

LOCAL STARS

## 'Five Steps to Spiritual Growth' Published by Dr. Peter Kalellis

By MICHELLE HELEN Le POIDEVIN  
Specially Written for The Westfield Leader and The Times

**WESTFIELD** - "Five Steps to Spiritual Growth, A Journey" by Dr. Peter Kalellis of Mountinside is a significant book whose intention is to point out the value of a human being, God's unique creation. The book is due out on Sunday, January 23.

Written in flowing language, the book helps a person - in spite of his or her past experience - to visualize the reality of present and future.

Dr. Kalellis has explored and gleaned aspects of spiritual life as experienced by personalities of Early Church history, and with simplicity, he introduces spirituality to today's reader as an attainable lifestyle.

The theme permeating the book is that humans are not just physical, they are spiritual beings by God's design. Awareness and effort to develop their own spirituality make life physically healthier and mentally happier.

The author assists readers to ascend each step with a feeling of relief that God is always present in their lives, accepting, loving, forgiving sins and unwitting errors.

The spiritual ascent becomes easier and smoother as we remove obstacles of destructive habits, evil thoughts and negativity. Abundant love and tender mercy, wisdom and direction are God's gifts. They are not imposed on anyone; one needs to be willing to receive them, and then the rest of the ascent becomes His work.

Today, professionals in the healing

arts, including psychiatrists, psychotherapists, marriage family therapists and social workers recognize how spiritual people regain their physical and emotional health faster than others who have no religious affiliation.

Having read Dr. Kalellis' previous book, "Restoring Your Self: Five Ways to a Healthier, Happier, and More Creative Life," I was particularly impressed by Part V, which deals with self-transformation.

I had a hunch another book was in the air and I am now delighted to see it in print: "Five Steps to Spiritual Growth, A Journey."

In these adverse times, media portrays the Hollywood lifestyle as reality, and our homes are inundated with news of terror and insecurity, and advertisements promote goods, which promise happiness and leave the consumer in deep debt. We are in dire need of something different, something worthwhile and fulfilling.

This book will take you on a journey, which offers something solid and different.

Dr. Kalellis provides easy-to-follow directives and allows readers to reconsider existent - perhaps dormant and healthy - qualities which are inner human properties that can be applied effectively.

Truly, this book does enrich the ascent of each step with insights and valuable material that, put into practice, will bring peace of mind, direction in life, strength, and wisdom to anyone who chooses to accept the offerings.

## Modern Man Trio Schedules Concert at Westfield Church

**WESTFIELD** - The Coffee With Conscience Concert Series in Westfield will present the comedic trio, Modern Man, in concert on Saturday, January 15, at the First United Methodist Church, located at 1 East Broad Street in Westfield.

Doors will open at 7:15 p.m. and the concert will begin at 8 p.m. Admission is \$14. All net proceeds will be donated to the Eric Johnson House in Morristown, which provides temporary housing for individuals with HIV/AIDS.

Consisting of David Buskin, Rob Carlson and George Wurzbach, Modern Man lampoons everything from the FBI to ESPN, mixing in musically provocative numbers. For more information,



Modern Man

please visit [www.modernman3.com](http://www.modernman3.com).

Reservations, which are strongly encouraged, can be made by calling the concert hotline at (908) 522-1501 or by e-mailing [concerts4causes@aol.com](mailto:concerts4causes@aol.com). Attendees should leave their first and last name, the number of seats needed and a telephone number.



OVER THE RAINBOW...The "Rainbow Land" team discusses their presentation during the Two Kingdoms exercise at the Union County-sponsored Artist Enrichment Symposium at Union County College in Cranford.



ILLUMINATING...For these symposium participants, medieval manuscript illumination begins with selecting an image to illuminate.

## TTP Offers Free Production, And Discussion of New Play

**CRANFORD** - The Theater Project (TTP), Union County College's (UCC) professional theater company, will offer a free performance and discussion of *We Beat Whitey Ford*, a new play by Kal Wagenheim of Millburn, on Sunday, January 16, at 3 p.m. at UCC, 1033 Springfield Avenue in Cranford. Admission to this program is free.

*We Beat Whitey Ford* is one of the new plays being generated by TTP's Playwrights Workshop for New Jersey-based authors.

During the script-in-hand performance in UCC's atrium, participants will have the opportunity to share their

feedback with TTP writers and discuss the plot with fellow audience members, while sipping coffee. The presentation will be followed by a discussion with Wagenheim and cast members.

*We Beat Whitey Ford* involves two former high school baseball teams - one black (Mitch) and one white (Hal) - meet 20 years later at Newark Airport, and seek to restore what once was.

According to Mark Spina of TTP, "This is a moving, often funny, tale of friendship, and of the chasm between youthful dreams and reality - between what we want and what we get."

## Dreyer and Vehslage To Feature Fiber Art At Belskie Museum

**WESTFIELD** - Throughout February, Westfield resident Joan Dreyer and Westfield native Carolyn Lee Vehslage will participate in "Fiber Revolution: Quilts as Art," an exhibition at the Belskie Museum, located at 280 High Street in Closter.



"Valentine Bouquet," 2002, 11" x 8" x 2" by Carolyn Lee Vehslage.

Dreyer and Vehslage are among 30 artists from Massachusetts, Connecticut, New York, New Jersey, Pennsylvania and the Delaware region of the Studio Art Quilt Associates to participate.

## 'Aspen Heir' Novel Will Be Released by Browne

**WESTFIELD** - Westfield resident Marlene Browne has announced that her second novel, "Aspen Heir," will be released in early 2005.

Ms. Browne is also the author of "The Divorce Process, Boomer's Guide to Divorce" and "To Prepare A Face."



A graduate of Boston College and Emory University School of Law, Ms. Browne has practiced family law since 1986. She was a leading partner in the matrimonial department of a New York Metropolitan area general service law firm. For more information, please visit [www.marlenebrowne.com](http://www.marlenebrowne.com).

## Art by Area Pupils Included in County's Traveling Exhibition

**COUNTY** - The Union County Board of Chosen Freeholders is sponsoring the 2004-2005 Teen Arts Traveling Exhibit at the Rahway Recreation Center, located at 1 City Hall Plaza in downtown Rahway through Sunday, February 6.

Westfield artists include Westfield High School student Allison Tiedrich and Beadleston High School student John Thompson.

Scotch Plains artists include Quadir Whitehurst of Centennial High School, Jorge De Jesus of Hillcrest Academy and George Bucet of the Union County Vocational-Technical School.

Artwork by Christina Pindar, a student at Deerfield School in Mountainside, is spotlighted, as well as pieces by Berkeley Heights students Lindsay Rica, Rebecca Schaal, Arda Hotz, Tess Perrin, Kika Turnier and Laura Calabrese.

## Keyboard Artist, Long, To Present Concert At Watchung Arts Ctr.

**WATCHUNG** - Keyboard artist, Christina Long, will present "A Journey Through 88 Keys - A Family Concert," with music by Copland, Debussy, Chopin and Liszt, on Sun-



Christina Long

day, January 30, at 4 p.m. at the Watchung Arts Center, located on the Watchung Circle at 18 Stirling Road.

Ms. Long has played in recitals and with orchestras throughout the United States, China, Taiwan and Poland and her performances have been praised for their "unusual elasticity, color, rhythmic clarity and creative fantasy." She and her sister, Beatrice, playing as The Long Duo, won the Ellis Duo Piano Competition.

General admission to the concert is \$15, \$10 for students and \$5 for children under 10 and includes a post-performance reception during which the audience is invited to meet Ms. Long.

For reservations, please call (908) 753-0190 or e-mail [WACenter@aol.com](mailto:WACenter@aol.com).

## Symposium

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the workshops, we want to have the experience that the kids are having and be able to network and talk to each other about creative ideas. So with that idea we wrote a grant to create this day for them," said Ms. Leary.

The event was sponsored by the Union County Board of Chosen Freeholders, represented at the event by Bette Jane Kowalski, the Union County Division of Cultural and Heritage Affairs, directed by Susan Coen, and the New Jersey State Council on the Arts.

# Arts & Entertainment



## Get Outta The House

By CAROL F. DAVIS  
Specially Written for The Westfield Leader and The Times

The husband and wife duo, Marian and Adrian Collins, will play *Music for Two Grand Pianos* on Sunday, January 16, at 4 p.m. at Calvary Episcopal Church, 31 Woodland Avenue, Summit. The program will include pieces by Bach, Saint-Saëns, Copland and Gershwin. Although there is no charge, a freewill offering will be collected. For more information, please call (908) 277-1547.

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The lively performance of the Fly Dance Company's *Cookin'* will wipe away any hint of the winter blahs, with their mix of classical music and hip-hop choreography. They're coming to the Union County Arts Center in Rahway on Saturday, January 15. Tickets are available for the 8 p.m. show, and are \$25 each for the general public. Call the box office at (732) 499-8226.

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The Forum Theatre Company in Metuchen is featuring a classic tale with a funny twist, *Goldilocks and the Three Bears*. It runs through Monday, January 17, at the *Kid's Forum*. The twist involves Goldilocks standing trial for B&E, petty theft, and vandalism and the music is classic 70s. How modern. It's appropriate for kids two and older. Tickets can be ordered by calling (732) 548-0582, or visiting them online at <http://www.akidsforum.com/>. Ask about the brunch special from *Dans on Main*.

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The Plainfield Symphony celebrates its 85th anniversary with a *Pops Concert* on Sunday, January 16. Charles Prince, formerly of the New York Pops, will conduct the program, which ranges from Copland and Bernstein to Bizet. Tickets, \$40 for the general public, and \$35 for seniors, are available at the door. Immediately following the concert, there will be an optional after-concert dinner/reception, for an extra fee, at a private home on Watchung Avenue, just a few blocks from the site of the performance - the Crescent Avenue Presbyterian Church. Call (908) 561-5140 or visit [www.plainfieldsymphony.org](http://www.plainfieldsymphony.org).

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The music/comedy troupe, *Modern Man*, will appear at the First United Methodist Church of Westfield on Saturday, January 15, at 8 p.m. The trio knows no boundaries in poking fun, and the music is original. Learn more about them or listen to some clips at: [www.modernman3.com](http://www.modernman3.com). Tickets are \$14, and doors open at 7:30 p.m.

## Choral Art Society Prepares Performance on January 15

**WESTFIELD** - The Choral Art Society of New Jersey, Inc. will perform George Frederick Handel's *Dixit Dominus* and John Rutter's *Birthday Madrigals* on Saturday, January 15, at 8 p.m. at The Presbyterian Church in Westfield, located on Mountain Avenue at East Broad Street.

James Little, Musical Director of the society, will conduct the evening's performance. While soloists will include sopranos Ellen Goff Entriken and Andi Campbell, alto Luthian Brackett, tenor Steven Sands and bass Dale Livingston.

The Choral Art Society Orchestra will accompany the chorus. General admission is \$15, with se-

nior citizen and student tickets at \$10 each. All tickets can be purchased at the door.

## Queen of Arts

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off your seafood and non-seafood creations with Blackberry Ice Cream, Sangria Ice Pops, Chunky White Chocolate S'mores or Strawberry Shortcake with Mint Cream. Yummo!

The coldest, snowiest days, trapped inside the house, can be combated when exploring the projects found in "Collage Sourcebook: Exploring the Art and Techniques of Collage" (Quarry Books, 2005, \$25) A short history of collage and a glossary of basic terms begins this volume, which covers collage projects using paper, found objects, fabric, encaustic, items from nature, and photographs.

Trompe l'oeil and weaving techniques inspire crafters choosing paper for their collages, while varied fibers, stitches and textures are explored in fabric collages. Monoprinting is also addressed, while mobiles and dolls made from fabric and found materials are also detailed.

If you possess a boundless imagination and are easily intrigued by piecing things together, you will find the art of collage to be rewarding. The vibrant photographs of finished collage projects will surely serve as excellent springboards for your own unique creations.

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"The Coastal Living Cookbook" can be purchased through [www.oxmoorhouse.com](http://www.oxmoorhouse.com), while the other titles featured in this column are available at [www.barnesandnoble.com](http://www.barnesandnoble.com).



BRIGHT CAST...The Light Bulb Players, a division of the New Jersey Workshop for the Arts (NJWA), will stage *You're a Good Man, Charlie Brown*, which is being produced, directed and performed by teenagers local to the Westfield area. *You're a Good Man, Charlie Brown* will be presented at The First Baptist Church on Elm Street in Westfield, on Saturday, January 22, at 3 and 7:30 p.m. For information and tickets, please call the NJWA at (908) 789-9696. Pictured, left to right, are: cast members Billy Geltzler, Kelly Braun, Natalie Narotsky, Michael Mielitcki, Connor Davis and Jennifer Dilzell.

## Bus Trip to View Dali Exhibit Planned by Arts Association

**SCOTCH PLAINS** - The Scotch Plains and Fanwood Arts Association will sponsor a bus trip to The Philadelphia Museum of Art on Tuesday, March 1, to see the Salvador Dali exhibition.

The museum is marking the 100th anniversary of Dali's birth with the first comprehensive retrospective of his work in over two decades.

The exhibition, which will encompass Dali's life as a painter, writer, object-maker, theater designer, filmmaker, theorist and self-publicist, will cover all periods of his career, emphasizing key moments in his work.

Approximately 200 pieces by Dali, many of which will be shown in the United States for the first time, will be included in the exhibit.

The bus will leave the Scotch Plains Municipal Building parking lot promptly at 8:30 a.m. and return at 5 p.m. The cost of the trip is \$45, which includes the bus fare, museum admission, and audio tour cassette.

Payment must be received by Sunday, January 30.

To reserve a space or obtain more information, please call Anne Gibbons at (908) 232-2631.

## County Cultural Arts Events Continue Throughout January

**COUNTY** - The Union County Division of Cultural and Heritage Affairs continues to offer arts exhibitions, theater performances and other opportunities throughout the month of January.

Artwork by Jane Fine will be exhibited at Domo Gallery, located at 447 Springfield Avenue in Summit, through Saturday, January 22. Admission is free.

The New Jersey Center for Visual Arts will present an art exhibit, "InterViews," works by Elise Siegal and Phillip Gabrieli at its Maple Street Gallery, located at 34-36 Maple Street in Summit. The free exhibit will be held through Sunday, January 23.

Bouras Galleries, located at 25 DeForest Avenue in Summit, will offer Cynthia Smith's "Bright, Bold Landscapes" through Monday, February 28. The gallery will also exhibit work by Berkeley Heights photographer Nancy Ori. Please call (908) 277-6054 for an appointment.

Union County College's (UCC) Tomasulo Gallery will continue to offer "Paintings," works by Tim Murphy, through Thursday, March 17. The gallery is located on UCC's Cranford campus on Springfield Avenue.

Reeves-Reed Arboretum, located at 165 Hobart Avenue in Summit, will present serigraph prints by Elissa F. Merkl through Monday, February 14. Members of the Linden Art Associa-

tion are currently exhibiting their creations at the Freeholder's Gallery, Union County Administration Building, Sixth Floor at Elizabethtown Plaza in Elizabethtown. This free exhibit will be presented through Monday, February 28.

Multimedia works by Christine Dolinich will be featured at the Pearl Street Gallery, located at 633 Pearl Street in Elizabeth. Call (908) 558-2550 for more information on this free exhibit, which will last through Tuesday, March 15.

The Donald B. Palmer Museum at the Springfield Free Public Library, located at 66 Mountain Avenue in Springfield, will display the works of James Feuss. Call (973) 376-4930 for more information on this free exhibit slated through Thursday, February 24.

The YM-YWHA of Union County will present "Reeds, Rhythm & All That Brass," a dance program, through Sunday, January 16, from 1:30 to 3:30 p.m. for free. Call (908) 289-8112 for details.

The New Jersey Intergenerational Chorus will present their "Winter Concert" with works by Bach, Vivaldi, Handel and Tchiakovsky on Saturday, January 22, at 7:30 p.m. at Summit Middle School, located at 292 Morris Avenue in Summit. The same program will be presented on Sunday, January 30, at 2 p.m. at Cranford High School, located at 201 West End Place in Cranford. For more information on this free concert, please call (908) 656-0097.

*My One and Only* will be staged at Kean University's Wilkins Theatre, located at 1000 Morris Avenue in Union, on Sunday, January 23, at 3 p.m. For ticket information, please call (908) 737-7469.

Crescent Concerts at Crescent Avenue Presbyterian Church, located at 716 Watchung Avenue in Plainfield, will present its "Exceptional Young Artists" program for musicians ages 16 and under on January 23 at 3 p.m. For ticket information, please call (908) 756-2468.

At 4 p.m. on January 23, the Unitarian Church in Summit will present an afternoon of music with organist Jeffrey Brillhart. For ticket information, please call (908) 273-3245.

Wilkins Theatre at Kean University will offer a dance program, Batoto Yetu in "The Birth of Nzanga" on Friday, January 28, at 7:30 p.m. The next evening, at 8 p.m., the New Jersey Ballet will present "Evening of Classical Ballet" at the theater. On Saturday, January 29, the theater will welcome the dance troupe back for "Coppelia" at 2 p.m. For ticket information on all three programs, please call (908) 737-7469.

The Union County Arts Center, located at 1601 Irving Street in Rahway, will present a "Railway Goes to War: World War II" series on January 28, 29 and 30. For full details, please call (732) 499-8226.

## Coming Next Week:

- Brad Tinfov reviews the latest Choral Art Society concert.
- Marylou Morano attends a quilting exhibit in Clark, featuring a Scotch Plains quilting society.
- Susan Dougherty learns about the Lightbulb Players and how the troupe was established.