



The theme of this issue is *wellness*. I was going to use this editor's letter to share a few poetic and profound thoughts on the subject but seeing as how so many of our amazing members have shared theirs so thoughtfully in the following pages, I'll spare you my purple prose. Instead, I've decided to address a different kind of wellness — the wellness of *The Docket*. In order to keep this a thriving, relevant, and entertaining publication, we need the voices of as many members as possible to join in the chorus. To provide a little guidance and hopefully some inspiration, here are a few tips from longtime friend of the magazine Gurney F. Pearsall III.

10 Publishing Tips

1. Read the past few editions of the magazine to get an idea of its overall style and the many kinds of articles and article styles (not every article has to be a feature-length law review). By seeing what kinds of topics it likes to publish, you'll be able to see what topics are oversaturated and what topics are receiving little to no coverage.

2. Pick a topic that's interesting or unusual, a topic that covers an area of law that

is niche or emerging, or a story about a case of yours that offers something for everyone to learn from, like a case study.

3. Write what you know. Discussing your experiences makes an article automatically more readable because practical experience is more valuable than reciting facts and statistics. Having personal experience in the field you're writing about adds credibility to you as an author and gives you opportunities to tell stories.

4. Pre-write. Creating bullet points and making decisions about the overall structure of the writing before putting any words on paper help eliminate writer's block and streamline the writing process. Knowing what to say is as important as knowing how and in what order you are going to say it.

5. Accept the rough draft for what it is. Rough drafts are flawed. They are full of typos, non-sequiturs, and missing pieces, but keep going until you have a complete rough draft or else you will get bogged down in minutiae. Save the editing for after you have a complete rough draft.

6. Use a funnel strategy to revise, meaning start the editing process with the broadest revisions (adding arguments, addressing

weaknesses, moving around sections and paragraphs), then narrow down to the more detailed revisions (typos, grammar, word choice).

7. Edit on paper. We tend to gloss over things when we see them on a computer screen. For many, if not most people, there is something about editing on paper that helps them catch errors. Maybe not having Microsoft Word's red underline for typos forces us to pay closer attention.

8. The final edit. The toughest edit is the final one, because at that point you've written and rewritten so often that you are probably numb to the words on the page. It helps to print out the article and read it backwards, word by word. With the words taken out of context, it helps to catch errors and word choice issues. We tend to read words in clumps, especially when we read quickly, and that makes it hard to catch even the most glaring errors.

9. Add illustrations. The magazine might ultimately find better ones or not use them at all, but an article with illustrations is more readable and therefore more publishable.

10. Have fun. Pick a topic that you would enjoy talking about in your free time so that the extra effort you have to put in to create a publishable article feels more like exploring a hobby than finishing off yet another tedious work assignment.

To these I would just add BE CREATIVE! Remember, it doesn't have to be about law. *The Docket* is looking for reviews of Denver restaurants, attractions, events, and exhibitions, local interest stories, travel stories, photos, illustrations, and everything in between. Length can be anywhere from a couple of sentences to 2,000 words.

I'm looking forward to hearing from you!

Be well. 🍷

PS: Thank you, Gurney!

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The Psychology of Calm

“For fast-acting relief,
try slowing down.”

– Lily Tomlin



Colors

Colors have an impact on us psychologically, emotionally, and even physically. Colors on the warm side of the spectrum like red, orange, and yellow are stimulating and can trigger a stress response making people feel anxious or even hostile, while cooler shades such as blue, purple, and green, promote soothing feelings of calm and relaxation.

And colors can affect our performance too. In a recent study, college students were shown one of several colors before taking an exam. The results revealed that students who were presented with red scored more than 20% lower than those presented with blue or green. And a survey conducted by the Cornell Department of Psychology found that families with yellow kitchens were far more likely to have tumultuous homes than families with blue kitchens.

Karesansui

Zen rock gardens, or karesansui (translated as "dry-mountain-water"), originated in medieval Japan and are famous for their ability to evoke a sense of serenity. The first known rock garden is Ryōan-ji, the Temple of the Peaceful Dragon. Dating from the 15th century, the Ryōan-ji garden is about the size of a tennis court and is composed solely of 15 large and small rocks, some encircled by moss, grouped in five clusters on a bed of carefully raked, pristine white sand. From a distance, the rocks resemble islands, the sand a tranquil sea.

In 2002, a research team at Kyoto University claimed to have cracked the Zen code. Relying on computer models, they found that the garden's rocks — when viewed from the proper angle — subconsciously evoke the tranquil outline of a branching tree. Over the centuries, visitors have discerned images as diverse as a tigress escorting her cubs across water and the Chinese character for "heart" or "mind." Since the anonymous designer left no explanation, the garden's meaning remains for the beholder to decide.

Humpback Whale

In the 1960s, the biologist Dr Roger Payne discovered that the sounds made by humpbacks were actually rhythmic, repeated patterns — and therefore songs.

Payne's LP, *Songs of the Humpback Whale*, was released soon after and is still the bestselling natural history recording ever. A copy of these recordings was also given away to the ten and half million subscribers to the National Geographic Magazine, the largest ever single print order in the history of the recording industry at the time.

Though no one seems entirely sure why whale songs are relaxing, Dr. Payne explained, "The whale's moan is long, slow, contains a range of pitches, and is repeated in patterns. These characteristics make it perfect for relaxation. And people associate it with the tranquility of the ocean." The humpback whale's song has a distinct structure and a singing whale will typically repeat his song, made up of repeated phrases, over hours or even days. People listening to whale music find that their breathing unconsciously slows to match the whale's notes. And because whale song is very deep and resonate, people describe it as "vibrating" in the body.

