

A NEWSLETTER FROM AUTHOR JB CAINE

# THE BUSY QUILL

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## A WORD OF WELCOME

With the transition of my life into a full-time focus on writing, I thought it might be a good idea to revisit and revamp the idea of a newsletter. I asked myself, "Self, what would you want to see in a newsletter? What would keep you from immediately hitting that DELETE button as soon as it hits your inbox?" I came up with 3 answers: 1) Keep it brief. No 500-word treatises here.

Just a few quick and interesting hits. I'll go deeper in the blog. 2) Keep it creepy. You love it, I love it. So there's the focus. 3) Keep it interesting! I'd like this to be a conversation starter. Please post on my socials, drop me emails, keep the chat going. And please tell me what YOU'D like to see addressed here!



Fun fact: when the show wrapped, we bought this costume, worn by Juliet (Bitsie Tulloch) in "Grimm."

## MY FIVE

THIS MONTH: BEST PARANORMAL-THEMED SHOWS  
(VAMPIRES WILL GET A SEPARATE LIST)

1. "Supernatural"
  2. "The X-Files"
  3. "Stranger Things"
  4. "Grimm"
  5. "The Twilight Zone"
- runner up: "Friday the 13th: The Series"

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# QUESTION OF THE MONTH:

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What element of the supernatural/paranormal do you find the most fascinating? What about that particular element (ghosts, vampires, cryptids, psychic activity, angels, whatever excites you!) draws you in and keeps you wanting to know more?

**Post a comment on the website underneath the QUESTION OF THE MONTH on my newsletter page ([www.jbcaine.com/newsletter](http://www.jbcaine.com/newsletter))! Let's talk about it!**

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## FUN FACTS ABOUT PHANTASMS:

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According to a variety of paranormal researchers, there are four main types of hauntings:

- **RESIDUAL HAUNTINGS** occur as a result of negative energy imprinting on a location. These hauntings are similar to recordings. The entity is unaware of anything or anyone outside its replay of past events.
- **INTELLIGENT HAUNTING** is the term used for entities who are aware of those of us on the material plane and are capable of interaction. Their intents and personalities can vary as widely as those of living people. Intelligent hauntings can be tied to places, people or objects.

## TYPES OF HAUNTINGS

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- **POLTERGEISTS** are mischievous entities whose name is derived from the German word meaning *noisy spirits*. Poltergeist activity often begins with knocking, noises, and the movement of objects. Quite often, a poltergeist haunting is centered on a teenaged girl, and frequently escalates in frequency and intensity over time.
- **DEMONIC ACTIVITY** is always bad news. These entities never had physical form, and they range from manipulative to violent. Their appearance can also vary...some look angelic, some appear as shadowy figures, and some have terrifying visages. However they look, though, their intent is to cause fear and harm.



## FEATURED AUTHOR: SL DOOLEY

JBC: LET'S TALK LOG LINES! WHAT'S A ONE-SENTENCE HOOK FOR YOUR LATEST BOOK?

SLD: An elven circus, a kingdom's betrayal, and revenge centuries in the making.

JBC: WHAT DRAWS YOU TO THIS GENRE?

SLD: Two reasons...one is I love how life truths can be woven into a fantastical story, teaching or encouraging or shining a light on wrongs, without being garish or hard to accept. Second, just for plain escape. This world is hard sometimes and getting away with dragons and Mermaids and knights in castles is where I want to be for a while.

JBC: IF YOU WERE TO RECOMMEND ONE PARANORMAL-THEMED SHOW TO BINGE-WATCH, WHICH WOULD YOU CHOOSE AND WHY?

SLD: I'd have to go with an oldie but a goodie: "Grimm". I watched all of it in 2 weeks!