

State of The Arts to Feature Talents of Local Residents

WESTFIELD - An upcoming episode of NJN's "State of the Arts" program "Learning Curve" features great teachers and their students. Learning Curve goes from a master class with a legendary cellist to students working with professionals in a Broadway-style production of *Carousel* to an artist working with kids in an innovative after-school program.

In terms of *Carousel*, students from 11 different counties in New Jersey converged upon Newark this summer to put on a show, including area students who had roles in a production of *Carousel* at the New Jersey Performing Arts Center (NJPAC).

Adam Biner, a resident of Fanwood, had the role of Lester Lovejoy, and Melissa Miller, a former resident of Westfield, who at one time participated in the summer program at NJPAC and is now a professional actress, also performed.

Young actors, dancers, orchestra musicians and stage techs, ranging in age from 6 to 23, auditioned for the chance to be part of the NJPAC's Summer Musical Program.

Director Cynthia Meryl said, "It's the closest thing to a real Broadway experience you can get as a student."

This year's production of Rodgers and Hammerstein's musical marked the 10th anniversary of the NJPAC's

Summer Musical Program, done in collaboration with the New Jersey Youth Theatre Company, formerly WYACT.

"State of the Arts" producer Eric Schultz visits the production in rehearsal, backstage and on opening night and speaks to the students and the seasoned theatrical pros running the show.

Mr. Schultz also talks to graduates of the Summer Musical Program who have gone on to become professionals, including Ms. Miller, who since graduating from the NJPAC summer program has appeared on Broadway, the NBC television program "Ed" and numerous other films and theatrical productions in New York and New Jersey.

"State of the Arts," the half-hour arts magazine, airs every Friday at 8:30 p.m., followed by an encore presentation each Wednesday at 11:30 p.m. "Learning Curve" will appear on tomorrow night's episode.

The current episode can be viewed online at njn.net. Individual stories will be available to view following their broadcast by visiting the program online at State of the Arts.

NJN is available on all New Jersey cable systems, satellite systems and Time Warner Cable channel 750 in NYC.



NANNY CAM...Last Sunday afternoon, Jo Frost, the star of the ABC reality series "Supernanny," visited the Westfield Lord & Taylor, Julia Rivera, 13, and her brother, Giancarlo Rivera, 11, got Ms. Frost's autograph after posing with the star.

WESTFIELD FOOD 4 THOUGHT

Scotch Plains Home Offers Exposure to Punjabi Cooking



By JAYNE SALOMON
Specially Written for The Westfield Leader and The Times

SCOTCH PLAINS - Punjabi restaurants are not frequently the first choice for most Westfielders. Partly because there are no Punjabi restaurants in town and partly because Punjabi food just doesn't get the press it deserves.

For the more discerning palate, this cuisine from the Punjab region of Northern India and Eastern Pakistan, is as popular and delicious as any other ethnic cuisine. Food aficionados appreciate this style of cooking, which relies heavily on fresh produce and particularly on good-quality spices.

Although there are no restaurants of this type in Westfield, there is a Punjabi cooking expert who conducts cooking classes in her Scotch Plains home. Veronica Sidhu teaches these classes to raise funds for the Bennet Brand Memorial Fund. Named after her grandson, who died of a rare immune disease at an early age, all money she receives goes to the fund, which has raised money for the McGinn School playground and scholarships to gifted students for academic summer programs, in addition to miscellaneous other projects.

I recently had the pleasure of attending one of Ms. Sidhu's classes, where her students participate in the process of preparing her original recipes while standing around her kitchen table.

One of the first things she taught us is that many Punjabi recipes contain a trio of aromatics of onion, garlic and ginger, as well as masala (a mixture of many spices, such as turmeric, cumin and coriander seed.) Interestingly, onion, garlic and ginger are frequently found in many Chinese and other Asian dishes.

Before we began the food preparation, Ms. Sidhu served us a shrimp salad that she had just developed and that was quite tasty.

We then prepared beef and vegetable samosas, which we dipped in our choice of mint or tamarind chutney. The remaining menu consisted of chicken tandoori, spinach and cheese, rice pudding and whole-wheat flatbreads.

Although she has been cooking and developing Punjabi recipes for many years, she quipped that the art of bread making can still present somewhat of a challenge.

After sampling the delicious

flatbreads, I believe that she has passed this test with flying colors. Apparently, so does her publisher, Hippocrene Books, as it will publish Ms. Sidhu's book, "Menus and Memories of Punjab" in the fall of 2008.

To schedule a class, e-mail Ms. Sidhu at sidhuvj@gmail.com.

CHICKEN TANDOORI

*NOTE: This savory chicken must be marinated a day in advance.

INGREDIENTS

- 2 tablespoons + 1 tablespoon kosher salt
- 4-5 pounds skinless chicken breasts (16 pieces)
- 4 tablespoons lemon juice
- 2 teaspoons whole cumin seeds
- 1 teaspoon whole cloves
- 2 teaspoons black peppercorns
- 1-1/2 teaspoons green cardamom seed
- Black cardamom seeds from 3 pods
- 3 garlic cloves
- 1-1/2 inch piece ginger
- 1 green chili, seeded and coarsely chopped
- 1 tablespoon paprika
- 1 cup hung yogurt or light sour cream
- Optional: 4-6 drops red food color



Chicken Tandoori

Garnish with cucumber slices and lemon wedges

PROCEDURE

Dissolve two tablespoons of salt in three cups of water. Add the chicken and soak for 10 minutes. Rinse thoroughly and drain. In the same bowl, sprinkle the chicken with a tablespoon of salt and the lemon juice. Toss until well coated. Set aside while making the spice mixture and marinade. In a small frying pan, heat the cumin seeds, cloves, peppercorns, green cardamom seeds and black cardamom seeds for three minutes or until fragrant.

In a mixing bowl, grind the garlic, ginger and chili together. Add in the spice mixture, paprika, yogurt or sour cream and the food color, if using and thoroughly blend. Drain the chicken a second time. Make diagonal cuts on the chicken pieces and roll each piece in the marinade until well coated. Place chicken on a cookie sheet or in a baking dish lined with tin foil. Cover and refrigerate overnight.

Preheat the oven to 450 degrees. Bake the chicken for 15 to 20 minutes, turning once, or until juices run clean. (Legs and thighs may take longer) Place under the broiler for two to three minutes to get a few charred spots. Garnish with cucumber slices and lemon wedges.

Yield: 8 servings

CO.NT.I.N.U.E.D from 22

MUSICFEST 2007 - NOMAHEGAN PARK

Ms. Kowalski reported that Carolyn Sullivan, coordinator of Community Relations and Special Events, spent all year seeking corporate sponsors.

"The sponsors pay the cost of the musicians, and they've given well over \$200,000 this year," she said. "So it's not a burden on taxpayers."

And while the taxpayers do pay for public safety, Ms. Kowalski believed that's really not much more than for any other festival or county event in the park.

Funding from corporate sponsors allowed organizers to secure major performers like Live and Chuck Berry, drawing large crowds.

"It was nice because people who listened to him [Berry] when they were younger came and brought their children," Ms. Kowalski said.

MICHELLE LePoidevin, director of public relations at the Wardlaw-Hartridge School in Edison and a freelance writer for *The Westfield Leader* and *The Times*, had been scheduled to interview bands for Scotch Plains Television (SPTV)'s coverage of the event, but circumstances didn't allow her to do so.

"We got miked up, and they sent us in to interview Beale Street Love, but they kicked us out because they said Chuck Berry didn't want anyone backstage...no media," Ms. LePoidevin said.

Leader/Times Arts and Entertainment editor Michael Pollack volunteered his time to co-host SPTV's coverage of MusicFest all day long.

Mr. Pollack said he believed most of the taping went smoothly, although there were some challenges.

"A couple of the bands went on late, and the slow start caused the equivalent of a traffic jam," he said.

"So, we couldn't film completely in order."

He said that when he commented on bands he wanted to stay positive and informative, not come off as a critic.

He believed that he and his co-host, Kara Shovlin, who has done previous local-television appearances, worked well together.

"I'm amazed at what a professional product we're putting out," he said. "I think with her TV experience coupled with my journalistic background, we make a damn good team."

MusicFest also featured a separate Kids' Kingdom area, which had rides and amusements for children alongside musical performances on the kids' stage. Bands included Trout Fishing in America, the Gemz, Patience Moore, Miss Sherry and the Little Animal Band and Starfish.

Scotch Plains residents Lisa and Mike Alchus were additionally enjoying the park's playground area with their children.

"We've only caught the tail end of Kids' Kingdom, and my son really loved the Lego Center and the Bubble Tent," Mrs. Alchus said. "But my husband is really motivated by Live. He's staying to see them."

MusicFest is held annually and is free to the public as a service of the Union County Board of Chosen Freeholders.

Ms. Kowalski said planning for next year's MusicFest will begin shortly.

"I live in Cranford and really appreciate that there are such beautiful county parks to do things like this," Ms. Kowalski said. "And they can be sure we'll clean up and get things back in shape when it's all over."



Vic's Picks

Epic Score Scores

'Lord of the Rings: The Complete Recordings'

By VICTORIA MCCAIBE
Specially Written for The Westfield Leader and The Times

It takes a certain kind of person to like *Lord of the Rings*.

I never believed I was that person. A huge skeptic of fantasy novels and the like, friends dragged me kicking and screaming into the theater and patiently answered my mid-movie questions: Where are they going? What is the ring?

Four hours later, two things became clear. One, real friends don't start friends on the second *LOTR* movie - the first one is pretty essential to the plot. Two, even though I understood next to nothing, I knew as I sat there that I was watching something unprecedented, something special.

Regardless of one's feelings about the fantasy genre in general, Peter Jackson's monstrous epic stands as arguably the greatest filmmaking achievement those born after *Star Wars* have ever seen.

But as I sat in my college theater with no clue as to what I was watching, Howard Shore told me what it all meant.

The best soundtrack music comes to represent both the film it accompanies and the grander themes the film's characters stand for. John Williams is the modern hero - his themes for *Star Wars*, *Indiana Jones*, *Jurassic Park* and the like resonate whether accompanying their respective films or standing on their own.

With *LOTR*, Howard Shore achieved that rare Williams-ian feat of scoring a film so brilliantly that the novice viewer could understand much more than the film's good and evil - Shore shows hope gained and lost, a corrupting power, a heroic resolve.

The real beauty is that even those who have never seen a single *LOTR* moment on screen can connect with the music. At turns graceful, at others ominous, the music transcends the film itself and proves itself worthy of representing those grander ideas.

Just as Peter Jackson and co. released extended editions of each film of the trilogy, Reprise Records began releasing extended soundtracks - *The Fellowship of the Ring* in 2005 and *The Two Towers* in 2006.

The first round of soundtracks had to cut to the core of each theme - all the major motifs had their turn, but Shore lost the opportunity to illustrate the subtle-yet-significant modulations his musical characters make along the journey.

Heard in its entirety on "The Complete Recordings," Shore's work is stunning. The serenity, the terror, the courage - every emotion, every character has a voice. His Wagnerian approach to scoring the massive three-part epic is so supremely appropriate for the film that it's hard to imagine it could be done any other way.

(Non-music nerds: Wagner - one of history's most controversial composers - crafted a compositional form that changed the face of opera. Instead of composing contrasting themes and developing them traditionally, Wagner gave each major player in his operas - people, places and ideas - its own theme; plot and character interaction developed those motifs as the story continued.)

Just like the film, there are so many things to explore in Shore's score that

each subsequent listen unlocks more.

The most immediate delight of the *Fellowship* set is the expanded presentation of the Shire music. Confined to a single track on the movie's original soundtrack, the Hobbit music here gets the treatment it deserves.

The musical aesthetic Shore assigns the Hobbits and their rustic home underlies their similarities with Celtic culture; the composer makes that folk music come to life with Celtic harp, bodhrán and dulcimer instruments.

As the story leaves the Shire, "The Passing of the Elves" is magnificent. A capella vocals float in a haunting song in Tolkien's elvish language so ethereal that the listener really might believe he's stumbled on another culture from another world.

The best thing about "The Complete Recordings" is that they recapture the journey. It's not just the money shots, the catchy melodies - it's the way those shiny initial themes sound after toil and frustration and battle, the way they influence their surroundings and are in turn influenced by them.

The grandest example is the Helm's Deep battle sequence that spans many tracks in the *Two Towers* set. The obvious composer might choose to augment the most overwhelming, culture-encompassing fight his characters have yet faced with his brash-est, most terrible music. Shore resists, and what glorious resistance. Yes, the evil forces strike more forcefully than ever, in music and on screen, but the defining choice is the musical equivalent of surveying the scene, the way the elves' mystical string and wind melodies resurface in brass-orchestrated battle mode as they choose to join the fight for the good in the world. Wagner couldn't have scored it more profoundly.

And included on the extended soundtrack are all the little folk-song snippets that the characters sing in the film - Merry and Pippin's pub song, Eowyn's song for Theodrid's funeral - except for the disappointing omission of Gollum's "Rock and Pool" from *Two Towers*.

Beyond the enticing visuals - mirroring the film's extended editions, "The Complete Recordings" look like old bound volumes - brilliant linear notes pack tons of commentary from *LOTR* music scholar Doug Adams into 45-page mini books. More exciting still, the books print snippets of the music for anyone who wants to trace the themes throughout the score or who may be always wanted to play the epic's fiddle themes on her viola... Moving on...

In a cool twist, the music's website, lordoftherings-soundtrack.com, features downloadable annotated scores that work through the recordings track by track in a less technical, more accessible format.

Reprise Records just announced that the *Return of the King* recordings will hit stores on November 6 in a four-disc-plus-DVD format, so start exploring the first two soundtracks now. They're pricey (each is more expensive than the film it accompanies), but, much like the film's extended editions, they blow their predecessors out of the water. That's no small feat, and the journey back into the heart of Middle Earth is worth every penny.



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Linda B. Condriello for The Westfield Leader and The Times
OUTTA TOWN BUT OUTTA SIGHT!...The Oskar Shindler Performing Arts Center in West Orange was the backdrop two weekends ago for 21 sculptures of decorated lightbulbs in concert with the town's Energy Diet campaign. The light bulbs were previously on display throughout West Orange, serving as a medium to emphasize conservation.

Due Sorelle Presents Its Fall Collection

WESTFIELD - Due Sorelle will present its fall line at Westfield's Juxtapose Gallery, located at 58 Elm Street, next Saturday, September 29, from 11 a.m. to 5 p.m.

This fall's standout color is grey. The designers have designed a collection around this neutral hue by mixing grey with blacks, browns, whites and clear quartz to offset the tonality.

Long strands continue to be popular and versatile, and this fall, Due Sorelle

continues these designs with mixed chains and stones that can be worn long or wrapped into a double strand.

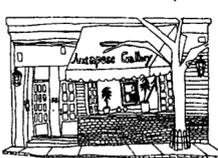
"Meeting with my customers continues to be a great influence on what I design and helps me narrow down the designs at the start of each collection. We continue to see new faces at Juxtapose each season, as well as our loyal customer base," said Gena Spil, one of the two sisters who comprise Due Sorelle.

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Due Sorelle
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