

Arts & Entertainment

Arts Coalition Debuts To Raise Money For WWII Monument

By MARYLOU MORANO
Specially Written for The Westfield Leader and The Times

WESTFIELD – Eighty-four Westfield men gave their lives for their country in World War II, and now, thanks to the initiative of a young Westfield resident, those who died will be remembered for generations to come.

Thomas Hogaboom, 17, a Life Scout in Troop 73, is planning a memorial to the 84 fallen heroes. His work on behalf of a Westfield WWII Memorial will go towards the requirements he must meet in order to become an Eagle Scout.

The town's current manner of recognizing those lost in WWII is with a plaque outside the community room in the municipal building.

The new monument is six feet tall and constructed from light grey granite. It is shaped like a pyramid with a top that is tapered to a V-for-Victory. The name of each man killed will be engraved in the granite.

For the project to become a reality, Thomas must raise a total of \$33,000. To help with the endeavor, on Sunday, June 18, in the sanctuary of Temple Emanu-El in Westfield, the newly formed Arts Coalition of New Jersey (TAC) presented "Songs & Spirit of WWII," a concert to raise funds for the Westfield WWII Memorial that Thomas is planning.

TAC is an association of fine and performing arts groups based in Westfield. Its members include the New Jersey Workshop for the Arts, The Choral Arts Society of New Jersey, The Oratorio Singers of Westfield, the Westfield Community Band, The Westfield Art Association and the Westfield Symphony.

The mission of TAC is to advance and sustain common interests and causes to benefit the Westfield community and surrounding areas.

"Songs and Spirit of WWII" marked TAC's debut performance. The organization was officially organized and recognized in March 2006. Sunday's concert featured the singers of the Choral Arts Society of New Jersey (CAS) under the direction of James Little and the Oratorio Singers of Westfield, directed by Trent Johnson.

"Those who died in WWII from Westfield deserve special recognition," Thomas told the *Westfield Leader* and *The Times*, shortly before the concert began.

Dr. Ted Schlosberg, Director of New Jersey Workshop for the Arts, is in charge of fundraising for the WWII Memorial project. He opened the concert with a few words about the role TAC plans to play in Westfield, mentioning specifically that TAC wishes to participate in the celebrations of the community.

He also thanked all involved in the concert, and noted that all services pertaining to the concert were donated, allowing the fundraising efforts to incur no expenses.

Executive Director of Westfield Chamber of Commerce Naomi

McElynn also spoke a few words of gratitude for those producing the concert, and then introduced Thomas.

"I want to thank the 84 men who died so that I can live in freedom. God bless them all," Thomas said.

Once the concert started, the years rolled back in time to the WWII era. TAC's combined choir belted out popular tunes of the day, including Rogers & Hammerstein's "It's a Grand Night for Singing," "Bali Ha'!" and "Some Enchanted Evening."

Soprano soloist Olive Lynch delighted the audience with her rendition of "Till Then." Mr. Little, substituting for tenor soloist David Norwine, sang "Don't Sit Under the Apple Tree" as a duet with Ms. Lynch. "Although Thomas envisioned the scope of this project, he couldn't be deterred," said Thomas's father, Peter Hogaboom. "Nor has he complained once," he added.

In an interesting twist to the story of the Westfield WWII Memorial, Mr. Hogaboom has heard a rumor that there is an 85th hero whose name should be included on the monument. He is requesting anyone who knows of an additional person to contact him

at (908) 518-5448.

Much of the money Thomas raised prior to the concert has come from individuals, members of Westfield civic organizations and the Westfield Foundation, according to Mr. Hogaboom.

"Songs and Spirit of WWII" raised approximately \$2500.

An additional fundraiser is tentatively in the works for October at Westfield High School. In keeping with the WWII theme, a USO-type of dance featuring swing music is being considered.

The June 18 "Songs and Spirit of WWII" will be shown on TV-36 within the next few weeks.

Thomas is hopeful that the Westfield WWII Memorial will be ready for dedication either on Veterans Day or Pearl Harbor Day of this year.

Anyone interested in contributing to the Westfield WWII Memorial honoring the 84 who gave their lives for their country can send a check to: Westfield United Way/WWII Memorial, 301 North Ave., W. Westfield, NJ 07090. Please mark the memo line of your check "WWII Memorial."

HOME & GARDEN TRENDS



What to Do with Living on the Outside

By CHRISTIE STORMS
Specially Written for The Westfield Leader and The Times

If you asked a few people what comprises a "living room," you'd probably get varied responses. One could cite elegantly appointed wing chairs, silk draperies and precious antiques, while another might say couch, TV, beer and chips. But few would probably speak of blue skies and tumbled brick pavers.

We seldom think of our backyard patios or decks as "rooms," but they do deserve to be treated as such. And the best part is that nature already provided a gorgeous backdrop, so all we need to do is accessorize. No matter what your budget, you can transform your deck or patio into a genuine living room both for your own relaxation and as the perfect haven to entertain guests.

Start by viewing the space as if it were an indoor room. Where will people sit and how will you arrange the furniture to encourage conversation and maximize views? For smaller spaces, a simple table or two surrounded by chairs will do the job. Try dividing a larger patio or deck into a cooking and dining area as well as one with couches, end tables and easy chairs just like an indoor living room.

When selecting outdoor furnishings, there are as many styles and finishes as there are budgets. Jennifer Sypeck of Smith & Hawken, a national chain with a local store in Westfield, discussed the differences between some of the materials.

Those who love the warm look of wood might want to choose teak. Ms. Sypeck explained that teak trees grow from 60 to 80 years, and the older the tree, the less sap it has in it, making it more durable.

"It's all-weather, but just like a person, it ages," Ms. Sypeck said. "It starts out as a rich honey color and throughout the years, it turns a silvery grey which many people love."

However, if you'd like to maintain the honey color, Smith & Hawken sells a teak cleaner and protector to apply once or twice per year.

Another popular choice is metal furniture.

"Cast aluminum isn't as heavy as wrought iron, so you can move it around easier," Ms. Sypeck explained. "You can get many beautiful finishes. We have one with a bronze undertone that's hand-rubbed black for an antique look."

"The one thing with metal, if you're seaside and leave it out, salt can cause corrosion," Ms. Sypeck warned. "So we do recommend you cover it in inclement weather. But the finish we use is such a thick process, you'd probably break the piece before it could rust."

Wicker has also been a favorite for outdoor furnishings for many years. Smith & Hawken use a hand-woven poly resin to create an all-weather wicker. It comes in variegated colors like weathered rattan and can be styled like traditional seating with rolled arms. Caring for it is also easy.

"Literally, you can just hose this wicker off to clean it," Ms. Sypeck said.

If you already have furniture but want to give it new life, try adding colorful throw pillows or cushions.

According to Ms. Sypeck, it is recommended that these items be brought indoors during inclement weather because while fabrics are all weather, the foam core can absorb water and take a long time to dry completely.

Similar to a regular living room, you can anchor seating areas in your outdoor space by adding an area rug or two. Look for ones that are all-weather and easy care.

And no room is truly complete without lighting. Traditionally styled table

lamps and even small chandeliers have been designed specifically for use outside.

Ms. Sypeck explained the difference between these items and their indoor versions. "The wiring is different, but it's the protective casing around the light bulb that's the main thing," she said.

There are also ways to light up your outdoor room without investing a lot of money or requiring an electrician to wire it.

Bruce Campbell of The Party Stop/Costume Corner in Westfield rents string lights and hanging lights, but also sells tall "tiki torches" and luminary bags for candles.

"We even have a spinning disco ball that you can just set on the ground," Mr. Campbell said.

Remember entertaining in your outdoor living room doesn't have to be limited to casual paper and plastic affairs. Try using table linens and candelabra for more formal events.

Scott Edmonds of The Flower Zone in Westfield offered centerpiece suggestions suitable for any summer-time soiree.

"Try taking a clear glass bowl and fill it with whole oranges, limes, blueberries or cherries and place flower heads between the fruit," Mr. Edmonds advised. "Hot pink flowers against bright green limes works really well. Or slice lemons and limes and float them in water."

For a more casual affair, Mr. Edmonds recommended, "Use some old canning jars on a red and white checkered tablecloth, then cut some peonies or hydrangeas short and tight and keep the arrangement simple. Or, take an old galvanized bucket and fill it with gerber daisies or sunflowers."

So this summer, take some time to dress up your patio or deck areas. You might just find that your favorite living space was right here in your own backyard all along.

Do you have a home or garden question or topic you'd like to see covered in this column? Send your inquiries to cstorms@goleader.com.

Berkeley Heights

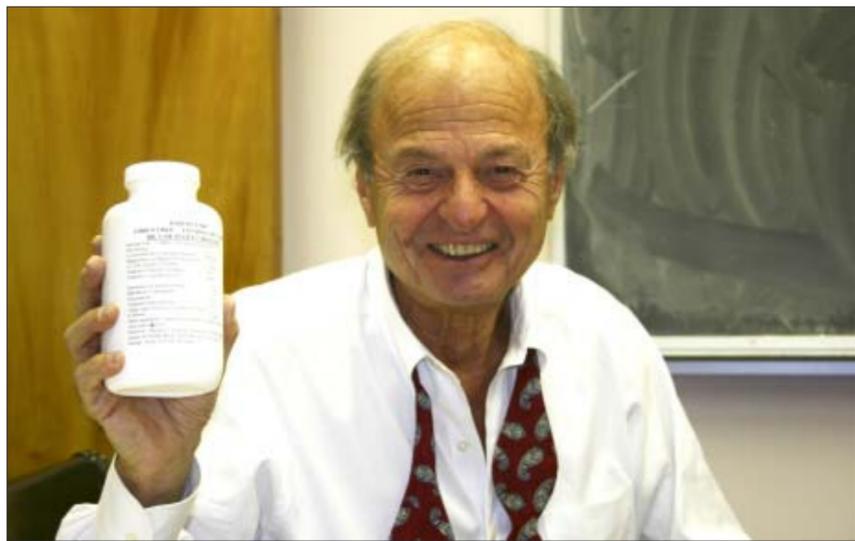
Museum Opens

BERKELEY HEIGHTS – The Littell-Lord Farmhouse museum, located at 31 Horseshoe Road in Berkeley Heights, is open. The museum is a restored, authentically furnished, circa 1760 dwelling with later additions. The museum is listed in both the New Jersey and National Registers of Historic Places. Visitors get a glimpse into earlier life in Berkeley Heights and Union County.

Guided tours of the 18-acre site are free and include the museum and the recently established Historic Sampler Garden. The museum will be open to the public from 2 to 4 p.m. on the third Sunday of every month from now through October. For additional information, call (908) 464-3947.



LITTELL FARMHOUSE ON THE PRAIRIE...The Littell-Lord Farmhouse museum, located at 31 Horseshoe Road in Berkeley Heights, is open for guided tours. It will be open to the public from 2 to 4 p.m. on the third Sunday of every month from now through October. For additional information, call (908) 464-3947.



Michael J. Pollack for The Westfield Leader and The Times
AGE OF DISCOVERY...Westfield physician and medical research authority Dr. Stephen DeFelice holds his "drink mix," which he believes will reverse the aging process, a subject he approaches in his new novel, "He Made Them Young Again."

Westfield's Dr. Stephen DeFelice Answers the 'Age-old Question'

By MICHAEL JOSEPH POLLACK
Specially Written for The Westfield Leader and The Times

WESTFIELD – A bowtied Dr. Stephen DeFelice, 70, energetically places an idea on his chalkboard, draws spokes from one concept to another and occasionally takes a seat to reminisce about Pavarotti or dining with Senate Majority Leader Bill Frist. Whether discussing the Greek logos or the "old Italian neighborhood," the good doctor does so with a philosophical gusto and an uncharacteristically youthful laugh, which contrasts his professional speech.

A Westfield physician and recognized world authority on medical research, Dr. DeFelice has made reversing the aging process his top priority after years of research and discovery. He is convinced that reversing the aging process will happen soon, while slowing it down won't happen for a long time. He recently penned a novel, which brings aging into clear view and explores the benefits and detriments of reversing it.

He admits to thinking about aging in the 1960s and eventually theorized that dying by aging is a disease and, like any other disease, has symptoms that can be remedied.

He tells of a time enjoying martinis in Florida when he noticed a man get up slowly. Dr. DeFelice demonstrates, with full grimace and feebleness, the man's attempt to stretch his joints and remembers saying to himself, "What is this? This is aging. You can't define aging. It's not like diabetes. You can't biochemically define it."

What is universal, the doctor noted, is the inexorable deterioration of mental and physical performance due to the loss of body energy.

"That's where to look for the remedy to aging – to increase body energy," he said.

He continued: "In those days, they said to me, 'Aging is natural, DeFelice. You're nuts.' I gave a talk at the Endocrine Society of Philadelphia and they said 'it's (dying) God's way. You're gonna die. You can't do anything about it.' I said 'No, it's a disease. It's like anything else. It kills you. What do you think – through the ethers of the universe you die? Something happens in your body.'"

When he started to write his recently published novel "He Made Them Young Again" three years ago, he saw two ways of looking at aging – slowing it down and reversing it, "or at least the physical and mental deterioration of aging." He confessed that he "couldn't figure out how to get energy back in the mitochondria – the 'furnace of the cell' – in a way that made sense. I still hadn't figured it out until recently, and now it is time to see whether I'm right."

Dr. DeFelice has coined the term 'nutraceuticals,' which are dietary supplements with a medical or health value. The word now appears in the prestigious Oxford English Dictionary where Dr. DeFelice is credited. One nutraceutical he has studied is carnitine. During the Vietnam War, while working at the Walter Reed Army Institute of Research, he conducted animal studies which showed that carnitine reversed myocardial ischemia (lack of oxygen to the heart).

"If you give carnitine to a normal person, nothing happened," he added. "If I give it to people with carnitine-deficiency states (heart disease, renal dialysis), it works." Therefore, now Dr. DeFelice is working to, in a sense, create an artificial deficiency. "Let's create the need in the aging cell where the cell will accept certain nutraceuticals or dietary supplements."

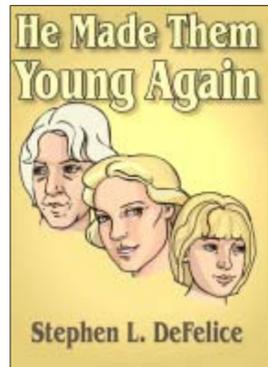
He theorized that one way to ac-

complish this is to stimulate cells with substances such as growth hormone and testosterone given along with the nutraceutical formula containing substances such as carnitine and magnesium and antioxidants that are essential in increasing, in a natural way, energy levels in body cells.

Perhaps the novel and studies on aging were destined. For Dr. DeFelice's 50th birthday celebration, he wrote a poem, which includes these fateful lines:

"Within a few years I will begin my quest/ To reverse the aging process; I do not jest. I have a plan which once initiated/ Will lead to THE DISCOVERY, which won't be debated./ Be of good cheer for you shall be the first to try/ My wondrous potion that will prevent youth from going bye-bye."

The novel examines the repercus-



sions of living longer. Some are positive and some highlight a potential detriment. In one instance, the book shows an old-time couple where the husband takes the medicine and the wife won't. She gets older, he gets younger and this causes serious problems in the marriage. In another instance, a 90-year-old doctor who is deteriorating takes it, is feeling good and has his energy back; however, his relatives and parents are dead and he is lost and has nowhere to go.

Many times, the book provides a successful conduit for Dr. DeFelice's commentary to reach his reading audience. For example, the young ide-

Workshop Drama Dept. Offers Variety of Courses

WESTFIELD – William Shakespeare's famous quote "All the world's a stage" certainly applies to the philosophy of the Drama Department of the Westfield Summer Workshop (WSW). Their instructors believe there is a value to drama training long after the curtain has been wrung down on a final performance.

The Drama Department, chaired by Denise Bellog, offers a variety of courses for children of all ages in its 2006 program. Even the youngest performers can benefit from the value offered by taking courses in this field of study. The developing of poise and self-confidence, which are all learned in these classes, can transfer to the life skills that anyone needs for future success.

The WSW program, for students in preschool to grade 12, will be held at Edison Intermediate School, Rahway Avenue, Westfield, from Tuesday, June 27 to Friday, July 28. Classes are held from 8:30 a.m. to 12:30 p.m. daily, and an afternoon program can be attended in conjunction with the Westfield YMCA.

Young performers in grades one, two and three can enroll in Adventures in Drama, where they will enjoy a variety of drama experiences through theater games, pantomime and story dramatization. Children's Theater, for grades four and five, will help participants develop acting techniques and work on characterization as they perform scenes from plays.

Older students in grades six, seven and eight, who would like a taste of the theater, can join Junior Acting Workshop. In this course they will work on character development, timing, movement and dialogue. They will use these skills to perform and interpret scripts.

For those in grades four through

alistic Dr. Giancarlo Avellino expresses, in much the same respect as Dr. DeFelice, disgust with the prevailing culture's blind spot to clinical research.

Early in the novel, Dr. Avellino tells his colleague that everything from aspirin to bathtubs can lead to an untimely death, "but in the clinical research area, for some perverse reason, we are shocked if anything bad happens...and there's not an influential soul in our country who is trying to educate people that patients in clinical studies will occasionally be hurt or die, just like people who drive cars." Dr. DeFelice does his characters justice by providing them with the same level of passion that informs his theories.

Is he worried about critics accusing him of "playing God" by prolonging lives that would normally be lost? "Does God get in the way of antibiotics?" he questioned. His voice becomes the most stern it will allow: "Aging is a disease with 100 percent mortality. Is God angered that we created insulin and we gave it to diabetics who'd have a certain rendezvous with death? It depends on how you view it. Why is aging different than disease? Who said: God said you can't do it? There is no God argument that makes sense."

He adds: "There is no argument that says you can't reverse and/or prolong life. There's no moral issue there. There's a thing called progress. It's inevitable. I don't mind, my friend, living longer, having a better mind, having more physical power. I would love it. A Buddhist would love it, an atheist would love it, a Christian would love it. It is good that I stay younger mentally and physically. What's wrong with that? Let society handle it. We have automobiles. Society accepts that and it causes pollution." In what he termed a "combination of altruism and selfishness," he said, "It's my choice."

Next for Dr. DeFelice is a Boston University Medical Center study, which he called the "most sophisticated study on age reversal." He has filed a patent and formed a corporation called Mitochondrial Horizons, L.L.C. Now what stands between the study becoming a reality is \$1.3 million.

CONTINUED ON PAGE 21

eight, "Whose Line Is It?" is an enjoyable way to act and react to improvisational situations. Students will create characters and situations responding to unscripted cues.

Also part of the Drama Department are courses in magic. Five separate classes, geared toward various grade levels from one through five, allow children to explore the world of the magician. They use the tricks provided to understand and perform basic magic routines.

Junior high school students, enrolled in Workshop Theater, will present *Seussical* on July 26 and 27. Those in the senior high school Showcase Theater will perform in the classic musical *Carousel* on July 20 and 21. Both productions will be held at Edison Intermediate School.

Drama is also part of the curriculum in the pre-kindergarten and kindergarten classes. These self-contained mini-workshops offer young students a creative first experience in the arts.

Courses in the Drama Department are part of the approximately 80 classes offered this season by the WSW, now celebrating its 35th year. Courses in arts, crafts, communications, dance, kaleidoscope, music and musical theater are also part of the WSW selections.

For more information on the New Jersey Workshop for the Arts, visit the office at 150-152 East Broad Street in Westfield, call (908) 518-1551 or see www.njworkshopforthearts.com.



The Lady in Question
By Charles Busch

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