

TIBETAN FREEDOM... Following his lecture at Rutgers University, the Dalai Lama held a question-and-answer session, addressing issues of global conflict, religion and terrorism.

Dalai Lama Brings Message Of Peace To Rutgers Univ.

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

WESTFIELD — "One's own problem entirely depends on one's own action."

There is an unspoken force so powerful about being in the presence of the spiritual leader of Tibet, the 14th Dalai Lama, one could feel the surge of emotion overcome the entire audience when he took the stage. His Holiness, Tenzin Gyatso, addressed a stadium outlined with peace flags and filled with silence as he spoke on "Peace, War, & Reconciliation" on Sunday, September 5. The 41,000-seat Rutgers Stadium appeared to be nearly filled to capacity.

First, Dr. Richard McCormick, president of Rutgers, the State University of New Jersey, presented a Doctor of Humane Letters, the highest academic honor possible, to the Dalai Lama, who proclaimed, "It is an honor to receive this degree without having to work hard."

This genteel sense of humor and a hearty smile prevailed, as he delivered the 25th Mason Welch Gross Lecture in two languages. He used the English language to convey most of his thoughts, but even when he reverted to his native Tibetan or used an interpreter to help him when he wanted to find the perfect words, his calm voice and smooth cadence were captivating.

While this was not the first time this writer attended an address by His Holiness, whether due to a personal readiness or to the external climate of the world today, this was the most poignant.

On the topic of peace, His Holiness imparted his wisdom in simple terms: "Peace means creation. War means destruction." The concept of peace, he taught, "is not just absence of violence — it is any action motivated by compassion." He extended the concept of compassion to all life, not only human, but also to all animals.

In keeping with this doctrine of compassion, the concession stands sold vegetarian products only, with signs stating that this was out of respect to the Dalai Lama.

He touted his support of groups like Amnesty International, working to abolish the death sentence, and tied their work in with the concept of forgiveness.

"War," he said, "is violence mobilized to a large scale." In a global economy, where everything and everyone is interconnected, "the destruction of your enemy is an outdated concept." He mentioned the disparity, in poor countries, between the lack of food and the abundance of weapons.

At the core of his address were the concepts of external and internal dis-

armament. The first pertains to freeing the entire world of nuclear, biological and all offensive weapons, something he called for by the end of this century. Simultaneously, there must be internal disarmament, which requires a look into the world of emotions, emphasizing that this is not a religious matter but a "science of the mind."

For Naomi Westheim, who lives in Edison, "The most powerful phrase in the Dalai Lama's address was his premise of individual disarmament — that as that as we free our hearts of violence, peace will see its way clear to family community, and beyond in ever-radiating circles." She believes that although this is not an easy task, it is certainly simple to comprehend.

Cranford resident Sandy Polsky, there with her family, feels that "his concept of compassion, in itself, should lead to dissolution of anger and individual disarmament."

According to His Holiness, reconciliation will occur once the concept of peace is developed in the individual. It moves from there to the family, community, nation and, finally, to the world at large.

His Holiness does not have all the answers, and is not hesitant to admit that. For example, when asked a question about what he would do about the Israeli-Palestinian conflict, he said, "I cannot claim to be all-knowing...I don't know. Both sides need patience, and to look at the problem with a wider perspective. They will find a solution."

Perhaps he will help solve the problem of the Chinese in Tibet first. When he fled Tibet, he left his belongings. His knowledge, however, is always with him.

If you missed this spectacular opportunity, you can view the address by visiting: <http://www.president.rutgers.edu/dalailama/video.shtml>

Kids Talk To Animals In *Animal Babble*

CRANFORD — *Animal Babble*, an original children's theater presentation by Rob Sullivan, will play each of Union County College's three campuses on Saturday and Sunday, October 15 and 16. This bilingual (Spanish - English) program is presented by The Theater Project, Union County College's Professional Theater Company.

Directed and written by Rob Sullivan, the cast includes Anne Ayres, Tom Dean, Carla Francischetti and Lilli Marques.

Tickets are \$3, but parents can come for free when chaperoned by a child. The program is recommended for children aged four through nine.

Arts & Entertainment

SP Author Foster Brings History To Life in "Garfield's Train"

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

SCOTCH PLASINS — An often-overlooked piece of New Jersey history is the setting of a recently released novel by Scotch Plains author Feather Schwartz Foster.

The book, "Garfield's Train," is a fictionalized account of the days following the July 2, 1881 assassination attempt on the life of President James Garfield.

The two bullets that President Garfield received at the hand of a deranged gunman caused him to lin-

the parkway," she said. Mrs. Foster owns nearly 1,300 books on United States presidents, many of which are about President Garfield.

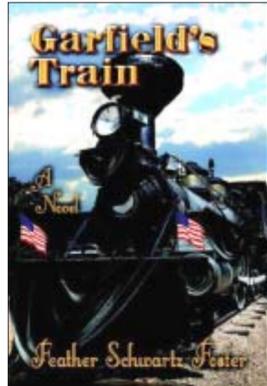
"There were a lot of memorial books written after President Garfield died," Mrs. Foster continued, adding that she was able to get much of the background information that she used in "Garfield's Train" from them. The Long Branch Library also generously allowed her to use their archived pictures, slides and newspaper accounts of the days President Garfield spent in Long Branch.

One of the interesting writing techniques employed by Mrs. Foster in the writing of "Garfield's Train" is the use of the first-person narrative. From a reader's perspective, this technique allows for the interplay of the fictional and nonfiction aspects of the story.

"The most important decision a writer makes is that of deciding which person to write a story in," said Mrs. Foster. "I like to write in first person because it allows me to show both attitude as well as fact."

Born in Jersey City, Mrs. Foster has been a resident of Scotch Plains since 1981. Prior to beginning her career as a non-fiction book writer, she spent 35 years in advertising and public relations, both with her own business as well as with other firms.

Mrs. Foster is also the author of "Ladies: A Conjecture in Personal-



ger for three months and ultimately cost him his life.

In the interim between being shot and his death, Garfield was brought to Long Branch. He died there on September 19, 1881 at a home owned by a Charles Franklyn, a 20-room "cottage" that faced the ocean.

While her book is based on actual documented historical facts, Mrs. Foster layers the non-fiction elements of her story against the backdrop of the fictitious Dunbar family. Other well-known characters from history, including General Grant, Roscoe Conkling and the Garfield Family, help the story keep its historical promise.

It took Mrs. Foster, who is also a songwriter and playwright, about a year and a half to write "Garfield's Train." Calling herself an "amateur presidential historian," the author was intrigued with the story behind Garfield's death in Long Branch and the fact that she could easily conduct the research needed to write a book. "Long Branch is just a shot down

Juxtapose Due Sorelle Trunk Sale A Success

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

WESTFIELD — "Elegant" and "classic" were the two words on every shopper's lips on Saturday, October 1 when Gina Spil presented her line of Due Sorelle jewelry at a Trunk Show, featured by Westfield's Juxtapose Gallery.

Ms. Spil's longer pieces — her 38-inch necklaces studded with semi-precious stones and glass beads were a big hit.

"You can wear them long or you can double them up so that they are shorter and wear them double-stranded," she explained.

Ms. Spil also reported that no one stone color appeared to dominate the preference of her customers. Most of Due Sorelle's one-of-a-kind pieces of jewelry sell in the \$150 to \$400 price range.

Ms. Spil runs Due Sorelle, which



Feather Schwartz Foster

ties," a historically correct account of our country's First Ladies as spoken in their own words. However, the author takes "Ladies" only as far as Mamie Eisenhower.

"I like to write history," she claimed, and then added that to her, anything after the Eisenhower administration is "current events."

Mrs. Foster will be at The Town Book Store in Westfield to sign copies of "Garfield's Train" on Saturday, October 15 from 11 a.m. to 1 p.m. For more information about her appearance, contact The Town Book Store at (908) 233-3535. For additional information about the author, or her books, look her up at <http://www.authorsden.com/featherschwartzfoster>



means "two sisters" in Italian, with her sister, Tania. Tania actually started the business first, and Ms. Spil joined her in November, 1998. Now all of Due Sorelle's jewelry line is handcrafted by one of the company's three employees, who produce the pieces in their homes.

The association between Due Sorelle and Juxtapose Gallery began about five years ago when Gerri Gildea, the proprietor of Juxtapose Gallery, became one of Due Sorelle's first customers.

Since that time, Juxtapose Gallery has displayed Due Sorelle jewelry.

"This fall's collection was one of the best ever because of the colors as well as the designs," said Ms. Gildea. "It was very well-received."

"Gerri really has a nice client base," said Ms. Spil, who added that Ms. Gildea herself has become a good client of Due Sorelle over the years.

Visual Arts, Wellness Workshop Presented

ELIZABETH — Artists and mental health professionals will present six concurrent workshops on October 21 demonstrating ways to use visual arts as a wellness tool during an interactive day-long conference for healthcare administrators, educators, social service and mental health providers and artists.

The event will take place on Friday, October 21, from 8:30 a.m. to 4:30 p.m. at the Hilton Hotel, Route One, Elizabeth. Pre-registration is required. Registration up to October 20 is \$90 and includes continental breakfast, lunch, snacks and all materials. Payment is required with registration. The fee for students with current I.D. is \$79. Registration on the day of the conference is \$110.

To request a brochure or get more information, contact the Union County Division of Cultural and Heritage Affairs, at (908) 558-2550.

FW Arts Council Hosts 'We Are Transported'

FANWOOD — The Fanwood Arts Council will host "We Are Transported," a preview of the artwork of Plainfield painter Maria Mijares on Sunday, October 23, from 3 to 6 p.m. at the Kuran Arts Center on Watson Road in Fanwood, Ms. Mijares will unveil four acrylic-on-linen paintings that form the basis of the artist's upcoming public art installation in the Hudson-Bergen Light Rail Transit System's Bergenline Avenue Station in Union City.

One can see the original paintings before the installation of the monumental porcelain enamel-on-steel reproductions.

In addition to Ms. Mijares' visual art, award-winning Union County poets John McDermott and Joe Weil of Cranford, Penny Harter and William Higginson of Summit and Adele Kenny and Tom Plante of Fanwood will present readings of related "transportation" poems. Nashville singer/songwriter Mark Johnson will also keep with the theme with a special guest performance. The public is invited to attend and celebrate a "moving" afternoon of three art forms. Admission is free.



Get Outta' The House

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

There will be a free health seminar on Saturday, October 15, from 2 to 3 p.m. "What Every Woman Should Know" is an insightful dialogue concerning breast health, presented by Muhlenberg Regional Medical Center for Breast Cancer Awareness Month. The seminar will take place in the Plainfield Public Library at 8th Street and Park Avenue. Parking is free, and the facility is handicap accessible. Call (908) 757-1111, ext. 132 for information.

On Sunday, October 16, at 3 p.m., the public is invited to sit in on a free script-in-hand performance of one of the new plays being generated by the Playwrights Workshop for New Jersey-based authors. "Walter and Peg" is a comedy about getting older by Newark resident John Waits. It will take place in the atrium at Union County College's Cranford campus, where you will have an opportunity to share your thoughts with the writers and discuss the plot with the audience members. For information call the Theater Project Box Office at (908) 659-5189 or visit: www.TheTheaterProject.com.

Also, at all three campuses of Union County College (Cranford, Elizabeth, Plainfield), on Friday and Saturday, October 15 and 16, there will be performances of *Animal Babble*, a bilingual play for children. Tickets are \$3, but parents come free when chaperoned by a child. The program is recommended for children ages 4 to 9. For reservations call (908) 659-5189 or visit: www.TheTheaterProject.com.

Appel Farm Arts & Music Center in Elmer is presenting a concert performance by *Angel Band*, a group whose members include the O'Byrne family along with folk-legend David Bromberg and his wife, Nancy Josephson. It will take place on Friday, October 14, at 8 p.m. Admission is \$20 but there is a special offer for Jersey Arts Ticket cardholders. Call (800) 394-1211 or visit them on the web at: www.appelfarm.org for details.

Westfield Comm. Band Prepares for Season

WESTFIELD — The Westfield Community Band, under the direction of Dr. Thomas Connors, is preparing for its 2005-2006 season.

Barry Rosenberg, president, said, "After a successful inaugural season with Dr. Connors at the baton, we are pleased he is joining us to continue a tradition of bringing great music to the residents of Westfield."

During the fall and winter season, the Westfield Community Band will perform during the annual holiday tree-lighting ceremony in town, in addition to participating in the Westfield Recreation Commission's 16th annual holiday concert, along with the Edison Intermediate School's Broadway Singers.

The Westfield Community Band currently seeks qualified high-school students or adult members of the community with experience in performing on the trumpet, oboe, bassoon, French horn and percussion as well as alternates for other positions within the band. For further information, contact Dr. Connors at (908) 737-4327.

For further information on the band, contact (908) 789-4080 or go to the band's website at westfieldcommunityband.com.

Hayride, Entertainment Offered at Trailside

MOUNTAINSIDE — Union County offers an "Autumn Hayride and Entertainment" outdoor social for adults ages 18 and older on Saturday, October 22 from 7:30 to 9:30 p.m. at the Trailside Nature and Science Center.

The evening will begin around a warm campfire with hot cocoa and toasted marshmallows. People can enjoy the evening sights and sounds around the nature center and board a hay wagon for a ride through the Watchung Reservation.

Along the way, visitors can look for deer, listen for owls calling, visit Lake Surprise and listen to storyteller/folksinger Ken Galipeau. Song books will be provided.

In the event of inclement weather, a rain date is set for Tuesday, October 25. Please call Trailside on the day of the hayride for up-to-date information about the program.

Pre-registration is required. The fee for this program is \$5 per person for Union County residents and \$10 per person for out-of-county participants.

For additional information about the autumn hayride or for information on upcoming fall programs or special events at Trailside, call (908) 789-3670, or visit us at the Union County website, www.ucnj.org.

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HOLIDAY SPIRIT...Members of the Westfield Community Band's Holiday Brass performing at the 2004 Holiday Tree Lighting.

Calderone School of Music Starts Jazz, Rock Bands

SPRINGFIELD — The Calderone School of Music in East Hanover and Springfield is accepting private lesson and ensemble registrations for new students.

Beginner Jazz Band rehearsals are held Thursdays between 8:45 and 9:45 p.m., Advanced Jazz Band rehearsals are on Wednesdays from 6:45 to 7:45 p.m., Jazz Symphony Orchestra rehearsals are Mondays from 8:30 to 9:30 p.m., and Rock Band rehearsals are on Fridays from 8:30 to 9:30 p.m. at the East Hanover School.

The Jazz Band and Jazz Symphony Orchestra have performed locally in the past at The Birchwood Manor in Whippany and Parsippany Hilton Hotel. The groups learn improvising and chord voicings on famous tunes of each style. Selections may be from composers such as Miles Davis, John Coltrane and Charlie Parker for jazz and everything from early rock & roll

through current bands.

The Calderone School of Music is a professional music school providing private instruction on all instruments and voice for students of all ages and ability levels. The school offers Maestro Kindermusik classes for children ages birth to seven, Professional Development Division and College Preparatory Division.

In addition to music lessons, students have the opportunity to participate in ensembles, auditions, competitions, evaluations and annual scheduled weekly recitals.

For more information, visit the school website at www.calderoneschoolofmusic.com. For information regarding music lessons contact Professor Kathleen Calderone at (973) 428-0405 at the East Hanover school or Professor Anna Hernandez at (973) 467-4688 at the Springfield school.

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