Asta-Ja USA Newsletter Guidelines

Article Submission Guidelines for the *Asta-Ja USA Newsletter.*

Thank you for your interest in submitting an article to the *Asta-Ja USA Newsletter*. Please thoroughly read and follow the article and graphics guidelines before submitting an article for consideration.

1. The title should be able to capture the subject matter of the article, as short as possible. It should not be more than 12 words.
2. Articles should be provided in Microsoft Word files (.doc or .docx). Do not send articles in PDF format.
3. Revise the article by yourself before sending it to the Newsletter.
4. The articles or Newsletter stories are written in the third person (he, she, they, it) and are at least 400 words and no longer than 800 words, with a maximum of two pages.
5. *Asta-Ja USA Newsletter* is not a Journal, but we can publish a short research article on preliminary data if you want to publish it.
6. *A* story or news on any interesting article can also be published.
7. Send original images, screenshots, or graphics saved with little or no compression in TIF, BMP, PNG, or JPEG format if there are any pictures associated with the article.
8. Include the caption of each graphic in the Microsoft Word document (.doc or .docx) associating the graphic file name with the caption.
9. Send graphics separately but at the same time as the article. Word documents and graphics can be bundled in a zip file format.

Article Submission Checklist

Please review this checklist before submitting your article:

1. Include the name, title, and affiliation of all authors.
2. Use the full name of your organizations and spell out acronyms on first reference.
3. If you prefer to use your home address instead of your work address, that is also fine.
4. Include recent headshot(s) of the author(s).
5. When your review is complete, please submit the article and graphics to drpanthee@yahoo.com.