

Arts & Entertainment

A Book of Dreams: One Man's Quest to Express His Creativity

By GRETA FRONTERO
Specially Written for The Westfield Leader and The Times

WESTFIELD — Long-time Westfield resident Joshua Suri has recently released a book that documents and analyzes hundreds of his dreams. The book, entitled "My Dreams and Me: A Life Reflected through Dreams," is written under the nom de plume Emilio S. Cot and reads as a recollection of Mr. Suri's real life through the lens of dreams.

The book includes descriptions of 145 actual dreams that Mr. Suri had throughout 2016, with his own interpretation of each one. The dream catalogue is followed by professional commentary by dream analyst Suzanne Saldarini, MA, LPC, NCPsya.

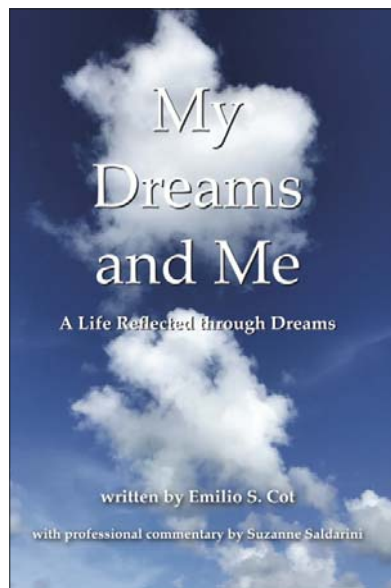
Mr. Suri worked as a pharmacist until his retirement, but he always knew he wanted to do something that spoke to his creative side, so he decided to write a book. Mr. Suri has had very frequent and vivid dreams since he was a kid, and when he began writing them down the book started falling into place.

"I thought I had a book project on my hands, so I went to a writing workshop in New York City," Mr. Suri said. "They told me I had a good idea, but that I needed a common thread to make it more like a book and less like a diary. When I spoke to a dream analyst, she suggested I write the book more as a recollection of what's happened in my life."

The book is categorized into different sections, such as family, parenthood, violence and guns, sex and romance, and professional life. The categories read like chapters, and each dream in the category is written chronologically.

"It's amazing how everything is tied back to something in the past," Mr. Suri said. "There were very few random dreams, and it's amazing what came up - a professor from college, friends from home, old neighbors from when I was a kid, things like that."

On a professional level, writing a book has given Mr. Suri the confidence that he can do things in his



relationships with my parents. So, it has been a good retrospective look at everything I've been through."

The analyst, Suzanne Saldarini, referred to the final product as "an intimate tour of [Mr. Suri's] private internal world," and that the book is "a unique resource for therapists, teachers and students, and presents a challenge to all of us who dream."

Many of Mr. Suri's dreams are related to things in Westfield, such as Echo Lake Country Club, Mindwaskin Park, and the Westfield Memorial Library. "It's not that surprising, since I have lived in Westfield for 30 years, my children grew up here, and it's part of my day-to-day life," he said. "I think that would be interesting for other residents to read about."

Since "My Dreams and Me" was published in 2018, Mr. Suri has finished another book and is starting an outline for a third. His second book, "Hillcrest" is about his old neighborhood in Paterson, N.J., and his third book will be about the hardships of playing in a garage band as a teenager. He is hoping that musicians young and old will have similar stories about trying to make it in a small band.

Reflecting on his experience as a new author, Mr. Suri said he is proud of himself and happy to be part of the supportive community of Westfield. "Westfield residents have gone on to become politicians, athletes, directors and producers, and so much more," he said. "I'm just proud of the town and I'm happy that I had so many dreams about Westfield in the book."

"My Dreams and Me: A Life Reflected through Dreams," ORI Academic Press, 340 pages, ISBN: 978-1-942431-11-4.

The book is available at: Amazon, Barnes & Noble (online) and other fine book stores.



Author: Emilio S. Cot

For more information about the book, see: mydreamsandmebook.com

Westfield's NJFO Receives Grant From NJ State Council on the Arts



SUPPORTING THE ARTS...Pictured, The New Jersey Festival Orchestra is a premier, fully professional, symphony orchestra led by Music Director David Wroe that recently received a grant from the New Jersey State Council on the Arts.

WESTFIELD — More than \$50,000 of grant money from the New Jersey State Council on the Arts has been given to the New Jersey Festival Orchestra (NJFO) to help fund ongoing activities.

From dance companies to education initiatives and producers of literature, music, theater and visual art, creative organizations throughout the state received a total of more than \$15.7 million in grants from the New Jersey State Council on the Arts. The NJFO received \$55,000 for "general operating support."

Funding decisions are made through a transparent, merit-based, and rigorous grants process that assures access and equity. Independent panels evaluate grant applications to eliminate the possibility for conflict of interest, officials said.

"It is an honor to lead a department that invests in the people of New Jersey in such diverse and meaningful ways," said Secretary of State Tahesha Way. "Grants through the State Arts Council have a direct positive impact on New Jersey residents, families and communities. The return on the investment is undeniable, and we are grateful to today's award winners for the important work they do."

"We at New Jersey Festival Orchestra are thrilled and deeply honored to once again receive this award from the State Council," commented NJFO Board President Keith S. Hertell. "Westfield is one of only a few smaller communities nationwide that serves as the home of a professional symphony orchestra and the

State Council grant is a key element of the funding mix that's necessary to operate the orchestra and support our critical educational outreach and music therapy programs."

The New Jersey Festival Orchestra is a premier, fully professional, symphony orchestra led by Music Director David Wroe. Founded in Westfield in 1983, NJ Festival Orchestra has grown to become New Jersey's second largest professional orchestra, having a presence throughout many cultural communities of New Jersey, and appearing as far afield as Carnegie Hall on a regular basis. In addition to an adventurous subscription season, popular concerts near and far, and a rousing New Year's Eve celebration, NJ Festival Orchestra sponsors education and music therapy programs throughout the state of New Jersey.

"We are eagerly anticipating our exciting program for the 2019-2120 season," added Music Director Wroe. "The beautifully crafted new series promises a variety of spectacular concerts and highly anticipated appearances by internationally acclaimed guest performers, including Chinese cellist Jiapeng Nie, and pianist Andrew Tyson performing Rachmaninoff's epic piano concerto No. 2. Our season opens on October 5 in Westfield with "Invitation to the Waltz" featuring a program of renowned orchestral waltzes presented in glorious symphonic splendor.

According to a news release from the NJSCA, the U.S. Bureau of Economic Analysis reports the arts and culture sector contributes \$22.1 bil-

lion to New Jersey's economy, representing 3.8 percent of the state's GDP - a larger share than several other industries in the state.

The council receives funding from the state of New Jersey through the Hotel/Motel Occupancy Fee legislation passed in 2003, which established a dedicated revenue source to support arts, history and tourism. Additionally, the Arts Council receives annual competitive grants from the National Endowment for the Arts.

"New Jersey's creative industries play a key role in our success, from the economy and education to wellness and cross-cultural understanding," Council Chair Elizabeth Mattson said. "The arts provide an opportunity for people from all backgrounds to engage with one another, and to share ideas and stories that can change lives."

Tickets for "Invitation to the Waltz," NJFO's season opening concert on October 5 and 6, start at \$30 (students \$15). Discounted ticket packages, saving up to 20 percent over regular prices, are also available. For further information, call (908) 232 9400, or visit www.njfestivalorchestra.org.

Carrie Opens At CDC Theatre Friday

CRANFORD — CDC Theatre in Cranford is presenting *Carrie, the Musical* in a limited run on Friday, August 2, Saturday, August 3 and Sunday, August 4. See cdctheatre.org for tickets and further information. Based on Stephen King's bestselling novel, this newly reworked version of the musical *Carrie* is a fully re-imagined vision of this gripping tale.

Incredibles 2 Showing At La Grande Park

FANWOOD -- Tuesday, August 6, at 8:15 p.m. the Fanwood Recreation Department will show *Incredibles 2* as part of its free summer movies in the park series, held in La Grande Park. Be sure to bring a blanket or a low back chair. The film is Rated PG.



Photo courtesy of Borough of Fanwood website. MOVIE NIGHT...*Incredibles 2* will show Tuesday night at La Grande Park in Fanwood.



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LIVE LOCAL



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