

# Mindful Metropolis Submissions

- **Send Submissions to *James Faber* at [editor@mindfulmetropolis.com](mailto:editor@mindfulmetropolis.com)**

We strive to bring together communities throughout the Chicago metropolitan and surrounding areas with like-minded concepts and fresh ideas. We explore green culture, art and design. We investigate sustainable ways to live in an urban community. We bring conscious living concepts from the kitchen table to the boardroom table and all places in between. We promote businesses, non-profits, local organizations and educational institutions which inspire individuals and communities to act responsibly personally, for their inner circles and for their outer spheres. We think outside the box, yet are practical in our approach to what is maintainable. We attract readers who are actively engaged and who are committed to continually growing and educating themselves. We are low impact and high concept. We never forget that kindness is an environmental mission. We are eco-active, enviro-sensitive and socially involved.

## WRITER'S GUIDELINES

### Calling All Freelancers!

We rely almost entirely on freelance material to fill our pages every month. We have only a few "regulars," so the field is wide open to all who wish to submit. We depend on freelancers like you.

### **What kind of articles should I submit?**

We accept articles on a wide variety of topics including: green living, social change, health and wellness and personal growth — in short, anything that deals with a progressive, healthy lifestyle. The important words to remember when writing for us are "information" and "narrative style." We strive to provide leading-edge editorial that is not only entertaining, but also directly usable by our readers — information that the mainstream media often abridges, is unaware of or is unwilling to print. The majority of what we cover is local to Chicago and surrounding suburbs, but also Illinois and the Midwest.

We run one cover story and one feature story each month covering the areas mentioned above, ranging from 1,000-1,500 words and pays between \$150-200 depending on word count and experience.

In addition, we have a number of departments we run regularly:

### **Did you hear?**

Our front of book section: short, newsy blurbs on each of our coverage topics, including: green living, health/wellness, personal growth, social change and local arts/entertainment. These stories typically run from 400-800 words and pay \$50-\$75 depending on word count and experience.

**Living Healthy**

Covers all aspects of whole person and whole planet/community health from diet and exercise to preventative and curative medicine. Our monthly lead story runs 800-1,000 words and pays \$75.

**Art & other medium**

Stocking the bookshelves, playlists and DVD collections of our readers with featured books and films. We currently have a music reviewer, but will consider book, film and DVD reviews. These run 125-150 words each and pay \$25/review.

**Life, etc.**

A personal essay highlighting a seminal moment or event in the life of the writer, relating to one of our overarching themes. This piece runs 800-1,200 words and pays \$100.

**Format**

Please send submissions typed and double-spaced via email or snail mail. If emailing, please attach a Word file, and also copy and paste in the message section of your email. Queries may be emailed to [editor@mindfulmetropolis.com](mailto:editor@mindfulmetropolis.com). If including graphs, charts or other original art, please send a hard copy in addition to a disk, or e-mail us for digital art submission guidelines. Original photos and illustrations are welcome and may be submitted along with your article for consideration.

**Notification of Acceptance or Rejection**

Ah, the life of an editor — deadlines, deadlines and more deadlines! Every time we look up from our desks, it seems there's another deadline to meet. So, we set aside time to look at submissions during our precious, limited "quiet time," that late time of the month just after we've completed the last issue. Sometimes our response rate to submissions is probably not as rapid as you'd like it to be. If we do not immediately accept or reject your article or pitch, we may set it aside for a rainy day. If you are uncomfortable with ambiguity or are in a hurry because you want to submit it to other publications, be sure to make note of it on your submission. No matter what, if sending via snail mail, please include a self-addressed, stamped envelope for notification of acceptance or rejection. Articles will not be returned unless specifically requested, so be sure to keep a duplicate.

**Query Letters**

If you have not written for us before, please be sure to include your mini-bio and up to three published clips. Alternatively, you may submit a completed manuscript. If your article addresses the categories described above, your treatment of the issue, the timeliness of the article and the quality of your writing are the main keys to getting published.

**Keep in Mind...**

Keep in mind that our readers are more sophisticated when it comes to green living, health, personal growth and social responsibility. We prefer thoughtful, well-researched articles with an informed and upbeat tone. We favor a narrative approach in which "story-telling" is emphasized. We welcome investigative reports and personal interviews, but outside of our "Life, etc." section, we rarely publish personal essays. Please include reference material for fact verification, and

avoid using anecdotal claims to support your thesis or argument.

**Deadlines**

We accept articles any time. If you want your article to be considered for a specific issue, we should have it in hand three to five months before the month of publication.

**Pay**

In the event that the magazine decides not to publish your assigned story, a kill fee of 50 percent of the original fee is offered. However, no kill fee is offered for unsolicited submissions or if this is your first assignment with us; you are free to publish the work elsewhere. If we do print your work, we customarily pay within 45-60 days of publication. We ask for one-time print rights in print and non-exclusive perpetual website publishing rights.