

Weinstein Creates Healthy Cooking Show

WESTFIELD - Hope Weinstein, former Westfield resident and president of Hope Grown Productions, and co-producer and co-director John Fazio, president of Fazio Filmworks, have created a healthy cooking show for kids and kids at heart called "Healthy Bear Cooks with Care."

The first episode of the show is now available on Internet television. At a time when epidemics in children, such as childhood obesity and type-2 diabetes, are evident, children and families are looking to learn to cook and eat healthfully. "Healthy Bear Cooks with Care" offers this information to all in an entertaining way.

In addition to Ms. Weinstein, featured in the cast are Sara Babbit, Elle, Isabella and Micaela Bernardo of Fanwood; Paige Mankin, Alexis Marta and Ronnie Kaufman of Scotch Plains and Brandon Vassallo of Westfield.

Viewers may see the first episode of "Healthy Bear Cooks with Care" by visiting ivnet.tv and clicking on "English." At the top of the next page, click on "Channel 2." On the right side of the page, scroll down and click on "Healthy Bear."

Global Warming Topic At Trailside on May 8

MOUNTAINSIDE - The Trailside Nature and Science Center will offer a lecture on global warming on Tuesday, May 8, from 7 to 8:30 p.m. This featured event is for adults, ages 18 and older.

Gray Russell, environmental coordinator for Montclair, will present a report about global warming using photographs of the changes that have impacted the landscape. The presentation will conclude with a plan of action modeled on work that Mr. Russell coordinates within his own community.

Pre-registration is required. Admission is \$5 per person for Union County residents and \$7 per person for out-of-county residents.

"This is a lecture you won't want to miss. It chronicles the changes in our environment while showing what is being done in one community as a model for what we can do in our own communities to address the issue of global warming," said Freeholder Chairwoman Bette Jane Kowalski, liaison to the Union County Parks and Recreation Advisory Board.

For additional information on the Global Warming lecture or for a complete brochure of Trailside's spring adult workshops and upcoming special events, call (908) 789-3670 or visit ucnj.org/trailside. Trailside is located at 452 New Providence Road in Mountainside.

Tech Planning Topic Of County Workshop

WESTFIELD - Technology planning for non-profit groups is the topic of a workshop sponsored by the Union County Board of Chosen Freeholders and the Office of Cultural and Heritage Affairs in the Department of Economic Development.

Marion Conway of Marion Conway Consulting will conduct the Tuesday, May 22, workshop from 5:30 to 9 p.m. in the Community Room of the Westfield Municipal Building at 425 East Broad Street.

The program will provide an overview for on the latest tools and strategies to advance an organization's mission. This event is funded in part by a grant from the New Jersey State Council on the Arts, Department of State, a partner agency of the National Endowment for the Arts, and the New Jersey Historical Commission, a division of Cultural Affairs in the Department of State.

Admission is \$15 and registration is required by Friday, May 18. To request a brochure or to register, or to learn about other programs, services and volunteer opportunities, write the Union County Office of Cultural and Heritage Affairs, 633 Pearl Street, Elizabeth, NJ 07202; call (908) 558-2550 (Relay users dial 711) or e-mail culturalinfo@ucnj.org.

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STELLAR SOPRANO...Alyssa Torpey of Scotch Plains, a senior at The Wardlaw-Hartridge School in Edison, performs "Nel cor piu non mi sento" by Giovanni Paisiello during the school's music recital on April 15. Michael Miettlicki of Scotch Plains accompanied her on piano. Alyssa is the daughter of Eugene and Karen Torpey of Scotch Plains. Her brother, Craig, graduated Wardlaw-Hartridge in 2005.



TALKING ON GLOBAL WARMING...Gray Russell, environmental coordinator of Montclair, poses with former Vice President Al Gore during a training project entitled "The Climate Project" held in Nashville, Tenn. in 2006. Mr. Russell will present a slide presentation on global warming at Trailside Nature and Science Center on Tuesday, May 8, from 7 to 8:30 p.m.

Book Nook With Marylou Morano Books Show Children

That Every Day is Earth Day

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

Earth Day is celebrated but once a year - on the 22nd of April. But celebrating, respecting and acknowledging all that the earth means to us should be something we do each and every day. These books will help young people do just that.

Readers who are in middle school and older will enjoy reading "The North Pole Was Here: Puzzles and Perils at the Top of the World" by New York Times science reporter Andrew Revkin (Kingfisher, 2006).

The author will arouse a young person's curiosity with his writings about his travels to the North Pole. There are lots of photos and other visual aids peppered throughout the narrative. Prospective science majors will find this book of particular interest.

Eratosthenes of Cyrene is the ancient Greek librarian who first discovered that the circumference of the earth could be calculated using the sun and shadows.

In "The Librarian Who Measured the Earth," author Kathryn Lasky uses both science and math to tell Eratosthenes's story. First published in 1994 by Little Brown Young Readers, it is a timeless picture-book biography written for readers in grades 2 to 5.

One of the "hottest" topics in the news these days is global warming. Anne Rockwell's book, "Why Are

the Ice Caps Melting? The Dangers of Global Warming" (Collins, 2006), written for the preschooler to second grader, explains global warming and how to prevent it in kid-friendly language.

Adults who want to learn more about global warming will come away with some basic information, too.

We tend to think that global warming affects only humans, but it affects animals also. Carol Carrick's picture book, "The Polar Bears are Hungry" (Clarion, 2002), shows readers ages 4 to 8 how global warming affects other aspects of nature.

Dawn Publications, a publisher dedicated to inspiring in children a deeper understanding and appreciation for all life on Earth, recently released "Over in the Jungle: A Rainforest Rhyme" by Marianne Berkes.

Not only is it a rhyming book, it is also a counting book. Its bold and bright illustrations help young readers understand about the inhabitants of a rain forest.

Dawn Publications has also recently released "River Song" by Steve Van Zandt. An accompanying CD features the acclaimed children's musical group "The Banana Slug String Band," who celebrate with music the diversity of nature and the flora and fauna of the river's habitat.

It's never too early to teach children how to love the Earth. These books will help!



HGTV's Jamie Novak Helps Local Families Get Organized

By CHRISTIE STORMS
Specially Written for The Westfield Leader and The Times

WESTFIELD - Mail, homework, bills, laundry...things sure do pile up around the house, according to Jamie Novak, a professional organizer and Scotch Plains resident who hosted a program sponsored by the Westfield Recreation Department last week.

Ms. Novak, who has appeared on HGTV's "Mission Organization," as well as her own local television show, "Sort It Out with Jamie," and in *Family Circle* magazine, shared tips on how to cut out the clutter with both adults and children 8 and older.

"The average person wastes 90 minutes per day looking for misplaced items," Ms. Novak said.

The best-selling author spoke about how easy it is to simplify by using labeled containers, binders and caddies so that all items are always at the ready.

She encouraged families to live by her "Two-Minute Rule," where if putting something away takes less than two minutes, it should always get done immediately.

To encourage children to help, Ms. Novak advised creating a "Junk Jail." Parents could set a timer for 10 minutes to make it a fun, race-like game for kids to gather up their items before the buzzer rings. Anything they do not put away winds up in a secret "jail" bin and is only retrieved by "earning" it back with help around the house.

Ms. Novak also stressed the importance of parting with items, which she acknowledged can be difficult. But for those of sentimental value, such as children's artwork, she suggested taking pictures and simply saving the photos in an album or on the computer as opposed to trying to store the countless oversized paint-

ings and projects.

Laura Kuntz of Westfield attended the program with her 11-year-old son, Eric Mikalauskas, in hope of organizing her family.

"My room is like a complete mess," Eric said. "My desk is totally covered with stuff."

"He just won't throw things out," Ms. Kuntz said.

"Well, you should see the island in our kitchen," Eric added. "That's totally covered, too!"

After the program, Ms. Kuntz commented that she found Ms. Novak's tips helpful.

"I liked the two-minute rule," Eric said.

Kim Keenan of Westfield said she had already begun utilizing an organizing bin and tote that Ms. Novak cited in her lecture.

"It really does work," Ms. Keenan said. "This was great."

The recreation department provided refreshments for those attending the presentation. Afterwards, Ms. Novak signed copies of her latest book, "1,000 Best Quick and Easy Time-Saving Strategies."

Ms. Novak hosts an online chat daily as the "resident organizer" of ivillage.com. She also regularly answers questions posted on the bulletin board there.

Additionally, Ms. Novak seeks local residents who are "short on time and space" to apply to appear on her new TV pilot. Those interested should submit a photo of themselves and a picture of the room that needs organization, along with a summary of the "story behind all the piles" to Jamie@JamieNovak.com

WSO to Debut 'Star Crossed Lovers' at Temple Emanu-El

WESTFIELD - The Westfield Symphony Orchestra (WSO) will present its season finale concert, "Star Crossed Lovers," at Westfield's Temple Emanuel, located at 756 East Broad Street, on Saturday, May 12, at 8 p.m.

"We are delighted and excited about the new location," said WSO Music Director David Wroe. "The temple is an outstanding venue and we are honored and privileged to be able to perform there."

The concert, the culmination of the WSO's East-meets-West season retrospective, features an unusual performance of *The Butterfly Lovers* Violin Concerto, one of the most famous works of Chinese music, and

now the most famous outside of China.

However, the "Butterfly" Concerto did not acquire popularity before the late 1970s, when China loosened its restrictions after the Cultural Revolution. Once released from censorship, the concerto became an embodiment of China in transition.

Saturday's performance will feature violinist Xiang Gao, as well as an amalgamation of four New Jersey Chinese choruses performing a new choral part arranged by New Jersey composer Ge Gan Ru.

Acclaimed tenor soloist Darren Anderson, as well as Bergen County's Pro Arte Choral, will join the WSO to perform Puccini's *Messa di Gloria*, a youthful work full of rich melodic movement that prefigures many of Puccini's operas in the lyrical freshness of its themes, its sense of drama and the range of its expression. Opera aficionados will recognize this as unmistakable Puccini.

Concluding the program, and WSO's season, is Mozart's "Prague" Symphony, written in Vienna for the Viennese. So fervent was its reception in the Bohemian capital that the citizens of Prague claimed it as their own.

The melodious grace and happiness of this symphony will provide a fitting close to the 2006-2007 year and will herald in the new WSO season to begin in September.

Tickets may be purchased directly from the WSO office (224 East Broad Street) or by calling (908) 232-9400. Tickets are also available at Fastframe on Quimby Street in Westfield and Martin Jewelers in Cranford.

For information, call the box office, e-mail wso@westfieldsymphony.org or visit westfieldsymphony.org



JUNK JAILOR...TV personality and best-selling author Jamie Novak signed copies of her latest book "1,000 Best Quick and Easy Time-Saving Strategies" after her organizational presentation in Westfield last week.

Westfield Symphony Orchestra

DAVID WROE, MUSIC DIRECTOR

Star Crossed Lovers

Butterfly Concerto: featuring violinist Xiang Gao, and NJ Chinese Choruses
Puccini: Messa di Gloria featuring Pro Arte Chorale
Wolfgang Amadeus Mozart: Symphony No. 38, K504 "Prague"
Saturday May 12 at 8 pm
 Temple Emanu-El, 756 E. Broad St., Westfield
 Tickets: \$25, \$35, \$45, \$65
 FOR TICKETS: CALL (908) 232-9400 email: wso@westfieldsymphony.org
 OR VISIT OUR TICKET OUTLETS:
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