

INSIDE THIS EDITION: MARYLOU MORANO OFFERS EASTER FOOD RECIPES

Arts & Entertainment

Dr. Foster's Book Scores Hole in One With Readers

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

WESTFIELD — Former Westfield resident, Dr. Larry Foster, has taken his knowledge of orthopedic medicine and his love of golf and distilled them together in a book entitled, "Dr. Divot's Guide to Golf Injuries: A Handbook for Golf Injury Prevention and Treatment."

Dr. Foster, a self-proclaimed "golfer nut," is a board-certified orthopedic surgeon in practice with the Somers Orthopedic Surgery & Sports Medicine Group in Carmel, N.Y.

In his book, he notes that 80 percent of professional golfers and 60 percent of amateurs are injured at the game at some point during their golf-playing days. The average golf injury results in a loss of five weeks of playing time.

"I have gone to great lengths to write a book that appeals to all golfers — regardless of their skill level, age, or gender. It's the one golf book that almost every golfer will need — sooner or later," said Dr. Foster.

"Dr. Divot's Guide to Golf Injuries" addresses, among other topics, the four ingredients comprising Dr. Foster's recipe for a golf injury: poor physical conditioning, excessive play or practice, inadequate or improper warm-up, and poor swing technique. He leaves much of the medical jargon back at the office and speaks to his readers as though he was right there on the golf course with them — in clear, plain and very understandable English.

"I have always felt that the best doctors are teachers first and foremost," Dr. Foster told *The Westfield Leader* and *The Scotch Plains-Fanwood Times*. "Yes, I do write about pretty complex medical issues, but instead of using lots of Latin and Greek, I employ basic medical concepts, illustrations, analogies, and humor."

The "Dr. Divot" in the title comes

from a nickname that Dr. Foster's golfing buddy, Brian Whalen, gave him to tease him about his marginal golfing skills.

"I thought the name 'Dr. Divot' worked well for the book because it was catchy and showed my readers right off the bat that I don't take myself too seriously," he shared. "In the book I make no bones about the fact that I am a very average golfer."

Dr. Foster's interest in golfing injuries stems back to 1993 during his final year of residency at the Hospital for Joint Diseases in New York City. At that time he gave a presentation on the subject to his fellow residents and the attending physicians.

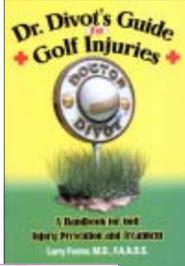
Years later, as a successful orthopedic surgeon Dr. Foster encountered numerous patients who had either been injured, or who had aggravated non-related injuries, while playing golf. Realizing there wasn't much written about golf injuries, Dr. Foster tackled the subject himself.

"I'm proud to be able to teach my fellow golfers about this important but neglected topic," said Dr. Foster, who was born and raised in Westfield, and attended Westfield Public Schools.

He and his wife, Patty, also a graduate of Westfield High School, and their two children, Lawrence, 14 and Claire, 12, live in Brewster, N.Y. Dr. Foster's parents, Larry and Ellen, still live in town, and Dr. Foster and his wife return several times a year to visit.

"They say you can't mix business with pleasure, but I have been fortunate to be able to combine my knowledge of orthopedics with my love for golf," said Dr. Foster. "I hope my readers laugh as they learn, and that the book serves as a handy reference for many years."

"Dr. Divot's Guide to Golf Injuries: A Handbook for Gold Injury Prevention and Treatment" can be ordered by calling (800) 247-6553 or by visiting www.doctordivotmd.com.



Dr. Larry Foster



Get Outta The House

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

The Watchung Arts Center's current exhibit, *Intersections*, is collaboration between two regional photographers, James Ting and Tim Lee. Mr. Ting's geometric and sometimes abstract images and Mr. Lee's powerful expressions of human interactions will be displayed in adjoining galleries through Wednesday, March 30. Gallery hours are 1 to 4 p.m., Tuesdays-Saturdays and until 7 p.m. on Thursdays. The center is located at 18 Stirling Road. For more information, call (908) 753-0190 or visit <http://watchungarts.org>.

The Andrew De Grado Biennial Piano Debut Competition semi-finals and finals will be held at Kean University this June. If you are a pianist, aged 23 or older, who resides locally, this is your opportunity to enter. The two winners, one piano soloist and one piano accompanist, will perform this fall in a New York City debut concert at Carnegie Hall. The entry deadline is Monday, May 9. For further information, call (973) 467-1348. Information and forms are available at www.andrewdegrado.org.

The Westfield Chapter of Hadassah's **47th Annual Celebration of the Arts** will take place on Sunday, April 3, from 3 to 5 p.m. This year's special event will feature high tea at the Shackamaxon Country Club with a trio performance by world-renowned pianist Sondra Tammam and New York Philharmonic friends, violinist Matitiah Braun, and cellist Avron Coleman. The event will benefit the Center For Emergency Medicine at the Hadassah Medical Organization in Israel, which has just been nominated for the 2005 Nobel Peace Prize. For more information, please contact Gerylyn Lichtenstein at (908) 654-5855. Tickets are \$50 for one person or \$75 for two.

Baby boomers will be especially interested in the book signing at The Town Book Store of Westfield on Saturday, March 26, from 11 a.m. to 1 p.m. Author Timothy Behr's **Retro Boomers**, addresses some of the common generational questions, like "Do I want something different? Something better?" An inspirational guide and road map, it just may provide the guidance you seek in defining yourself during the pre-retirement phase of your life. For more information, please call the store at (908) 233-3535.

Also on March 26, hike with a Trailside Park naturalist to investigate the variety of life found around Lake Surprise. Listen for peepers, look for wildflowers, and discover the wonders of the wetlands, in the **Outdoor Adventures Headwaters Hike**. It will last for an hour, between 10 and 11 a.m., and is appropriate for kids and adults. Meet at the Lake Surprise parking lot. For more information, call (908) 789-3670, extension no. 221.

Jefferson School Welcomes Illustrator Denise Brunkus

WESTFIELD — The Author in Residence Program at Jefferson Elementary School in Westfield introduced illustrator Denise Brunkus to students on March 7.

The illustrator of the "Junie B. Jones" series, "The Principal's New Clothes, Chocolatina," and other children's books, Ms. Brunkus has illustrated over 64 books and her work has appeared regularly in national magazines.

Ms. Brunkus told the students about how her artistic ability developed from childhood to the present. She also explained the creative process involved in illustrating books, the steps by which she observes the world around her to create new characters and scenes, and the stages of sketching a character.



INSPIRING ILLUSTRATOR...Illustrator Denise Brunkus sketches one of her characters for students in Jefferson Elementary School in Westfield during an assembly on March 7.



SPEAKING HER MIND...Anita (Sarah Marable), the girlfriend of the slain Bernardo, has nothing but contempt for the prejudiced Jets whom she feels are the murderers.

TAKE THE STAGE Scotch Plains-Fanwood High School's West Side Story Tells Timeless Tragedy

By SUSAN M. DOUGHERTY
Specially Written for The Westfield Leader and The Times

SCOTCH PLAINS — Through the years, Scotch Plains-Fanwood High School (SPFHS) has consistently presented blockbuster musicals and this year's production of Leonard Bernstein's *West Side Story* is no exception.

The heritage of these successes is the legacy of longtime SPFHS Producer/Music Director Laurie Wellman who will retire at the end of the school year.

Ms. Wellman, along with Drama Director Tom Pedas, and instrumental teacher and Pit Orchestra Director Durand Thomas continue their high quality of work with this classic show. Add Choreographer Gisa Dilorio to that dynamic production trio and curtain up!

English teachers have used *West Side Story* for years as a companion piece in teaching Shakespeare's *Romeo and Juliet*. Both share a similar theme of star-crossed lovers whose families would never want them to be together.

In the musical tragedy, violence, anger, prejudice and miscommunication reign when a young boy and girl from two opposing groups from the West Side of New York City fall in love at first sight and struggle to gain acceptance into each other's worlds.

West Side Story's core is dance. So there had better be some spectacular dancers for a school to produce it: trust me, there are. From the opening ballet with the gang members from the Jets and Sharks, to the dance in "America"

to the "Somewhere" ballet, the audience sees that these teens have rehearsed long and hard to produce seemingly effortless, precise execution of intricate choreography.

It was rumored that cast members worked in Dance 2000, a studio in Scotch Plains, for six months prior to opening night just to be ready. Whether or not true, quality dancing is certainly evident.

Jet gang leader Riff (Matt Capodicasa) shines vocally with vibrant sound and mellow tones in, "When You're a Jet." His smooth dancing, added to his acting ability in this number and in "Cool" make him the admired triple threat performer.

"In 'Something's Coming' the lyric tenor voice of Abraham Hiatt, as Tony, soars with intensity. Vocally, he brings to that song as well as "Maria" the right amount of wonder, awe and anticipation.

The dance scene where a well-meaning adult wants to get the Jets and Sharks to co-exist peacefully is masterful. As the two groups of boys and girls tentatively move around the dance floor in concentric circles, Anita, masterfully played by sophomore Sarah Marable, is a whirlwind beauty in a red and black form-fitting dress. Not only does she dance commandingly, but she can also belt out the satiric "America" and deliver the heart-breaking song, "A Boy Like That" in Act II.

Rosalia (Lauren Perrotta), who plays her role with verve, passion and with a beautifully consistent voice, joins Anita in "America." The singers/dancers in that piece are especially terrific with their biting, sarcastic musical words, and full-out dancing.

On the Thursday night I attended the show, the crowd actually cheered their approval at the end of the number.

Helping to pull the show together visually are great costumes by Cindy Lahiff. The Sharks' costumes, especially from Bernardo's purple sweater and yellow shirt to Rosalia's off the shoulder black and white flounced dress jump off the stage. Like young peacocks, the actors have the confidence to strut, showing them to their fullest.

In the classic balcony scene, Maria (Christine DeLuca) and Tony pledge their love, a union that has been doomed from the start. "Tonight" is their sweet, hopeful expression of their anticipated future together.

Set Designer Ellen Pease's fine set piece works well downstage of the chain link fence and brick back wall. The set revolves from Doc's Drug Store to the bridal shop that is laden with seamstress' forms. The headless bodies and outfits serve as delightful props for Maria and Tony in, "One Hand, One Heart."

Chino (Troy Morgan), Bernardo (Brian Gasset) and Action (James McNamara) deliver poignant, moving, dramatic moments throughout the musical.

A fog machine sets up the perfect atmosphere for the emotional, "Somewhere" ballet. In black and white attire, the chorus members, with haunting starkness, back up Stephen Carroll's rich baritone voice. Effective staging in counterbalancing the movements of the chorus and Maria and Tony make a visually stunning scene.

The most fun in the show, of course, is "Gee, Officer Krupke" which tickles the audience with clever lyrics hilariously brought to life by Action (James McNamara) and the rest of the Jets.

Tony's dramatic passion ignites in his last scene when he thinks that Maria is gone. In an ironic twist of events, he becomes the casualty he thinks she is. "We all killed him with our hate," accuses Maria who has grown from a virginal, starry-eyed young girl to a broken-hearted young woman by the show's end.

At the finale with the full ensemble singing, "Somewhere, there's a place for us" in rich harmony, the signing of the song for deaf audience members is especially poignant.

A curtain call without any music makes the audience feel the impact of Maria's serious words.

Bravo to a talented cast as well as the production team that presented this lofty musical with a message.

And to Ms. Wellman: you will be missed.

Coming Next Week:
• Westfield students' artwork spotlighted downtown;
• New Jersey Center for Visual Arts Juried Art Show Reviewed

Book Nook Strides Made by Women's Recorded in Children's Books

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

Women's History Month actually began as Women's History Week in California in 1978. In 1987, the National Women's History Project, a non-profit educational organization devoted to celebrating women's accomplishments throughout history, urged Congress to expand Women's History Week to Women's History Month.

While its great to read about influential women during the month of March, good books about women and their accomplishments can be read all year long. Here are a few to get you started.

Tonya Bolden has edited a paperback book titled "33 Things Every Girl Should Know About Women's History: From Suffragettes to Skirt Lengths to the E.R.A." (Crown Books, 2002). Geared to young adults, the book is a collection of essays, poems, photos and other historical documents written by American women over the centuries. Much of the collection of "herstory" included in this book is appropriate today. This is a great place for a young adult reader who wishes to learn more about women's history to start.

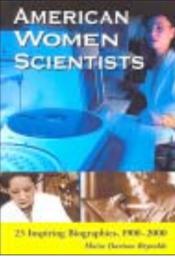
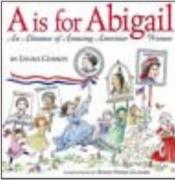
Women's contributions to science are chronicled in "American Women Scientists: 23 Inspiring Biographies 1900-2000" by Moira Davison Reynolds (Paperback-October 12, 2004). Although more timely books have been published in the interim, this book still gives a good overview of the lives of women doctors, mathematicians and scientists of all disciplines. It is published by McFarland & Company and targeted towards young adult readers.

Children ages 4 to 8 will love "A is for Abigail: An Almanac of Amazing American Women" written by Second Lady Lynne Cheney and illustrated by Robin Preiss Glasser (Simon & Schuster Children's Publishing, September, 2003). "Herstory" and the lives of 26 significant women, some well-known, others not so well known, come alive in this beautifully illustrated book. This is one to keep on your bookshelf and return to over and over again.

Another "alphabet book" about women is "Amelia to Zora: 26 Women Who Changed the World" by Cynthia Chin-Lee (Charlesbridge, 2005). Written for the older elementary school age child, the book contains brief synopses of the lives of women who made a difference in the world. Some of the women described are not American; this only compounds the impact of women for the reader.

Enslow Publishing Company in Berkeley Heights recently published "American Women Inventors" as part of their Collective Biographies series. Written by Carole Ann Camp, and targeted to ages 9 to 12, "American Women Inventors" chronicles the lives of ten American women whose research or products impacted American life.

The first woman to run for president, the first woman to hold a seat on the stock exchange and the first woman to own a newspaper were one and the same: Victoria Woodhull. "A Woman For President: The Story of Victoria Woodhull," written by Kathleen Krull, and released last year from Holiday House, tells of the life of this remarkable woman in a nonfiction picture book. Targeted to ages 7 to 12, the format only adds to the scholarly nature of this well-researched book.





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