

Issue #20 - April 2024

www.relatable-media.com

THE RELATABLE VOICE

magazine

Special Section



Feasting &
Fasting

Bulls, Battles
& Beyond

SAKSUN
FAROE ISLANDS

AUTHOR

**STEVEN
JOSEPH**

**2024 Young Artist
Academy™ Awards**

The Gravity
of Laughter

Editor's Letter

Dear Reader,

Welcome to the twentieth issue of The Relatable Voice Magazine! It's been an incredible journey, and I'm thrilled to welcome you as we embrace the spring season.

This edition is bursting with excitement as we dive into *The BookFest Spring 2024*, a remarkable event dedicated to celebrating authors and literature founded by Desireé Duffy.

In this issue you will find engaging interviews, new books, and great articles.

We are very pleased to have the multitalented artist Steven Joseph as our cover star this month. Steven shares with us his wisdom on effective crankiness and a zen lifestyle.

Explore your way to joy with nutrition expert Petronella Ravenshair, and embark on a journey to Saksun through the lens of photographer and author Jeremiah Gilbert.

We're also privileged to feature Marc Baron, telling us about his memorable experiences working with iconic actors.

Our special correspondent, actor Huntly Planz, went on stage and behind the scenes at The 45th Young Artist Academy Nomination Show. Discover more about this successful event.

I extend my deepest gratitude for your unwavering support and for being an indispensable part of The Relatable Voice community. Your presence enriches our journey, making it truly extraordinary. Enjoy the stories in this issue, and let's continue to inspire and uplift one another.

Here's to the adventures that lie ahead.

Lucia Matuonto

Lucia Matuonto

Chief Editor and Creator of "The Relatable Voice" podcast & magazine

On the cover: Steven Joseph



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Catch the Story!



Don't miss the podcast that everybody is listening to!

"Catch the story! podcast" celebrates storytelling, and each episode contains great stories, encompassing different genres and topics.

Your story deserves to be heard by a wider audience, and we can't wait to bring it to the world's attention. Share your narrative with us, and let's embark on this storytelling journey together!

If you have a compelling story that you'd like us to feature, don't hesitate to reach out at:

catchthestory.podcast@gmail.com.

THE GRAVITY OF LAUGHTER

Join Vivien and Neil Schapera of the *The Schapera Show* and *The Schapera Channel*
All Positive, Spiritual Talk Radio, Blogs, Vlogs and Podcasts.



Back in the 1960's, when Vivien was a little girl, she saw the first version of *Mary Poppins* featuring Julie Andrews. She loved the movie! To see her favorite heroine step out of the pages of a book, and be presented in glorious technicolor, together with animation, singing and dancing, was utterly entrancing.

The movie left a lasting impression on Vivien's psyche, especially because there was a formative moment for Vivien – the scene where *Mary Poppins* takes the children to visit an old gentleman who is laughing so much that he has floated up to the ceiling. As the children watched, and joined in the

energy, they became lighter and lighter, until they became so light, they also floated up to the ceiling. The song they sang was called "I Love to Laugh" and that's when Vivien, who was a very serious little girl, knew that she too loves to laugh.

For Vivien, humor and laughter are an integral part of "everyday magic." *Everyday Magic* is the title of Vivien's second book, and in the opening paragraph, Vivien explains: "Everyday magic is the funny side of sad, the truth in paradox and the reality which hides behind the illusion of everyday life."





Everyday Magic

Vivien discovered the “funny side of sad” after her brother, Michael, died. The circumstances of Michael’s death were tragic – he was murdered. One day, about two years later, Vivien was sitting at a traffic light, waiting for the light to change, when she suddenly burst out laughing – she was remembering Michael and some of the extremely quirky things he used to do. Michael was a cross-dresser and he loved to suddenly appear in public in a dress, gloves, high heels and a big hat to top off the ensemble. She was thinking of the delight he took in surprising people by selectively showing his true self. As Vivien laughed, she realized that Michael, her only sibling, would forever be with her, and everything was going to be alright.

Vivien is not the only one who has discovered this particular magic. In *Still Me*, Vivien read a striking report by Christopher Reeve when he shared this story: He was receiving physical therapy after he became a quadriplegic. During the session he could hear peals of laughter coming from the cubicle next door, where another quadriplegic was receiving therapy. What was so hilarious? The woman was remembering how she became paralyzed – she had tripped over her little dog and gone flying through the air and down the stairs, landing badly on her neck. As she was receiving therapy, she was picturing the scene and saw the extreme humor. What could possibly be comic about becoming paralyzed from the neck down? Apparently,

someone who has gone through this experience *can* see the funny side!

Laughter is very important because it is the antidote to stress. When Vivien was writing *The Complete Guide to Crystal Surgery*, she came face-to-face with the harsh reality of *why* stress is related to four out of five of the leading causes of death in western society. Basically, stress undermines the body’s fundamental design so that our functioning becomes severely compromised. How so? When we are under stress our autonomic nervous system switches away from regulating our physiological functioning and attends instead to pumping out hormones that cope with stress. Which physiological functioning? Oh, nothing important ... just our breathing and heartbeat, for example. Not only that, stress sabotages our immune systems.

Laughter, on the other hand, has an equally impressive set of benefits that can balance the negative effects of stress. In a nutshell, laughter helps your immune system, lightens your mood, and reduces pain. Humor also releases anger, promotes forgiveness and helps you to become more grounded. Perhaps best of all, laughing together with someone else creates a resilient bond.

Bottom line: Laughter is healing. Perhaps, that is why Vivien, who works as a healing practitioner, has a secret desire to become a stand-up comic?

Vivien is an award-winning teacher, practitioner and writer living in Cincinnati, OH USA. In private practice for over 40 years, she is also the founder of three schools, and the author of numerous blogs, vlogs, and books, including *Everyday Magic* and *The Complete Guide to Crystal Surgery*. For more information, please visit www.CrystalHealingTechniques.com



INTERVIEW WITH JARRYD NURDEN

Hello Jarryd, welcome to The Relatable Voice magazine! Where are you from and what do you like doing in your spare time?

I am from a small farming community in South Africa called Hilton and I am currently living in London.

I love going for walks in parks, experiencing great food, getting out into the sun if it's a beautiful day or sometimes taking myself for a solo cinema trip.

What initially inspired you to pursue a career in theater and musicals?

It was the Lion King production that opened in South Africa in 2007 in Johannesburg. My mom, sister and I planned a trip to the big city to watch this show and we sat at the very back of the auditorium because that was our budget. It was in

that moment and that evening that changed my life forever!

Can you share a memorable experience from your early days as an actor?

I'd have to say it was the time I competed in a national reality TV show called High School Musical Spotlight South Africa to search for the leading roles of Troy and Gabrielle in the international production of High School Musical. The memory was performing as one of the top 6 male contestants and experiencing the buzz around the country for this show.

How do you prepare for a role where you need to dance for a long period?

I make sure that I am as strong as possible. Mind, Body & Soul. Our bodies are so important to us and dancing for long periods of time is very strenuous



on the body. I like to prepare my diet, making sure I'm eating as clean as possible. I prepare by going to the gym, doing yoga and extra technique classes in the style of the show. Maintenance is key.

What challenges do you typically encounter when transitioning between different types of performances?

The challenge is always remaining present in the moment with the material or the choreography. To truly connect with the material we are having to be present with it no matter the amount of times we have already performed it. That's the magic of live theatre. It's an experience that only ever happens once!

Are there any particular roles or productions that have had a significant impact on your career?

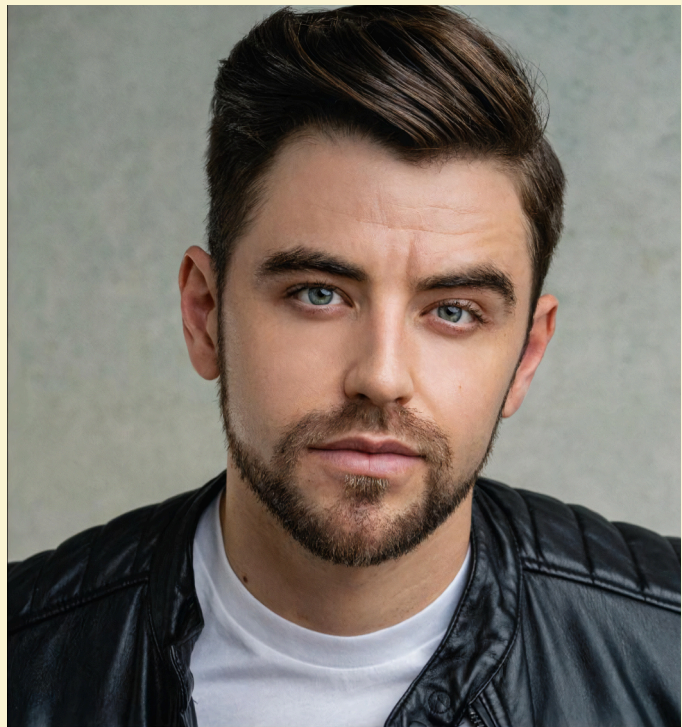
Every production and role significantly changed my life. From Riff in West Side Story dancing the original choreography to a 60 piece orchestra every night to Pussy footing around in CATS as the dear Skimbleshanks, playing the vivacious and fierce Felicia in Priscilla Queen of the Desert allowing me to be more of me and then the title role of Rocky in the Rocky horror Show who helped me grow into the man I am today and land my first stage performance in the UK. All the shows mentioned and not hold a very special place in my heart.

Can you describe your approach to character development and bringing a character to life on stage?

It's always about finding the truth. What is that character about, what are they trying to say and why. Who are they, how do they be in the world. What are their relationships like. It's always exciting exploring the questions of a character then once understanding the bones of this character, it's time to let it all go and allow the energy of the character to flow through you and come alive. To be present and then LISTEN. It's so much fun! I love acting!

How do you maintain vocal health and stamina during long theater runs, especially in musicals?

It's most important to just listen to your body everyday. If it's a demanding singing role. Excessive talking before the show or afterwards can tire the voice out so it's being mindful of not



screaming or shouting too much in loud environments. Steaming the voice, having honey, ginger and lemon tea on tap haha and making sure warming up before the show and warming down after the show is a consistent routine.

What do you find most rewarding about performing live in front of an audience?

That it's a connected experience that will only ever happen once! It's time in space where everyone experiences the magic of a live performance, of being moved in a moment and given the opportunity to escape into a world of pure imagination.

Can you share a memorable onstage mishap or unexpected moment that you've experienced?

It was in Chicago on the world tour when we were in the court room scene and the lighting rig that gently lowers down onto stage, fell down onto stage and ever screamed and got the biggest fright of their lives and in voluntarily burst out laughing. We managed to sort it out quickly but it was both a rush of fear and hilarity in one moment haha.

How do you balance the demands of a theater career with your personal life and other commitments?

It's been a challenge. Most of my life I toured the world and in my later years it took a toll on my personal life cause you can really grow outside of the touring bubble. I changed this by moving to



London and creating a more balanced life. Working in the West End, having a home to come back to, building new connections that I can nurture weekly and grow other business ideas. It's always about being present and following my intuition as best I

can. Anything can change and anything is possible, all we have to do is choose it!

<https://www.instagram.com/jarrydnurden/>



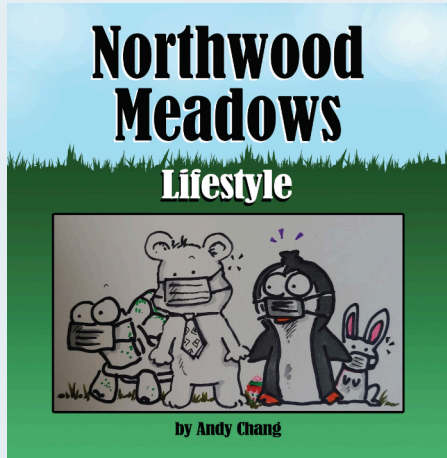
Jarryd Nurden

International Performer, Model, Humanitarian, Equestrian Athlete, Influencer, Mindset/Life Coach, Fitness Instructor, Yoga instructor, Access Bars Facilitator & Practitioner- Jarryd Nurden comes all the way from a small farming community in KZN, South Africa.

In his young career so far he has performed in over 10 musical theatre productions 5 of them being International and world touring shows such as CATS, CHICAGO, & SINGIN IN THE RAIN to name a few. He has an extensive modeling career shooting for major brands globally and locally. He is also a passionate Humanitarian & Coach, always ready to help, inspire, uplift and motivate individuals, communities and organisations with his own experiences in life. He has just recently moved to London to pursue all that is possible.



INTERVIEW WITH ANDY CHANG



What gave you the inspiration for the Northwood Meadows Lifestyle?

I created “Northwood Meadows – Lifestyle” (NWM) to be a simple form of expression on the daily issues with our everchanging culture. The book is a collection of stories to show the innocence of animals in response to the complicated emerging human problems we deal with daily, and how the Northwood Meadows crew react to the complications to the overall changes of our dynamic society.

When did you start writing the webcomic book, Northwood Meadows Lifestyle?

I started NWM- series back in 2004 – and it was in a mini-comic format.

For those that do not know, what is a webcomic? How is it different from the newspaper comics?

A webcomic is an active art published online – and is mostly actively administered by the artist themselves targeting a specific group (family & friends, unique forums), and can be published any time as the artist has full control of content/ channel online. Webcomics is different from newspaper comic –which is printed on paper and it’s in a series of art that is scheduled and managed by a printed publisher.

Can you explain your style of webcomics to readers?

Northwood Meadows series – is drawn in a simplistic style – with a mixed of Sunday funnies comic and Manga – a unique hybrid format.

What themes will readers find in this webcomic?

The theme will vary – it could be playful, or silly – sometime sentimental and emotional. A set of life stories and exploration of the challenges of life.

Who are the main characters?

“Northwood Meadows – Lifestyle” has several characters – such as Bob DeBear, Phil the penguin, Ted the turtle, Fred the frog, Ana the panda, XO- the robot, Ally the UFO-alien, Grimmy the grim reaper, RJ the T-rex, and many more as the series continues.

How would you describe your writing style?

My writing styles is a straight forward – short statement with many sentimental meanings – simple and direct.

How many books do you have planned for this series?

As long as there’s interest in the series – it will be ongoing.

Where can readers find you and your work online?

<https://www.facebook.com/Chalkboardcomics>

<https://twitter.com/chalkboardcomic>

Book 1- Lifestyle <https://readfuriously.com/products/northwood-meadow-lifestyle>

Book 2 – Moments (5/7/2024) <https://readfuriously.com/products/northwood-meadow>

Andy Chang is an independent comic artist– based in New jersey. He has made several children-friendly/all-age comics-such as *Add-Zero* and *Adventures of Sniffy* – prior to the creation of *Northwood Meadows*.

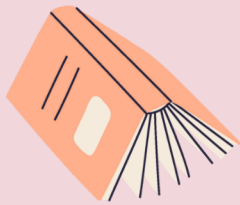
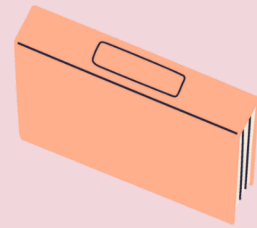
His style of art was inspired by a mixture of Japanese Manga and the Sunday comics – whimsical and simplistic- but the stories he creates references a funny take on the reality of the everchanging daily life.

Andy lives with his wife and three daughters, who all provide unlimited resource of inspiration and aspiration for *Northwood Meadows*’ future comic art.



Special Section

The BookFest®



THE BOOKFEST SPRING 2024

YOUR TICKET TO TODAY'S BEST READS AND TIMELY BOOKISH TOPICS

Hello BookFesters,

Welcome back to the 9th biannual bookish adventure. It is my pleasure to announce The BookFest Spring 2024 is here. Whether you're a longtime member of our community or this is your first BookFest Adventure, there's something here for everyone. This season, we're proud to present an outstanding lineup of authors, speakers, and industry insiders who are set to make this BookFest unforgettable.

As always, The BookFest isn't just an event—it's a celebration of the literary world's creativity, impact, and diversity. This spring, we're bringing together a wonderful mix of storytellers, from bestselling authors to emerging voices, all ready to share their insights, stories, and passion for literature with you. The BookFest Spring 2024

programming is packed with panels, conversations, keynotes, and segments designed to engage and inspire.

Some highlights on Day One include Josh Malerman, the creative mind behind "Bird Box," engaging in a fun and insightful conversation with Jennifer Anne Gordon, award-winning author of "Beautiful, Frightening and Silent". Poet and playwright Jack Grapes receives the Honorary BookFest Achievement Award, and the riveting story of "Thunder Dog" author Michael Hingson is revealed in conversation.

Hingson then joins the Live Author Chats to answer audience questions. Pop culture historian and author of "The Last Decade of Cinema," Scott Ryan, hosts the always unpredictable and entertaining Live Author Chats with many other authors and literary luminaries, to round out Day One.

The BookFest Day Two is packed with a focus on programming for the writing community. Investigative journalist Doug Kari, who authored the true crime book "The Berman Murders," reveals his immersive methodology with BookFest Bellwether and award-winning author, Beth Freely. *New York Times* bestselling authors James Rollins and W. Craig Reed will delve into the science behind storytelling.

Day Two also see The Critiki-Bar return with *New York Times* bestselling author David L. Robbins and renowned literary agent Katharine Sands. Plus, famed author of "The Maze Runner" series, James Dashner has a poignant conversation with Keri-Rae Barnum, owner, and CEO of New Shelves Books.

But that's not all. Keynotes include children's book writer Kelly Anne Manuel and Lisa Diane Kastner, the founder of Running Wild Press, LLC. Each brings their unique perspective to the virtual stage and kicks off each day of The BookFest Adventure.

The BookFest Spring 2024 also encourages all booklovers to unite against book bans during a special segment with Jennie Pu from the American Library Association's Policy Corps Cadre on Proactive Advocacy



Opposing Book Banning. Alternatives in the world of audio books are unraveled with founder and CEO of Pro Audio Voices, Inc, Becky Parker Geist. Plus, book series collaboration is the topic in a segment with award-winning author of the “Snoodles” and “Cranky” books, Steven Joseph, alongside illustrator Andy Case. Find the full schedule on the programming page of The BookFest website.

Another highlight of The BookFest Spring 2024 is the announcement of The BookFest Awards winners. Join us in celebrating the achievements of outstanding authors and books that have made a significant impact to the literary landscape. It's always a pleasure to acknowledge and reward excellence in writing and publishing. The lists can be found on The BookFest website, plus select winners will be featured in the special Salute to The BookFest Award Winners video montage that airs during the event, and in its entirety at the very end.

Make sure to visit the Virtual Booths, Books Pages, and Speaker Pages all found on The BookFest website. While there, be sure to sign up to be a BookFester to get email alerts and the coveted Virtual Gift Bag delivered to your inbox at the close of each BookFest. It's brimming with resources, products, services and of course plenty of books that cater to readers and writers alike.

There's also the much-anticipated Big Bundle of Books Giveaway, the Children's Book Giveaway, and the Writers Giveaway, which are awaiting entries from booklovers and writers on the website.

Prizes include donations from Black Château; Books That Make You; Hazel Village; Jack Grapes; Litographs; MagicMind Productivity Drink; Once Upon a Book Club; Sarah's Silks; Storiarts, and an array of authors' books, many of which are autographed.

It is because of the support, sponsorships and patronage of BookFest Bellwethers and brands that helps make The BookFest possible. Individual BookFest Bellwethers include Brian Bosch; Dave Duffy; Desiree Duffy; Rebecca Fox; Beth Freely; Tina Hogan Grant; Hannah Jacobson; Deborah Kobylt; CJ Lopez; KJ Matthews; Lucia Matuonto; C.D. McKenna; Dominic McLoughlin; Mickey Mikkelson; Donalee Moulton; Stephanie Rabell; Flo Selfman; Bree Swider; Parchelle Tashi and Amy Wolf.

The BookFest Spring 2024 and past BookFest events are supported by an expanding family of literary brands and organizations, including: 3 Book Girls; The Author's Leverage; Book Award Pro; Book Riot; Boss Girl Raye Mitchell; Business Leaders Lab; Every Library; Horror Writers Association (HWA); Independent Book Publishers Association (IBPA); Independent Writers of Southern California (IWOSC); Just Us Books; Invouq; Open Door Publications; Owlcrate; Plottr; Rise Brewing Company; *Relatable Voice Magazine*, Skeptics Society; The Open Cup Conference; TV Guestpert; Vertikal Alliance International; Vogue Translations; Wannabe Press; Women's National Book Association; Writers & Publishers Network; Unite Against Book Bans and many others. These organizations help to make every BookFest a success and help ensure that attendees have access to the best and most innovative ideas and insights in the world of books and publishing.

Thank you wholeheartedly to everyone who contributes to the vibrant bookish community. See you April 6th and 7th for The BookFest Spring 2024.

Best,

Desiree Duffy

Founder, The BookFest®



THE BOOKFEST - SCHEDULE

Saturday, April 6th, 2024, livestream programming is dedicated to readers. Listed in Pacific Time, the programming includes:

- 10:30am PT – Welcome Message from The BookFest Founder Desireé Duffy
- 10:35am PT – Opening Keynote – Kelly Anne Manuel: The Ingredients of an Uncommon Author
- 10:45am PT – Salute to The BookFest Honorary Achievement Award Winner Jack Grapes
- 11:00am PT – A Conversation with Josh Malerman: Out of the Box – Exploring the Creative Process with the “Bird Box” Author
- 11:45am PT – Unite Against Book Bans: Support Right to Read Day and National Library Week
- 12:00pm PT – Fresh Off the Press: Showcase of New Releases and Trending Genres
- 12:45pm PT – Getting the Good Bits Version of an MBA: The Business Leaders Lab
- 1:00pm PT – Unraveling the Mysteries: A Deep Dive into Thrillers, Suspense and Mystery Genres
- 1:45pm PT – Puzzles and Prose: Why We Love Enigmatic Stories
- 2:00pm PT – A Conversation with Michael Hingson – Trust, Triumph, and a Thunder Dog
- 2:45pm PT – Evaluating Your Cup of Life and Learning to Say “Yes”
- 3:00pm PT – Live Author Chats, hosted by Scott Ryan and co-hosted by James Gordon Curtis
- 5:00pm PT – Winners of The BookFest Big Bundle of Books Giveaway and The BookFest Children’s Book Giveaway Announced

Sunday, April 7th, 2024, livestream programming is dedicated to writers. Listed in Pacific Time, the programming includes:

- 10:30am PT – Welcome Back Message from The BookFest Founder Desireé Duffy
- 10:35am PT – Keynote – Lisa Diane Kastner: Build Your Writing Career from Scratch
- 10:45am PT – Book Series Collaboration — Straight Talk with the Creative Team Behind the “Snoodles” Books
- 11:00am PT – A Conversation with Doug Kari – Exploring Immersive Investigative Journalism
- 11:45am PT – On Memory and Metaphor: Bringing the Past to Life
- 12:00pm PT – The Science of Storytelling: How to Use Science, Structure and Sizzle to Create Bestselling Novels
- 12:45pm PT – Authors Beware: Scammers Are Targeting You
- 1:00pm PT – The Critiki Bar: Page One Manuscript Critiques (An Agent and an Author walk into a Bar...)
- 1:45pm PT – AMPlify Audiobooks: Take Control of Your Audiobook Success
- 2:00pm PT – A Conversation with James Dashner – Running Through the Maze with Famed Author and Screenwriter
- 3:00pm PT – A Salute to The BookFest Award Winners Spring 2024 – Full Video

Schedule is subject to changes. See the full schedule on the [Programming Page](#) of [The BookFest Website](#).



WINNERS OF THE BOOKFEST SPRING 2024 AWARDS ANNOUNCED DURING THE ONLINE BOOKISH ADVENTURE

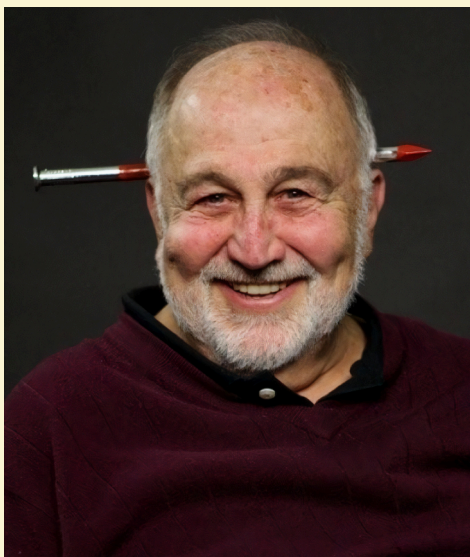
The literary world is preparing for the announcement of this season's BookFest Awards. The list of winners will be displayed on The BookFest website, and select titles will be featured in the Salute to The BookFest Award Winners Spring 2024. This video montage plays during the livestream event.

As is tradition, exceptional winners will be offered a spotlight on the Nasdaq Board in Times Square New York City. The displays will feature a colorful animation on one of the most iconic locations in the world.

Honoring Literary Pioneer: Jack Grapes

Jack Grapes receives the Honorary Achievement BookFest Award in recognition of his contribution to the reading and writing communities. He's the author of over 15 books of poetry, including "The Naked Eye: New & Selected Poems" and "Exit Music" which includes 100 of his original paintings and 50 new poems.

He's also written several books of non-fiction, a memoir in haiku form titled "Wide Road to the Edge of the World", and two books on writing, "Method Writing" and "Advanced Method Writing". He wrote and starred in "Circle of Will", a metaphysical comedy about the "lost years" of William Shakespeare, which ran for two years in Hollywood, and won theater critic awards for Best Comedy and



Best Performance by an Actor. Jack teaches online classes in Method Writing with students from all over the world from Hawaii to India. He's delivered numerous presentations and talks to help inspire and guide writers, contributing in countless ways to the literary world.

Lisa Segal, Los Angeles-based artist and poet will present Mr. Grapes his award on Day One of The BookFest.

The BookFest Spring 2024 Winners

All BookFest Winners will be sent complimentary digital badges and printable certificates to commemorate their award. In addition to invitations to participate in the Nasdaq Board Display, several hand-selected winners will also be invited to appear on The Books That Make You Show. Plus, optional award trophies and stickers may be purchased by winners, offering an array of options unmatched by other book awards in the literary world.

Keep up with all the latest happenings and announcements from The BookFest Spring 2024 by signing up for [email alerts](#) and becoming a part of the ever-growing BookFest community.



MEET US AT THE BOOKFEST ADVENTURE®

EVENT SPRING 2024 APRIL 6TH & 7TH

THE BOOKFEST SPRING 2024 ADVENTURE FEATURES AN AMAZING LINEUP OF AUTHORS AND LITERARY SPEAKERS.

FOR MORE INFORMATION ABOUT THE SPEAKERS AND THEIR BOOKS, GO TO THE BOOKFEST WEBSITE. AND DON'T FORGET TO SIGN UP TO RECEIVE THE VIRTUAL GIFT BAG FILED WITH SPECIAL OFFERS AND DEALS FROM BOOKFEST SPONSORS.

VIEW THE FULL SCHEDULE AND PLAN YOUR BOOKFEST WEEKEND AT:
TheBookFest.com



THE BOOKFEST ADVENTURE IS THE WEBBY AWARD-NOMINATED PLATFORM THAT BRINGS TOGETHER READERS, AUTHORS, AGENTS, CELEBRITIES AND INDUSTRY PROFESSIONALS. IT IS A BROADCAST EVENT THAT HAPPENS IN SPRING AND FALL.

WWW.THEBOOKFEST.COM

THE IMPACT OF EDITORIAL BOOK REVIEWS

Bree Swider

In a world bursting with books, editorial book reviews serve as crucial must-haves for readers and authors alike. These are not just any reviews; they're in-depth analyses from industry experts or literary critics, providing a professional take on a book's merits and flaws.

What Exactly Are Editorial Book Reviews?

Think of editorial book reviews as the professional critique your book gets before it hits the shelves. Unlike personal reviews from readers, these are more about dissecting a book's craft, style, and place in the genre, done by people who know the ins and outs of writing. Publishers or authors often seek out these reviews from big-name journals or websites to give their book a stamp of approval.

What Makes an Editorial Book Review

A standout review does more than recap the plot. It digs into the book's bones—its characters, pacing, themes, and how it stacks up against others. Good reviews are balanced, offering praise where due and criticism where needed, without personal attacks. The best ones make you think, feel, and, most importantly, want to read the book.

Why Authors Need Editorial Book Reviews

For authors, a positive editorial review is gold. It's not just about ego; it's about standing out in a crowded market. These reviews can boost a book's visibility, lend credibility, and even offer valuable feedback. They provide quotes authors can use in marketing that can grab readers' attention and make them want more.

Who's Reading Editorial Book Reviews?

Everyone from booklovers to industry folks, librarians, and teachers tune into these reviews. Regular readers might be looking for their next favorite book, while professionals are spotting trends or finding quality picks for their audiences. In essence, these reviews guide various readers through the vast sea of books to find the ones worth their time.

Why Trust Editorial Book Reviews

Readers tend to trust editorial book reviews more than general reader reviews because they come

from experts who analyze books for a living. These reviewers have a deep understanding of literature and can provide a more nuanced and informed opinion. Unlike personal reviews, which can be biased or based on individual taste, editorial reviews aim for objectivity and are backed by the reviewer's expertise and credibility in the literary world. This professional analysis helps readers make more informed decisions about what books might be worth their time and investment.

The Power of Editorial Book Reviews

Editorial reviews have a knack for driving book sales. A glowing review in a respected outlet can create buzz and curiosity, compelling readers to check out the book. Even mixed reviews can spark interest because they promise a book that's at least thought-provoking. These reviews can reveal the deeper layers of a story that aren't obvious from the cover or blurb, attracting readers seeking specific experiences.

Where do Readers Find Editorial Book Reviews?

Well-known literary magazines and newspapers like *The New York Times* often spring to mind when one thinks of editorial reviews. These outlets offer in-depth critiques from literary experts. Online sites like Goodreads provide a mix of professional and reader reviews, while specialized websites like Kirkus Reviews and Books That Make You focus on professional critiques. Libraries and academic institutions also often have reviews available, offering insights into a wide range of books.

Editorial Book Reviews Are Vital

Editorial book reviews are more than just critiques; they're a vital part of the book world's ecosystem. They help authors stand out, guide readers to quality reads, and provide an authoritative voice in a world overflowing with options. Whether you're writing, reading, or recommending, understanding the power of these reviews can make all the difference.

Bree Swider is the Head of *Books That Make You* and a professional book reviewer.





HOPE

Dr. Paul Corona

I have wanted to be a doctor since I was a young child. For my fifth Christmas, our family doctor, who was also a family friend, gave me a children's doctor bag. After quickly self-medicating on the candy pills, I checked blood pressure and listened to hearts with the plastic instruments. I carried that bag everywhere and that is when I first got the

nickname Dr. Paul. I grew up loving math and science and, eventually, got to medical school. I decided to be a family doctor since I loved all aspects of medicine that I was exposed to.

After medical school in New York, I completed a three-year residency training program in Family



Practice in downtown LA, then moved to Orange County to start my private practice.

I enjoyed all aspects of my practice, but I was fascinated by mental illness in connection with physical illness. The advent of new medications coming out in the 1990s helped with reduction of stress and improvement of mood, headaches, neck and back pain, fibromyalgia, irritable bowel syndrome, and many other problems that had been difficult to resolve. I noticed that when I read textbooks and journals, and went to lectures and conferences, that other doctors were not seeing what I had been seeing, and I later found out that they just weren't looking for it. Primary care doctors look at the body but not the connection to the brain, while psychiatrists focus on the brain but do not appreciate the connection to the body. I labeled this aspect of practice Mind-Body medicine, and since I got so busy doing this, I decided at the turn of the millennium to give up my traditional primary care practice and move into this new specialty full-time.

What I was seeing with my new self-taught approach were extraordinary results. I thought, "Who will believe me? Who will believe the results that I am achieving?" From 2002 to 2003, I knew I had to write a book to explain and prove what I have learned. I thought it would just be one book, but I was wrong. In 2007 I released my first book, and then over the next eight years, I continued to write. After 12 years, I released my three-book series *Healing the Mind and Body: The Trilogy*, which weighs in at 1,200 pages total. I then decided that I needed to teach what I had learned, and even though my first three books were not only for patients but also doctors, I felt that I needed to write more detailed and specific books for doctors. Over the next four years, I wrote my fourth and fifth books, *The Corona Protocol Prescriber's Guide* and *The Corona Protocol: 3 Secrets to Success*.

After a short break I decided I needed to write one more book. My favorite genre is fiction, especially adult fantasy, so I decided to write a book focusing on storytelling. In more than 30 years of practice, I have had almost 200,000 office visits, so I have seen plenty of stories based on the lives of my patients. It took me about four to five years to write my recent book, *The Corona Protocol A Scientifically Proven Medical Solution to STOP*

Addiction, Bullying, Homelessness, School Shootings and Suicide 30 years in the making. In addition to the five topics, I address anxiety disorders, depression, bipolar disorder, ADD, PTSD, eating disorders, schizophrenia, narcissists, borderlines and sociopaths/psychopaths.

I was so happy to hear how much my patients have enjoyed reading this book. They have said that it is a page-turner that they could not put down. Some of the stories have happy endings and some have tragic endings, which is the way real life is. They had told me that they can relate to the stories and the struggles that they go through, and what I love hearing is that they had told me that the book gives them hope. That was my intention.

There is so much suffering in our country and throughout the world. Knowing this has been a heavy burden on me over the years, ever since I felt the need to do more to help people who are in such desperate need of assistance. I have heard from many desperate people who have suffered horrific burdens and never thought that they would ever feel better. I have heard in over 30 years of practice so many happy endings. I frequently have heard that I have changed people's lives for the better and even then, I have saved many lives. I have often been brought to tears when some recount their life-changing experiences. I have also heard from those who associate with them that even their lives are improved and that they have a sense of hope that they themselves can be helped. Helping one person can create a domino effect. I know that I can only help so many people and that my mission is to help others by helping their providers learn my protocol and methods to help countless lives beyond the reach of only one person. I want to bring hope to the hopeless.

I don't mean to presume I have all the answers, since I don't. However, most of the time I'm able to heal the minds and bodies of some hopeless and severely suffering people. The need is so great, though, that we need an army of healers, and it is my mission and lifelong goal to try to treat as many people as I can and to teach as many providers as possible that are open to learning a protocol that can bring hope to the hopeless. Let's keep hope alive!



Y2K DIDN'T END THE NINETIES, SUPERHERO MOVIES DID

Scott Ryan

Let's start with a compromise: I won't blame you for watching superhero movies if you don't blame me for not watching them. I don't really care if the spaceman saves the city with their magic powers. I am just not that interested if one spaceship shoots the other spaceship. I find nothing to bond with when zombies cause the end of the world. I don't mind that the majority of the world seems to love them; I just wish there was still room for a variety of stories from a spectrum of writers and directors that covered all forms of art—just like there was in the nineties (and that studios gave them the money to make them for the big screen). Give me the stories shepherded by Mike Nichols, Quentin Tarantino, Paul Thomas Anderson, Spike Lee, Rob Reiner, Barbra Streisand, or Nora Ephron. This is what led me to write *The Last Decade of Cinema*. I missed human stories about grown-ups. I was lucky enough to work at a video store in the nineties and had access to every movie in the world, and I didn't have to pay a monthly fee to twelve different streaming platforms to watch what I wanted when I wanted.

Before you tell me there are still films made that are not about superheroes, let me clarify that the films labeled as dramas today are so dour and depressing that I need to take a shot of tequila and chase it down with Prozac in order to go back to work the next day. Movies used to be funny *and* sad. They were not meditations on just one emotion. There are true belly laughs in *The Shawshank Redemption*, and there are serious moments in *Pretty Woman*. As a society, we were perfectly fine with holding two thoughts in our mind at once, sometimes even three or four at a time. (Scary, I know.) I have always been drawn to a movie that creates a world and a story that I haven't seen before. Movies like *Pulp Fiction*, *The Usual Suspects*, and *Unforgiven* surprised us while they entertained us. I want the writer and director to take a risk. Be brave. Dare to offend someone with their thoughts. But even that isn't correct, because no one considered telling a complex story a risk back then. It was art. Films were made to make you

think, make you feel, and sometimes make you upset.

In *The Last Decade of Cinema*, I discuss one of the best examples of this in the 1992 chapter when I cover the king of pushing an audience's buttons, Spike Lee, and his masterpiece *Malcolm X*. Not only are studios currently avoiding risk, they now recycle the *exact* same stories. We live in a time where movie studios make an animated movie, then take it to Broadway, add some new songs, then remake the same story as a live-action version with no songs, and then refilm the same damn story but this time with the new songs, and then top it all off with another animated version. And somehow, each version is a success. How many times can one person watch a monkey hold up a lion cub? I realize the success is because audiences have adapted to the comfort of knowing the story before they see it, but there was a time when that same audience demanded to have new stories that were full of uncertainties. The time was the nineties.

If you missed the time when you had to be kind and rewind, if you are sick of trying to remember a password when you want to watch *Goodfellas* again, if you long for art to be shared with you in 35mm and not pixels, then come back to the nineties with me. I'll be discussing fifty-five films from my favorite era, and what I believe was *The Last Decade of Cinema*.

Scott Ryan is the author of *Moonlighting: An Oral History*, *Fire Walk With Me: Your Laura Disappeared*, *The Last Days of Letterman*, and the upcoming *The Last Decade of Cinema*. He is the co-president of Fayetteville Mafia Press and the co-host of *Tiger Talk* on YouTube. He never won Employee of the Month at Video Time because he kept stealing posters and VHS tapes.





H-1 TWIN PEAKS H-1

A CAN OF WORMS

Steven Joseph

(CrankaTsuris – A moment in time when you are overcome by a cranky feeling)

This is a story I would like to share with you that can really be helpful with the effective management of your CrankaTsuris.

I was set to meet with the big boss. I had never met the big boss before, so I was rather nervous.

People in the organization were also nervous about my meeting with the big boss. Because they were even more nervous than I was, the organization set up a meeting between Big Tony and me. Big Tony sat me down, and the discussion went like this:

Big Tony: Now, when you meet the Big Boss, the one thing that you have to make sure not to do is to bring up the “thing.” You bring up the thing, and the Big Boss gets very upset about the thing.

Me: Big Tony. You can count on me. I will not mention a single word about the thing. I do not even

know what the thing is. I never heard of the thing, and if I heard about the thing, I forgot already what the thing was. There will be no mention of the thing. I do have one question.

Big Tony: What is the question?

Me: I am just curious. What exactly happens if I mention the thing?

Big Tony: It is terrible. What I can tell you is that if you mention the thing, it will open up the can.

Me: Well. The can? What is in the can?

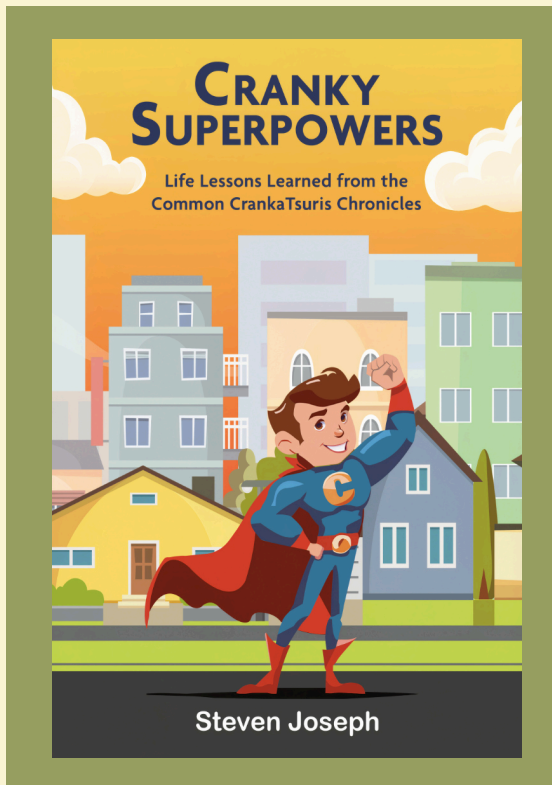
Big Tony: I should not tell you what is in the can. What is in the can is even worse than the thing.

Me: Is it a can of sunshine?

Big Tony: Sunshine? What are you talking about?

Me: I went to Florida once, and I was at the souvenir shop. They were selling cans of Florida





sunshine. I bought a whole case, and when I got home, I opened up a can. There was no sunshine in it. It was completely empty. I spent almost three hundred dollars on the case of empty cans. My friends still rag on me for that. It has become a thing.

Big Tony: It is worse than that. I will tell you. Worms. It would open up a can of worms.

Me: Oy. Worms! That is worse! I will definitely not mention the thing.”

I have to admit, I do not understand what the big deal is about opening up a can of worms. First, if people do not like to open a can of worms, then answer this: Why did they put the worms in the can in the first place? Second, if a can of worms is opened up, what is the worst thing that could happen? One worm crawls out, and you put the worm back into the can. It is not very complicated.

I could understand why someone would not want to open up a can of bees. If you opened up a can of bees, all the bees would fly out. A few of the bees would end up stinging you. You definitely do not want to open up a can of bees.

Even though you would never want to open up a can of bees, to add insult to your bee-bitten injury,

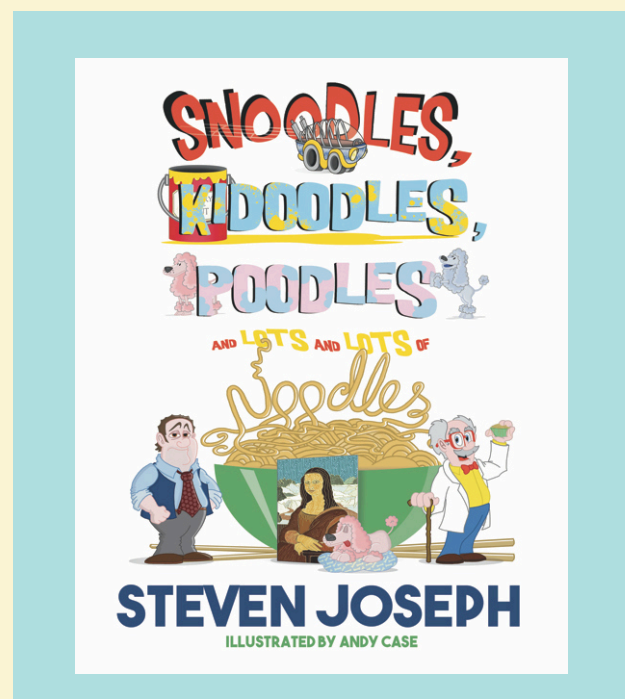
they actually named a can of tuna fish after the bumblebee. While the worm helped catch the tuna, the bumblebee gets to be on the can. I hear that the bumblebee is even on a can of salmon. This is just not fair.

Because of this injustice and inequity, I have decided to start my own tuna fish company, “Wormy Tuna.” It is guaranteed to be a big hit. I will sell cans of tuna with all the worms that the caught tunas were unable to digest. I even have a sales pitch. “If they can stick a worm in a bottle of tequila, a worm in a can of tuna will not kill you.”

As I promised in the beginning, there is a message with this story that will help you in the effective management of your CrankaTsuris. You will discover that, on many occasions, the CrankaTsuris feels like you are holding a can of stingy bees inside your head. All you want to do is to open up the can and let all the bees out. The more they bite everyone around you, the better.

Of course, it may not be very helpful to have everyone around stung in such a fashion. Here is what you should do instead. Grab a can and sit with the can for a few minutes. Imagine that the inside of the can is filled with those nasty bees. Rub the top of the can for a few minutes, and now, begin to imagine that worms replace the bees.

Opening up a can of worms is not that bad after all.



THE TRAGEDY OF TRUE CRIME

Doug Kari



Cindy Lee shares photos of her missing husband Bob Wildoner as Bob's best friend Chuck Stowman looks on.

There were tears in Cindy's eyes when she told me: Bob made the ring himself and hid it in a parts box. In May 2021, when Bob left home on a solo trip to the hot springs in Saline Valley, a place far off the grid, Cindy and Chuck weren't concerned. Bob had visited there many times. A witness reported seeing Bob's pickup truck pull in after dark. Next morning the truck was still there but Bob was gone – as if he'd been swallowed by the moonless night. When a search and rescue effort failed to turn up any sign, for Cindy the joy of knowing and loving Bob transformed into the anguish of loss without closure.

When you write about true crime, other people's pain becomes part of your work.

After Bob Wildoner, a 76-year-old Vietnam veteran, disappeared in a remote corner of the Mojave Desert, and months passed without a single clue, the case seemed like it would make for an intriguing story. Was Bob a victim of foul play? Did he wander into the wilderness?

On a sunny Saturday in early 2023, I drove to Bob's house in Apple Valley, California, to interview his wife Cindy Lee and his best friend Chuck Stowman. I rolled into the driveway a few minutes late. When Cindy opened the door, it was apparent she'd been waiting for me.

Spread out on the kitchen counter were photos of Bob, documents about the case, and maps of where he disappeared. As Cindy and Chuck reminisced about Bob's love of free-flowing banter and campfire songs, I began to feel the emotional weight of the case. His nickname was "Badwater Bob." He could repair a motor and strum a guitar. Vacations were about the journey, not about Point A to Point B. Bob proposed to Cindy on a camping trip to Death Valley. He chose a place called Artist's Palette, where the rocks boast rainbow colors.

Put another way: It's sobering to interview a wife who lost her husband but doesn't know how it happened, or even when. Can you imagine becoming a widow bit-by-bit? That's the thing about true crime: it's real. True crime may be packaged as entertainment, but inside the box you'll find unalloyed suffering and irredeemable loss.

Seems to me a writer about such subjects ought to respect what's at stake. Perhaps we should swear allegiance to the Hippocratic oath: "First do no harm."



<https://www.reviewjournal.com/local/local-nevada/new-clue-emerges-in-veterans-death-valley-disappearance-2751732/>



EMBRACING THE SPIRIT OF THE SEED

Kelly Anne Manuel

As I have embarked on interviewing over the past year, there is a common question that is posed: What advice or final thought would I give to the listeners of the interview? After some time and thought, I have landed on the answer that a writer should not discard “the seed.” Did a tiny seed know that its destiny was to be a gigantic, majestic, and inspiring Sequoia at its start?

This led me to ponder a unique perspective. A seed is planted in the ground of the earth and its fertile soil. For a minute, I put my mind into the position of the seed. It is covered and it is in the dark, so in this case so am I. What would make me decide to reach out into that dark mass of soil? What would I be hoping for or seeking? There would certainly not be any guarantees, certainties, or assurances.

Somehow, some way, the seed must know that it must break through the darkness to find the light it needs to live. It needs to find strength, energy, and motivation to get to that light. It needs to see past the immediate surroundings and trust that its efforts will result in not only its survival but its destiny.

What if this is a metaphor for writing, or any creative endeavor really? What if a thought that seems tiny, small, and covered, is seeking to bask in the light of day? It innately knows it wants to survive, to break through whatever it is planted in and serve its purpose.

I pay attention to that seed. I put myself in its skin. I gather up the strength, energy and motivation as it has shown me in nature as a pure and organic strategy. I wonder if the seed really gave thought to what it would meet after breaking through the ground. Would it even bother? I admire what has broken through the ground, but I am in a wondrous curiosity about the journey to get there.

This is the Spring edition of *The Relatable Voice* in concert with The BookFest Spring 2024. What a perfect place to reflect on this idea of new life, growth, and finding the light that our creativity needs to grow into that beautiful testimonial Sequoia. It stands strong in its purpose. It fought the barriers to find the sky. Why can't we embrace the spirit of the seed?



FEASTING AND FASTING YOUR WAY TO JOY!

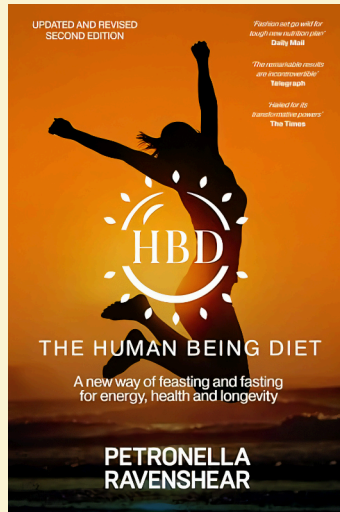
Petronella Ravenshear

It's April and spring has sprung! This is the time for cleaning and decluttering, not just our living space but doing the same with our life, our diet and even our thought patterns. Spring has long been celebrated for being a time of cleaning, cleansing, and clearing - getting rid of the old and making space for the new. A time to get everything sparkling, and ready for new beginnings, and to literally get the spring back in our step!

It's time to start eating in a new way – eating for energy, health and longevity. We've all heard that Hippocrates quote 'food is medicine' but in the face of all the modern ultra-processed foods we're faced with, it should read 'real food is medicine'. We can literally change the way we look and feel by changing what and how we eat. If you're fed up with feeling a tad weary, or your digestion's not all it could be, or you've got aches and pains, or insomnia or your hormones are all out of whack, or you'd like to lose some weight now is the time to take steps towards making a change for the better.

I wrote my first book, *The Human Being Diet (HBD)* after nearly 20 years of clinical practice in London. I worked one to one with hundreds of men and women who wanted to address their skin, digestive, hormonal or weight problems. I loved my work and loved witnessing the joy at the great results and transformations my patients achieved. I never advertised, people came by word of mouth and pretty soon after opening my private clinic, despite charging top dollar, I had a waiting list and was having to turn people away.

The nagging thought though, that this was not fair - that people should not have to be wealthy in order to learn how to improve their health and their quality of life - was growing. Even though I, and many colleagues, did a certain amount of pro-bono work for people who needed help but couldn't afford to pay, I felt there was something missing. It was a book! Why not put everything I had learned in

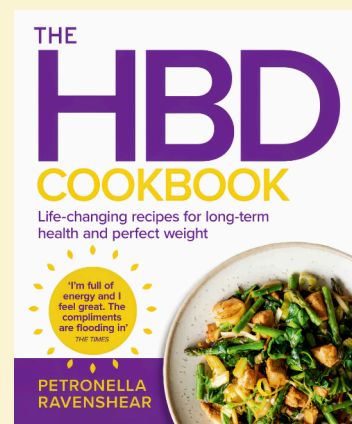


clinical practice into a book and a programme for health that everyone could join in with and reap the benefits.

I vowed to create a doable and easy to follow program that would be accessible to every adult who cared about their health. Everybody who was interested in feeling better and getting more enjoyment out of life would have access to the health hacks that I'd discovered to be the most effective. So I sat down and got to work on HBD. It was first published at the end of 2018 and has recently, in the second edition,

been fully updated – it's a big improvement on the first rendition and contains the latest research, and links to some fascinating scientific papers.

What is HBD? It's a three-month programme with ten golden rules that's split into four phases. During the course of the program you use your body as a human lab to discover what foods suit *you*, as a biochemically unique individual, and help you to function at your best. This might sound complicated, but I promise it's clearly explained and easy to follow. We cover liver and gut health (including leaky gut), and the inflammation that leads to the (avoidable) lifestyle diseases - which the World Health Organisation attributes to 74% of annual deaths worldwide. Also covered is our circadian rhythm, hormone balance, longevity, and sleep. And weight loss, which occurs on the program as a side effect of balance being restored!





You might be surprised to learn that intense/cardio exercise is prohibited for at least the first 16 days – it's walking all the way. Many of us are trapped in the flight or fight arm of the sympathetic nervous system, when we are flooded by stress hormones including cortisol. Too much stress, which is also caused by intense exercise, pushes us into survival mode, and a state of inflammation, and makes weight loss almost impossible. Central to HBD's success, for healing and a resolution of inflammation, is that it encourages us (with regular meals and rebalanced blood sugar) to spend more time in the parasympathetic arm of the nervous

system – this is the rest and digest part - where magic and healing happens.

So coming back to spring, to optimism, to seeing things in a new light, and to renewal, energy and new beginnings, it's time to adopt The Human Being Diet, for a joyful new way of feasting and fasting your way to looking, feeling and being your best. It's time for something new!

Instagram @petronellaravenshear

www.thehumanbeingdiet.com

[You Tube Channel](#)



JUST A SPARK

Laural Park

That's it! I have to do something...I don't know what or how...but the one thing I do know...is that I am going to do something and I'm going to do it now!

Over months I had become alarmed by the increasing numbers of unsheltered folks struggling to eke out a living on the streets. And then, suddenly, thousands more were being evacuated from their homes as catastrophic wildfires destroyed entire neighborhoods and towns in Northern California. These paths of destruction left a wake of human loss, scorched earth, and trauma. Their livelihoods and sense of community went up in flames in a matter of minutes, and they found themselves trying to survive alongside people who were experiencing homelessness for other reasons.

This was the spark that ignited a fire in me. Many people separate themselves from the homeless population by referring to them as “those people.” This may result from disgust, anger, fear, or guilt. Most people who end up living on the street or in a homeless encampment have one or more of the risk factors for homelessness: history of mental illness, addictive predispositions, abuse, poverty, adverse childhood experiences, chronic medical issues, job loss, family breakdowns, post incarceration, and post-traumatic stress. When I recognized that many of these risk factors are present in my own life and in the lives of people I love, the separation between “us” and “them” started to break down. I took the hard step of acknowledging that what separates me from “them” isn't my moral superiority or my financial prowess. It is simply that I have a community of supportive friends and family members to help me avoid homelessness when I go through difficult times in my life.

Once we recognize this is a “we” problem not something “those people” brought upon themselves, we are compelled to act. Expecting people to pull themselves up by their boot straps is a myth, long debunked and no longer an adequate excuse to dismiss our responsibility to each other as citizens in the communities we all share.



And so, I decided to jump in to “being community” with and for these people. First, I leveled the playing field in my own mind by recognizing what we have in common: we're all about 70% water, regardless of socio-economic status, age, race, political affiliation, or gender identity. As Margaret Mead once said, “The air we breathe has no boundaries.” Second, I identified what my underlying discomforts were. I was sad to see folks suffering, fearful of engaging with people I may not understand, and worried that I, an individual person, might not make any difference anyway. Discovering my feelings allowed me to break down my barriers to move forward. Making eye contact with other humans to recognize their humanity and acknowledging that these situations that make me uncomfortable, sad, and guilty aren't going away without my intervention. Finally, I looked at my own skill set and discovered that, while I don't have political clout, grant-writing prowess, or construction experience, I do have compassion for all living creatures and the stamina needed to follow through on goals I set out to accomplish. So these are what I brought to the table. I proposed a plan for our local, state and federal authorities to consider: For one year, establish temporary communities with shelter and co-located services that serve people with their transition from homelessness. This would allow folks to stabilize and receive the services they need to get back on their feet. If the military can construct a fully operational post in a week, why can't we do the same here? I received little response, so I set out on my own to explore other possible solutions.



Over the course of the next two years, my Volunteer Team and I learned how other communities were successfully addressing homelessness. We located and collaborated with City of Redding officials, United Way of Northern CA, and other folks working on solutions, including community organizations, churches, and unsheltered folks who are close to the problems and the solutions.

Through collaboration and hard work, a transitional Micro Shelter Community model developed. This is just one model of many options needed to resolve the complexities of homelessness, but it is making a difference!

The Micro Shelter Community (MSC) provides shelter and social services over a period of ten months for residents to stabilize and move forward. The shelters are “micro” in that each resident lives in a private cabin of approximately 64 square feet. More importantly, the communities are also “micro” in that they are made up of no more than 20 residents at a time, allowing every individual to be seen and known as a person. A sense of belonging that builds healthy relationships and purpose is a cornerstone of the program. Residents share in the operations and maintenance of their MSC by maintaining their own micro unit, caring for the MSC grounds and, as good neighbors, participating in regular neighborhood clean-ups. They share kitchen/ dining and living room spaces. Each site is equipped with showers, toilets, laundry, mail, and classroom facilities. An OnSite Case Manager and Site Coordinator assist with supportive services, life skills, and enrichment opportunities to help each resident accomplish their goals and move to long-term housing. The sites are pet friendly, and residents enjoy tending the community garden.



The first Micro Shelter Community in Redding has been operating for a year with a 90% success rate of residents transitioning into long term housing. Two more sites are scheduled to open within the next few months. Examples of folks moving from transitional to long term housing include:

- (1) Esther, age 61, rides her bike to work at Subway Sandwiches, saved her money to purchase a 35-foot fifth-wheel RV and has a space at a small trailer court.
- (2) Cheyanna, age 44, just rented her first apartment, works for the City Bus Company driving one of the big buses, and has been reunited with her seven-year-old daughter.
- (3) Darrin, age 61, was selected to move into one of the first 3D printed homes in town, oversees a City Boat Ramp and volunteers at the local Rescue Mission.

All of us have value and seek purpose in our lives, but the ability to achieve that can be out of reach when you're unsheltered. When we recognize that we are all in this together, and that we all need community to survive and thrive, we can recognize the value in others and the value in ourselves. Everyone has their own frame of reference, interest levels, and abilities to participate in our shared communities. Discover your spark, and run with it!

“The cumulative effects of small actions can lead to big change.” (Jane Goodall)



COVER STORY

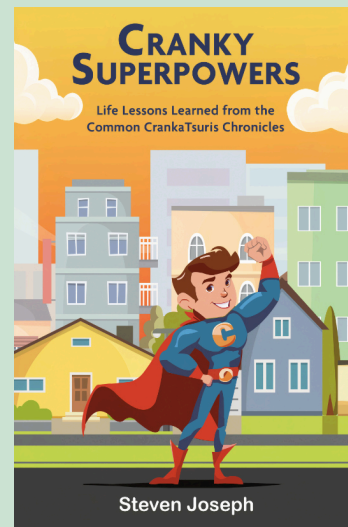
**STEVEN
JOSEPH**

Hello Steven, Welcome to The Relatable Voice magazine. Can you tell us a little bit about yourself?

I am a New Yorker, having grown up in the Bronx, which was a great place to grow up because there were so many unique and funny individuals from so many different backgrounds. So, I have been simmering in this melting pot for so many years and now I have found that I can provide delicious meals through my story telling in the adult and kid books I have written. I describe in my bio as the “son of a Holocaust Survivor” (my mom) because that fact was always present in my household growing up. My mom did not say much about her experience in the Bergen Belsen camp, but said that when the British liberated the camp, she was found alive among the bones of the dead. So, having that as my background, it gave me my own survivor attitude. I am a cranky attorney who has written and taught negotiation so if you google my name and the word “negotiation”, I show up on the first page. If you google my name and “cranky”, I show up on the first 20 pages. Hopefully, that does not make people think that I am very cranky! I also run two hours almost every morning, and I tend to write in my head when I run. When I get back from the run, I just write it down.

You’ve been running marathons for 35 years. Besides running, what else do you like doing in your spare time?

I love cooking. That is definitely my cranky release from a long cranky day. It is where I have complete control, and I learned how to cook from my mom who was the world’s best cook. I also like to fly to England to check in on my amazing illustrator, Andy Case, who lives in Nottingham. He is a blessing that I wake up grateful for every day. The world’s older pub “Ye Olde Road to Jerusalem” is in



Nottingham (Opened in 1139 AD), and it is definitely one of those places to go to before you die.

Your book, "Cranky Superpowers," is about effective crankiness. Can you tell us more about effective crankiness?

Effective crankiness is first having an understanding that we all get cranky, and I call it the “Common CrankaTsuris”. The second thing is to notice it, and slow it down. The third thing is about having empathy and knowing we all have our own personal kryptonite.

I always compare it to walking in somebody’s house, and they ask you to take off your shoes because they do not want to get dirt on the rug. But, while we are very mindful about not getting dirt on the rug, we have no problem getting dirt on each other.

Here is a funny true story that maybe I should not be telling. Many years ago, my brother and his wife flew to Florida to visit my parents. My father, who was a very ineffective cranky person, did not greet them by saying hello, so good to see you, but rather, he turned to my brother’s wife, and said “Phoey, you got fat!” All I can say is that it didn’t go well after that.

Is it possible to be cranky and Zen at the same time?

Yes. Try going to a silent retreat and sit on a cushion staring at a wall from 5:30 AM till about 9PM at night. That may make you cranky, but you are definitely finding yourself in the moment rather than thinking about the five





million things you may have to do after the retreat is over.

Can you share some insights from your Zen practice that have shaped your perspective on life and writing?

My own personal thing is that it helps me focus on just making me. When I started meditation, I read a lot of books on Zen, and it was all about attaining enlightenment. But, I felt that the authors were always trying to get something, or always searching for something. One day, I just decided that my way of attaining enlightenment is to not seek it. I can stare at the blank wall, and that would be okay.

How do you balance your roles as an attorney, marathon runner, comedian, and writer?

They all complement each other. The cranky moments get inspired by the crazy stuff that happens during the day. The running helps me put the thoughts together, and give time for the characters to speak to me, and then, I just write it down.

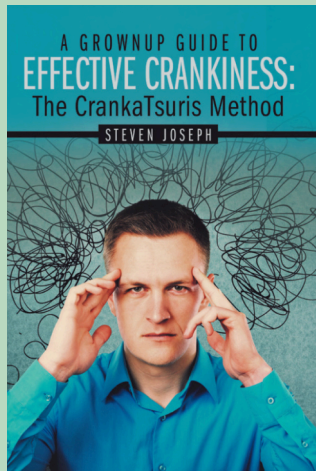
What motivated you to start writing fiction for both children and adults?

I wrote my first book *The Last Surviving Dinosaur* after my wife had a cranky episode when we were in Rome. She became my muse for the *TyrantoCrankaTsuris*, the smallest but most dangerous dinosaur on the planet, and how all humans descended from this cranky dinosaur. One reviewer complained that I did not write enough about overcoming crankiness, but the point I was making was to recognize and embrace our crankiness. That got me going on writing about effective crankiness.

What inspired the creation of your latest book, "Cranky Superpowers"?

I started writing *A Grownup Guide to Effective Crankiness* as a "Strategy Guide" on using our crankiness effectively, but the more I was writing, the more I got into fun story telling. Once I was done finishing up that book, I felt that was such a fun avenue to explore to share lessons on how crankiness can be our superpower.





As a crankiness expert, what strategies do you recommend for managing emotions and improving communication with others?

There are so many! I wrote two books on that! I will give you one. Just giving permission to be cranky. It is called empathy and appreciation. I say that in every relationship, you should allow for 20% crazy, 5% insane, and 75% normal. It is counterintuitive because it gives permission, and reminds us not to overreact to our loved ones' crankiness. By giving permission, there is appreciation, and love in return.

How do you integrate humor into your writing, and how does it enhance your message?



I love when people say that the stories stick with them, long after they finished the book. I believe that humor can be the greatest teacher because it puts a light on the absolute absurdity that is life. Also, I love to turn things upside down. It leads to humorous situations, and actually helps us see more clearly. As an example, in my book, I have a chapter that looks at the phrase “can’t make this stuff up”. We typically think on the crazy stuff that happens when we say that. However, it is really the Groundhog Day same boring routine we may have day in and day out that is really the stuff we can’t make up, and perhaps, we should actually try to make stuff up.

Can you share with us about your next book in the Snoodles series?

The next book “Snoodles in Space, Episode 2: The Zoodles Strike Back” is about to be released. It is a take on Charlie and the Chocolate Factory except that I take the spoiled and a bit over-zealous kids and make them heroes at the end. You think about the original story and the media circus that you saw in the original movie. I pictured a lot of negative press, and some shaming. That is why I had to flip the story so these poor kids who made some bad decisions end up doing okay.

What advice do you have for aspiring writers looking to explore themes of resilience and acknowledgment in their work?

I think it is great if you can start with your own personal experiences. If you have that in your own life, whatever you end up writing will sound more genuine and real. It also will be the source of inspiration. In my books, I create stories, but I include my own unique experiences.

What do you hope readers take away from your books?

While I strive to be as ridiculous as possible, I am very serious with the messages I hope to convey. I read reviews of Cranky Superpowers and when they say that the stories stick with you, and are transformative, I do not think I can ask for anything more for what I hope the readers will get out of the book.





Steven Joseph is a first-generation American, the son of a Holocaust Survivor, a masterful attorney, seasoned negotiator, engaging speaker, award-winning author, and a long-distance runner having completed 53 marathons which include five-times at Boston and 18-time at the NYC Marathon. With a sharp sense of humor that has kept him schuckling back and forth at countless synagogues, he's also spent many years sitting in stillness on a cushion, trying desperately to empty his mind while staring at a blank white wall at the Village Zendo. Despite his extensive life experience, he remains wise enough to acknowledge that he hasn't figured everything out — except, perhaps, for the art of effective crankiness.

Steven's books include *The Last Surviving Dinosaur: The TyrantoCrankaTsuris*, *The Crankatsuris Method: A Grownup Guide to Effective Crankiness*, and the "Snoodles" series, which includes *Snoodles*, *Kidoodles*, *Poodles*, and *Lots and Lots of Noodles* and *Snoodles in Space: A Snoodle*, *The Zoodle Kidoodles*, and *One Happy Schmoodle*. His latest book, *Cranky Superpowers: Life Lessons Learned from the Common CrankaTsuris Chronicles*, delivers more of his signature wisdom as he continues to explore and celebrate the cranky corners of life.

Despite his long partnership with therapists and his time spent as an attorney, Steven remains grounded and approachable with a wit that is as quick as his award-winning blog is insightful. Don't believe us? See for yourself when you visit [Steven Joseph's website](#).



PRESENTING AT THE 45TH YOUNG ARTIST ACADEMY™ NOMINATION SHOW

Huntly Plantz

The event call time was 9:00 a.m., on March 8, 2024, in Los Angeles, CA at the Universal Hilton. The members came in individually, allowing us to speak with them in person. We support many of these members on social media, so shaking their hands and talking about their industry experience was lovely.

This academy is an early opportunity for artists to become familiar with award show situations. When academy members are nominated for an award in the future, they will be comfortable with the process.

As with all award shows, things do not always go as planned.

Two individuals could not make it at the last minute, so the presenters worked together to ensure the award show went smoothly. They had to recite new scripts on live TV at the last minute. Everyone did great!!



The show must go on!

The Young Artist Academy™ Award is a Hollywood-based show recognizing artistry, talent, and technique in young performers ages 5 to 18. Like the Emmy Awards for television, the Tony Awards for theater, the Oscars for film, and the Grammy Awards for music, the Young Artist Academy™ presents awards to youths structured after the Academy Awards organization model. Since 1978, the Young Artist Academy™ has hosted Hollywood's longest-running youth awards show.

Nearly 20 years after the Academy of Motion Picture Arts & Sciences ("The Academy Awards") discontinued the special category of "Academy Juvenile Award" (1934 to 1960), the Young Artist Academy™ was formed. Affectionately called the "Youth Oscars" by Huffington Post, the Academy has worked with some of the biggest names in Hollywood over the last half-century and is the only youth awards show to be structured the same as major Hollywood guilds like the Grammys, Emmys,





Tony's, BAFTAs, Canadian Screen Awards, and the Academy Awards. Complete with Academy membership and peer voting, members experience the same process as major award guilds and receive the experience and advantage of participating in Hollywood's adult counterpart awards associations when eligible.

For over 40 years, the Academy has recognized exceptional talent in entertainers ages 5 to 18. It continues to offer exclusive industry connections, networking, press training, protection education, academy references, and publicity opportunities for rising young artists.

The annual Young Artist Academy™ Awards Show gathers professionals and talent from across the Entertainment Industry to support emerging stars. Television Networks, Production Houses, Casting Directors, Celebrities, and International Press annually celebrate together at the Awards Show, discovering fresh new filmmakers and exploring new realms of storytelling.

The 45th Young Artist Academy™ Nomination Award show was a success yet again, and we look forward to the 45th Young Artist Academy Award show premiering on July 21, 2024, in Los Angeles.

The collage features five social media profile cards on an orange background:

- ellie.mae.louise.smith**: Ellie Mae Louise Smith, Artist. Stats: posts, followers, following.
- theofficial.ahnnikamv**: Ahnnika-Megan Velasquez. Stats: 173 posts, 574 followers, 1,188 following.
- insidekyleesworld**: Kylee Levien, Actor, Award Winning Actress. Stats: 841 posts, 10.7K followers, 3,533 following.
- leland.mergillano**: Leland Mergillano. Stats: 38 posts, 463 followers, 1,412 following.
- huntlyplantz**: Huntly Plantz, Actor. Stats: 83 posts, 5,448 followers, 3,937 following. Includes a link to [imdb.me/huntlyplantz](https://www.imdb.me/huntlyplantz) and 2 more.

To the right of the cards is a large image of a golden Oscar statue on a red pedestal against a blue starry background.







Last March, the talented actor Huntly Plantz served as The Relatable Voice's special correspondent, crafting an exclusive article. Huntly, one of the presenters at the 45th Young Artist Academy Nomination in Los Angeles, was joined by other exceptional teen actors including Ellie Mae Louise Smith, Ahnnika-Meghan Velasquez, Kylee Levine, and Leland Mergillano.



THE SAPIEN EMPIRE

Many authors have written stories about a post-apocalyptic world. This author envisions one where civilization is making a come back.

Nathan Ogloff

I remember it well, the first time I wanted to pursue my creativity. Before fourth or fifth grade, I thought I wanted to be an architect or an engineer. Then, I saw it! The Star Wars trilogy. That moment demarcated a complete 180 in my life. After that moment, I was like, “Man! That! I want to do that.” However, over time I became unsure as to how exactly. In high school I thought I wanted to make films. Then in university, it was video games.

I pursued the video game path for a while, but by 2012 I had lost my passion. After realizing the start up I was working for wasn't going anywhere, I finally called it quits. I ended up getting temp jobs in construction to repair my bank account. Most of my time in that industry was spent saying “What am I doing here?” in my head on repeat. However, that industry gave me much-needed confidence I would later need. It was also where I got the idea for a post-apocalyptic epic where civilization is returning. The Sapien Empire was born.

That was in 2013. At the time I thought, “In two years I'll be done with this, then it will be out there in the world flying off shelves!” Well, the reality was it took me nine years to finish the first book (after being split into two, then four, now eight), a year to find a literary agent, and then when that didn't work out, six more months to figure out how I'll self-publish it. On February 6, 2024, I finally published it.

Anyway, you're probably wondering what the book is about. It tells the tale of Shindo Dacan, aka the Machinewright, as he attempts to rise humanity out of the ashes and make the world a better place overall. The story starts in the Domain, an area encompassing what is known as the Salish sea today (I started it out in a place I'm familiar with, the Pacific Northwest). At the beginning of the novel, Shindo is under the servitude of Arch-Lordchief Vibrun Magrite, forced to make machinations of battle for him. I won't spoil too much, but if you start reading the book right now, you'll understand why Shindo wants to right so many wrongs.



Where did I get the idea for this book? It's a synthesis of two ideas. The first being what I realized post-apocalyptic is – the collapse of our society. However, civilizations have come and gone in the past, and no matter what falls, something always fills the void. I wanted to take that twist and show what's coming back. The second idea comes from many of the problems I see in the world. There are absolute travesties that happen and much of the planet tends to turn a blind eye. Some of it is so devastating, that part of you (or me in a naive moment) just wishes there was some entity going across the planet fixing it all. I took these two ideas and said, “Hey! Wait a minute. What if, as Shindo is rebuilding civilization, he says 'Let's do it right this time. Let's not repeat the cycle of the past.'” And there you have it.

On a final note, I'll give you a taste of how my collapse is different. Most collapses in post-apocalyptic fiction are singular. What I mean is, one day everything is fine, then suddenly it all goes to crap. My collapse is a little bit more complicated. It's society going out with a whimper, not a bang. Over



the course of the 21st century, as the population reached its peak, you saw tensions rise between nations, to the point that things like the EU and NATO failed. Countries degenerated into states, then cities, to the point that by the early 22nd century, the world was a patchwork of stable city-states immersed in a sea of chaos. Then, came the All-Silence, an event from the sky that fried electrical systems and bathed the sky in auras of blue, green, and red. As I like to put it, that event was the bullet to the head of a long-dying patient.

And that's all I'll spoil for now. This is who I am. This is what I'm all about. I want to think outside the box and add a story to the world that really changes the game. I want to make an impact on the lives of people that read my novels. So far, that journey has been a roller coaster of a ride, but as I always tell people – a bad day doing this, is still better than a good day anywhere else.

www.nathanogloff.com





INTERVIEW WITH KANE LOWRY

Can you tell us about your journey into acting and modeling, and what initially sparked your interest in the entertainment industry?

I learned the love of the spotlight when I was featured on the cover of Greenville, South Carolina's "Valley Living" magazine in February of 2017 for my outstanding Junior Golf achievements. My vibrant personality and my photogenic looks captured the attention of many around me.

In 2019 My family moved to Florida to pursue my dreams in acting and modeling. My performance skills became obvious to my family, and after signing with a talent agent, I appeared on television commercials and educational programs. In 2022, I auditioned and was selected to play the leading character, "Hero Child", in the live action production of "Polar Express" in Miami, Florida.

I have auditioned for various roles in which I prove my acting skills.

What has been the most memorable experience for you so far in your acting career?



Working as an on-screen actor is exciting and I have enjoyed learning from all my opportunities. I loved a commercial I did where I got to film on a private Jet plane which was really cool.

What are some of the challenges you've faced as a young actor, and how have you overcome them?

When you get an audition there is an element of excitement that happens and then you start to study and study. You tape the audition or act it out in front of casting. The hardest part is forgetting about it, letting it go. If you don't hear anything back, you didn't get the part. In life we are always taught feedback, right? Not with this industry, you have to let it go and move on.

You've worked with actors like Karim, a Disney Channel star, Kent Kasper, and Amy Tanner.

What have you learned from collaborating with experienced professionals in the industry?

The professional experience that you gain working with such great talent can help you work through your mistakes; develop the actor you're trying to become. They teach you coping skills and how to deal with rejection. I also take away powerful lessons they teach me to avoid similar mistakes. Acting is just that acting however you also have to become a character that might not be your personality.





I go to a private School that has an understanding of my acting, they give me the work to do on with teachers on sets.

What advice would you give to other young aspiring actors who are just starting in the industry?

It's a wild ride but enjoy it. It's very rewarding and you get to do something people dream about. Make sure you get acting lessons and coaching. When those auditions come in don't wait till the last minute to do them. You are competing with many others just like you, so the sooner you get your audition in the better.

Looking ahead, what are your aspirations and goals for your acting and modeling career in the near future?

So, like many others, my goal is to work next to the ROCK (Dwayne Johnson) because he inspires me, he has such a big heart and helps so many unfortunate people. I was also telling my mom that Walker Scobell would be fun to work with, we are close to the same age. I also really like Ryan Reynolds and Tom Holland. However, anyone I get to work with is an adventure and I'm excited to do it.

<https://www.imdb.com/name/nm13925834/>

[Instagram](#)

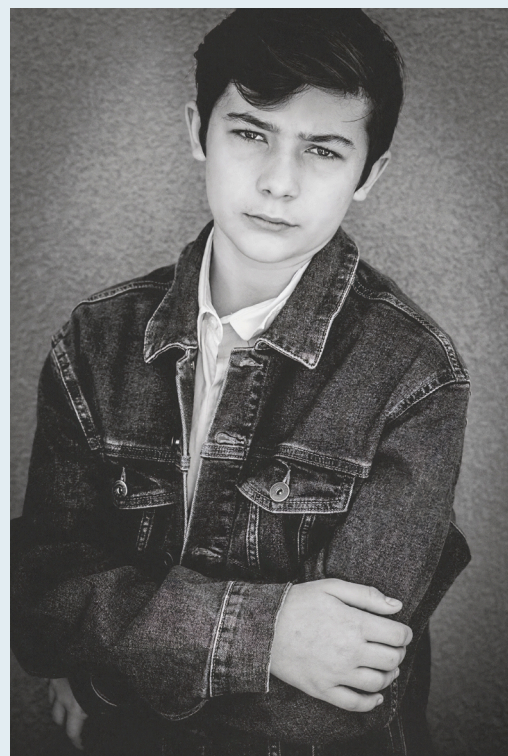
Can you share any details about the exciting new projects you're currently involved in or upcoming roles you're preparing for?

SHHHH...There are some exciting projects coming up a lot of them I can't say anything about because I have an NDA. However, my IMDB has my past and upcoming projects. I have one project that is a television series and some projects I'm waiting to hear back from.

Moving from Greenville, South Carolina, to Palm Coast, Florida, must have been a big change. How has this transition impacted your career and artistic growth?

Well, I was born in South Carolina. My mom is from Florida. When I got into acting my mom wanted to be closer to her home and it's a melting pot for actors. Also, my Nana and Poppop are in Florida.

As a teen actor, how do you balance your acting career with school and other responsibilities?



INTERVIEW WITH NIKKO NORTE

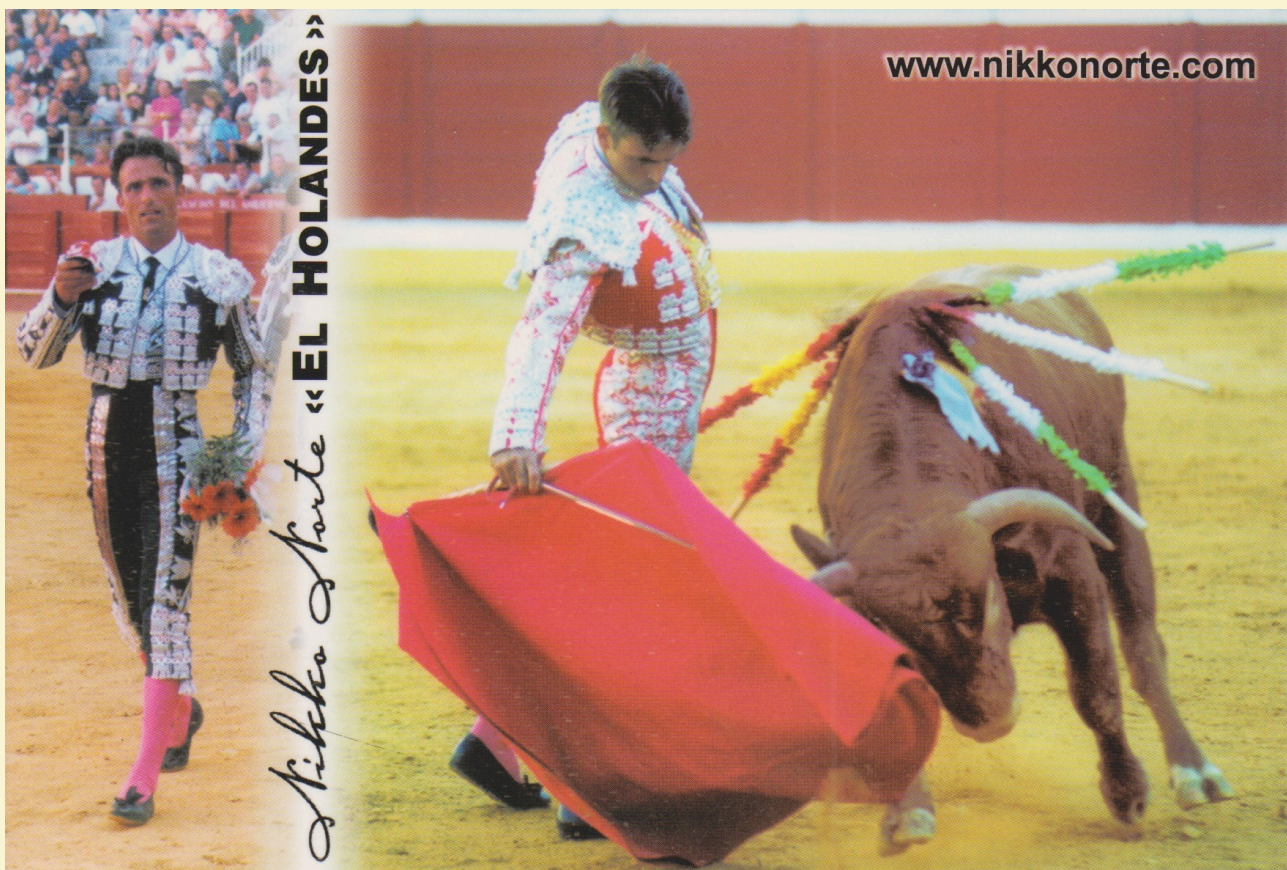
Hello Nikko, welcome to The Relatable Voice magazine! We're delighted to have you here. To kick things off, could you share with us your hometown and what you enjoy doing in your free time?

I was born and raised in Rotterdam in the Netherlands, and as I said in an earlier mail, I don't see much difference in time and free time. I wake up early, make a list of things I want to accomplish that day, feel good when I manage to accomplish everything on the list, promise myself to plan more realistically the next day when I don't. Most of what is on the daily list has to do with writing (book, blogs, or video and television formats), and I try to mix what I daily do with the sports I like to practice, such as paragliding, canoeing, and rock climbing, with the sports I have to practice, such as cycling, walking, and working out in the gym, and hunting and gathering. I could have used the word shopping instead of the words hunting and gathering, but it is my view that if you want to live healthy in the third millennial, you must invest some extra time in

shopping, search for the right shops and buy food that is safe for human beings to consume.

We're eager to learn more about your adventures living among various cultures around the world. Can you elaborate on some of your most impactful experiences?

It feels like I have been looking for authenticity throughout my life and maybe that has to do with growing up in a housing estate where, in my view, people lived the least authentic lives possible. I have always wanted to have a base in Europe, because I have this feeling I am a European at heart, although I am not an advocate of a united Europe, certainly not in the form of the EU, and decided, rightly or wrongly, that I would still find a relatively authentic European way of living in Andalucia, in the south of Spain. I had by then traveled extensively, mostly in North and South America and in Africa, and although I had decided I loved Africa and wanted to be there as much as possible, I still wanted a base in Andalucia to call home, which exploded in my face when I watched a



corrida in Málaga while trying to find a place to live in Andalusia. Confused by what I had seen in that arena in Málaga, I sort of fled Andalusia, crossed to Maroc at Algeciras, and lived for five months with two hashish producing brothers on the Rif Mountain. I spent a wonderful time with those brothers and their families, learned a lot about the drugs trade, and took the quiet way I lived in the house of Mohammed and Ali to think about what I had seen in Málaga. When my time with Mohammed and Ali came to an end, I had decided I had no right to judge the corrida unless I learned more about it. I travelled back to Spain, rented a house in the old center of Marbella and found work on a breeding farm for toros bravos near Jerez de la Frontera. For two years, I worked on that farm, learned to properly ride a horse and learned everything there was to learn about toros bravos, the race of bulls that die in arenas. Then, I decided to take matters a step further. I wanted to follow the bulls I had seen grow up into the arena in the capacity of a matador. The people I approached with that idea doubled with laughter, not only was I Dutch, I also was thirty-three years of age, but I somehow managed to find some people willing to train me. After a year of training, which was not nearly enough according to the people who trained me, I was able to get my name on a cartel. My first public appearance, in the arena of Málaga, where I had seen my first corrida, ended badly for me. I trained more intensively the year following the debacle and again managed to get my name on a cartel. That time I did much better, my previous disadvantages, say, my nationality and my age, suddenly became advantages, I became a rarity, and my career took off.

Meanwhile, I kept travelling to Africa, where I mainly worked as a pilot – I had studied previously in New York, in the US, to be a fixed wing and helicopter pilot – getting seriously disillusioned with phenomena such as development aid and the war on drugs, both phenomena ruining Africa, a continent well able to fend for itself. I describe some of my experiences in Africa in my book *The dancing duck*, that is in the process of being translated into English.

When in Spain, I divided my time between my training, my appearances in arenas, and some modeling I did. By the end of the nineties, I was

casted for a role in an American television series, and after shooting the series, the director invited me to Los Angeles, where he helped me start my career as an actor. I travelled less to Africa but instead travelled a lot between Andalusia and Los Angeles, where I discovered that I felt more comfortable producing than acting. By 2001 both my careers in Andalusia and Los Angeles came to an end because after eight years of separation, I was reunited with my son. I had to take responsibility for his upbringing and settled with him in Rotterdam.

When my son was old enough to join the army, he did. At the same time, the army asked me back in because the Dutch army was on the brink of being deployed to Afghanistan. Before the troops were deployed in 2006, I was sent to Afghanistan to do some reconnaissance. I ended up staying two years in Afghanistan, and like I had been disillusioned in Africa with development aid and the way the war on drugs was waged in Africa, I was disillusioned with the way the Dutch army went about reconstruction, which was the goal for the Dutch army in the Afghan province of Uruzgan. Dutch troops went in search of an enemy, and when they could not find one, they started to take on innocent civilians to at least fight someone. Local national, for no other reason than some sort of suspicion, were being shot at, mortared, and bombarded. The situation became horrible, I fought tooth and nail to put a stop to it, and in the end wrote my book *Unpredictable past* about it. The book led to questions in parliament and to court cases in which unjustly bombarded people sought compensation.

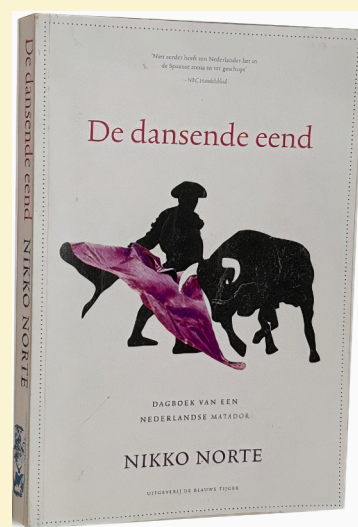
I don't exactly know what drives me on my path, but I know life is short, and I want, have always wanted,



to experience as much as possible. I have never decided anything regarding my future because I had fate my future would wisely decide for me. I think, however, that if I decide to embrace something my future points me toward, I should do so passionately. Whether I manage or not, I strive for perfection, whatever it is I do, from making the best possible coffee in the morning to writing the best possible texts when I sit behind my desk and write – and drink the best possible coffee. I think it is worth taking everything seriously and consciously, from breathing, to shopping, to eating, and to loving people.

Would you mind recounting a particularly memorable experience from your time serving in the military?

I joined the military the day after I turned nineteen. Back then, the cold war fairy tale was still en vogue. I earned my green beret and became practically involved in keeping the Russians out of Europe although I realized the Russians, like today, have no interest in western Europe. The training to keep the Russians out of Europe went in cycles. After two years the cycle started all over, nothing new was added. That was the moment I left the army. I did not like repetitions, but neither did I like the lies I was being fed about the Russians, communism, being our enemy. When, twenty years later, I rejoined the army, it was because my future somehow made it clear to me not to say no, as I was tempted to do. I was glad I said yes instead because I lived the most beautiful time thinkable among the people of Uruzgan, and I grew fond of their pasthunwali, say, their social contract, their calm, their toughness, and their sense of humor. But I learned the army, say, our government, hadn't changed much. The way the Dutch went after innocent people horrified me. I did everything in my power to make people see they were wrong, to make them see their fears were unjustified, but I failed and left the army again, ranking captain. When you ask me what my most memorable experience was during my days in the army, it was drinking tea with Afghan people, all by myself, in the dust and the heat, laughing with them although we could barely understand each other, enjoying their kindness and their passion for life. Kindest people in the world – who deserve better than western intervention.



What motivated your transition from a military career to a life of exploration and wandering?

When I left the army the first time, my only desire, as it had been when I grew up, was to wander, to see, to smell. And so, I wandered, saying yes to every invitation I got, making my future decide for me that way. Another thing I found important was to seek physical danger. The sense of physical danger can be found in sports such as skydiving and rock climbing, but it can also be found in crisis areas around the world, and I think my searches for both were inspired in a way by my search for authenticity – life somehow becomes authentic when you plummet toward the earth at terminal velocity or when you travel Rwanda in, say, 1994 – but also by my belief that we handle nonsense fear better when we have been exposed to real fear. Maybe I am wrong, but I believe the Dutch army had performed more peaceable in Uruzgan had every soldier been forced to jump out of an aircraft every three months or so. Had the whole world been forced to do so, I am sure our recent response to the outbreak of a virus would have been different, to call another example.

I could very well be wrong, but I am convinced our world would be a different world if more people knew the true meaning of fear, like mankind did in the old days. But then again, I could very well be wrong.

Your success as a bullfighter in Spain, known as "El Holandes," is intriguing. Could you share with us some insights into this captivating chapter of your life?

When it comes to the corrida, it is probably the fear factor that captivated me. Not to experience fear, but the idea to bring fear to an audience and to show them it could be handled with elegance, which, in my perspective, is what el arte taurino is all about. I fully understand the resistance one might feel when it comes to the corrida but acknowledging that the best part of that resistance comes from fear, namely the fear of not complying with general belief, as I see it, is a huge step forward in living life differently, more authentically. I have said it in many interviews and say it again: most domestic animals, if given the choice, would choose to live and to die as a toro bravo in a next live, and in order to deny or to confirm my proposition, one should dive into the world of the corrida, not simply parrot what is being said about it, which then, of course, holds true for everything we opinionate on. The corrida, as I have learned to see it, is the most powerful form of art in existence, and I could not deny myself to not at least try to be a part of it. For all those years I was El Holandes, I lived in fear, and the only way to be able to control that fear was to train and train and train. At the same time, that constant fear made me enjoy every second of life and made me aware of all the small and beautiful details there are in life. Flowers, laughter, smells, whatever ... It might sound like I talk nonsense. I don't, and it is the corrida, for one who opens her or himself to it, that brings us back to what being alive, to live, is all about.

Given the significance of time in your journey, how do you perceive its concept and value in your life?

Time is a significant aspect of my life for the simple fact that it is our only true wealth. None of us knows how much she or he has of it, so as to that respect we are all equally rich. Also, as I see it, the more we understand and except the importance of time, the more profound our lives become and the less mistakes we make. Mistakes we still make, that is inevitable, but our eagerness to correct them quickest, whatever the consequences to ourselves, will grow when we truly see the value of time, which is another important aspect of el arte taurino.

Writing autobiographical books about your experiences must have its challenges and rewards. Could you share some of these with us? Writing autobiographical books, I find

horrifyingly complex, and I would not have done it had I mastered any other genre. The point is that it is not difficult to put on paper a summary of one's actions over a certain period of time. But what good would that do if there wasn't a lesson somewhere or at least a question raised? Due to the complexity of writing autobiographical books, which also includes coming clear with the many mistakes I made in life, is hence gratifying, but then only when the last dot has been placed behind a manuscript – the writing as such is ... man, it's a challenge. The same goes for blogs. Every blog is a struggle that lasts for weeks on end. But then, in the end, there always is the reward of that last dot.

Despite your packed schedule, what fuels your passion for writing blogs, books, podcasting, and helping others?

I don't know why, but from young age people have asked for my help in matters of their health. I never found any trouble in studying their cases and oftentimes help them out truly. Some twenty years ago, when I was reunited with my son, I had some time on my hands, and I decided to write a book on the healthiest lifestyle that could be picked up by someone living in the third millennial. I took me more than twenty years to finish the book, but the results were gratifying. Quite some people took the advice I give in the book to heart, lost weight, got rid of stupid illnesses and pains, and started to enjoy



life more than they did before. The book, The caveman code, is being translated into German, English, and Spanish as we speak, and a television show based on the book was in preproduction just before covid struck. We are now in the process of getting the television show produced in Spain, and

with that I am back at my true passion, which is to create. If creating helps people to live healthier, that is a big and motivating bonus!

<https://www.nikkonorte.com/en>



Saksun Faroe Islands



SAKSUN, FAROE ISLANDS' SECLUDED GEM

Jeremiah Gilbert

The Faroe Islands, an autonomous territory of Denmark, is comprised of eighteen rocky, volcanic islands situated between Iceland and Norway in the North Atlantic Ocean. The islands are all connected by tunnels, ferries, causeways, and bridges. Its capital city, Tórshavn, is known for its old town and is a growing tourist destination.

However, far from the tourism of the capital lies a secluded haven cradled within the dramatic landscapes found throughout the islands. Saksun is a picturesque village located on the northwestern coast of the Faroe Islands. Situated on the island of Streymoy, Saksun is known for its stunning natural beauty, including dramatic cliffs, rugged landscapes, and a picturesque tidal lagoon called Saksunarvatn.

A first glimpse of Saksun reveals turf-roofed houses dotting the landscape, sheep grazing lazily on the hillsides, and a fjord gently cradling the village in a

seemingly protective embrace. Yet the allure of the village lies not only in its visual appeal but also in the profound sense of serenity that permeates the air.

Saksun's fjord, surrounded by steep cliffs and rolling hills, creates a landscape that feels almost mythical. It lies in the bottom of what used to be an inlet of the sea, surrounded by high mountains. The inlet formed a good deep natural harbor, until a storm blocked it with sand. As such, a hidden lagoon is now revealed at low tide.

Perched on a hill overlooking the village, Saksunar Kirkja (Saksun Church) stands as a testament to Faroese architecture and the harmonious coexistence of man and nature. The church, with its white walls and black tarred roof, complements the surrounding landscape like a natural extension of the fjordic panorama. It was originally built in nearby Tjørnuvík, but in 1858 it was disassembled, carried over the mountains and reassembled in Saksun.





Wandering through the village, one is captivated by the traditional Faroese houses with their iconic turf roofs. These architectural gems, blending seamlessly with the natural surroundings, serve as a reminder of the Faroese Islanders' resourcefulness and respect for the environment. The turf roofs, adorned with wildflowers in the summer, create a whimsical tableau against the rugged backdrop of the fjord.

The quietude of the village, broken only by the distant bleat of sheep or the gentle lap of the fjord, becomes a canvas for introspection. It is in these moments of

silence that the true essence of Saksun reveals itself—a place where time seems to slow, and the natural world becomes a source of solace and inspiration.

Saksun is a destination where the fjords cradle glimpses of the past, where traditional architecture melds with the landscape, and where the art of silence becomes a transformative experience. It is a testament to the timeless beauty that awaits those willing to venture off the beaten path in the enchanting Faroe Islands.





Jeremiah Gilbert is an award-winning photographer and travel writer based out of Southern California. His travels have taken him to over a hundred countries and territories spread across six continents. His photography has been published internationally and exhibited worldwide. He is the author of three travel books, including *Can't Get Here from There: Fifty Tales of Travel* and *From Tibet to Egypt: Early Travels After a Late Start*. His most recent, *On to Plan C*, documents his return to travel in a post-pandemic world and is the first to include his photography.

Website: <https://jeremiahgilbert.com/>

Instagram: https://www.instagram.com/jg_travels/



INTERVIEW WITH MARC BARON



Marc in full matching to Sean Penn in Woody Allen's "Sweet and Lowdown"

Hello Marc, welcome to The Relatable Voice magazine! Where are you from, and what do you like doing in your spare time?

I grew up just a few hundred feet outside New York City's border, but I have been living in Manhattan for almost 25 years. I did live for a short time in Key West and Barbados while serving in an intelligence branch of the Navy. In my spare time I like to go for long walks, visit museums, write, watch an assortment of movies, theater, music, and opera, cooking ...my interests vary.

How did your family's rich artistic background influence your career in acting and filmmaking?

My father, born here in NYC, was a hard worker in construction and carpentry. My mother grew up in Vienna. She was a budding singer/dancer with a club act, and she was a classmate of Hedy Lamarr. Her mother was a classical pianist and her father a sculptor and concert singer. I always identified with my mother's family. I had an interest in the arts as a young child, often working in the school or community theater, singing with the school choir, and playing in the school band and orchestra. We always had music in the house, varying from classical, country & western, to contemporary singers such as Sinatra. When I decided I wanted to pursue a life in the arts my mother would joke that it

was in my DNA. I think she was right. I've always had a strong desire to be a performer and/or musician.

What were some pivotal moments or mentors in your early career that helped shape your trajectory in the entertainment industry?

In Pace University as a theater major, I was befriended by Fred Kelly, Gene Kelly's brother who taught Gene to dance. Fred encouraged me to not only study performance, including dance and singing, but also to study directing. It was there where I began stretching into directing and creative writing. Fred later brought me into The Lambs, America's oldest professional theatrical club founded in New York in 1874. There I met other working veterans of the arts and was given the opportunity to fine tune my craft singing, acting, directing, and more. Eventually I rose into Club leadership positions and served on the Club Council for 30 years. Last year I stepped down as Shepherd (president; the 8th longest serving for 10 consecutive years) and was honored with the title *Shepherd Emeritus*, the third in 150 years. My volunteer work at The Lambs was very time consuming, and so I moved on to focus on my creative life...and on paying some bills.





As a multi-term member of the NY Board of SAG-AFTRA, what do you see as the most pressing issues facing actors today, and how are you working to address them?

I joined SAG in 1979, began my union service in the mid 1990's and was honored with an award from the NY SAG office. I was later encouraged to serve on the NY Board and have been re-elected many times, serving now for over 17 years. My experiences on the set and my ability to understand contracts allowed me to represent our membership, particularly those who do background, stand-in, singers and voice-over, and day player roles. We are now in a quickly changing landscape where acting talent is not enough. Members now need to understand technology for self-auditioning and/or recording at home, to use email, web sites and social media to support and pursue their career. Actors today need to be their own producer/director, adding to the challenges of an already difficult career path. But technology makes life complicated yet easier. Imagine, now you can shoot a film on your cellphone!

During the recent Sag-AFTRA strike, where I was a strike captain, I met many major names on the picket lines and everyone – EVERYONE – was down to earth. The sense of community created during the strike was like I hadn't seen in years. Something we must continue: Looking out for each other gives us all strength.

Could you share some memorable experiences from your time working with iconic actors such as Dustin Hoffman, Matthew Broderick, and Sean Penn? Your versatility in stand-in and photo-double roles is well-known. How do you approach embodying different characters and actors on set? What inspired you to venture into writing and producing, and how do you balance these roles with your acting career?

I've always been good at getting along with people, and that became an asset when working on sets with crew, directors, and actors. Because I had studied directing, I became in demand as a stand-in because I often knew what the director needed. Although I had started my career with the intent of working in musical theater – and still want to – set-work was a good way to earn money, benefits and learn from those around me. Stand-in work appealed because you get to work closely with

icons. I was fortunate to have worked on dozens and dozens of films sets over the years.

Sidney Lumet, a sweet man, during FAMILY BUSINESS, kept explaining shots to me. I later learned he was writing his book MAKING MOVIES. Dustin Hoffman was not only cheerful and funny on set, but he would also turn and give me acting tips. Matthew Broderick, just a great guy, treated me like his equal. Matthew later did a fund-raising event for The Lambs. One day on set I was writing my version of *Night Before Christmas* (The night before Christmas and all through the set, not a creature was stirring, not even Lumet...). Matthew saw me, grabbed my paper, walked away, and minutes later returned with Dustin Hoffman. The two then kept urging me to learn how to write screenplays and make my own projects. I worked for 4 months with Woody Allen on SWEET AND LOWDOWN working out almost every shot with him! Such great memories. Now, following Dustin and Matthew's advice, I balance my time writing, working on my two projects, and my book. No better way to learn filmmaking than being on set with top talent. Not always easy because this industry likes to pigeonhole us, but more and more multi-talented "hyphenates" are changing that.

Could you give us a glimpse into your creative process when co-writing or doctoring projects, such as "MegaBall\$" and "Comeback on Vienna"?

MEGABALL\$, a comedy about computer geeks, the lottery, and the Mob, and will shoot in NYC. I first got the idea while getting on the subway and in about 15 minutes and the basic story idea, but I put it aside. Years later I was spending a lot of time caring for my mother during her last year in Florida. One evening I needed to escape the stress, I pulled out my laptop and started writing what I planned to be a short film. But in 1 week it was 80 pages. So, it became a feature. My producing partner, Joe Cirillo, and I agreed it was time to film it. We formed Olororo Entertainment to create modest budgeted indie films. We got a line producer, cinematographer, entertainment lawyer and other team members to prep the project, then we attended the Toronto Film Festival to announce the project. We later attended Sundance where we tied for 1st place in a pitch contest. Covid put the project on hold. Today the screenplay has garnered





SAG-AFTRA and Board member Marc on the 2023 strike line in NY



recognition from 39 international film festivals. The budget is about \$3.5 million, and we're restarting our effort.

During the Covid lockdown while on a Zoom talk on producing, I met Viktor Perdula, a producer in Vienna. We connected. I recalled a screenplay I was working on based on a play I directed at The Lambs and told him I knew it needed work, but it could be filmed anywhere. Viktor liked the basic story but agreed it needed work, so I spent the lockdown doing a top-to-bottom rewrite on what is now titled COMEBACK IN VIENNA, adding a lot of my personal family history in Vienna to the lead character. Viktor optioned it and wanted me to direct it. I've made several trips to Vienna and it's moving forward. Just today it received Honorary Mention for Best Romantic Screenplay in Switzerland, giving that screenplay recognition from 43 international festivals. An Academy Award winning actor is interested in the male lead, and a female Academy Award winning actor is now reading the script for female lead role. As I write this I'm preparing for another visit to Vienna. This romantic comedy is for an older couple of fading film stars and will film 100% in Vienna, mainly in English, and has a budget of 6m EU.

We did several readings of both screenplays in NYC. MEGABALL\$ at The Lambs, and the Austrian Cultural Forum hosted COMEBACK. The audience made it clear these projects are ready! Not sure which film will pull together first – I'm thinking COMEBACK will – but each will help the other.

I'm looking forward to leading screenplay salons at The Lambs, and at the SAG-AFTRA NY Conservatory later this year.

Can you tell us more about your upcoming biography project, "Brothers in Stone," and what inspired you to delve into your family's history?

I grew up surrounded by many sculptures of my Viennese grandfather, Josef Josephu, but really didn't know much about our family history. Usually, my questions were answered with not much information. My whole life I was told that all the family left behind died during World War II. About 25 years ago my mother and I attempted to sell some reproductions of my grandfather's work. An art dealer told me they needed more information on my

grandfather's history, so I began my research. My mother didn't remember much detail. I knew she and her parents came to New York escaping Hitler in September of 1939, and that they knew some famous people. While in the US my grandfather was commissioned to create a small piece for the film SINCE YOU WENT AWAY.

At one point I created a very basic website about some statues. From that I received two emails just a few weeks apart. One from my mother's cousin, and the other from a distant family member, so the family had not all died off. When my mother died, these cousins invited me to visit, and we've become very close. Two years ago, I became an Austrian dual citizen. BROTHERS IN STONE, the current title, will be the illustrated biography of my grandfather and his brother, Florian, a sculptor, and rival, with hopes to locate and identify their works, but focused more on my grandfather because my cousin Sabina is working on her grandfather's bio as well. There are hundreds of photos. The "famous people"? ... Egon Schiele, Gustav Klimt, Oskar Kokoschka, Emmerich Kalman and Franz Lehar And in our family tree are Croatia sculptor Ivan Mestrovic, both Alma Schindler Mahler and Gustav Mahler, and a great uncle knighted by the Emperor Franz Josef. My cousins have been a huge help – I couldn't have made much progress without them. My 8th visit to Vienna is coming up soon, and will include meetings with my film production team, spending time with my cousins and friends there. The research continues, digging deeper and deeper.

With your extensive experience in both stage and screen productions, what advice would you offer to aspiring actors and filmmakers looking to make their mark in the industry?

My advice is to find like-minded creative people and create! Write a scene, a one-act, a feature, a short, and find a way to make it happen. It may not take you where you want, but it will satisfy that creative spark and keep your fires burning until bigger opportunities come your way. This industry can take its toll and it's imperative to keep yourself creative.

Instagram: OrolorEnt

www.MarcBaron.com

www.ComebackInVienna.com



MY ESCAPE... FROM A DUNGEON OF DARKNESS TO DANCING

Charmaine L. Daniels

I feel enveloped by a dense aura of dark space. Escaping the agony seems impossible. What time is it. How long have I been here, it looks like it is very late in the evening, close to early morning hours. I do not have any idea. I am waiting for him to fall deeper into his sleep. It's not like it never happened to anyone else, but when it happens to you, it just seems so unfair and ridiculous. When the agony is this bad, a person just knows that no one else has ever had this kind of pain. I wonder why that is. Am I just more sensitive to this type of tragedy? And how on earth am I going to get out of it? Is it because I have avoided such a disaster until now, or should I be uniquely punished? It feels like an exceptional type of torture, one of those continued events that is indescribable until a person experiences it yourself.

I tried to clear my mind of the pain, the drama, the torture. I have known all kinds of aches and pain before, but nothing like this, not even the rejection, the suicide, or the abortion. No suffering such as this has ever touched me so severely. In how many ways can pain be described? Is there a level for which a word has not yet been invented? This is how I feel right now. It feels as if there are millions and millions of sharp objects that is piercing through each and every bone in my body. I attempt to move, but it seems my legs are freezing. I am lying on my back, it is quiet and dark. I begin to take stock of things, trying to decide whether the pain is subsiding. It is then when I realise the pain is not physical, but emotional. My inner soul. It is feeling like the broken pieces that I felt earlier, which was caused by the sharp objects piercing unto my bones. And what I am left with now is the result of it, billions and billions of broken pieces in my body.

The shame and embarrassment find a place in my mind to add additional torture. However, it becomes obvious that if I do not do something soon, I might

just get raped all over again. Incalculable time goes by as I lie motionless. It is blissfully quiet and still, just the pain, which rolls upon me in waves, teasing me at times into thinking it was decreasing, only to attack me with fresh hell unannounced.

It is my experience of how I learned to tell myself the truth about myself, only when it became too excruciatingly painful to hold on to the lie. I had to learn that I am different in acknowledging that feeling isolated is lonely, but normal. I became a

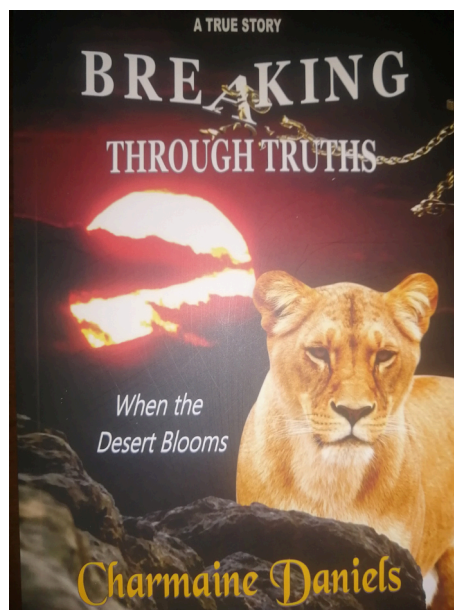
broken woman who created a broken life because I needed broken people to support the narrative,

Breaking Through Truths, candidly expressed the raw emotions of my soul transcribed with unreserved transparency, as I take you on a tour of my life. As you jump on the bus in chapter 1, no station is missed as being insignificant, no detail is spared as being too private, and as you riding with me, you will experience that this journey is intense, diverse and peppered with excruciating pain. Then, after an intense and impassioned ride,

we arrive at a station and look out at a beautiful new landscape. It is still. There is a fresh breeze. The sun is peeping and beaming its rays across a new morning, and we see Jesus in His magnificent glory appear, and take every fragment of my life and produce a tapestry of such evolving beauty for His glory, as I am dancing unending, while the horizon is breaking through, a brightening of all symphonies of reds and purples, and golds.

This book attempt to help you to break through your personal defects, which led me to the edge of my personal power, and how I have learned to love and accept myself in the midst of all that I discover about myself, which forced me to ultimately push through an exit of my dark places.

Charmainedaniels31@gmail.com



INTERVIEW WITH ANDY CASE

Hello Andy, welcome to The Relatable Voice Magazine. Please tell us about yourself.

I was born and bred in Robin Hood country. That being Nottingham, England. I've lived in Notts for 45 years so far. I'm a book illustrator and part time teacher.

What do you like to do in your spare time?

I like to keep busy with creative projects and always have an idea for something that could be created. I have recorded music, written a novel, created a comic strip. I would like to make a film and a board game next. I'm also a big fan of retro video games and have a substantial collection at home. I am also very interested in US Political satire shows and learned everything I know about how the American political system works from Jon Stewart and Stephen Colbert.

What drew you to the field of illustration, and what keeps you passionate about it today?

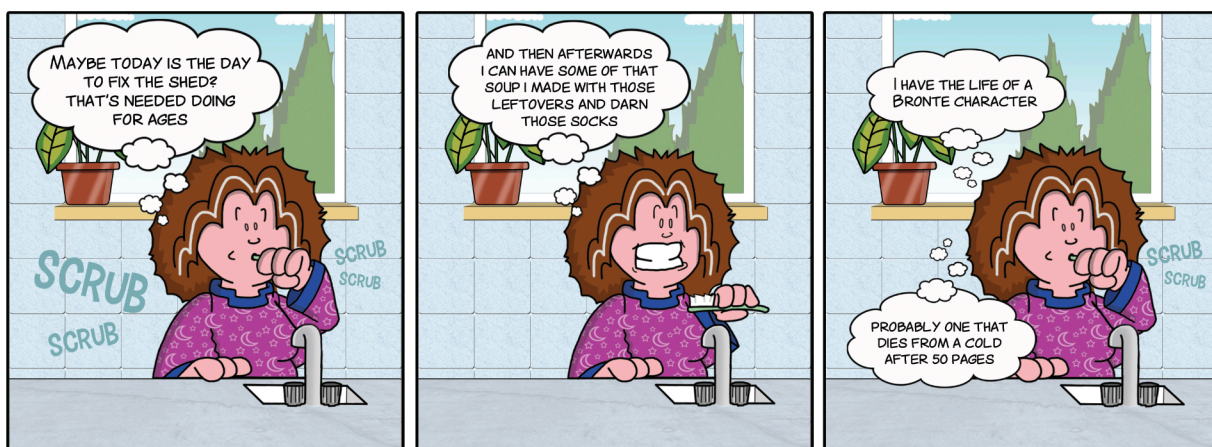
I remember a wet, blustery day when I was around four years of age. For some reason, as I stayed inside and sheltered from the rain, I started tracing over a comic strip from a UK comic called 'The Dandy'. I spent about an hour copying the cartoon strip perfectly and from that day I drew every day for the next 10 years, learning how to draw my own characters and how to create stories that entertained people. By the time I reached the age of 12, I was being commissioned by companies to create cartoons for their marketing. To me, drawing and illustration it is one of the most calming and

satisfying activities you can do. I can sit down to draw something and still be lost in it three hours later.

Can you walk me through your creative process from concept to completion for a typical project?

The creative process for a book contains many facets and each author and book has different elements which means that one of the main skills I use is adaptability. When working with publishers, there tends to be a set process to how book illustrations are produced, and it is fairly strict. I will produce rough sketches of the pages, have them signed off through the publisher by the author and then create the colour pages. If I produce the book through my own creative business I have a lot more freedom and can set my own timescale. This allows me to put even more detail and little touches into the final illustration and clients tend to get a lot more content. I will generally illustrate lots of different types of content and create a bank of assets which can then be spread around the book and give the illustrations a cohesive feel. I also have the freedom to adapt these assets for use as social media banners and advertisements, so the client can use more tailored illustrations to build excitement in their book release.

How do you approach collaborating with clients or authors to bring their visions to life while maintaining your artistic style?





Could you share a particularly challenging project you've worked on and how you overcame any obstacles or creative blocks?

When I was commissioned by Steven Joseph to create illustrations for the first 'Snoodles' book; Snoodles, Kidoodles, Poodles and Lot and Lots of Noodle, it was not like any other book I'd illustrated before. Steven had written a story that felt immense in terms of scope and scale and as a result, I realised that it would need to have a whole world built around it, in order to fully do the story justice. As a result, I spent an awful lot of time building the world and adding concepts and assets to the illustrations that were not even part of the main story but made it feel like it this story was one of many stories contained in this world. It was this decision that made it straightforward to overcome blocks in creativity or periods of procrastination. I decided to illustrate the book in a non linear way. I created the backgrounds first, then all the characters that would inhabit this world. That created the society that the main

characters would appear in, and also meant that I could illustrate immediately and have a foundation created for when I needed to perfect the main characters. This also meant that time was spent designing images that normally wouldn't get drawn, such as a set of newspapers and magazine covers, that became a feature of the series but began as only a very small idea in the writing.

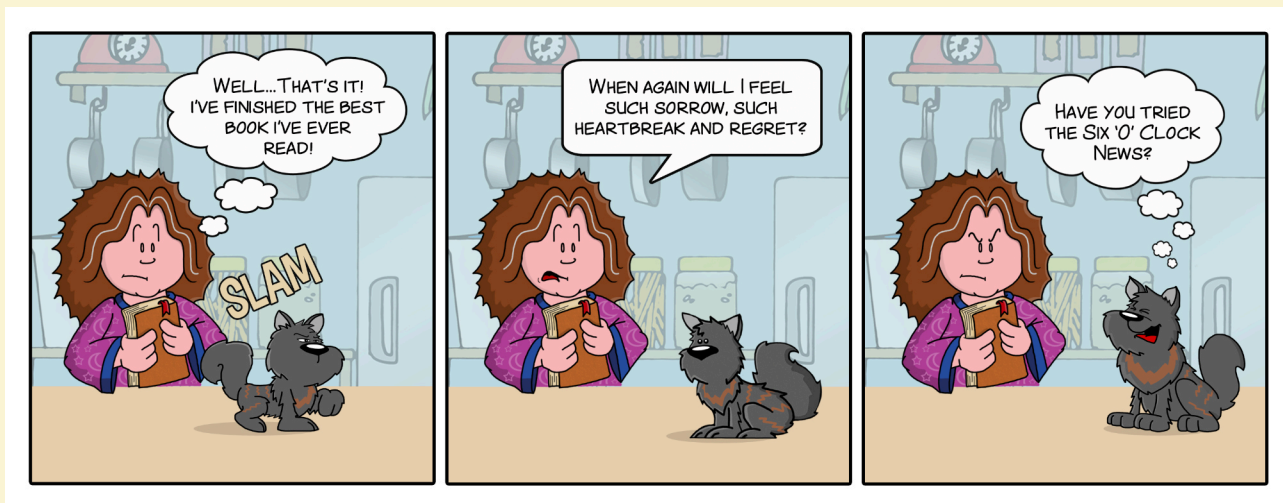
Obstacles in creating the right illustrations come in a myriad of different ways and generally these can be foreseen now, due to the benefit of experience and hindsight. Research is a vital part of succeeding in this field. Authors tend to write what they love and as a consequence they know an awful lot about the subject they are writing about. One of the hardest series of books I had to illustrate was 'Swiftly the Magic Aeroplane'. The author had a great deal of experience as a pilot and if the illustrations of the plane's chassis, trajectory when flying, or other details were not right, they would have to be re-drawn. I spent a long time learning about planes. Research is also important because,

Most authors will pick me as their illustrator because my style would work well with their ideas and vision for the book, so I know that I am free to create in my style knowing that the type of illustration I create will not need to be fundamentally changed. Each publisher I work with have a portfolio of my style so if a book comes my way I know that my style is suitable. I have an approach with clients that 'feedback is a gift', to quote a previous headteacher I worked for. An author will know when the character I've created speaks to them, so time is spent creating the main protagonists of the story until that moment happens. Once that milestone has been reached, the book comes together relatively straightforwardly. I like to involve clients as I work, so they feel like they are part of the journey, as opposed to receiving illustrations at the end. I find that authors have a much more emotional connection with the book as a result and this leads them to creating further work. I think this approach has meant I've worked on more series of books than stand alone, one off creations.

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as a UK illustrator working predominantly with US authors, I've had to acclimatise myself with another culture that I've never seen. My illustrations often need to reflect an American reality so I constantly research mundane parts of American life, from what products are being bought, to what streets look like and to how people dress. This helps me create illustrations that work for an American audience.

How do you balance staying true to your artistic vision while also meeting the needs and expectations of your clients or audience?

Before I even start to illustrate the book, I will have read it a few times and consulted with the author on how they see the book looking. It is helpful at this stage to talk about visual reference points and various other types of media that has helped shaped their story. Once I've researched the reference points, the book starts to take shape in my head within the parameters set and I feel free to create the work. More often than not I will send over a couple of illustrations to the author as I complete them and then modify them if needed and take general feedback moving forward. Then I'm free to complete a large chunk of the work as we have agreed the direction of the visuals.

You released your first album, "Leap of Faith".

What made you venture into the world of music?

Illustration can be a bit of an isolated existence. I decided to record and release an album because it helped me to leave the house and do something. I wrote the album with my good friend Nigel Measures, and spent a year going into the studio at different times and recording the songs. It taught me a lot about how to cope with a project that takes

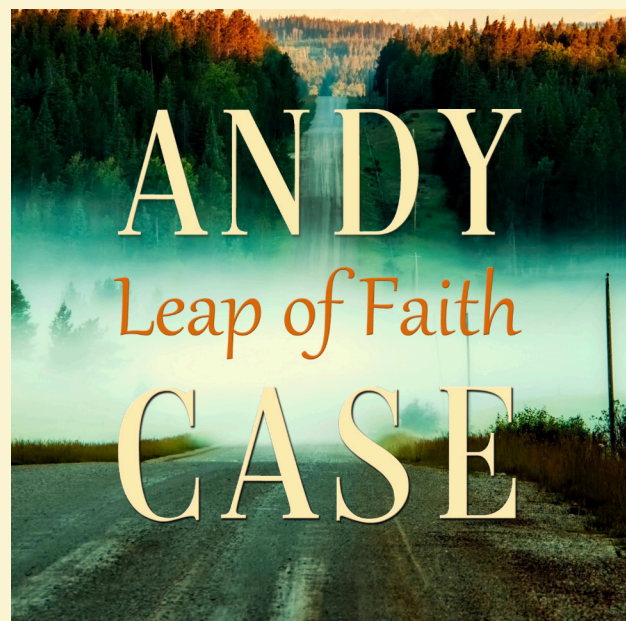
a significant amount of time to complete and the patience needed to do it successfully.

Can you tell us about the themes or emotions behind your debut album?

When we began making this album, I was clear I wanted to make it a country rock album, so we tried to incorporate those country type themes into the lyrics, such as loneliness, heartache, hope etc. Nigel is a master of the heartbreak song, so I was in good hands there. The album is quite energetic and rocky so the lyrics juxtaposed the music nicely. Especially on a song, like 'Tired' which is about being too tired to bothered and is accompanied by a stonking rock beat.

What is coming next for you?

I've just completed the next Snoodles book, 'Snoodles in Space Episode 2: The Zoodles Strike Back!', which is coming out very soon and will

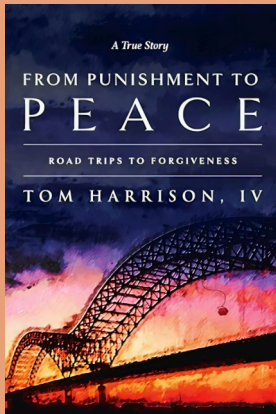


beginning preparing the follow up to this book just after Easter. I'm also about to begin a new series of books featuring the character from my first ever book, Frederick the Paramedic and continue work on a long term project 'Death Game in the Cabinet of Horrors', which is a 'Choose Your Own Adventure' book. I'll also be releasing another song later in the year if I get time as well. I've also just developed a cartoon strip, called 'Lil' Bit Witchy'. One of my all time ambitions is to have a comic strip printed in a magazine, and I've produced over 70 strips so far, so I'm hoping that It'll get published somewhere.

<http://www.andycaseillustration.com>



BOOK RECOMMENDATIONS



Tommy couldn't move on from his years in Memphis. Emotionally abused as a child, the successful businessman buried his need for healing beneath a jet-setting lifestyle. But it was revealing conversations with his homeless, street-smart, and drug-dependent uncle that finally broke his thirty-year spiral in search of peace.

As they journey deep into the broken shards of their shared past, will the abuse they each suffered, the addictions they both carried, and the help they desperately desired finally be revealed?

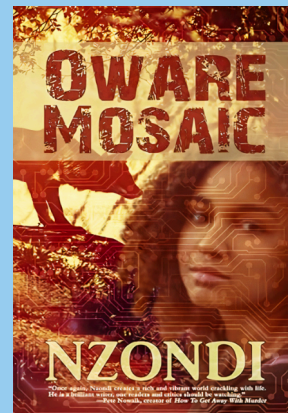
From Punishment to Peace: Road Trips to Forgiveness is a thought-provoking, philosophical memoir. If you like reading about raw spiritual insights and the healing of deep emotional and physical trauma, you'll love Tom Harrison's poignant and moving story of discovery.

In the Metaverse, No One Knows the Dead Better than Feeni Xo

The story is set on alternate Earth and follows the life of Feeni Xo, a teenage enhuman girl who wants to become an investigative forensic coroner. Similar to vampires, "enhumans" need human blood for sustenance but thanks to the creation of synthetic blood, don't need to break enhuman laws by harming humans for survival.

One night, coming home from a party, Feeni seems to kill a young girl. Her brother, who is a police officer, helps her cover it up, but when Feeni retreats to the metaverse to play a virtual reality game that uses data from police cold cases, she discovers the dead girl in real life is actually the younger sister of her neighbor, who also happens to be a police officer.

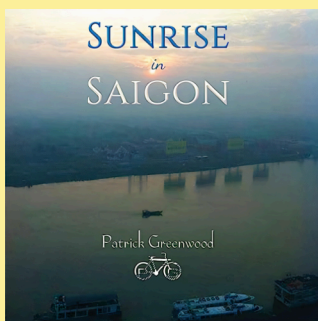
Overwhelmed with guilt, she's forced to help her neighbor investigate her sister's death in a case that becomes ominous when they play the House of Oware game that's been reprogrammed to kill every participant.

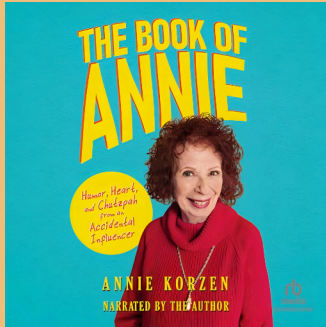


Sunrise in Saigon is a historical romance novel about Jack Kendall and Linh Ngo, two individuals struggling with unhappy marriages and poor health. After connecting online, Jack sets out on a cycling tour of Vietnam to meet Linh while keeping his intentions hidden. They both choose to leave their current relationships and share an unforgettable romance. But like all good things, their time together is limited, and the sunrise in Saigon symbolizes their love that lasts a lifetime.

Intrigued by the country of Vietnam since 11, Jack Kendall long remembered the fall of Saigon in 1975 and its painful aftermath. Jack learns from eyewitnesses about the long shadow of the Vietnam war, its atrocities, and its aftermath.

After years of chatting online, Jack desires to follow his heart to meet Linh in person. Linh, wanting to feel Jack's love, wanted nothing more than to be held by him.





Wildly funny musings from an eighty-three-year-old TikTok sensation.

“Understated” and “tasteful” could never be applied to Annie, and that’s just fine with her. A colorful actress with a decades-long career in TV, film, and theater—including a recurring role on Seinfeld and a center-stage spot touring with The Moth—Annie offers her trademark unabashed takes on both everyday and typically taboo topics. Whether she’s sharing her thoughts on the miracle of childbirth (“It’s a miracle that anyone who’s been through it is willing to do it again”), religion (“William Shakespeare was not Jewish; no Jew could write a play called All’s Well That Ends Well”), motherhood, or any other topic, Annie will have you laughing out loud.

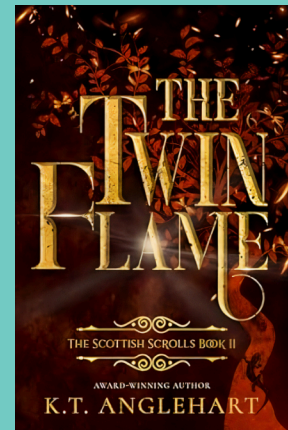
Underlying the humor are poignant observations that feel particularly relevant today: the importance of kindness and consideration, how we’re all more alike than different, and the freedom to be found in self-acceptance. You’ll put down this book feeling not just lighter but inspired by Annie’s wisdom and insight, gathered over eight decades.

Mckenna O'Dwyer knows she's impulsive. Sometimes reckless. She also knows she's a witch and keeps reincarnating as one, for reasons only her mother, Abby, can help her fully understand.

After weeks of searching, mother and daughter finally reunite—just as Elizabeth Dunlop’s prophecy states—and Abby is keen on helping Mckenna get a firm grasp on her abilities. She teaches her the proper way to channel elemental magic...but Mckenna soon discovers there’s a shortcut, something Cillian fully supports if it means getting quicker, more powerful results.

At first, Mckenna will do anything to thwart the High Priestess once and for all, before her powers are used to wipe out billions of souls. But the white horse Echna’s devastating vision of Mother Nature continues to haunt her. Is that the future awaiting them if the Scottish Scrolls aren’t fulfilled?

Which is the lesser evil?



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Art Director	Lucia Matuonto
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