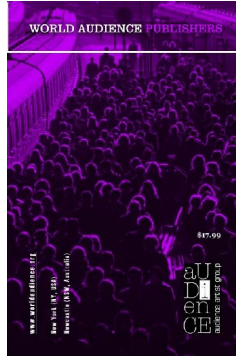


Audience Buzz

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"A 21st century publishing corporation owned by its writers"



Masthead

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Ernest Dempsey, President, Senior Editor

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Matthew Ward, Managing Editor

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Issue 8, May 2008

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1.1 Quote of the Month

“If I look at the masses, I will never act. If I look at the one, I will.”

~ Mother Teresa

Courtesy: Sister Mary Elizabeth Lloyd in her book *AIDS Orphans Rising*:

www.aidsorphansrising.org/book.html; a review: www.bookreviewpot.blogspot.com

1.2 From the Editor

Hello and welcome to the 8th issue of *Audience Buzz*! Eight months since we started the *Buzz*! Where does time get its wings? Notice how we have this feeling of ‘missing’ so much of time? Exactly! We are always ahead of it and poor little *time* has a meager chance to catch us. One day, when we are old and gray (and nodding by the fire), we will put our literary medals down and start wondering why the sense of being present in time didn’t cross our mind. The common thought: ‘we’re losers’. But what about your medals?

As a writer – published or aspiring – you may be expecting some good sales of your book, or an appreciable sum of money for any piece of writing that makes it into a publication (book, journal, magazine, etc.). This is fine and fair until you realize that being a writer does not automatically make you a shoo in; most of the time, getting wide recognition and boundless appreciation takes decades. Magdalena Ball (www.compulsivereader.com) wrote in one of her emails to me: *works that sell are those which are being talked about in popular media*. Not everyone has contacts in media and it will obviously be impracticable for media professionals to assimilate the thousands of books published each month in US alone. So where do you get your medals? Maybe it’s time to broaden your definition of medal and replace it ‘reward’.

So many people around the world are writing important works – whether entertaining, enlightening, motivating, or revealing – that carry the potential to make a difference in the life of the reader or some one else. The great thing about our times is the ease of correspondence and sharing of thoughts via the Internet. Now it is child’s play to start your own blog, journal, or website without paying a dime. As a writer, it makes a rewarding opportunity to share your work and critique that of other writers. The learning and friendship that comes from viewing and reviewing other’s work are the precious medals that money can’t buy, though wisdom does. In the eight months that I worked on *Audience Buzz*, I find writing this monthly document a valuable source of reading and evaluating the knowledge and wisdom shared generously by writers with me. I can live without the medals made of gold; but without your readership of this simple newsletter, my waking hours would be filled with emptiness beyond all measure. Still looking for medals? Get them all in this issue, from me. Happy Reading!

Ernest Dempsey

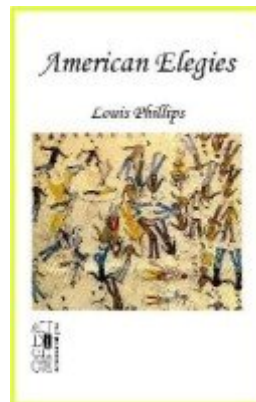
Visit <http://www.lulu.com/content/2464047> to take a look at Ernest Dempsey’s new poetry book *Two Candles*.

1.3 World Audience News

- ✓ Ernest Dempsey's second poetry book *Two Candles* is now published by My Lucky Guitar Press (<http://www.myluckyguitarpress.com/>). Consisting of 74 poems, this collection of Dempsey's poems preserves a delicate balance of thought and emotion that is commensurate with the book's title—a heartfelt mode of reflecting on reality in light not of a single source but two of them. *Two Candles* is available at <http://www.lulu.com/content/2464047>.



- ✓ *American Elegies* is a collection of poetry – much of it previously published in literary journals – that is brilliantly focused, and travels through time to examine the American soul up close. You will be entertained and enthralled by this great book!

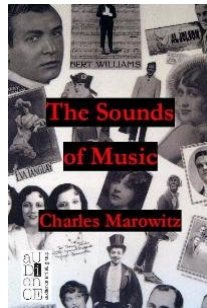


- ✓ World Audience gratefully thanks Tonya Harding and Lynda Prouse (the award-winning Canadian author of *The Tonya Tapes*) for allowing us to publish this excellent book. We also thank their agent, Michael Rosenberg, who with the book's publicist, Nicole Goesseringer, assembled an array of publicity for *The Tonya Tapes* (http://worldaudience.powweb.com//pubs_bks/TonyaHarding.html). Also thanks to Kyle Torke for his precision editing, and Matthew Ward for his A+ layout and design work. This book is stupendous! The early, amazing success of *The Tonya Tapes* has launched World Audience Publishers to a whole new level.

A captivating portrait of a remarkable woman who you may have thought you knew... *The Tonya Tapes* is also a revealing story about abuse, resiliency, American sports figures, the world of figure skating, and much more! Click this link to read an in-depth review by Susan Chun, Editor and Chief Skating Officer of www.lifeskate.com: <http://www.lifeskate.com/skate/2008/05/book-review-the.html>



- ✓ THE SOUNDS OF MUSIC: EARLY RECORDING ARTISTS, by Charles Marowitz, is a personalized view of some of the most charismatic artists of this fertile period of American music. The book provides sharp and concise profiles of legendary artists such as Al Jolson, Eddie Cantor, Billy Murray, Ada Jones, Sophie Tucker, Fannie Brice, Eva Tanguay, Nora Bayes, Rudy Vallee, The Boswell Sisters and dozens of other outstanding recording artists of the period.



- ✓ Coming soon: Domingo Rodriguez's *Conceptual Thinking*; Tom Romano's children's book, *Jeweled Travelers of the Skies*, in vivid color; Dr. Jay Granat's *Zone Tennis*; Pam Laskin's poetry book, *Ghosts & Goblins*; the 9th issue of our literary journal, *audience*; and our review, *The audience Review*, as well as many more excellent books!
- ✓ Watch this space for information about how to participate in an exciting teleconference of writers from around the world, sharing thoughts and experiences about writing and art!

1.4 Book Corner

This issue presents a review of Louis Phillips' collection of plays titled *The Death of the Siamese Twins and Other Plays* (World Audience Publishers, New York, 2007). The review was written by **Lee Gooden** and posted at TCM Review, a book review site belonging to Dr. Tami Brady: <http://tcm-ca.com/index.html>

The Death of the Siamese Twins and Other Plays by Louis Phillips



To say Louis Phillips is writer would be an injustice. To say Louis Phillips is a great writer would also be a disservice. True, Phillips is a playwright, poet, short story and children's author, publishing some 35 books for children and adults; still, the solitary title of brilliant word-smith is not correct. Phillips is also a magician, an anthropologist, a surgeon and a teacher. He boasts no formal training in any of those fields, but he has the traits of those practitioners combined with incredible writing abilities.

His collection of plays, *The Death of the Siamese Twins and Other Plays*, is the proof. The first play (and title of the collection) 'The Death of the Siamese Twins' is reminiscent of Edward Albee's disturbing theatrical adaptation of Carson McCullers' classic novella, *The Ballad of the Sad Caf*. Both plays exude a painful angst and haplessness that is strangely beautiful in a Sartre, Becket, Pinterish existential way. Phillips used his magical anthropological, surgeon abilities to reveal through the so-called freak how selfish and grotesque all of humanity can be.

In the arrangement of his collection he wisely breaks up the reader's emotions by providing short comedies that act as a bridge between the more serious pieces. For example, the hilarious play 'Penguins' and the genius but loony play 'Percussion' are situated between the darker play, 'The Death of The Siamese Twins' and the seemingly Lorca, Hemingway inspired solemn play, *Night Fishing in the Antibes*. Farther into his collection Phillips provides the eyebrow raising Hamlet-what if; play, Foils, to the superb vaudevillian Tragedy: A Comedy. At the conclusion of his collection, Phillips includes the b-movie Stoppard like play, Caravan and finishes with the play, 'Termites', an original twist of Kafka's *Metamorphoses*, with some of Camus' *The Stranger*, a pinch of

an amalgam Stephen King/Clive Barker and the pagan sexually charged religiosity of Albee's play, *Tiny Alice*.

Louis Phillips' collection of plays, *The Death of The Siamese Twins and Other Plays* is an important addition to the canon of twentieth and twenty-first century American playwrights and dramatic/theatrical literature.

To learn more and order a copy of the book online, visit
http://www.worldaudience.org/pubs_bks/pubs_bks_Phillips_ST.html

1.5 Author Interview

Dr. Tami Brady is a lover of books, a whole health therapist, a wonderful writer, and a courageous person. Her book review website *TCM Reviews* is a popular source of reviews of latest books and she offers practical help in healing from a number of diseases that are mainly caused by stress. Fibromyalgia and Chronic Fatigue Syndrome are two main diseases of this type and Tami's latest book *Strategies* (Loving Healing Press, Michigan, 2008) is about her encounter with these debilitating conditions. Drawing on her own experience of Fibromyalgia and Chronic Fatigue Syndrome, Tami creates a practically useful and easy-to-follow plan for every person who suffers from either of these two conditions or from stress in general. Following is an e-conversation with Tami Brady about her book *Strategies* and her knowledge of Fibromyalgia and Chronic Fatigue Syndrome.

An Interview with Dr. Tami Brady, author of *Strategies*



Ernest: Tami, I finished reading your book *Strategies* on fibromyalgia and chronic fatigue syndrome. You really faced a lot of troubled health. Would you please tell our readers about the nature and main symptoms of these two health problems?

Tami: In 1996, I was diagnosed with Chronic Fatigue Syndrome and Fibromyalgia. The general definition of Fibromyalgia is chronic pain. Actual symptoms vary from person to person including localized pain; heaviness or weakness causing mobility issues, swelling of the joints; memory and thinking impairment (fibrofog); and a myriad of other problems. The most common symptom with Chronic Fatigue Syndrome is intense fatigue, often coupled with unrecuperative sleep and chronic insomnia.

Ernest: Okay, we learn that these two conditions often occur together, right?

Tami: Between four to eight million individuals suffer with Fibromyalgia in the United States alone. Another million people have Chronic Fatigue Syndrome. Some estimates suggest that 5% of the population is afflicted with Fibromyalgia. Since a large portion of individuals who have Chronic Fatigue Syndrome also have Fibromyalgia, there are some specialists who believe that Chronic Fatigue Syndrome and Fibromyalgia are actually expressions of the same condition. At this point, no one knows for sure. Much more study is needed. In my case, my Chronic Fatigue Syndrome symptoms often exasperate my Fibromyalgia issues and vice versa. Far too many times a string of sleepless nights has heralded a wave of back pain or intense pain in my hip that has made it impossible to get any sleep.

Ernest: And you were having difficulty with getting the right diagnosis until you went to see that sports medicine specialist. Do you suggest that people with the symptoms you mentioned should see such a specialist sooner?

Tami: Unfortunately, at present, there are no definitive tests for Chronic Fatigue Syndrome or Fibromyalgia. Moreover, since many of the symptoms are shared with other conditions such as accidental poisoning, problems with the thyroid glands, Lupus, Multiple Sclerosis, and the like, it is extremely difficult to determine that someone has Chronic Fatigue Syndrome or Fibromyalgia. Essentially, a doctor has to discount every other possible physical solution. Then, after psychological evaluations are complete, they can finally look to Chronic Fatigue Syndrome and Fibromyalgia. Unfortunately, for now at least, it's just a long frustrating process.

Ernest: You conclude that the origin of fibromyalgia and, perhaps, chronic fatigue syndrome does not lie in the stress we experience due to our own life choices but the actual origin is most probably rooted in some early childhood disease. What possibly can give rise to fibromyalgia?

Tami: Although there are plenty of theories, no one really knows why some people develop Chronic Fatigue Syndrome or Fibromyalgia. Those of us with these conditions, tend to be extremely driven overachievers so it's very easy to assume that we just 'burn out'. Many are long term sufferers of insomnia so it makes sense that we'd eventually get extremely fatigued. We also tend to have high tolerance to acute pain which allows us to push harder than we should, potentially causing a chronic pain condition. Beyond these similarities, many of us share conditions such as Endometriosis, Renault's Syndrome, and allergies which may indicate a predisposition to Chronic Fatigue Syndrome and Fibromyalgia.

Ernest: Let's talk about your strategies for coping with the two health conditions. You discourage the use of prescribed medicines and instead suggest natural products and natural medication. How do you support your approach?

Tami: I personally do not use prescription medicines but know of many people who swear by them. I think that this is a personal preference. Some people will naturally feel more comfortable using prescription drugs while others will be more attracted to homeopathic or other forms of complementary medicine. Still others will take the best of each system to create strategies that work for them. I say find out what works for you and what you feel comfortable doing.

Ernest: I didn't know about Reiki before reading *Strategies*. Would you please tell a little about it, especially about how it works to bring relief from pain or discomfort?

Tami: Reiki is a bioelectrical methodology to aid stress relief, pain management, and to improve relaxation. Reiki was originally based upon ancient Buddhist healing practices where life energy is used to heal physical, mental, emotional, and spiritual pain while filtering out negativity and creating greater balance in the body systems. This process can be achieved either through hands-on massage or through distance healings whereby the energies are sent through the various aura layers or the magnetism of the combined atoms that make up the human body.

There are many variations of Reiki that tend to combine traditional healing techniques of various cultures and the original form of Reiki. Thus, those with a Christian background may be attracted to Reiki that has been intermeshed with the healing power of Angels or the power of the Christ Consciousness, while those who resonate with more New Age beliefs may find Reiki combined with aura therapy or chakra balancing more to their liking. By the same token, those with a scientific background may be more comfortable discussing alpha waves or magnetic fields in relation to Reiki energies.

Ernest: In your book, you also include writing, especially journaling, as a coping strategy for stress management. How effective do you find this in bringing relief from stress?

Tami: For me, journaling has been a very good way of learning about myself. On those days when my symptoms are at their worst, I write about my anger and frustration. I put all those raw emotions on the page, giving myself permission to feel them fully in a safe way. Then, once the wave of emotion is spent, I begin to notice patterns.

I've come to realize that much of my anger and frustration is actually founded in fear scenarios. I worry that this pain bout might affect my mobility or that this fibrofog flare up might destroy my career as a writer. Slowly, as I journal I come to realize that I only have to deal with that particular symptom that I'm experiencing at that time. The rest is just fear of what may or may not happen.

Ernest: I found it convincing that you allow your readers to work out their own treatment plan according to their own individual needs. Do you suggest not going to one's family doctor or a physician?

Tami: Although it is getting better, many family doctors aren't familiar with Chronic Fatigue Syndrome or Fibromyalgia. Unless they are specialists, most aren't up to date on the latest research or newest treatment options. Some still don't believe that these conditions exist.

I think that no matter what treatment options that those with Chronic Fatigue Syndrome and Fibromyalgia personally decide upon, that they have to be an active participant in their self-care. This means doing research, asking questions, and sometimes shopping around for health care professionals who are willing to work with them as a team.

Ernest: How important is support from family and friends in coping effectively with fibromyalgia and chronic fatigue syndrome?

Tami: The effects of Chronic Fatigue Syndrome and Fibromyalgia are life changing for the afflicted person as well as his or her family, friends, and colleagues. The once confident, energetic, achievement driven individual that took care of everyone else now needs help just to go to the bathroom. On good days, they almost seem like their old selves. Then, without warning, they are crippled by pain or are unable to get out of bed.

Trying to find a new balance and coping with the everyday surprises that these conditions bring can be extremely frustrating for everyone involved. As expected, most people diagnosed with Chronic Fatigue Syndrome or Fibromyalgia feel very alone and frightened about their future. Unfortunately, as their lifestyle radically changes in order to cope with their symptoms, too often friends, family members, intimate relationships, and careers fall by the wayside.

Ernest: You also found that joining online discussion groups made stress management easier, right?

Tami: For a very long time, I didn't want to admit that I had Chronic Fatigue Syndrome and Fibromyalgia. In my mind, I had a very specific image of how my life should look. Any deviations were unacceptable. I thought that people if people knew my secret they would look down upon me as fragile or judge me as lazy.

Eventually, I had to accept the reality of my situation. One of the best things I ever did was to join a few online discussion groups. Reading through the emails each day, I saw myself. Literally hundreds of other people were going through exactly what I was going through. Others had learned various ways of coping with symptoms and rebuilding their lives. Suddenly, I realized I wasn't lazy, crazy, or alone.

Ernest: And you work now as a whole health therapist. Please tell a little about your work and how someone who needs your help may reach you for a treatment plan?

Tami: Whole Health Therapy is a term often used in descriptions about alternative or complementary medicine. Unlike contemporary medicine which focuses primarily on the immediate relief of physical symptoms, alternative and complementary medicine tends to

look to the physical, mental, emotional, and spiritual health of the individual as a whole, in order to find, understand, and heal the root cause of the *dis*-ease.

In my practice, I focus on Energy Psychology (Reiki and various forms of spiritual healing) which is useful not only as relaxation and coping techniques but also as a means to enhance self healing. Sessions last one hour and are sent via a distant method commonly used in Reiki called a *Chi Ball*. More information about Whole Health Therapy for Fibromyalgia can be found on my website at <http://www.tami-brady.com>.

Ernest: Thank you Tami for sharing your knowledge and sparing your precious time!

Tami Brady's strategies is available at <http://lovinghealing.com/strategies-chronic-fatigue-syndrome-fibromyalgia/>. Dr. Brady's Book Review Site *TCM Reviews* is online at <http://tcm-ca.com/>.

1.6 Featured Poem

This time we bring to you John Grey's *Our Conversation about Death*. The poem was published in Kelly Morris's collection of *The Best of Poet's Ink Review* (2008). *Poet's Ink* is an online poetry publication with an annual print edition. To read poetry and submit your own poems, visit <http://www.poetsink.com/>.

Our Conversation about Death

Death is blackbird in black forest
There's always wings to my oblivion
and bones lighter than air

Death is the reverberation
of people inside legends,
of veiled face, night lily
and readings from the book of blur.

Death is the soft footsteps
inside the solid ones,
the gentle harp-string touch
of the night inside night.

It can't be harsh
as your grim-reaper jokes,
as bloody as his scythe.
For one who loves,
it should be the logical extension.
For one who hates,
a good excuse to stop.

John Grey is an Australian born poet, playwright, and musician, now living in the US. His writings have been published in *Agni*, *Drexel Online Review*, *Arkansas Review*, *South Carolina Review*, and *The Pedestal*. His latest book is *What Else Is There* (Main Street Rag), available at <http://www.mainstreetrag.com/store/books.php>.

1.7 Opinions

Read what some of the book lovers are saying about the world of literature.

❖ *An Artist Empowered: Define and Establish Your Value as an Artist-Now*
by Eden Maxwell

Edition: Paperback

Price: \$34.95

Everything Needed to Sustain Creation Over a Lifetime, April 9, 2008

Eden Maxwell – a man of soul who is intent on integrating art, passion, writing, dharma, character, consciousness, culture, intuition, evolution, and the spirit--finds a wonderful home for all these concerns of heart and mind in this breakout book. "An Artist Empowered" is, indeed, a triumph over rejection and a 435 page primer for creators as promised on the cover.

"An Artist Empowered," infused with spirit and hard-won insights, contains everything needed to sustain creation over a lifetime. It's simply a magnificent achievement.

Janet Grace Riehl

Visit Janet's blog "Riehl Life: Village Wisdom for the 21st Century" at <http://www.riehlife.com> for connections through the arts, across cultures and generations.

Submit Your Comments

Your comments on any literary work that has either inspired you or happened to you as exceptionally meaningful/well-written are welcome for our opinion section. Please limit your comment to 100 words or less and tell us why you liked the work. A two sentence bio including a link (if any) will be included with the comment posted in the Opinion section of *Audience Buzz*. Send your comment pasted in the body of the email (no attachments) to dempsey87@gmail.com.

1.8 World Audience Videos on Youtube

Youtube is enjoyed by millions of visitors from around the world. World Audience has its fun-to-watch videos on Youtube and links to some cool WA Videos are listed below:

o Blair Oliver's video relating his short fiction book *Last Call*:
<http://www.youtube.com/watch?v=MMPQwNLWxIY>

o Ernest Dempsey reads his poem 'A Promise' from his poetry book *Islands of Illusion*: <http://www.youtube.com/watch?v=M7UdbvDeufY>

o Mike Stefan Strozier reads his poem 'Charlie Rose' that is part of his poetry book *Schizophrenia Poetry*: <http://www.youtube.com/watch?v=XTZIMITGTPc>

o A glimpse of Burton H. Wolf's challenging book *The Case Against Jesus*:
http://www.youtube.com/watch?v=KN-CpB-KDY&url=http://www.worldaudience.org/pubs_bks/pubs_bks_Wolfe_Jesus.html

1.9 World Audience Submission Guidelines

World Audience welcomes submissions of poetry, short fiction, and nonfiction from writers around the world. All submissions are required to be in English.

Audience Magazine

audience is a literary journal, published quarterly, of short stories, poetry, plays, interviews, essays, and more, from the best writers around the world. M. Stefan Strozier is the editor-in-chief of *audience*. Here are the ways to submit:

- Interact with writers on our [wiki database community](#) page;
- Post and review work [on our blog](#);
- Submit your work:
submissions@worldaudience.org.

Audience Review

The audience Review, a quarterly publication, features reviews of plays on Broadway, Off-Broadway, off-Off Broadway, and Regional Theater, reviews of literature and poetry, essays, interviews, and other informative critiques. The editor-in-chief is Ernest Dempsey. Note to theater producers: If you would like *The audience Review* to review your play or musical, please write us: theatre@worldaudience.org. To inquire about becoming a reviewer for *The audience Review*, please send your resume and a writing sample to: theatre@worldaudience.org. To purchase back orders, you may pay for the current issue with Paypal, and request specific copies by sending an email to: subscriptions@worldaudience.org.

Books

World Audience publishes books! If you are a writer, please send us a proposal. We publish collections of short stories, poetry, and plays, as well as novels, non-fiction,

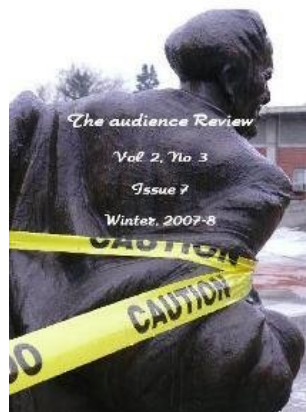
satire, wit, and books related to the theater, such as *The Audience Book of Theatre Quotations*, by Louis Phillips.

World Audience is seeking to publish a work of fiction or non-fiction (or a combination of the two) by a soldier who served in the Iraq War! Please contact: strozier@worldaudience.org for further information.

World Audience, Inc. is a 21st century publishing corporation, owned by its artist-members, registered in New York State, and operating in New York City. Please submit your short stories, poems, plays, paintings, articles, photography, or other work by email to: submissions@worldaudience.org. Or, post your work on our wiki *community* database page, where you are free to interact with other writers and artists. Our blog: [LiveJournal](#) is another way to share ideas. All submissions are considered for publication in our quarterly journal or review.

World Audience Publishers is a rapidly-growing press. Our standards are very high and we seek to publish excellent books. In the current publishing environment, it is easy to get published, and many publishers even boast their lack of barriers. World Audience does not lower its standards and will only publish excellent books. Furthermore, we adamantly search for a certain kind of book, with a certain style and voice. We extensively edit our writers' books, and our writers are consistently grateful for the high-quality editing we provide. As for royalties, most publishers offer 10% or less to their authors; but rarely more than about 12%. World Audience, Inc. far, far exceeds that amount. If a writer's book is the correct fit for us, the writer enters into a partnership with us. He or she stands to gain financially and joins the World Audience. We hope you consider us with your book proposal, or submit to our journal or review.

1.10 The Audience Review



TAR publishes reviews of exceptionally well-written and/or important books in various categories, with an emphasis on literature, philosophy, and social issues but also including those dealing with sciences and the humanities. Besides books reviews, TAR publishes author interviews and essays/articles on literature/writing/art in each issue. The 8th issue has come out in print and can be ordered online by writing to

dempsey87@gmail.com or info@worldaudience.org. The 9th issue of TAR is near completion and is scheduled for release in early July. More information is available at WA's homepage <http://www.worldaudience.org/>. Read a free issue of TAR online at http://www.worldaudience.org/pdfs_samplers/TAR7-final.pdf.

1.11 Literary Links

The Adirondack Review

On-line quarterly of literature and the arts published by Black Lawrence Press:
<http://www.theadirondackreview.com>

Skive Magazine

An Australian Quarterly magazine of select short stories, in different genres, from writers across the globe: <http://www.skivemagazine.com/>

Riehl Life

Janet Grace Riehl's website featuring articles, reviews, and interview:
<http://www.riehlife.com/>

The Dvorkins

Informative website of authors David and Leonore Dvorkin, containing articles and essays on different topics: <http://www.dvorkin.com/>

Litmocracy

An online trove of writings in various genres contributed by registered members and Open to all readers and writer from across the globe: <http://www.litmocracy.com>

The Crazy Child Scribbler

A quarterly publication of poetry, fiction, and essays, published by Clive Matson:
<http://www.matsonpoet.com/scribler.html>

Loving Healing Press

Publisher of books that make a different in one's life: <http://www.lovinghealing.com/>

* Subscription information to World Audience Publications available at
<http://www.worldaudience.org/subscriptions.html>

* To Unsubscribe from *Audience Buzz*, send a blank e-mail to dempsey87@gmail.com with the subject 'Unsubscribe Me'.