

Two powerful women deliver ...

TRUE VOICES OF MIND, BODY AND SOUL

Giles takes journey into world of 'Lady Ella'

By **ANDRIA Y. CARTER**
Staff Writer

PRINCETON — The music's melodies enticed you, the gentle notes played on piano and bass teased you and a small crowd hushed in anticipation of a night to hear about dreams, Christmas and the musical stylings of Ella Fitzgerald.

And Sue Giles did not let you down.

Unlike some artists who find working a small stage daunting, Giles found the stage at The Looking Glass Pond energizing and immediately entered into a playful banter with the audience before singing "I'm Old Fashioned."

The song set more than the tone for the evening. It represents the genre of music Giles has not only come to love but is now the basis of a musical she is writing.

The concert and the musical are based on the early musical years of Ella Fitzgerald, also known as "Lady

Ella," and her mentor and guardian Chick Webb at Harlem's Savoy Ballroom.

Before his death in 1939, Chick Webb became known as a legendary bandleader and drummer of the jazz and swing music era. While his band served as the house band for the Savoy Ballroom in Harlem, Chick signed Ella to sing with the band, launching an incredible musical career.

Giles announced Friday night that the concert was the beginning of a musical journey to

recreate those heady times of the Savoy Ballroom. Singing "A-Tisket, A-Tasket," "How High the Moon" and "Body & Soul," Giles had the audience traveling through a time period long past — yet left you wanting more.

She explained that the idea of writing a musical about Ella's early days with Chick Webb had been swirling around her head for years. And she finally decided to put pen to paper.

In fact, if Giles has enough of the music written for the musical she may return in six months to The Looking Glass Pond on Alexander Road to perform it.

From the beginning, the audience was eased into a relaxed state. What impressed the audience most was Giles' ability to scat just like Ella could.

Those scatting abilities were put to the test when she did an impromptu duet with bassist Morrie Loudon. Pianist Mike Eckroth also pushed Giles to her scatting edge but just when you thought she had enough she came back for more

with the audience urging for more.

The highlight of the show was Giles acapella rendition of "A Change Is Gonna Come." This song not only proved that the musical stylings of Ella Fitzgerald are in safe hands, but will be sung for a long time to come.

Sue Giles will perform next on Thursday at Mercer Regional Chamber of Commerce holiday meeting held at the Trenton County Club and on Friday at the Trenton Marriott for Trenton2Night.



Goldie Hawn tells women to 'breath

By **LAUREN CLAY**
For the Trentonian

PRINCETON — Academy Award-winning actress Goldie Hawn discussed her experiences and projects yesterday in front of 600 women as the keynote speaker for Princeton Healthcare System's sixth annual Conference for Women.

The 63-year-old actress, who won her Oscar for the 1970 film "Cactus Flower" but battled depression years ago, focused on happiness and how it has helped get her where she is today.

"Some of the worst moments that we have in our lives can turn out to be some of the most important moments," said Hawn, who shot to fame on the '60s TV show "Rowan and Martin's Laugh-In" and then on the silver screen during the '70s and '80s.

"Suffering is something that is part of being human. We grow, we change, we develop, we evolve and we become the best people we can be and the happiest people we can be."

A firm believer in breathing techniques and relaxation, Hawn is trying to instill those principles into the lives of children in order to improve their quality of life. Her most recent project is The Hawn Foundation, which aims to help children reach their highest potential. Since it began in 2003, the foundation has worked with scientists, educators and professionals to promote mindfulness-based learning, which Hawn described as being aware of your own mind.

"Our children are recipients of frenzied families, frenzied teachers and an inability to focus," she said. "We are doing research on the effects of breath and the brain. We need mental health, and we need to create inner peace in

because we all need that some

Hawn's natural ability to connect with an audience was clear, as many of the audience were commending her humor and how she was presenting herself and her ideas.

"I thought she was fabulous, delightful and incredibly open life," said Amy Franco Rodriguez, director of marketing and public relations for PHCS. "I think today is about on yourself and learning, and personally, hearing about her experiences and her perceptions about life struck home for me."

For other women, Hawn's mother of Holly, Kate Hudson was a factor in their decision to attend the conference.

"When I heard Goldie Hawn was the speaker, I came because I wanted to hear about the work of her foundation, Amy Aughenbaugh Hightstown.

"What I really appreciate about her efforts toward children's health is her concentration on childhoods. I work

Hightstown Housing Authority low-income housing. There are children that live there and some dysfunction — single parents, divorced parents, and some parents work so the kids are home alone. I gave me some ideas for things I could do within the housing authority.

Hawn captured the main idea of the conference, which, according to Rodriguez, is to give women the tools to relax and connect with other women.

"Women as care providers, as mothers and as employees are busy and don't always take time for themselves," she said. "So I think it's important to have a conference like this."



Muslim community handing out beef and rice at TASK

TRENTON — An abundant amount of beef and rice will be served to the needy at the Trenton Area