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August 2015  
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**M A G A Z I N E**

A SOCIAL PUBLICATION EXCLUSIVELY FOR THE RESIDENTS OF NORTH CALDWELL



**In this Issue..**

Cover story North Caldwell Brownie Troop 20167  
"Making a Difference" Article, The North Caldwell  
Firemen Breakfast on June 7th. And much more!

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The Paris Bracelet



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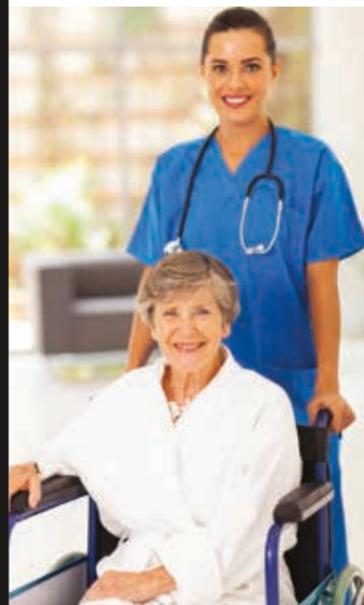
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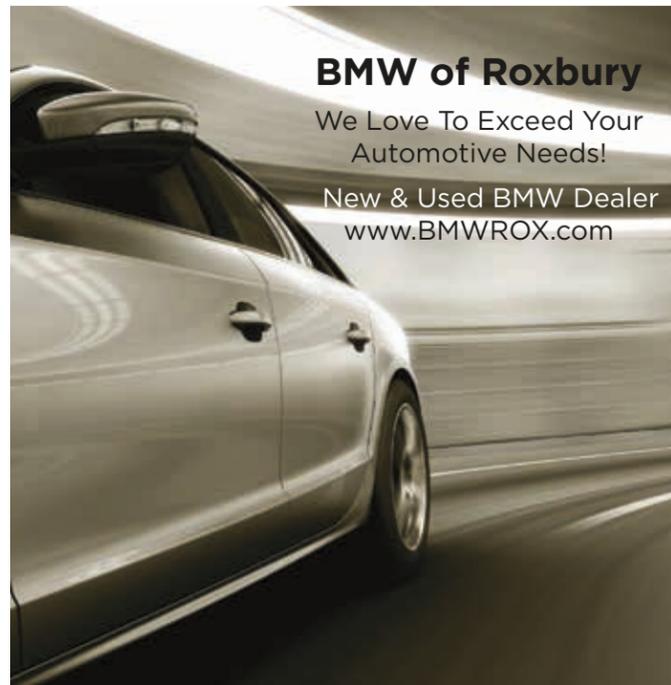
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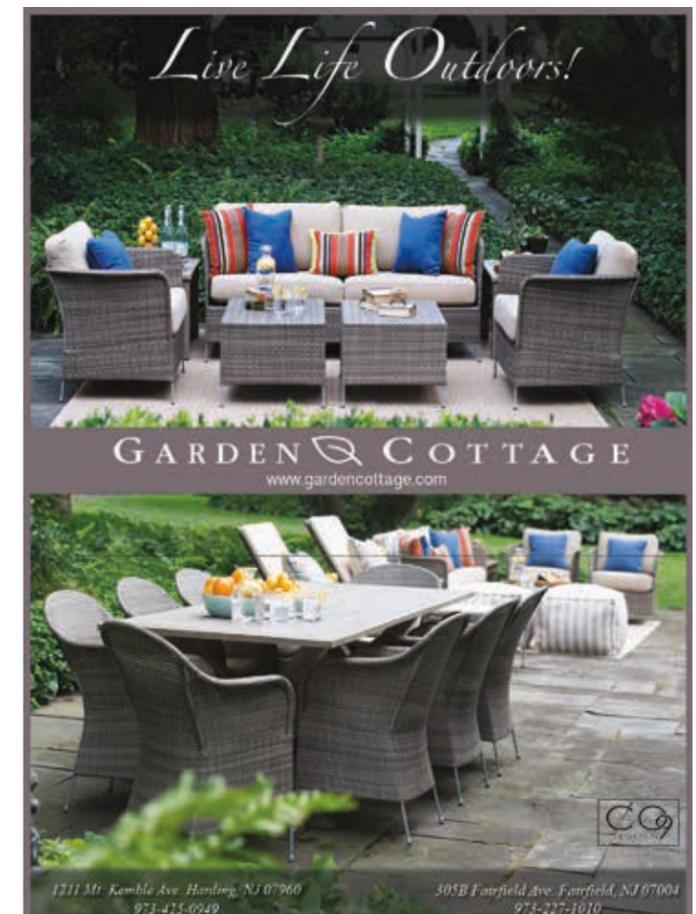


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# Publisher's



# Note

August! Vacations and camps are wrapping up, football season gets going, school is about to start and the summer is starting to wind down, freedom loving days will soon to be over. I love the cool autumn breezes of fall and always look forward to that as well.

I Hope the last few weeks of summer are enjoyable for all, the last few adventures to the beach, in the pool, at a BBQ, or squeezing in a few last vacation trips. Be sure to snap some fun photos of your summer adventures and send them to me to publish in an upcoming ublication! We love the participation from everyone in North Caldwell. If you have not already, feel free to do so.

And, finally, best wishes to our resident students and teachers on a great new 2015-2016 school year!



Sincerely,

*Brian D. O'Neill*  
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precious  
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By Jessica Wiederhorn

When two dogs live in the same household, they can go from getting along one minute to fighting over toys the next. Lily and Teddy Muenster fit this example perfectly, because they both rule the house in their own different ways. Eight year old Lily, a four pound Yorkie Poo, doesn't exactly have the upper hand when it comes to size. Sometimes toys are stolen from right underneath her by Teddy, but she makes up for her lack of size in attitude. She is the more sassy one of the pair, and can always be seen sitting on her throne of blankets on top of the couch. Teddy is four years old and a 20 pound Bichon, so he always gets first pick on toys, much to Lily's protests. They may have their differences, but they still love to play together and wouldn't trade the other for anything.

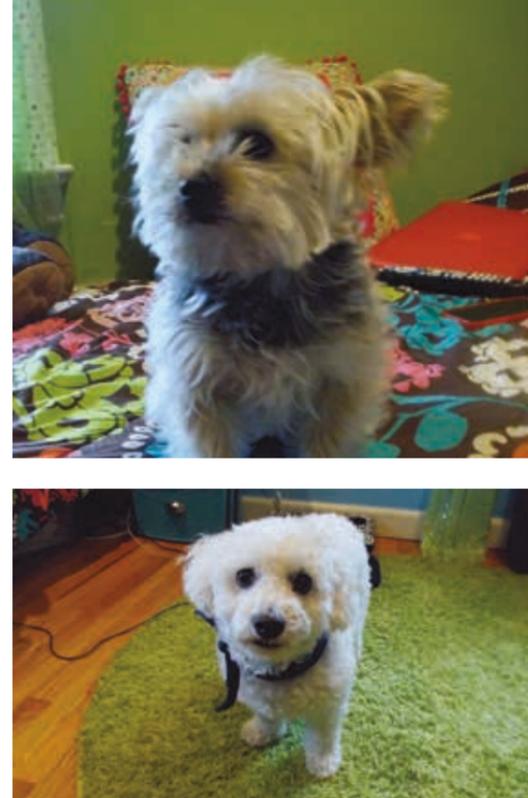
Despite their differences, both dogs share one thing in common—they love their family. Whenever the family is hugging, they always bark because they feel left out and want to be in on the fun. They follow their owners everywhere and even sleep in their room. They can be very protective of their family and always need to make sure they are okay.

When it comes to food, Lily and Teddy can be very spoiled. Teddy loves goldfish, while Lily prefers vanilla ice cream and popcorn. They both sleep under the covers in their owners' rooms, and sometimes even in between their legs!

Lily and Teddy are a strange pair, but somehow they make it work. They may fight over toys, but at the end of the day they both share an unbreakable love for their family and for each other. The Muenster house changed for the better with the addition of these two dogs.



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# NORTH CALDWELL SPORTS

By Jake Wolf

**For some people, sports never stops. 365 days a year over four seasons. Despite the fact that the majority of high school athletes have at least one offseason during the year, most student-athletes use this time to keep improving. Every high school athlete utilizes this offseason in different ways. Some students train over the offseason and get better, while other students use it to rest up and get fully healthy for the season.**

West Essex sophomore wrestler Milad Mirghahari falls squarely in the first category. He is adamant about athletes using their offseason to train, arguing, “it gives you an advantage over your opponents because while they sit doing nothing, you’re getting better and better at your sport.” Most athletes agree with Mirghahari that they need some form of training to stay in good shape over the offseason, including fellow sophomore wrestler R.J. Bell. He said “if you don’t train or practice, how will you be prepared in games or matches?”



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Despite the common consensus that athletes should train over the offseason, their methods vary greatly. Some athletes, like 11th grade fencer Evan Snerson, focus their training exclusively on staying in shape. He said, “For fencing, it’s more difficult to prepare an offseason regimen, meaning it’s not like basketball where you can just pick up a ball and go shoot hoops.” He focuses more on the “staying in shape” aspect of the offseason. Mirghahari, on the other hand, spends his offseason trying to get better, specifically at wrestling. He said, “Every Tuesday and Thursday I go to club wrestling, every Wednesday I go to a wrestling class, and other than that I go to the gym.” He believes that this rigorous training schedule is the best way to improve at the sport.

Other people, such as sophomore basketball player Nick Mouta, believe that you have to find a balance where you aren’t pushing yourself too much while still training hard. He said, “My off-season basketball training focuses more on staying ready for the season. I play basketball all the time.”

10th grade tennis player Carly Decker agreed. She tries to “space out playing time.” She plays tennis a couple times a week, and always tries to find room for improvement.

According to [breakingmuscle.com](http://breakingmuscle.com), the offseason should be broken up into three parts. In the weeks immediately following the season, student-athletes should “rest and recover from the mental and physical demands and stresses of the competitive in-season.” From that point until about two months before the beginning of the season, they believe that student athletes should focus on improving their overall condition. Once the season is near, workouts should be “sport-specific.”

Mount St. Dominic Freshman track runner Holly Ruvo takes her offseason very seriously. She said, “It’s extremely important for athletes to train during off-seasons because sports are use-it or lose-it activities. The more time we take off from training, the more of our abilities we lose...One of the great things about track is that the sport itself is what most people do to train for other sports, so the type of offseason workouts I do are very similar to the workouts I do during the season.” She focuses on different parts of her body in her workouts every day so she doesn’t overwork one section.

Overall, despite the different methods used by athletes in the offseason, most athletes agree that working hard in the off-season is the best way to get better. Snerson may have summed it up best, when he said, “A sport is not a one season commitment, it’s a full year commitment. The best athletes are focused 365 days a year.”



## kids 2 kids

### The Herman Duo

By Jessica Wiederhorn  
Photos by Portraits by Michael Stahl  
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**Name:** Sophie Herman  
**Age:** 8  
**Grade:** 2nd grade  
**Favorite Movie:** Ice Age  
**Sports I Play:** Soccer and Softball  
**Special Interests/Hobbies:** Bike Riding  
**My Favorite Vacation:** Washington D.C.  
**Favorite Color:** Blue  
**Favorite Food:** Pasta  
**Birthday:** February 12, 2007  
**Something Unique about Me:** I’m really good at gymnastics  
**Favorite Book:** Anything by Dan Gutman  
**What I want to be when I grow up:** Soccer Player  
**Favorite TV Show:** The News  
**Instrument I Play:** Ukulele  
**Favorite Subject:** Art  
**Favorite Animal:** Cheetah



**Name:** Gabe Herman  
**Age:** 8  
**Grade:** 2nd grade  
**Favorite Movie:** Alexander and the Terrible Horrible No Good Very Bad Day  
**Sports I Play:** Soccer and Baseball  
**Special Interests/Hobbies:** Fishing and Bike Riding  
**My Favorite Vacation:** Texas  
**Favorite Color:** Yellow and Blue  
**Favorite Food:** Sushi  
**Birthday:** February 12, 2007  
**Something Unique about Me:** I enter biking competitions  
**Favorite Book:** Weird School books by Dan Gutman  
**What I want to be when I grow up:** Soccer player  
**Favorite TV Show:** The Voice  
**Instrument I Play:** Guitar  
**Favorite Subject:** “Does recess count?”  
**Favorite Animal:** Cow

# From the MAYOR'S desk...

Photo by David Kaptein of David Kaptein Photography



WELL, IT'S THE DOG DAYS OF SUMMER AND I'LL TAKE THIS HOT WEATHER OVER SNOW ALERTS ANY DAY. THE POOL IS THRIVING AND THE SHUFFLE BOARD COURT AND WATER SLIDES ARE A BIG HIT. THE MOVIES AT THE POOL WERE SUCCESSFUL AS ALWAYS, AND I HOPE THAT MANY OF YOU TOOK ADVANTAGE OF THIS

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I am extremely happy to report that, despite the continuing economic down turn, our North Caldwell Municipal portion of the tax rate will not increase this year; in 2013, we were also able to accomplish the same. The Council and I were able to achieve this by carefully, but vigorously slicing expenses, paying down our debt, and maximizing staff productivity. As we have in the last several years, we mailed our third quarter estimated tax bills. This was necessary because Essex County had not certified our tax rate and the state budget was not finalized by the time the final taxes were set. Accordingly, payment is due on August 1 with a ten-day grace period.

I'm also happy to report that we recently received a \$550,000, 25% grant/ 75% low-interest loan, from the NJ Department of Environmental Protection Green Acres Program. This could not have been accomplished without the hard work of our Borough Engineer, Frank Zichelli.

On August 29, we will be holding a "wet down" christening of our new 2015 Pierce Enforcer Pump Engine. This is a traditional event to celebrate new firefighting equipment. The engine will allow firemen to rescue victims from car accidents. Our fire department invites other fire departments, residents and friends to their event and food will be served. Commemorative mugs will be sold to defer the cost of the event.

A reminder that the annual town picnic will be held on Saturday, September 12 from 1:00pm until 6:00pm. It will be great family fun with food, a deejay and inflatables.

I would like to remind everyone that on Sunday, September 20 there will be a 5k Color Run/Walk involving colored corn starch to make it an even more memorable experience. This is a charitable event which will be raising money for the North Caldwell Recreation Foundation. Avery Lieberman, a West Essex Middle School student, originated this worthwhile, fun fundraiser and is doing it for her Bat Mitzvah project.

Finally, I would like to thank my summer intern, Michael Cuozzo, for the excellent job that he did for the town for the last several weeks. I wish him the best at Syracuse University and in his position as goalie on the SU hockey team.

Enjoy the rest of the summer. Hopefully, see you at the town picnic on the 12th and the Color Run on the 20th.

See you around town

*Mayor Joe*

# around town

## NORTH CALDWELL PARTNERSHIP FOR EDUCATION (NCPE) SUPPORTS NEPAL RELIEF



On Tuesday, May 12th, families from the North Caldwell Partnership for Education (NCPE) met to respond to the devastating earthquake in Nepal by packing health kits for distribution to those affected. The magnitude-7.8 earthquake centered less than 50 miles from Nepal's capital, shocked Kathmandu on April 25th, displacing hundreds of thousands of people. NCPE Cares for Community took action, asking families in the school district to donate hand

towels, washcloths, nail clippers, bars of soap, toothbrushes, Band-Aids, and Ziploc bags to make health kits for those affected by the earthquake.

The NCPE Cares for Community Program provides opportunities for parents to provide practical and relevant ways to teach their children the importance of helping others. A total of 300 health kits were assembled and sent to the United Methodist Committee on Relief

(UMCOR), with each kit valued at \$12. The kits will be sent to where they are needed most in Nepal. UMCOR's goal is to assist the most vulnerable people during times of crisis. Thanks to the efforts of the NCPE and the families of the North Caldwell School District, people in Nepal will be given the essential health care supplies needed as they work to piece their lives back together.



Five West Essex High School juniors and CAD Level 3 students prevailed in the National Association of Women in Construction (NAWIC) CAD Drafting Competition. Teacher Richard Bettini said the following students received awards in the competition: first place: Andrew Scheid of North Caldwell; second place: James Lebeda of Fairfield; third place: Justin Iandolo of Fairfield and honorable mention: Salvatore Karch and Christopher Durko of Fairfield. Andrew also received a \$50 gift card and James and Justin \$25 gift cards.

The students were asked to design a 1,500-square-foot residence for a family with three children, including one disabled child. Students were given a site plane and specific requirements that the family wanted in their new home. Students were also asked to make the home barrier-free following American with Disabilities Act design standards. The student work was judged by professional architects in Connecticut.

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Two West Essex Middle School students and 16 West Essex High School students represented West Essex in the 2015 Essex County Math League Competition at Caldwell University on May 27. The students competed in the following categories: Algebra 1, Algebra 2, Precalculus, Calculus and Statistics. Congratulations to Dorothy He who earned a first place victory in Algebra 2! Students from 10 Essex County school districts competed in the event. Kristen Cammarano is the West Essex group's advisor.

The following students participated:

Algebra 1: Ryan Downey and Ahren Aberto

Algebra 2: Katie DeBrabanter, Max Prince, Corey Saccente and Dorothy He

Precalculus: Halle Mason, Liam Marsh, Isabelle Caine and Alex Cinque

Calculus: Heather Downey, Ryan Aschoff and Timothy Ruzsala

Statistics: Amanda Wasserman, Kylie Donohue, Caroline Lanfrank, Marissa Inga and Dominique Del Mauro

caption info: Back row, Heather Downey, a junior from Roseland, Timothy Ruzsala, a junior from Fairfield, Liam Marsh, a sophomore from Essex Fells, Alex Cinque, a junior from North Caldwell, and Max Prince, a sophomore from North Caldwell. Middle row: Ahren Aberto and Ryan Downey,

Photo by Kristen Cammarano



Back row, Heather Downey, a junior from Roseland, Timothy Ruzsala, a junior from Fairfield, Liam Marsh, a sophomore from Essex Fells, Alex Cinque, a junior from North Caldwell, and Max Prince, a sophomore from North Caldwell.

Middle row: Ahren Aberto and Ryan Downey, both seventh graders from Roseland, Ryan Aschoff, a junior from North Caldwell, Halle Mason, a sophomore from Essex Fells, Marissa Inga, a junior from North Caldwell, Dorothy He, a freshman from Roseland, Kylie Donohue, a junior from Roseland, Dominique Del Mauro, a junior from Fairfield, Isabelle Caine, a junior from North Caldwell, Katie DeBrabanter, a sophomore from North Caldwell and Corey Saccente, a sophomore from Roseland. Front row: Amanda Wasserman, a junior from North Caldwell, and Caroline Lanfrank, a sophomore from Roseland.

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Front row: Amanda Wasserman, a junior from North Caldwell, and Caroline Lanfrank, a sophomore from Roseland.

West Essex High School astronomy teacher Jamie Wall asked students to study a space probe or shuttle mission that has been launched into space to explore, take data and images as well as travel throughout our solar system and beyond. She then asked her students to complete research on each device, type a research paper as well as complete a presentation on their topic in space exploration.

"They mostly enjoyed the final step of the project where they generated a 3D replica out of a 2L bottle," Jamie Wall said. "Then, students not only got to "launch" their 3-D replica, but they also had the chance to "race" their fellow classmates as well as apply physics terminology such as potential energy, force, thrust, work, terminal velocity and momentum!"



Teacher Ms. Jamie Wall and Kerry Mundy, a sophomore from North Caldwell, with her rocket.



Left to right sophomores Sophie Moyer of North Caldwell, Koji Lewis of Roseland, Veronica Greczek of Fairfield and Matthew Caplan of North Caldwell with their rockets.

# North Caldwell "Kids With A Passion"

By Cathryn Kessler



**Mitchell Epstein, an aspiring actor, vocalist, dancer, and producer, is a student of many**

**remarkable talents and attributes. It will be no surprise to Mitchell's audience that he will soon embark on a prosperous career with his name in lights.**

At the age of 3, Mitchell's mother enrolled him in his first acting class. His passion was born as he took part in his first musical production. Mitchell performs many times a year, actively participating in a passion that shapes his way of life.

Mitchell has been a resident of North Caldwell for his whole life. The music programs in the North Caldwell School District have given him the opportunity to learn how to sing in ensembles and different vocal groups. In particular, the West Essex High School No Girls Aloud Men's A Capella group has granted him the ability to choreograph and take part in an all men's A Capella group before college.

Mitchell has debuted in a myriad of theatrical productions in roles including Enjolras in Les Miserables, Curly in Oklahoma, John Jasper in The Mystery of Edwin Drood, Warner in Legally Blonde, Nathan Detroit in Guys and Dolls, and Japeth in Children of Eden to name a few. He has received Perry Award Nominations for his performances in

Bare as Jason and Little Boy in Ragtime. His most notable title was his lead role in Sweeny Todd: The Demon Barber of Fleet Street as Sweeny Todd.

Acting gives Mitchell the chance to immerse himself into a character that allows him to become someone else on the stage, while bringing some of his own traits and personal experiences into the role. He believes that musical theater should be used to entertain, inspire, and brighten the lives of others through meaningful performances.

Mitchell is also actively involved in vocal performing. He has performed in the Paper Mill Broadway Show Choir and both the Honors Choir and No Girls Aloud Men's A Capella group at West Essex High School.

In order to practice his skills, Mitchell has taken intensive musical theater training courses during the summer at The Paper Mill Summer Musical Theater Conservatory. He has also taken workshops with Rider University High School Musical Theater Workshop and Berklee College of Music Summer Musical Theater Intensive.

Mitchell has received a plethora of accolades for his service to the theater industry. He has become the founder of a non-profit charity company called Stars in the Making. Through his producing and directing of Cabaret for a Cause 2013

and 2014, he has raised over \$13,000 collectively to benefit designated charitable organizations, including One Fund Boston and Habitat for Humanity. Epstein holds auditions for local high school and college students who wish to dedicate their time and talent to take part in high quality work for a worthy cause. Through his charity, Mitchell has been twice nominated for an award known as The Diller Foundation Teen "Tikkun Olam" Award for helping to repair the world through founding Stars in the Making Incorporation.

As a dedicated and diligent student who has earned Honor roll every semester, Mitchell is a member of both the National Honor Society and National Spanish Honor Society.

He is the selected choreographer and student coordinator for No Girls Aloud Men's A Capella Group, and he has also received the Shop-Rite STAR Award for Excellence in Performing Arts.

Mitchell is able to embrace his talent and continue to enhance his skills through the support of his family. He is so thankful for their support and encouragement through all of his endeavors.

Mitchell has his eyes set on Broadway and dreams of seeing his name in lights. He will continue his pursuits of becoming a talented performer at The Boston Conservatory.



## Did YOU KNOW?

Jonathan Goldstein

In 1998, while in elementary school, a VHS tape arrived at my home introducing a brand new franchise called Pokémon. That VHS tape, from the moment I popped it into the player, became my first exposure to the fascinating realm of Japanese animation, or anime. Shortly after being entranced by the franchise's amazing variety of characters, I discovered Hayao Miyazaki, maker of revered films such as Princess Mononoke and Spirited Away. In 2009, my first year at Clark University, I purchased a book claiming that some of Miyazaki's characters had a much older history than I realized. That book was called *Yokai Attack!*, and it was my first step into learning about the supernatural entities called Yokai, or 妖怪 (ようかい), derived from generations of Japanese folktales and mythology.

While the word is commonly translated to mean monster, demon, or ghost, the Yokai are much more than that. The extraordinary world of the Yokai includes shape-shifting animals, transformed humans, angry ghosts, self-aware antiques, human-faced plants, elemental gods, giant skeletons, and many others. The Yokai are a fascinating collection of ghouls and beasts derived from old folktales and ancient illustrated encyclopedias dating back to the seventeenth century. As time went on, the Yokai became the ancestors to several forms of popular entertainment. In fact, many Yokai are believed to be the basis for a handful of Pokémon!

Now, teaming up with Montclair-based publishing company Turn The Page Publishing, I've written my first two books bringing the Yokai to the United States outside of their native Japanese islands.

My first book, called *Yokai Character Collection*, is an 80-page full color book illustrated by a very talented illustrator, Chip Boles. It is a hybrid book of beautiful illustrations and Japanese symbols designed to teach people the basic sounds and components of the Japanese alphabet.

My second book is called *Omogatoki*. In an Alice-in-Wonderland-type adventure, a young boy, who's just moved from New York all the way to Japan, finds himself lost in the forest after following a strange dog-like creature into the woods. Attempting to find his way home, he keeps coming across many different creatures that could give the Cheshire Cat a run for his money. Contained within this story are various black and white illustrations by a Japanese illustrator, Shota Kotake, with an index and explanations of the characters.

Against today's pop culture dominated by superheroes, explosions, and scenes of the apocalypse, this is meant to be a simple tale designed to introduce the Yokai to a wider audience. Both books were originally part of a final semester project during my last year at Clark University. I wanted to write stories involving the Yokai, but I was aware that most people were not familiar with Japanese folklore. So I decided to write the books in the way that the readers could easily approach them. I spent much of my time at Clark researching the Yokai in order to be prepared to write the books.

If you are not familiar with Yokai and looking for an introduction to Japanese, then *Yokai Character Collection* and *Omogatoki* are the two books for you. Both books are currently available for purchase on Amazon.com. *Yokai Character Collection* specifically has the distinct honor of being highlighted in the Arts and Leisure section of *The New York Times* on May 24th, 2015, titled "Pokémon's Creepy Ancestors."

I am currently in my final year of the Master's Program in Creative Writing at The New School. I am far from done bringing the Yokai to Western culture; I also have a few more ideas that I cannot wait to share with everyone.

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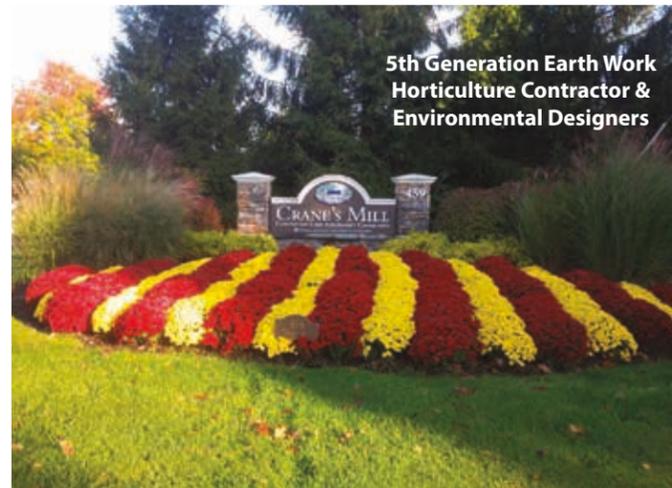
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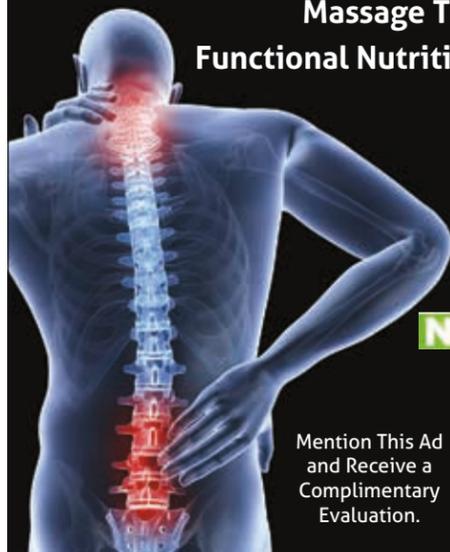
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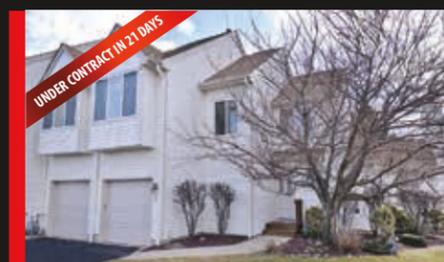
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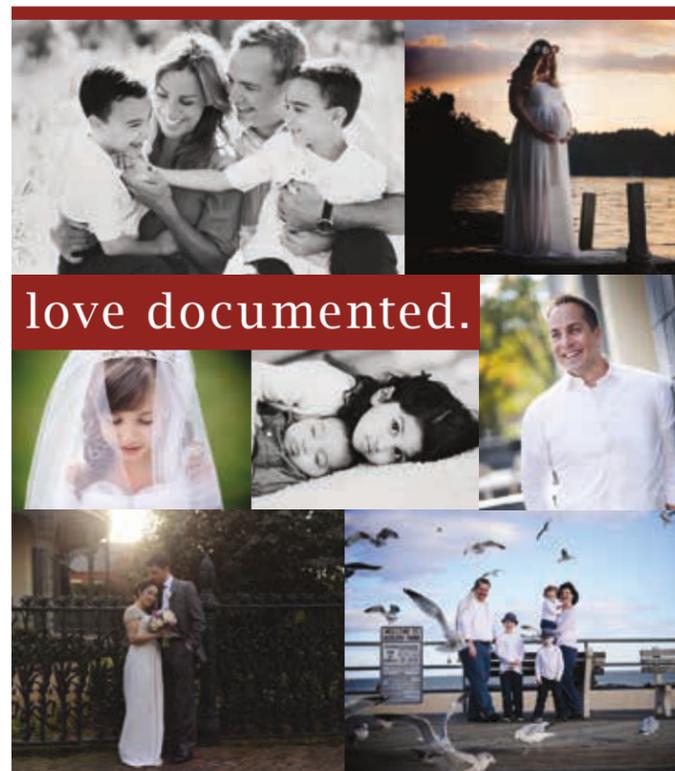
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# Financial Fitness

## Does a stay-at-home spouse need life insurance?



By Joseph Saccomanno

**Absolutely.** While a non-employed spouse might not bring home a literal paycheck, he or she is most likely still working hard, especially if you have children. Most stay-at-home parents are on the go from dawn till dusk: cooking, cleaning, paying bills, running errands, taking the kids to and from activities, making home repairs, helping with homework and other minor crises.

Consider how much a stay-at-home parent does in the course of a day -- and how much it might cost to pay someone else to do those jobs. According to [www.salary.com](http://www.salary.com), a stay-at-home parent works an average of 96.5 hours a week, doing the jobs of:

- Nanny
- Tutor
- Handyperson
- Chauffeur
- Gardener
- Psychologist
- Cook
- Nurse
- Housekeeper
- Bookkeeper



If you paid for all of those services, you'd have to shell out \$118,905 a year – that's \$38,126 in base salary and \$80,779 in overtime.

While nothing can replace a parent and spouse emotionally, it's wise to protect against the financial hardship that the loss of a stay-at-home spouse could bring. One of the best ways to do that is by purchasing life insurance.

Term life insurance is one of the most affordable kinds of life insurance available, and can be purchased for a period of time (like while your kids are still in school or until the mortgage is paid off).

Not sure how much life insurance to purchase? Contact your financial professional to review your specific situa-

tion and see what you can do to protect your family's future. You can also use AXA's Life Insurance Calculator on <https://us.axa.com/goals/lifeinsurance-protection.html> to see much coverage you might need, based on your age and income (or the value of the services you provide, if you stay at home).

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# Healthy Living RECIPE

Photos by John Paul Endress

While I'm not a fan of refined sugars, artificial colors or fake sweeteners (all of which are found in traditional desserts) I am a proponent of indulging in the right type of sweets. It is possible, my friends, to create delicious and satisfying desserts made from whole foods, natural sweeteners and healthy fats, all of which are loaded with goodness for the brain, body and soul. And this one takes all of 10 minutes to prepare! This almond chocolate bark has become a staple in my home over the last few weeks and I feel good serving it to my kiddos! Raw Cacao, organic coconut oil and roasted almonds are 3 of my favorite superfoods. Combine these ingredients with natural sweeteners and a dash of sea salt and OMG, what more could you ask for?! Follow me on Instagram for more like this: ChrissyDCoach.

## ALMOND CHOCOLATE BARK

### Ingredients

- 1/3 cup coconut oil
- 2 Tbsp. organic maple syrup
- 1/3 cup organic cacao powder
- 1/2 cup whole almonds (you can use any of your favorite nuts here)
- 1-2 tbsp dried fruit (raisins, cranberries, super anti-oxidant mix)
- dash of sea salt

### Directions

Line a plate or baking tray with baking paper, place the nuts on top.

Add coconut oil to a small saucepan on low heat and stir until melted.

Remove from the heat and add the organic maple syrup, whisking briskly until well combined.

Add the cacao powder, stirring until well combined.

Pour the chocolate over the almonds, ensuring that they are evenly coated, scatter fruit.

Place in the freezer to set for 20-30 minutes. (Keep in freezer fro freshness)

Take out and break apart to serve.

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# HOME IMPROVEMENT matters

For the last few months we've been taking a theoretical trip though "your" new building project that would add to your kitchen and increase second floor bedroom space. This month we move inside your new walls.

After your addition is framed and before the sheetrock is installed, the next step is to add in what we call the "infrastructure." This infrastructure is the wiring, piping, and duct work that brings electricity, water and heated/cooled air into the living space.

In most cases, construction crews sequence installation from the largest pipes to the smallest wires. This means that the HVAC (Air Conditioning and forced hot air heat) duct work goes in first. Some installers use a flexible tube (like you see on clothes dryers) because it's cheaper to install, but these tubes can pinch and bind restricting the air flow. (Meaning your system has to work harder so you may pay more in energy costs). Also, these flex tubes are sometimes used in attics and "hung" on wire loops slightly thicker than clothes hangers. While they hold up in

the beginning, eventually they all seem to sag and restrict air flow. The better way to handle air flow is with metal duct work in preformed pipes and custom formed ducts.

Duct pipes (typically about 5-6 inches in diameter) are installed inside the walls so they won't be seen in the finished room. They lead to a register outlet through the wall. Another type of register is a "return." Returns allow the system to breathe. Your system can't keep blowing out air without getting it from somewhere. Your system "inhales" through the return.

All these components are attached to a system that includes an air conditioner and, in the case of a forced hot air heating system, a furnace. Since your new system can control what ducts are open or closed, we'll often take advantage of this and divide your home into "zones."

A "zone system" is a cost effective to heat and cool your home. Picture a two-story house with bedrooms on the second floor and living room, kitchen, and family rooms on the first. During the day, the bedrooms are empty and we don't need to heat or cool them. That zone is off. At night, when the family is asleep, we swap the zones and lower the heating or cooling required on the first floor (which is empty). While this is a simple "two-zone by floor" example, a system could have more than two zones and "zone" areas on the same floor. In any case, a zoned system for heating and cooling allows you to lower energy costs by not paying for energy to heat/cool areas not in use.

Next we move onto plumbing. Plumbing has four main components to deal with. These are fresh (drinkable) water, waste water (from toilets and drains), gas piping and in some homes, steam heat.

When you turn on the tap, you get hot or cold water. This water originates at a well water pump (if you have well water) or at the municipal water supply into the house. From there, it splits and some of the water goes into a hot water heater or boiler. The water heater will feed the hot water faucets in the house, while the line connected to the main feed will supply the cold water faucets.

Water supplies are run either through copper pipes or a flexible tubing referred to as "Pex." Copper is the traditional material, but "Pex" has the advantage of being easier to install (since you can wiggle it into place), is color coded red (hot) and blue (cold) and won't split if it gets frozen (it flexes).

As we're out of space, next month we'll continue to look at plumbing and then move into electrical wiring. As always, catch up on past articles at: <http://stilleandsons.com/articles/index.htm>

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# North Caldwell Then And Now....

By Kat Krannich



Then or Now??? A shot of the porch of a home on Mountain Avenue.



Current view of part of the parcel bordering East Green Brook.



Same home photographed this year.

Bucolic North Caldwell has seen many changes over its relatively short history.

Once home to rolling green hills and fields, farmland and mountains and streams, North Caldwell is still the quiet town nestled between two busy thoroughfares. It is still quite unknown to the “out-of-towners”, those not fortunate enough to discover this secret hamlet.

A few “fun facts”:

Grandview Avenue was so named because of the “Grand Views” of the mountains. An amusement park by that name flourished in the earlier part of the last century. Trails and horseback riding stables were replaced by nearby Willowbrook Mall. Mountain Avenue was a footpath trail that led all the way to the “little falls” by Union Boulevard just a town over.



This home on Grandview Avenue captured in a 1935 aerial shot.



## Making a DIFFERENCE

Brownie Troop 20167 By Diana Angelo

Brownie troop 20167 has been together since the girls were in kindergarten. Now third graders, most of the girls attend Grandview School and all of them live in North Caldwell. This is a dynamic group of girls who have gained valuable lessons over the course of the past four years. Being a part of the Girl Scouts has shown them how to be kind to others, how to manage money, how to help the environment, and how to serve the community.

Over the past four years the girls visited the town fire house and police station, visited Orphaned Pets in Fairfield, have gone to the Environmental Center in Roseland and have had countless fun activities such as ice skating and cookie making. However, this year the girls participated in two very special projects. The first was a collection of 115 pairs of socks that were donated to St. John's Soup Kitchen in Newark. The donation was made in January, clearly at a time when warm socks are necessary for those in need. This spring the girls went shopping for and donated a significant amount of groceries to the Caldwell Food Pantry. They used their own troop money to do so. When this donation was made, the shelves at the food pantry were in need of re-stocking!

We are very proud of this wonderful group of girls. It is certain they will continue to give back as they have learned to do over these past four years.

Contact information for donations can be made to the following:

St. John's Soup Kitchen - Florence: 973.703.0385

Caldwell Food Pantry - Marie: 973.403.4623



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# Pancake Breakfast

By Teddy Press  
Photos by Kim Iannarone

On June 7th, North Caldwell's residents came together to "eat their part" in a long-standing tradition that has taken place annually for the past 34 years: the Volunteer Fire Department's Pancake Breakfast. Hundreds of people from around town gathered for food and fun in the morning in an effort to raise money for the local fire department. The cuisine was simple: pancakes and sausage; it always has been. Drinks such as water, apple juice, and milk were included. But somehow it tastes a little bit better when made by the people who live and love to serve the community.

Originally begun in 1981, the Pancake Breakfast event has successfully grown throughout its history, this year having one of the largest turnouts in recent memory. Notable attendees included North Caldwell Mayor Joe Alessi, various Town Council Members, and even Congressman Rodney Frelinghuysen.

As for preparing for the event, firefighters arrived at 5:30 am that morning, mixing batter and greasing pans. They then began to fry the pancakes and sausage, and when done, providing table service to each and every person who attended. At one point during the day, the temporary chefs were mixing twenty 5-gallon buckets of batter an hour, which is enough to feed 220 people! Local businesses donated supplies for the worthy cause,

such as the IHOP and \*insert other helpers\*. Scouts from Troop 1 in North Caldwell set up the tables and chairs prior to the event, while scouts from Troop 9 helped serve drinks throughout the breakfast.

One resident of North Caldwell, Tom Agesen, has been attending the Pancake Breakfast every year since its inception. He recalled that when it was founded, it was held around the same time as the North Caldwell Street Fair, where he and other kids used to run around Fireman's Field and Gould Avenue was closed off to cars

Proceeds this year went towards funding an Automatic External Defibrillator that was much-needed in the Fireman's Hall, in case of emergencies.

Currently there are about 30 members of the Fire Department Squad, with Stan Rogacki as its Fire Chief.

Mayor Joe Alessi put it perfectly into words: "the Pancake Breakfast is a great fundraiser. It's the events like these that make North Caldwell one of the best places to live in NJ. It is inexpensive, brings the community together, and creates awareness for the brave volunteers in our town's fire department."



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By Jason Sponzilli

# In the GARDEN

## 10 Great Ideas for Your Outdoor Entertaining

What goes into making a truly entertaining outdoor space? Lush greens and brightly colored flowers... a pool? Or is it the amount of seating options that you have? Summing up what makes an extraordinary entertainment space can't be narrowed down to one of two things. So, here is a list of the top 10 ideas for making your area a place you can entertain, relax and have fun!

**Plants. Trees, shrubs, flowers, and grass all bring life and color to your entertaining space.** Unlike most of the other items on this list, the plants in your yard can be changed according to season which will create intrigue and nuances in your surroundings. Pick select areas in your outdoor area that you want to highlight and plant bold colored flowers or shrubs to rein in people's attention.

**Pool.** Don't let the naysayers make you doubt it...having a pool in your yard IS like having a little piece of your own heaven. Cool off, have fun, get exercise, it really doesn't matter- pools are amazingly fun for kids young and old.

**Fireplace.** Constructing a fireplace or fire pit will allow you to entertain long into the night and throughout more of the seasons. A fire element can be used to brighten up the night, cook food, stay warm or keep the bugs away.

**Outdoor Kitchen.** By creating an outdoor kitchen you will be able to keep

the entertainment going while you cook. Include a refrigerator in your setup and eliminate trips into the house on hot summer days to get drinks.

**Pizza Oven.** Why go out for brick oven pizza when you can make it yourself! And pizza isn't the only thing you can cook; use your brick oven as a grill and roast vegetables, cook meat or make a doughy dessert.

**Outdoor Bar.** Build a bar area into your outdoor kitchen or any space in your landscape and experience the feeling of living at a luxury hotel. Make the bar a part of your pool and see how much fun you can have just staying in the water the entire day.

**Dining Area and Seating.** Why go inside to eat when the weather is this nice? Keep the house from becoming a mess and stay outside to eat your brick oven pizza! Create several areas in your space with seating and/or tables so that guests can feel comfortable and break off into

groups for smaller conversations. Or, have the kids sit by the pool while you enjoy your soft, cushy chairs near the fireplace.

**Pergola.** Create shade from the sun and cover from the elements by building a pergola or pavilion. On hot summer days getting out of the sun, in between dips in the pool, can be a necessity. Give yourself a place to enjoy the beautiful weather out of the harsh rays.

**Water Feature.** If you want to relax, you need a water feature. Few things can drown out background noise like the trickling sound of a fountain. Establish an ornate or naturalistic focal point with a flowing waterfall or pond with aquatic life.

**Landscape Lighting.** Illuminate your outdoor space to make it useable and safe well into the evening hours. Spotlight an area where there is a water feature or create ambiance in a seating area to engage your guests. Landscape lighting has the ability to make all of the best attributes of your landscape shine and stand apart.





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**Wednesday, Aug. 19**

**Human Nature: The Motown Show**

**Where:** Mayo Performing Arts Center, 100 South St., Morristown, NJ

**When:** 8p.m.

Same classic songs. New Motown sound. Human Nature, Australia's top selling pop vocal group and a Las Vegas favorite, reimagines the sounds of Motown to bring you a show that's as unexpected as it is amazing. The critically acclaimed quartet puts a modern twist on classic Motown hits that will have you dancing in the aisles.

**For more information: www.mayoarts.org**

**Thursday, Aug. 27**

**The Monkees**

**Where:** Mayo Performing Arts Center, 100 South St., Morristown, NJ

**When:** 8p.m.

Hey, hey it's The Monkees, featuring Micky Dolenz and Peter Tork, playing all of your favorite hits that made The Monkees one of the most popular bands of the 1960s.

**For more information: www.mayoarts.org**

**Friday, Aug. 28**

**Gladys Knight and The O'Jays**

**Where:** Mayo Performing Arts Center, 100 South St., Morristown, NJ

**When:** 8p.m.

A double bill of classic '70s soul, featuring Gladys Knight ("Midnight Train To Georgia," "Best Thing That Ever Happened to Me") and The O'Jays ("Love Train," "Back Stabbers," "I Love Music").

**For more information: www.mayoarts.org**

**Sunday, Aug. 30**

**An Intimate Evening with Justin Hayward**

**Where:** Mayo Performing Arts Center, 100 South St., Morristown, NJ

**When:** 8p.m.

Legendary lead singer, lead guitarist and songwriter for The Moody Blues Justin Hayward performs intimate, acoustic versions of songs from his solo career as well as classic Moody Blues songs with a trio. Special guest Mike Dawes.

**For more information: www.mayoarts.org**

**Friday, Sept. 11**

**Season Opening Celebration: An Evening with Kristin Chenoweth**

**Where:** Mayo Performing Arts Center, 100 South St., Morristown, NJ

**When:** 8p.m.

Tony-winning superstar Kristin Chenoweth (Wicked, On the 20th Century, TV's Glee) performs an evening of Broadway favorites and pop standards.

**For more information: www.mayoarts.org**

**Saturday, Sept. 12**

**Wendy Williams**

**Where:** Mayo Performing Arts Center, 100 South St., Morristown, NJ

**When:** 8p.m.

Outrageous, opinionated and over-the-top stand-up comedy from syndicated talk show host favorite Wendy Williams.

**For more information: www.mayoarts.org**

**Thursday, Sept. 17**

**Martina McBride: The Everlasting Tour**

**Where:** Mayo Performing Arts Center, 100 South St., Morristown, NJ

**When:** 8p.m.

Country superstar Martina McBride performs from among her hits ("My Baby Loves Me," "Independence Day," "Wild Angels"), and music from her new release, Everlasting, that have made her a mainstay on the country music scene since the 1990s.

**For more information: www.mayoarts.org**

**Tuesday, Sept. 22**

**Sesame Street Live "Make a New Friend"**

**Where:** Mayo Performing Arts Center, 100 South St., Morristown, NJ

**When:** 3p.m. & 6:30p.m.

No matter where you're from or where you've been, everyone is special - so join in! Elmo, Grover, Abby Cadabby, and their Sesame Street friends welcome Chamki, Grover's friend from India, to Sesame Street. Together, they explore the universal fun of friendship and celebrate cultural similarities, from singing and dancing, to sharing cookies! Join the fun and make a memory with your friends and family!

**For more information: www.mayoarts.org**

**Friday, Sept. 25**

**Chick Corea and Bela Fleck**

**Where:** Mayo Performing Arts Center, 100 South St., Morristown, NJ

**When:** 8p.m.

Two musical worlds collide as two master musicians share the stage. As a duo, pianist Chick Corea and banjoist Bela Fleck perform with intricate precision and verve, swerving through remarkable and breathtaking excursions of parallel lines, then each musician going his own way, but weaving back again in perfect sync.

**For more information: www.mayoarts.org**

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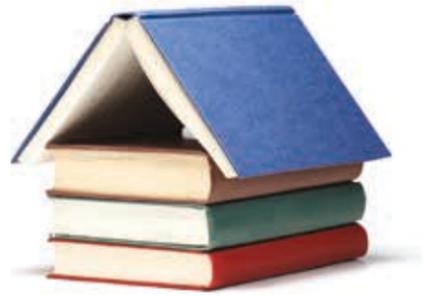
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25 FELLSWOOD DR	Essex Fells Twp.	\$730,000	\$720,637	160	4	2	3
186 Rensselaer Rd	Essex Fells Twp.	\$799,900	\$799,900	15	4	2	3.1
115 Oval Rd	Essex Fells Twp.	\$925,000	\$875,000	173	4	2	3.1
169 Rensselaer Road	Essex Fells Twp.	\$1,100,000	\$999,999	22	4	2	2.1
19 Welsh Rd	Essex Fells Twp.	\$1,190,000	\$1,175,000	191	6	3	4.3
169 Devon Rd	Essex Fells Twp.	\$1,795,000	\$1,850,000	30	5	2	4.1
1356 Stephanie Dr	North Caldwell Boro	\$224,000	\$275,000	10	2	1	2.1
10 Hillside Ave	North Caldwell Boro	\$319,900	\$350,000	21	3	2	1.1
296 Mountain Ave	North Caldwell Boro	\$359,000	\$359,000	10	2	0	1.1
9 Park Pl	North Caldwell Boro	\$399,000	\$405,000	20	2	1	1
116 Mountain Ave	North Caldwell Boro	\$449,000	\$450,000	23	3	2	1.1
21 Timber Dr	North Caldwell Boro	\$629,000	\$640,000	28	4	2	2.1
3 Cambridge Dr	North Caldwell Boro	\$649,000	\$637,000	53	4	2	2.1
201 Smull Ave	North Caldwell Boro	\$650,000	\$655,000	21	4	2	2.1
52 Evergreen Dr	North Caldwell Boro	\$699,000	\$725,000	19	3	2	2.1
28 Roosevelt Blvd	North Caldwell Boro	\$1,089,000	\$1,050,000	84	4	3	4.1
3 Chestnut Hill Rd	North Caldwell Boro	\$1,150,000	\$999,999	23	5	3	4.1



## BUSINESS beat

Written by Megan Boeckel

Dr. Philip Seaver of The Laser and Vein Center of North Jersey describes himself as an army child, his father being a West Point Alumni, and having grown up all over the world including places such as Japan and Texas. Dr. Seaver attended Morris Hills High School, then received his undergraduate degree from The University of Pennsylvania and his medical degree from Jefferson Medical College in Philadelphia, going on to complete his medical internship at Columbia Presbyterian and University of Connecticut at Hartford Hospital for general surgery. He was trained at Tuft's New England Medical Center Hospital in Cardiovascular and Thoracic Surgery. After being the head of heart surgery at St. Michaels and the University Hospital and working at Beth Israel Hospital in New Jersey, Dr. Seaver moved to Illinois in 1999 to become Chief of a Hospitals Heart Surgery Program. After six years in Illinois, Dr. Seaver and his family moved back to New Jersey, he and his wife deciding that it was time for him to get out of heart surgery due to the political atmosphere.

Dr. Seaver started his own business because he wanted a better lifestyle and more time to spend with his family. Starting off as The Vein Center of North Jersey, it evolved into offering cosmetic procedures as well. Dr. Seaver attended and additional 2-3 years of training and revalidation while he was building his practice that eventually came to be The Laser and Vein Center of North Jersey.

The team at The Laser and Vein Center of North Jersey are all highly trained professionals and have a great reputation as being the ideal people for their procedures. He says that he has patients from around the world and that "People want to come here because they trust us and feel comfortable that we know what to do for them." His main priority is his patients and their well-being. Dr. Seaver made his dedication clear in saying "I spend additional time with patients to make sure that they are comfortable." He is able to converse with his patients about their expectations and talk to them at length. After making his evaluation he will let the patient know if he feels they do not need a certain procedure, and sometimes even refers patients to a plastic surgeon if he thinks that they will be happier with their results. Dr. Seaver also tries to price his services not where the standard is in the area, but a little bit lower so as not to compete with other doctors, but rather to give patients value for a lower price.



Dr. Seaver recommends that everyone should feel comfortable when visiting any practitioner. The key is to be sure that the person isn't too old fashioned and doctoral about what they recommend to patients. It is vastly important to look at the credentials of the doctors and make sure that they have the right board certification as well.

Dr. Seaver is available at 973-408-8346 and more information regarding his practice can be found at [northjerseyveincenter.com](http://northjerseyveincenter.com). The center offers a free consultation without cost unless it is for a surgical procedure. They accept most insurance companies for vascular problems and are typically fully covered.



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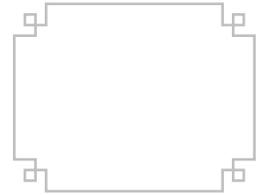


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