



## Young Inventors

Four third-grade students from the Batchelder School in North Reading have moved on to the national round in the **2009 Toshiba/NSTA ExploreVision Awards Program**. Selected as one of 24 regional winning teams from a group of 4,388 entries, the students – Emily O’Sullivan, Guiliana Peppe, Cassie Mirasolo and Jordan Thibedeau (shown at left with their mentors and coach) – invented a device called Hips for Life (HFL). It’s a light-weight, airbag-lined belt containing a microprocessor chip to monitor a person’s velocity, acceleration and equilibrium. Upon sensing imbalance, the chip deploys the airbag to prevent serious injury from an accidental fall.



## A Chef in Your Kitchen!

**German Lam** has worked in the kitchens of the Ritz Carlton, the Harvard Club of Boston and the Chatham Bars Inn on Cape Cod. Now he wants to join you in yours.

Serving as a food coach, Lam is on a mission to train families to create simple, healthy meals for their kids. “We’re talking about food for life, meals that give everyone the energy they need to thrive,” he explains. A Waltham hockey dad of two boys, Lam understands the challenges of feeding a family. “I do all the cooking at my house,” he says. “And my kids eat everything!”

He’s such a pro at getting children to try new foods that the Waltham Public Schools has hired him as their chef consultant. “Last week, we had a chicken stir fry with fresh bok choy, broccoli and cilantro, served with brown rice with peas and carrots,” says dietician Rhonda Spigel, the schools’ food services director. “The students really loved the meal.

We also made a reduced-fat corn chowder and a parent called me for the recipe.”

Lam’s home cooking lessons are built around making versatile sauces (for example, a curry sauce that works with shrimp, vegetables or chicken). “Your refrigerator should be full of healthy food that you can simply heat up when you get home from a sports practice or an after-school activity,” he says. He recommends that working parents make time on the weekends to cook for the week ahead, using all four burners and preparing some foods for the freezer. He also teaches parents how to relax and truly enjoy cooking for their families.



FOOD COACH GERMAN LAM

His lessons start at \$150, which includes organizing your kitchen and tips and techniques for making up to three dishes based on your own meal preferences. For more information, call Lam at 617-999-3868 or head online to [www.glamfoodsllc.com](http://www.glamfoodsllc.com).

## New Waist Lines for Girls – and Boys

What started as an idea for homemade holiday gifts has morphed into a home business for Pamela Thomas, a Lexington mother of three. When she dusted off her sewing machine in December 2005 and stitched up some ribbon belts for her family and friends, the positive response she received gave her the confidence to open **ElleBelle Creations**, named for her daughter and featuring colorful fabric belts, headbands, wristlets, jewelry and other accessories for girls and women. This spring, with the help of her two sons, William and Andrew (pictured at left), she has launched a line of fabric belts for boys as well. All of her belts, priced at \$26 each, come in a range of sizes and feature metal “D”- ring buckles that allow the perfect fit for any age or waist size. A portion of all profits goes to the Jimmy Fund and the MSPCA. On May 8, Thomas will hold a trunk show, open to the public at her Lexington showroom. For more information, visit [www.ellabellecreations.com](http://www.ellabellecreations.com) or email Thomas at [Pamela@ellabellecreations.com](mailto:Pamela@ellabellecreations.com).

