

AU's professor-poet Ben Howard publishes essay, poetry, article

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An essay about teaching meditation at Alfred University is among English Professor Ben Howard's recent publications. The essay, "Cranberry Juice: Mindfulness for College Students," appears in the current issue of the *Mindfulness Bell*, the journal of the Community of Mindful Living. "The essay describes the experience of teaching mindfulness practice to Honors students at Alfred University," Howard said. "Among the positive outcomes reported by students are reduction of stress, enhanced clarity and concentration, improved academic performance, and greater awareness of the environment." Another recent prose publication, "Mysterious Crafts: The Figure of Printing in the Poems of Greg Delanty," appears in the spring 2002 issue of *New Hibernia Review*, a scholarly journal affiliated with the Center of Irish Studies in St. Paul, MN. The article examines, among other things, Delanty's use of the "hellbox" as a metaphor for the immigrant experience. The hellbox was the bin where hot-metal printers threw discarded type. It was melted down and used to form new characters. Howard's poetry appears in four recent publications. Three sections of his poem "Dark Pool" appear in the current issue of *Poetry Ireland Review*, published in Dublin. "The original, Viking name for Dublin meant 'dark pool,' which became the Irish *dubh linn* and later the English 'Dublin,'" Howard explained. Set in contemporary Dublin, the eight-part poem is a meditation on the provenance of names. Four other sections of the poem appear in the current issue of *TriQuarterly*, the American literary journal published by Northwestern University. The whole poem will appear in *Dark Pool: Poems 1994-2000*, to be released next year by Salmon Poetry (Co. Clare, Ireland.) Two poems appear in the current issue of *On Earth*, the journal of the National Resources Defense Council, formerly known as the *Amicus Journal*. Devoted mainly to environmental issues, this journal has always made a place for poetry, Howard said. Finally, two poems appear in the fall 2001 issue of *Sewanee Review*, and a review-essay about the work of George Moore just appeared in the winter 2002 issue. George Moore is an Anglo-Irish novelist.