With this simple tool you can learn how you are walking. If it is correct and if it is incorrect how to fix it. A simple way to see if you have correct posture is to do a footprint test. Lay down some craft paper and walk across it with wet feet.

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# County Thanks Veterans Who Volunteer Their Time to Clean Up War Memorial

By Dawn Cobb



Photo by Forrest Beadle/Denton County

Early Tuesday morning, several veterans separately decided to clean the Denton County War Memorial on the Denton County Courthouse-on-the-Square lawn after two individuals sprayed graffiti on it the night before.

"As a veteran, it comes natural to serve and do the right thing," wrote Chad Finholt, one of five veterans who arrived on their own, in an email. Soon, employees from the Denton County Facilities Department and the Denton County Sheriff's Office

arrived with supplies to help restore the memorial that commemorates residents of Denton County who served their country in the Spanish-American War, World War I, World War II, the Korean War, the Vietnam War and the Persian Gulf War.

"We look at that monument and are reminded of our friends and family that served before us and what so many have sacrificed for this country," wrote Finholt, who served U.S. Army Corps of Engineers.

Justin Ward, who served in the U.S. Marine Corps, read a story in the Denton Record-Chronicle and decided to stop by and check the memorial, noting the spray paint. "I wanted to honor my brothers in arms by cleaning it up," he said.

U.S. Navy veteran Troy Ivey was asleep when Ward texted him. "I went up to help get the job done," he said.

Joel Edgar, who served with the U.S. Army, was just finished with

his shift as a first responder when he stopped by the Denton Square to pick up trash. He saw people around the memorial and decided to help.

Garrett Woodham, who has plans to join the U.S. Marine Corps, saw what happened on Monday night at the protest, during which two individuals were arrested after nearby protestors pointed out what was being done to the memorial to law enforcement officers. "I came today out of respect for the soldiers," he said.

Individually, these five veterans decided their Tuesday morning task was an important one – one for which many were thankful in numerous social media posts.

Denton County Criminal Court 3 Judge Forrest Beadle offered his thanks on behalf of the "SGT Arthur O. McNitzky" American Legion Post 71 in a social media post.

Denton County Commissioners Court appreciates their honoring the

monument and the men and women which it represents," said Precinct 2 Commissioner Ron Marchant. "We also appreciate those that returned this morning to clean the grounds of the Courthouse-on-the-Square for their thoughtfulness and the pride they have shown in their property."

Paul Bastaich, Director of Veterans Services, called each of the volunteers to thank them. "I appreciate their willingness to go above and beyond not only in service to our country but also in cleaning the memorial that honors all of the men and women who have served on behalf of us all."



Photo By Roland Aschada/Denton County



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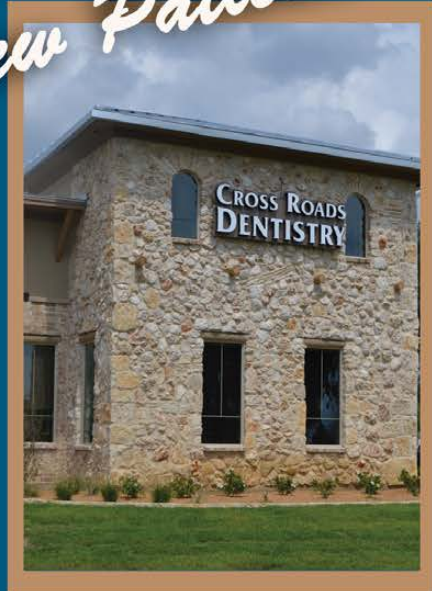
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# TOP TEN REASONS to Write Your Book Right Now

With everyone being stuck inside for an unforeseeable amount of days. This is the best time to write that novel you always had difficulty finding the time completing. Or if you already have a manuscript, now is the best time to start fixing it up and doing your research on which publisher you want to pitch to!

## 1. eBook Sales are High:

With the limited hours – or temporary closures -- of brick and mortar stores, now is the perfect time to find an audience willing to read or buy your book. Make use of options like Kindle Unlimited and low sales days to reach an audience. They are looking!

## 2. You Likely Have the Time:

Many of us have kids who are off school and stuck at home. Some of us are laid off or furloughed for the time being. Make the most of this time by turning a bad thing into a good one!

## 3. You Can Finally Say You Did It:

Even if you don't plan to publish, writing a book is a wonderful way to pass the time. Finishing one is an amazing accomplishment!

## 4. Finding Reviewers Is Easier:

Not incredibly easy since more authors will be reaching out to readers, but since we're all pegged in self-quarantine, readers are hammering down on those long forgotten TBRs.

## 5. There's Massive Support for Small Businesses:

Those of us who own small businesses (i.e. small presses) may be on hiatus right now, but we are receiving massive support from our customers and clients. For those with a finished manuscript, we may be more open to accepting unsolicited submissions. Be sure to check the submissions page!

## 6. Freelancers are Accepting More Work:

Fiverr, Upwork, Indeed, Elance, etc. are all places to find freelancers who look for work like cover design, editing, formatting, etc. For those choosing to self or indie publish, this team of people are your saving grace. See if you can find them while they're looking for more work!

## 7. Great Time to Start Building Your "Test Lab":

This isn't really about writing a book, but having an agent / publisher "test lab" is a good way to keep your agents and publishers you plan to pitch right there in one neatly organized list. Do your research and see who you might want to contact!

## 8. Various Sales' Offers from Blog Tour Companies:



Many companies who run blog tours are openly offering BOGOs and discounted prices on their advertising services. If you have a completed manuscript ready to publish or a published work you need more attention for, now is a good time to take advantage of these services!

## 9. Beta Readers / Alpha Readers Want Books to Read:

These terms may be alien, but alpha readers and beta readers are an author's first taste in the world of potential readers. They can tell you where the flaws in your book lie and help you address them before you publish! With so many quarantined, they might be more willing to look at your book!

## 10. You'll Be Ready When Those Publishers Open Back Up and Agents Are Looking:

Let's face it, we don't know how long quarantine is going to be around. Now is the perfect time to finish up your book and have it looked at, ready for those agents and publishers when they open up. This could be various venues such as Twitter hashtag pitches, submission openings, etc.

Now get out there and finish your book while you have the time! Quarantine won't last forever. Make something good out something dark!

*Article provided by: Blaise Ramsay, Owner and J. Senkel, Manager at FyreSyde Publishing, [fyresydepublishing.com](http://fyresydepublishing.com). For information on guest posting, interviews, book reviews, etc contact us at [nytownsreviews@gmail.com](mailto:nytownsreviews@gmail.com)*

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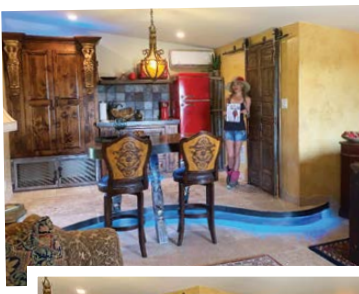
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