

## SP Library Posts Program About 'Heart Health'

SCOTCH PLAINS - The medical series at the Scotch Plains Public Library will continue on Wednesday, February 16, at 7 p.m. with a program entitled "Heart Health," presented in cooperation with Muhlenberg Regional Medical Center.

Kathy Klige, Director of Cardiovascular Services at Muhlenberg Regional Medical Center in Plainfield, will be the guest speaker. She is a recent recipient of the prestigious "Excellence in Assistant Nurse Management" award.

She will discuss risk factors in cardiac disease; new developments in a healthy heart lifestyle and other issues in conjunction with observance of February as Heart Month.

Pre-registration is optional. The program is free and open to all. Light refreshments will be served. The library is located at 1927 Bartle Avenue. For more information and directions, please call the library at (908) 322-5007 or visit [www.Scotlib.org](http://www.Scotlib.org) on the Internet.

## Men Invited to Discussion About Male Role Models

SCOTCH PLAINS - The Men's Group of the Willow Grove Presbyterian Church in Scotch Plains has invited males age 16 and up from the community to join them on Saturday, February 19, from 10 a.m. to noon for a free brunch and discussion on male role models and "Bringing Up Boys."

Moderated by August Ruggiero, the discussion will be based on the newsletter "Focus on the Family," by Dr. James Dobson, which claims feminist ideology has caused a deterioration of masculinity that has impacted

boys and men alike.

Those interested in attending are asked to make advance reservations by Thursday, February 17, but persons without a reservation will be welcome as well.

For more information or to make reservations, please call Mr. Ruggiero at (908) 889-5948 or the church office at (908) 232-5678.

Reservations also may be e-mailed to [wilgrv@netzero.com](mailto:wilgrv@netzero.com). The church is located at 1961 Raritan Road and is handicapped accessible.

## Westfield Library Lists Adult and Youth Events

WESTFIELD - The Westfield Memorial Library, located at 550 East Broad Street, will host several programs for adults and children during the week of Monday, February 14.

"TGIF: Mount Vernon" will be offered on Friday, February 18, at 1:30 p.m. A video tour of George Washington's home will be featured. Light refreshments will be served.

Storytimes for children also are scheduled. All storytimes are conducted on a drop-in basis, but attendance is limited, so participants are encouraged to arrive early and sign in at the Children's Desk. Children must have a valid Westfield Library card to participate.

"Mother Goose Lapsit," for youngsters age 10 to 23 months and their parents or caregivers, is held Tuesdays and Wednesdays from 9:45 to 10:05 a.m.

This program exposes young children to language, books and playful activities. Attendance is limited to 10 children. Older siblings will not be permitted due to the size limitations of the room.

"Time for Tales: Three-and-a-half

to Five Years Old" is held on Mondays from 1:30 to 2 p.m. and Fridays from 10:30 to 11 a.m. Children go into the story room without an adult to listen to stories and watch a video of a picture book.

Adults are not permitted to accompany the child, but are asked to stay in the library during the program in case of "emergencies."

"Little Listeners: Ages Two to Three-and-a-half Years Old" takes place on Tuesdays and Wednesdays from 10:30 to 11 a.m. Children must be accompanied by an adult for this program. Infants will be permitted, but older siblings will not due to size limitations of the group.

The library requests that children attend this program only once per week so that as many children can participate as possible.

For more information on these programs, please call (908) 789-4090; visit the library's website at [www.wmlnj.org](http://www.wmlnj.org) or stop by the library for a copy of its quarterly newsletter.



FEEDING THE HUNGRY... Cub Scouts in Pack No. 172 from Franklin Elementary School in Westfield recently made over 690 sandwiches to be donated, along with cans of soup, to St. Joseph's Social Service Center in Elizabeth. Funds from the scouts' fall popcorn sales were used to purchase sandwich fixings, supplemented by contributions from Kings, ShopRite and B.J.'s. Scouts pictured, from left to right, are: Alex Campbell, Ben Fleschler, Ryan Geary and James Sciortina.

## Health and Nutrition Lectures To Begin This Evening at 'Y'

WESTFIELD - The Westfield Area "Y," located at 220 Clark Street in Westfield, will present a series of free health and nutrition lectures for the community. "Y" membership is not required.

"Rise and Shine Breakfast for Your Day" will be held from 7 to 8 p.m. tonight, Thursday, February 10. Jackie Frederick of Overlook Hospital will discuss foods that provide the appropriate energy to get started in the morning. A free blood pressure screening will precede the lecture at 6 p.m.

"The Truth About Fad Diets" will

take place on Wednesday, February 16, from 7 to 7:50 p.m. Debby Hall, the "Y"'s registered dietician, will speak about the multi-million dollar fad diet industries.

"EECP: A Non-Surgical Alternative to Angina and Blocked Arteries" is scheduled for Monday, February 21, from 7 to 8 p.m. in honor of American Heart Month. A representative of Trinitas Hospital will present a lecture on non-surgical alternatives to treating diseases of the heart. For more information, please call the Westfield Area "Y" at (908) 233-2700.

## Titanic Expedition Member To Speak to Woman's Club

WESTFIELD - The Woman's Club of Westfield will hold its general meeting on Monday, February 14, at the Masonic Lodge, located at 1011 Central Avenue in Westfield.

Following a short business session, Bob Ferraro of Plainfield will present a program at 1:45 p.m. on the *Titanic's* North Atlantic gravesite.

A former Plainfield councilman, Mr. Ferraro served in the United States Navy and was a member of the 1996, 1997, 1998 and 1999 expedition teams to the site. He will explain what it was like to be there more than 80 years after the disaster

and what the expeditions expected to prove.

Mr. Ferraro also will share many interesting facts about the vessel, as well as the ship that steamed away from the *Titanic*, and pictures of survivors. The public is invited to attend this program and the reception that follows. For more information, please call (908) 233-0532.

## First Baptist Women to Meet For Book Club, Bible Study

WESTFIELD - On Wednesday, February 16, the Women's Bible Study Group of the First Baptist Church in Westfield will meet from 10 a.m. to noon at the church, located at 170 Elm Street.

The group's current theme is "Women of the Bible." During the upcoming meeting, Alice Shill will discuss and compare Hannah from the Bible with a famous 20th century woman. Visitors are welcome and refreshments will be served. For more information, please call Betty Cochran at (908) 755-6351. On Saturday, February 19, First

Baptist's Women's Book Club will meet from 10 a.m. to noon at the church. Sandy Brown will lead a discussion of "The Secret Life of Bees" by Sue Monk Kidd. A *New York Times* bestseller, it follows a motherless daughter's discovery of love and what family really means.

Visitors are welcome to share in the discussion and fellowship, even if they have not read the book. Refreshments will be served. For more information, please call Bette Savage at (908) 575-8637 or email her at [Elzsvg@netscape.net](mailto:Elzsvg@netscape.net).

## Wisdom's Light to Focus On 'The Science of God'

WESTFIELD - The public is invited to a discussion of how the Bible and science are compatible on Tuesday, February 22, at 7:30 p.m. It will take place in the First Congregational Church of Westfield's Coe Fellowship Hall, located at 125 Elmer Street.

A ministry of Wisdom's Light, this program is designed to be a positive dialogue about religion and science. It is founded on the notion that both science and religion are gifts from God and express God's love for creation in two different ways.

Participants will discuss ideas contained in the book "The Science of God" by Gerald L. Schroeder. Professor Schroeder, a physicist and Biblical scholar, demonstrates parallels between various biblical teachings and the findings of biochemists, paleontologists, astrophysicists and quantum physicists. He argues that not only are science and the Bible compatible, but they are actually interdependent.

In this session, attendees will explore what happened 530 million years ago in the Cambrian era, when all the basic types of anatomies of life suddenly appeared in the oceans. This discovery has called into question the randomness and gradualism proposed by Darwin as evolutionary forces. Participants also will reflect on the discovery of another human species, homo floresiensis, on the Indonesian island of flores.

Discussions on Professor Schroeder's book will continue on Tuesday, April 26, also at 7:30 p.m., at the First Congregational Church of Westfield. The schedule and directions to the church are posted at <http://wislit.home.att.net>.

All sessions are facilitated by the Reverend John A. Mills, an ordained minister in the United Church of Christ and the Director of the Wisdom's Light Ministry. He can be reached at [wislit@worldnet.att.net](mailto:wislit@worldnet.att.net) or at (908) 322-2857.

## First Baptist to Present 'Journey to the Cross'

WESTFIELD - Beginning at 7 p.m. on Monday, February 14, the First Baptist Church of Westfield, located at 170 Elm Street, will present "Journey to the Cross." The program will continue every other Monday during Lent.

Participants will gather for a brief sharing and worship time, then individually move through various stations that direct them to reflect on objects and scripture portraying events in Jesus' own path to the crucifixion.

Senior Minister Dee Dee Turlington and the Reverend Jeremy Montgomery, Minister of Local Outreach, will direct the worship time. For more information, please call the church office at (908) 233-2278 or email [firstbaptist.westfield@verizon.net](mailto:firstbaptist.westfield@verizon.net).

## Holy Trinity Seniors To Meet on Monday

WESTFIELD - The Holy Trinity Senior Social Club will meet on Monday, February 14, in the gymnasium of the interparochial school on First Street in Westfield. A light lunch will be served at 1 p.m.

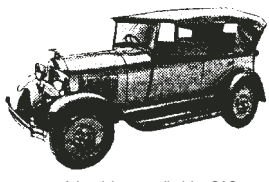
Afterwards, Darren Seise from Sunrise Assisted Living will present a program regarding dementia and other problems relative to aging. The regular meeting will be conducted following the special program.

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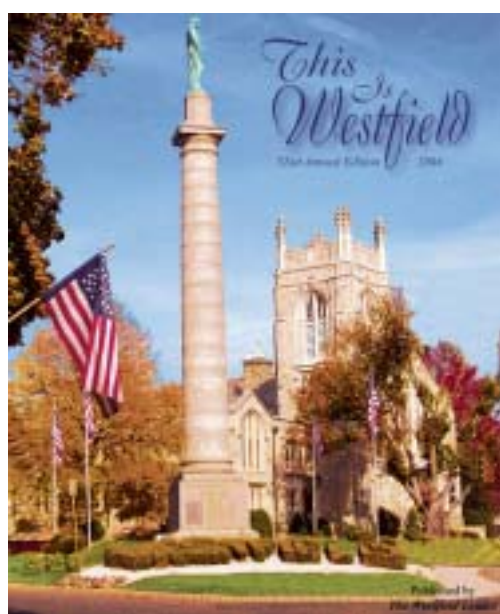
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