

Letter from Prez...  
Malice Members,

I will have news about Memphis in May's response to sponsoring our third anthology at this Saturday, April 8th meeting.

Also, our guest will be Tony Kail, author of the Secret History of Memphis: Hoodoo, Rootworkers, Conjurers and Spirituals. He will have a slide show during his presentation which should be very enlightening and entertaining. Please join us if able in support of our special guest.

Our fourth anthology is already in the works with historical Elmwood Cemetery as our theme. If you are interested in an Elmwood tour, please check out their website at: <http://www.elmwoodcemetery.org/> and schedule the tour of your choice.

The window to submit a story proposal for the fifth anthology is now CLOSED. We've got 17 submissions at this time. We will need to discuss a page limit with this many submissions. I'm thrilled to see so much interest. Remember, your first draft is due by June 1. That's a little less than two months. Some have already submitted their story, so kick the dust off the keyboard and get writing.

Hope to see everyone this Saturday at 10 am.

Please check out our website at: <http://www.maliceinmemphis.com/>

Also go give our Facebook page a LIKE as well at:  
<https://www.facebook.com/MaliceinMemphis/>

**Kristi Bradley, President**  
**Malice in Memphis Writers Group**

***TFR's Writing prompt:***

***"It's not your fault I married a cheating bastard."***

***"I'm your husband's mistress"***

***"So?"***

When writing a novel a writer should create living people; people not characters. A character is a caricature.

Ernest Niller Hemingway

## WRITING TIP:

Some people work best if there is a deadline looming. I am one of those people. I am also a lister. I work better if I have a list of "to do" items in front of me. If you are someone who needs a deadline to get your work finished set one for yourself and make sure you have someone who makes sure you get it done. Not just a family member that just asks did you write today, make it someone who will nag you until you complete your assignment. Writing is sometimes work and sometimes fun.

Keep writing.

Barbara Christopher

## MALICE IN MEMPHIS WEBSITE GOINGS ON

We had 2078 visitors to the site  
We had 797 page views.

Here's the top pages viewed: Home page

- [/writing-resources.html](#)
- [/our-story.html](#)
- [/benefits-of-joining.html](#)
- [/what-is-malice-in-memphis.html](#)
- [/our-members.html](#)
- [/Join-now.html](#)
- [/contact-us.html](#)
- [/ive-been-published.html](#)
- [/contact-us.html](#)
- [/newsletter.html](#)
- [/monthly-meeting.html](#)
- [/calendar.html](#)
- [/food-folks-and-fun.html](#)
- [/writers-retreat.html](#)
- [/critique-groups.html](#)

# WRITER

BECAUSE

BAD \*SS

LITERARY GENIUS

ISN'T AN OFFICIAL

JOB TITLE

## Strange Bizarre and Weird Prompts: **Shuffle Time**

Put your music library on shuffle and start writing. Every time the song changes, change the mood of the story to match the music.

“You really have no clue who I am?”

“You’d think the confused looks and blank stare would have answered that for you.”

### UPCOMING CONVENTIONS:

Killer Nashville Writer’s Conference, August 24-27, 2017

<http://www.killernashville.com/conference/>

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Imaginarium October 6-8

<http://www.entertheimaginarium.com>

I have a certain set of skills..that make me a nightmare for people like you..

Liam Neeson's character in Taken (2,3..15? when will this guy stop being a hostage?) quoted this to his daughter's abductor. Seems he was right in the end.

Sometimes simple skills can be learned and when there is a hack, it is great to keep in your bag of tricks.

This simple hack for escaping zip ties (or flexicuffs) is one of those "Aha!" moments. We taught this in Resistance training in SERE.

Hope you enjoy:

Let's just say someone breaks into your home and you're kidnapped and locked in your basement and they use zip ties to bind you. To break free if you are ever illegally restrained, first practice to figure out which hand position is easiest for you to break free with:

- **Wrists together, palms down**
- **Wrists together, backs of hands touch each other**
- **Wrists together, hands crossed at your wrists**

**#1. If they have you at gunpoint or you are facing multiple attackers** - Stay passive. Convince the captors you're not a threat. Your captor will then be more likely to restrain you in the hand position you offer to him—the hand position that you know is easiest for you to break through zip ties.

Below, you'll see some images and a description to help understand this hack:

**#2. TIGHTEN** - To break free of zip ties, make them as tight as possible, using your teeth to draw it tighter, and make sure that the locking bar is evenly between your hands. (One word of caution - if this method doesn't work, you'll now be faced with constrictions or blood flow cut off to your hands).

**#3. HANDS UP THEN DOWN..HARD** - If bound from the front, raise hands overhead to get maximum momentum, then in one fluid motion, sweep them down into your gut, simultaneously chicken-winging your hands apart from each other to snap the ties. This same technique will work with double zip ties.

(NOTE: You are working against the small tab inside the mechanism - that is what you are trying to break with this method, not the actual cuffs themselves.)

**#4. REAR BREAK** - To break from the rear, bend your legs so that your butt provides the breaking surface (imagine your hands as a big kitchen knife and your rear-end as the cutting board, and on the cutting board is a melon).

Bend forward, raising your bound hands as high as possible for maximum range of motion, then slam them down (simulating the knife) onto your butt (imagine a melon is there to slice in half), simultaneously chicken-winging your hands.

**#5. BEFORE YOU ARE ZIP TIED:** Slipping out. If you've failed or had a lot of difficulty breaking the ties during practice session, then if you're ever in a captive situation and are not yet bound, present the captor with both wrists straight out, palms facing down.

Next, clench your fists and flex the wrists *while he ties you*, to increase the diameter over which the ties will be looped. No matter how tight the ties are made, you'll create air space by turning palms towards each other, allowing you to slip the ties off. You can also present cross wrists, then flex wrists and clench fists as you're being tied. Then wriggle the top hand through the tie; work on getting your thumb out first. Once thumb clears you're free!

This works with the force method - but remember, I like to use tools to increase the odds.

My favorite method is using 550 cord. I'll show you that hack next time.

To your survival,

James