

DeFelice of Westfield Keynote Speaker At Geneva Nutraceutical Conference

GENEVA — Westfield physician, Stephen DeFelice, was the keynote speaker recently at the annual international Vitafoods Conference in Geneva, Switzerland. Close to 10,000 people attended from over the globe. In his address, Dr. DeFelice stressed that the vast majority of the dietary supplements, foods and diets in the nutritional universe have never been tested in clinical studies to show whether they are effective and acceptably safe.

Over 20 years ago, Dr. DeFelice coined the term nutraceutical, which simply means that it is principally a dietary supplement that has been clinically tested and found to be effective and acceptably safe. He addressed antioxidant-containing products as an example of extremely effective and the widespread marketing of unsubstantiated health or medical claims. The theory that oxidation can be highly damaging is strongly supported by laboratory studies. He added, however, that there are precious few clinical studies, which demonstrate any of their beneficial effects.

He noted that the beneficial effects of oxidants are rarely mentioned. For example, the body needs oxidation to spur white blood cells to attack infection. To add to the confusion of the nutritional world, even negative clinical studies such as on multivitamins for general health and vitamin E for heart disease can be conceptually and statistically flawed. But, oddly enough, nutritional experts have remained silent.

To further complicate matters, long term dietary supplementation, backed by clinical studies and expert medical doctors, may cause undetected problems. For example, Dr. DeFelice believes that it is not beyond reason that calcium supplementation taken for the prevention of postmenopausal osteoporosis may play a role in our

increasing divorce rate (www.thedecapitationsociety.com). So, he asked, "What are consumers supposed to do?" Because of their widespread acceptance, it would take a 'Prohibition-type' law to even dent the degree of consumption. But he emphasized that there is a highly positive and under-appreciated side of current dietary supplement consumption. "Let's make the assumption that none works. There is a powerful placebo effect in virtually all types of clinical studies from fatigue to depression and even including certain neurologic diseases."

He pointed out that, since these nutritional products are relatively safe, Americans are largely benefiting from the placebo effect to treat their maladies. He emphasized, "And that's what medicine is all about." In addition, because of this placebo effect, tens of millions of Americans do not visit hospital or doctor's offices where reimbursements from private and government entities are made leading to a substantial reduction in national health care costs.

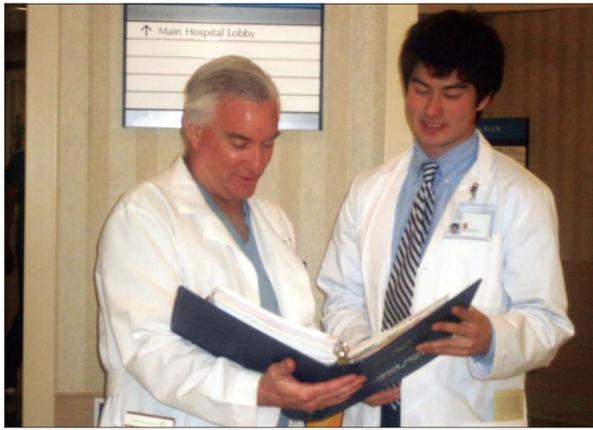
Is there a solution to our confusing world where the messages of the nutritional benefits of dietary supplements, special diets and foods are market instead of clinical research driven, he asks?

A number of years ago, FIM, the Foundation for Innovation in Medicine which was founded by Dr. DeFelice in 1976, and *Prevention Magazine*, in independent surveys found that Americans overwhelmingly want a nutrition industry which conducts clinical studies on their products to demonstrate their effectiveness and relative safety. At the Vitafood conference Dr. DeFelice proposed that a new nutraceutical industry, which does not yet exist, is needed to deliver the promise — and that requires an Act of Congress to encourage research and development. He designed such an Act, the Nutraceutical Research and Education Act (NREA), which was introduced in Congress by Rep. Frank Pallone (D-N.J.) in 1999 but languished because of lack of support.

Like Genentech, which sparked the beginning of the biotech industry, a nutraceutical Genentech company is now needed. And he made a specific proposal on how to accomplish this goal.



Dr. Stephen DeFelice



CAREER GLIMPSE...Westfield residents Dr. Clifford Sales and Princeton student James Chu, right, review activities for the day at Overlook Medical Center.

Interns Experience the Life-Style Of A Career in Medicine

SUMMIT — Westfield resident, James Chu, a senior at Princeton University, is one of 17 interns this year in the Overlook Summer Internship Program (OSIP). The group was selected from 147 applicants and includes students as far away as California. The program exposes college students to the health care field where they learn about the human aspects of a career in medicine. The goal is to help students make an informed decision about entering one of the many fields of medicine. Westfield-based vascular surgeon Clifford Sales, M.D., at Overlook Medical Center leads the program.

James majors in music and is undecided about pursuing a career in music or in medicine. Dr. Sales says, "My hope is that James, and students like him, learn about what life is like as a physician before they begin the long journey. 'Can I pursue my love for music and still be a neurologist?' 'Can I be a cardiologist and be a mother?' If the students can appreciate these aspects — either positively or negatively — they can be appropriately motivated or dissuaded from a career choice."

During daily rotations in OSIP, the students shadow a medical professional — mostly physicians, but also therapists, administrators, nurses and social work-

ers — those committed to teaching and sharing their experiences. The student sees what life is like in each field. Rotations include experience in the operating room, emergency department, hospital floors, physician offices and meetings. Students interact on a personal basis with the health care professionals.

Monday through Thursday begins with a one-hour breakfast led by a professional who discusses his or her field. The focus is on the lifestyle and the pros and cons of each field. Thereafter, students report to a mentor in the setting matching the student's experience. The mentor structures the day. Each day is different. Fridays conclude with a lunch where ideas are exchanged with fellow students — about their current experiences and topics of interest.

Upon completion of the internship, participants are provided with a letter of recommendation for future career and education use.

For information about applying to the program in 2013, call (908) 522-5926, or go to the Overlook Summer Internship Program information on the Atlantic Health System website. Students must have completed at least one year of college to apply to the program. Consideration is given to class level and academic standing.



Union County News Summer Learning Opportunities

Al Mirabella, Chairman
Union County Freeholder Board

When the last school bell rings for the summer, many parents continue to look for opportunities to keep their children engaged in learning. Fortunately, right here in Union County there are many free and affordable activities that help youngsters refresh their academic skills while savoring the enjoyment of the summer season.

Some of these activities are familiar ones, such as the summer reading programs at our local public libraries. Many of these go beyond books to include hands-on play and creative exercises that make it fun for young children to keep tuned up.

Perhaps less well known is Union County's Trailside Nature and Science Center, at 452 New Providence Road in Mountainside. This state of the art class natural history museum is open seven days a week (except holidays) from noon to 5 p.m. and admission is free for all ages.

Trailside is packed with exhibits designed for busy hands and curious minds. Children can explore at their own pace, which makes it a perfect spur-of-the-moment activity to fill up a rainy afternoon.

The museum also offers a popular, modestly priced Wednesday matinee series for children ages four and up (for ticket information and a virtual tour visit ucnj.org/trailside or call (908) 789-3670).

In good weather you can combine a trip to Trailside with a family hike through the rustic trails of the Watchung Reservation, or stroll over to the newly renovated Loop Playground just a few steps away.

For youths age 11 to 17, the Union

County College campus in Cranford offers popular topics as well as academic subjects. This summer the schedule includes classes on creating Web pages, comic books, video games, stop motion films and even apps (information: ucc.edu/go/youth-programs).

A relatively new resource in Union County is the Union County Performing Arts Center, located in our beautifully restored historic theater in the heart of the downtown Rahway arts district. This summer UCPAC is offering a photography camp for children in grades 5 to 8, and a musical theater camp for grades k to 8 (information: ucac.org).

We have also expanded our recreation offerings for children with autism and other disabilities, in accordance with my Chairman's Initiatives for 2012. To find out more about these programs, call (908) 527-4806 or visit ucnj.org/parks.

Of course, our Union County parks are also full of free and modestly priced opportunities to exercise the body as well as the mind all summer long. Children ages 8 to 15 can play ball with the Union County Baseball Association (visit ucba-nj.org), and we also offer swimming, archery, golf and much more (visit ucnj.org/parks for a complete list).

For informational video tours of Union County programs and facilities, visit ucnj.org/videochannel. You can also take advantage of social media to stay up to date on all of our summer offerings, by following us on Facebook or Twitter.

For information on all Union County programs and services visit ucnj.org or call the Public Information Line toll free, 877-424-1234.

SP Volunteer Firefighters Seek Donations After Busy 2011

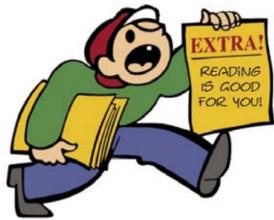
The Scotch Plains Fire Department, with the exception of a career chief, is comprised of all volunteers. We provide emergency services to the community 24 hours a day, seven days a week, and 365 days a year. Last year we answered over 750 calls for help, including 135 calls related to Hurricane Irene in August. We were also out assisting the citizens of Scotch Plains during the March floods and October snowstorm.

It is estimated that having a volunteer fire department saves the taxpayers over \$4.5 million a year in salaries and benefits and we rely greatly on your generosity. We launched our fund drive in June, but in these tough economic times are experiencing very

low returns with less than one in 10 households making a contribution last year. We need your financial support. We realize that not everyone can afford a donation of \$100 at this time, but every little bit helps us. If you are in a position to contribute more, we would be very appreciative. Please be on the lookout for our letter in the mail or you can send your tax-deductible donation to S.P.V.F.A. P.O. Box 1, Scotch Plains, N.J. 07076.

Regardless of your ability to make a donation, know that your friends and neighbors of the Scotch Plains Fire Department will always answer your 911 call for help.

Scotch Plains Volunteer Firefighters Association



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Optimist Club
Of Westfield

1990 - Project Graduation - BASH - 2012



Optimist Club of Westfield

Thanks supporters of Project Graduation - BASH - 2012

The Optimist Club would like to thank the many individuals and businesses for their support and contributions to help provide a safe environment for the 2012 senior class to celebrate graduation

In the past 23 years of Project Graduation, approximately 85% of the senior class has attended the substance-free graduation celebration sponsored by the Optimist Club of Westfield

2012 Senior Parent Contributions Over \$17,000

Lead Sponsor - \$ 2,000
Westfield Municipal Alliance - PANDA

Platinum Sponsor - \$1,500
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Gold Sponsor - \$1,000
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Silver Sponsor - \$500
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The Rehrer Group - Wealth Management Advisors
Regent Atlantic Capital, LLC - J. Brent Beene
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Sir Speedy Westfield
Smart Money LLC - Bob Bridgman
Frank Schwarzer and Cindy Muth
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Weldon Materials Inc.
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Boosters
16 Prospect Wine Bar & Grill
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For more information about the Optimist Club and Project Graduation contact:
Optimist Club of Westfield P.O. Box 2213 Westfield, N.J. 07091 • <http://westfieldnj.com/optimist>