

Yoga: As Comforting as An Adirondack Chair Says Westfield Grad Feathers

By CAROL F. DAVIS
Specially Written for The Westfield Leader and The Times

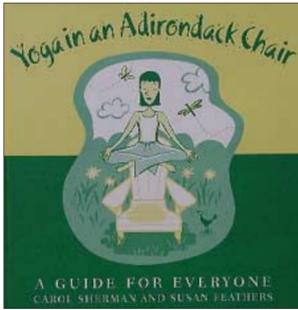
WESTFIELD—Audrey Feathers has never been more proud of her daughter, Susan, Susie, as her mom lovingly calls her, is the co-author, along with Carol Sherman, of a newly-released book, "Yoga in an Adirondack Chair: A Guide for Everyone," published by the Boston Mills Press in Canada.

Carol and Susan met a few years ago at a yoga retreat, where the idea for the book was first discussed. Actually, for Susan, the roots of this volume go back a lot further. A 40-year old law school administrator in Philadelphia, Susan developed an interest in yoga in her mid-20s. She has been teaching it ever since.

Her interest in the Adirondack chair, however, stems from loving memories of spending time in that region with her father.

Piecing these things together, Susan realized that yoga could be a much more accessible activity for those who are disabled or not physically fit, or simply don't have the time or space to devote to a more formal discipline.

The thought came to her during



the time she spent commuting from New York to New Haven on weekends.

The postures and stretching of classical yoga, according to the authors, could be adapted for a chair. Of course, it doesn't have to be the Adirondack chair. The methods described in the book have been tested, with much success, on her students.

Susan happens to be a Westfield High School graduate from the Class of 1979. In fact, she finished

second in her class of 800. As a child, she was active in the Music Club, where she played piano and cello. She also had a passion for the outdoors, and did a lot of hiking.

She mentioned that her sister, Cynthia, 8 years her senior, was first in her class. We don't know her mother's rank, but I can tell you that with this triad working together to promote Susan's book, it should be quite a debut.

While marketing for "Yoga in an Adirondack Chair: A Guide for Everyone" has been at full force in Toronto, it's been a bit slower here. It was released, unfortunately, on September 15.

However, this 64-page hardcover book may be purchased at Barnes & Noble for \$8.79. Look for the whimsical cover, but take the content very seriously.

As Susan said, yoga can be "fun and accessible."



MY TAKE ON IT

WITH KERRIANNE SPELLMAN CORT



Emmy Finally Made Her Appearance... and Tastefully So

By KERRIANNE SPELLMAN CORT
Specially Written for The Westfield Leader and The Times

The 53rd Annual Primetime Emmy Awards were finally held this past Sunday in Los Angeles at The Shubert Theater after being postponed two times.

Due to the events of September 11, the Academy of Television Arts and Sciences felt it would be inappropriate to air the live telecast just days after the attack.

All in all, a subdued respect was present and it was a nice way to spend a Sunday evening, regardless of your program of choice.

The Emmy's this year were obviously very different than they have been in the past and it was a welcome change. Most actors wore simple business attire, though there were a few that decided to disobey the recommended apparel.

Actress Marg Helgenberger of CBS' *CSI* looked stunning in a gown and remarked that she dressed that way because she was proud to be an entertainer.

Degeneres has really hit her stride



Edie Falco Sings "Sopranos"



Babs Comforts Us Through Music

and was the perfect host for the evening. She was classy, understated and laugh-out-loud funny. Her best comment of the evening had to be that she knew she was in the perfect position to anger the Taliban.

"Let's face it, I'm a gay woman in a suit surrounded by Jews," she said. The audience cheered.

The humor was pointed, professional and needed. There didn't appear to be too many long-winded speeches and many winners thanked God and America for their honors.

Edie Falco, winning again for her role on HBO's *Sopranos*, thanked the people of New York in her speech and Patricia Heaton of CBS' *Everybody Loves Raymond*, also winning for a second time, dedicated her work to our American soldiers who are now fighting for us overseas.

What puzzled many viewers, I'm sure, was the lack of attendance. There were countless no-shows who would have indeed taken home trophies that evening. In their defense, I'm sure that most nominated actors had cleared their schedules for the first and most likely the second time the Emmy's were supposed to air, but it just isn't possible for everyone to be on call in such a manner.

Many actors are currently working on other projects and unfortunately could not attend. It certainly wasn't a slight against the television industry or against America. People simply had other commitments.

Sarah Jessica Parker and Cynthia Nixon of HBO's *Sex and the City* were surely missed, but both actresses are currently starring in plays on Broadway. Parker was a best actress nominee and of course would have been there if she had been able. Many winners, including James Gandolfini of *The Sopranos* were out of town working.

The lack of celebrity attendees did at times seem odd, yes, but the ones who did attend certainly made the best of it. It was actually a very well rehearsed and orderly broadcast.

Capping off the evening was a wonderful surprise visit from Barbra Streisand. The beloved diva ended the telecast with a beautiful rendition of "You'll Never Walk Alone" from Rodgers and Hammerstein's *Carousel*.

The tear-jerking number was dedicated to all of those who lost their lives on September 11 and it was a classy way to end a classy evening.

All in all, this was a professional, celebratory program that was unashamedly pro-entertainment and pro-America. The 53rd annual Emmy Awards were simple, respectful and thoroughly enjoyable.

Let's hope that the producers of the Tony Awards and Oscars were watching.

Keith Mason Pens Guide For Carol

SCOTCH PLAINS - American Family Theater's *A Christmas Carol*, Don Kersey's musical version of Dickens' classic tale, will be staged at the New Jersey Performing Arts Center (NJ PAC) in Newark in December.

Dr. Keith Mason of Scotch Plains wrote a teacher's resource guide, sponsored by Verizon, for students who will attend performances.

A graduate of Scotch Plains - Fanwood High School (SPFHS), Dr. Mason currently teaches Italian and Spanish at New Providence High School.

The guide targets student learning in grades 1-6 and includes background about Dickens' *A Christmas Carol*, Victorian England, Queen Victoria, and Victorian Christmas.

In addition, the guide features interdisciplinary activities for encouraging learning before and after seeing the performance.

Performances will be staged on Saturday, December 8, at 2 and 7 p.m. at NJPAC. The show is recommended for children aged 6 to 11. Tickets may be purchased by calling the NJPAC Box Office at (888) GO-NJPAC or at www.njpac.org. Group rates for 20 or more can save by calling (800) 223-7565.



Dr. Keith Mason

Pen & Ink

By Michelle H. Le Poidevin

Eggshells Turn Rotten As Seinfeld Episode Gets Pulled Over Anthrax

By MICHELLE H. LEPOIDEVIN
Specially Written for The Westfield Leader and The Times

My doctor never told me this. Apparently, anthrax is transmittable through the television - by watching a certain re-running episode of "Seinfeld" no less.

Time out folks. The last thing any of us want to do is crush any of those eggshells we've been walking on since 9-11, but some over-sensitive television programmers at Columbia Tri-Star Television are turning those shells putrid, stinky and downright ludicrous.

"The Invitations," an episode in which George Costanza's fiancée Susan dies after licking cheap wedding invitation envelopes, has been deemed insensitive by the big cheeses at Columbia. Hence, the program, which was slated to re-run on October 22, was yanked abruptly.

I'm having some trouble figuring out how this episode could possibly be damaging to the viewer, since Susan did not die from coming in contact with an anthrax-laced letter. She was not living in an age of terrorism. Even in light of recent events, it is peculiar that an innocently humorous sitcom episode will not air or be rescheduled to air, only because it would appear cruel and tacky.

Suddenly, the program the was tagged "a show about nothing," has irrational television heads making much ado about nothing. Don't we have enough reality to worry about, instead of stirring up more paranoia where it doesn't even exist? Instead, one of the most hysterical "Seinfeld" episodes ever created has been censored and silenced.

Sounds like America to me.



Children's Book Nook

With Marylou Morano

Picture This: Books Your Kid Will Open Long After Childhood Is Over

By MARYLOU MORANO
Specially Written for The Westfield Leader and The Times

Most people can trace their love of books and reading back to their childhood and their favorite picture books.

One of the easiest ways to bond with young children is to read to them. Once written in simple language exclusively for the pre-schooler, today's picture books offer an array of subjects, language and of course, beautiful pictures for young readers of all ages.

Did you know that Amelia Earhart and Eleanor Roosevelt were best friends? On April 20, 1933, the two women stole away from a presidential dinner and boarded an Eastern Air Transport flight to fly the Baltimore - Washington, D.C. loop.

Read all about their adventure and see an actual photograph in "Amelia and Eleanor Go For A Ride" by Pam Munoz Ryan (Scholastic Press, 1999).

If a new baby will be arriving in your home this winter, be sure to read "The Baby Dances" by Kathy Henderson (Candlewick Press, 1999) to toddler big brothers and sisters.

This truly beautiful book about baby's first year of development is too charming for words. Just go read it.

Help! The cows are on strike and won't give milk. What is farmer Brown to do? Check out this whimsical fantasy and read what demands the cows are making in "Click, Clack Moo: Cows that Type" by Doreen Cronin. This book received a Caldecott Honor and is published by Simon and Schuster (2000).

"So You Want to Be President?" a Caldecott Medal winner (Philomel, 2000) is chockfull of interesting little

pieces of information about all the presidents of our country. Although written and illustrated in picture-book format, it will appeal to elementary school-aged children who are especially interested in history. It is written by Judith St. George.

Heather's three teddy bears protect the house from bad dreams in "Louie Larkey and the Bad Dream Patrol" by Linda Kay Weber (Moon Mountain Publishing, 2001). The bears in the pictures look so cuddly,

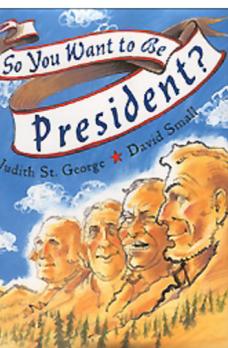
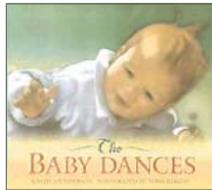
you'll wish you could lift them off the pages of the book and squeeze them.

Also published by Moon Mountain is "Carrot in My Pocket" by Kitson Flynn (2001). A carrot disappears from a young boy's pocket as he goes about the farm doing his chores. Who took it? The charming rhyming verse adds to the mystery.

This delightful book with its pages full of lovely pictures of all types of farm animals, will keep pre-schoolers guessing until the very end.

A Few Old Favorites
Allen Say's "Grandfather's Journey" is an autobiographical account of his Japanese-American roots. (Houghton Mifflin, 1993) It is one of those multicultural books that keeps tugging at the heart. "Leo the Late Bloomer" by Robert Kraus (Windmill Books, 1971) will re-assure children that it's okay to develop at your own pace.

"Crossing the New Bridge" by Emily Arnold McCully (Putnam, 1994) is a picture book with a message: about the true source of happiness and where to find it.



Westfield Lecture Series
John Fuyume
Director, Seabrook Educational and Cultural Center

Seabrook—A New Beginning: From Internment Camp to Seabrook New Jersey
A look at New Jersey's Internment Camp for Japanese-Americans during World War II

Thursday November 15, 2001
12:15—1:30 PM
Congregational Church of Westfield
125 Elmer Street, Westfield NJ

Tickets \$5, Seniors \$3 at the door or The Westfield "Y"

This program was developed and funded by the New Jersey Council for the Humanities, a state partner of the National Endowment for the Humanities. The Westfield Lecture Series is also made possible by a HEART grant from The Union County Board of Chosen Freeholders. The Westfield Lecture Series is sponsored by the Westfield "Y" and was established with the help of The Westfield Foundation.

Artist of the Week



Annie Potts (1952-)

By MICHELLE H. LEPOIDEVIN
Specially Written for The Westfield Leader and The Times

I didn't go to my senior prom and the minor dearth of that decision is the fault of actress Annie Potts.

Because, in the 80s, she played opposite Molly Ringwald in *Pretty in Pink*, as Iona, the punky, spunky confidante. She advised an angst-infested Ringwald that if she didn't go to the prom, she would be left with a gaping hole in her life. Iona's friend, Pott's character explained, searched her purse and counted her kids because not going to the prom always left her feeling like something was missing.

Not going to mine, I must admit that I often find myself searching the house randomly for things that I have had all along. Because I didn't wear the flounced gown, the heels and the corsage, there is an empty page in the scrapbook of my memory.

Born in the blue grass of Franklin, Ky., Potts took her enthusiasm for theater to Stephens College in Missouri, where she earned a Bachelor of Fine Arts Degree; and to the Graduate School at the Bowling Green Institute of the Arts. Bowling critics over in *Corvette Summer*, her feature film debut, she was taken seriously by the industry when she was captured a Golden Globe nod for the role.

Potts has made a career out of mastering characters that are tell-it-like-it-is, fearless, gutsy ladies with class. Her trademark role of the subtle, yet up-front Southern Belle Mary Jo Shively on CBS' "Designing Women" was preceded by her portrayal of the poker-faced receptionist in *Ghostbusters*.

While it seemed like Potts' career ran out of steam when she left "Designing Women," CBS welcomed her back into the fold by offering her the role of feisty chef Dana Palladino (no relation to the *Leader's* Dave Palladino) in the short-lived "Love and War." The role earned her an Emmy Award nomination for Best Actress in a Comedy Series.

Also lauded for her interpretation of Louanne Johnson, the gritty inner-city teacher in the ABC dramatic television adaptation of *Dangerous Minds*, Potts' lucky star did not regain its deserved luster until she won the role of Mary Elizabeth Sims on Lifetime TV's "Any Day Now."

Potts' voice has a character all its own, a trait which has been recognized by Disney (she played Little Bo Peep in *Toy Story II*) and the various commercials she has done for the calming One-A-Day® herbal, vitamin and mineral remedies. She is the first celebrity to represent the Bayer pharmaceutical firm.

Perhaps the her need for serenity developed after she suffered two divorces (college sweetheart Steve Hartley and B. Scott Senechal), as well as the auto accident with Hartley that left her with persistent arthritis. She is happily married to James Hayman, a director of television shows like "ER," "Judging Amy," and "Any Day Now."

Her first son, Clay, was born from Potts' marriage with Senechal, which ended in 1989; and she had two more sons, Doc and Harry, with third hubby James. Three wonderful sons, which I hope she encourages to go to their proms. Otherwise, the curse of Iona will continue.

Press Releases?
E-mail the A&E Editor:
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