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North Caldwell

DECEMBER 2014

M A G A Z I N E

A SOCIAL PUBLICATION EXCLUSIVELY FOR THE RESIDENTS OF NORTH CALDWELL

In this issue.. Cover article, Meet your Neighbor, Eugenie Portanova, Home of the Month by Kat Krannich and Sponsor of the month, Lidia's Cleaning Service and much more.



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AREA DIRECTOR Brian P. O'Neill
Brian.oneill@n2pub.com

EDITOR Becky Clapper

WRITERS Kat Krannich Joseph Alessi

CREATIVE TEAM Christie Joyce
Andy Jones
Colleen Burrill

CONTRIBUTORS Kim Iannarone Sarah Jacobson
Melissa Faragasso Agnes Zienkiewicz
Bunny Jenkins Jessica Wiederhorn
Kat Krannich Teddy Press
Maria Rampinelli

NC MAGAZINE ASSISTANT PUBLISHER Kamni Marsh
CLIENT COORDINATOR Melissa Gerrety
Ncmag.ads@gmail.com



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Publisher's Note



Happy Thanksgiving North Caldwell Residents!

No Doubt we will be enjoying the town's festive decorations and colorful lights this season. And we will be hustling around the towns to nab the perfect gift for family and friends. What a busy but fun time it will be.

What an amazing year we have had and have much to be thankful for. And a special thanks to all who have contributed to the North Caldwell Magazine, as well as the sponsors. Without you this magazine would not be possible.

Lastly, I am looking to fill a position as a Part-time Client Coordinator/Appointment Setter for the North Caldwell

Magazine. If interested please contact my colleague Jen @ jen.ferrell@n2pub.com or 847-462-4829. Best wishes to all in the New Year.



Sincerely,

Brian D. O'Neill
Area Director for North Caldwell Magazine
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precious pets

By Jessica Wiederhorn

Sassy

Sassy – a word that often describes someone with a smart mouth. For the Wisserts, Sassy is the name of their cuddly 18 year old American Shorthair. Although she can be a little demanding, like her names implies, this kitty's love is well worth it.

One thing Sassy has always loved is cheese. She will do anything for a piece, much like a dog would do with a treat! She'll even put her front paws on the fridge and jump to steal a piece. Yet she does not care much for cat food, which is what she really should be eating! Every few days Sassy will decide she does not like the flavor of her food, refusing to eat until she receives a different kind. The Wisserts' now rotate a few different foods every few days, and Sassy has never yet figured out their little trick. However, she is still one of the most spoiled cats there is!

In addition to cheese, Sassy has an interesting obsession with Christmas trees. Somehow, she would always manage to knock them over! One year, she decided to sit inside the tree, leaving the Wisserts' a little Christmas present of two eyeballs and nothing else staring at them. That was a gift they would never forget! She also loves to rest under the tree, especially now that she can't really climb up due to her age. The tree-climbing will just have to wait.

Sassy is an adoring pet that can't stand being away from her owners. She has such a sweet -- yet sassy -- personality that makes one fall in love with her in a flash. One of the most important things that she has taught the Wisserts is that there is nothing better than snuggling with a loving pet.



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The Zurlos

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by Jessica Wiederhorn

- Name:** Iris Zurlo
- Age:** 4
- Grade:** Pre-school
- Favorite Movie:** Frozen
- Sports I Play:** Soccer
- Special Interests/Hobbies:** Ballet
- Your Favorite Vacation:** Dutch Wonderland
- Favorite Color:** Purple
- Favorite Food:** Apple
- Birthday:** June 26, 2010
- Something Unique about Me:** I sing all the time
- Favorite Book:** Jack and the Beanstalk
- What I want to be when I grow up:** An Astronaut
- Favorite TV Show:** Doc McStuffins
- Dream Trip:** Disney World

- Name:** Colin Zurlo
- Age:** 6
- Grade:** 1st
- Favorite Movie:** Despicable Me and Lego Movie
- Sports I Play:** Soccer



- Special Interests/Hobbies:** Building Legos
- Instrument I Play:** Piano
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Meet your neighbor

Eugenie Portanova

If anyone were to ask me “What was one life-changing decision I ever made” I would absolutely say, “answering an ad in the Bergen Record in 1982” Why? That ad was for a part time English Teacher, reaching out to English teachers interested in teaching SAT skills and Strategies to high school students.” Perfect “, I thought. I can be home all day time with my 2 year old daughter Jenna and still teach. I answered the ad and for five years taught SAT classes on weekends or at night and managed to have another baby Christopher in between. As a matter of fact, I even went into labor while teaching a class. Knowing that private tutoring was a more productive way to improve scores, I began writing personal letters home to the parents letting them know I was available for private lessons. I also started privately tutoring for Rita Cohen at her center in Livingston, N.J. Now here I am thirty years later with a thriving business, having tutored over thousands of students.

Effective teaching is an innate talent. My mother was an elementary school teacher and a reading specialist in Belleville, my hometown, with a Masters Degree plus. My dad, who was a pharmacist for sixty five years, had first cousins who were all teachers. Presently my daughter Jenna, a Syracuse Newhouse graduate, is not a



school teacher but is the Division Director at Atrium in Manhattan where she teaches two teams careful ways to select candidates for jobs and successfully place these candidates where they properly fit. When I graduated from Immaculata College in Immaculata, PA, I was certified to teach high school English and secured a position at Bloomfield High School where I not only taught English but also directed five All-School productions. I taught Speech and Drama as well. Some of my Masters courses were in Theater, Production, and Film. I had 11 terrific, informative years at Bloomfield high school and am still friends with some of my past students. I feel particularly honored when my old students from Bloomfield reach out to me to tutor their children, and even more thrilled when my previous SAT students reach out to me to tutor theirs also.

My philosophy is to be firm but be human, Have students laugh a little, make learning as painless as possible. Make them feel comfortable. Teaching SAT and ACT material is difficult and requires patience. I push my students to absorb what they have read and have respect for the printed word. Use their prior knowledge to enrich the reading process. Of course, I push them to have better vocabularies. Better vocabularies make better readers!!! The results are spectacular when children are comfortable with their instructor. So many parents tell me that their children don't mind coming and that's half the battle. I have the privilege of instilling knowledge and confidence into my students so they receive great standardized test scores. High SAT and ACT scores impress most colleges. As a result the colleges offer the students Academic scholarship money. When motivat-

ing students to write their college essays, I also make them more aware of who they are and what about them is unique.

My students are a diverse group from all over the state as I have an office in Colt's Neck, NJ. I instruct all levels of intelligence and do not turn anyone away. I have students with learning challenges who are so happy when they achieve better scores, and have those who go to Yale, Georgetown, Dartmouth, NYU, just to name a mere few very competitive colleges. I even have those who come back after college and work on GRE's with me.

Besides my daughter having a solid career so does my son Christopher. He is also in recruiting only his candidates are in the Bio Tech field. Chris, who graduated from the Whitman School of Business at Syracuse University, is director of Execu-

tive Search and Recruitment at Crossroads Consulting in Manhattan. Both Jenna and Chris are proud graduates of Syracuse as well as West Essex.

What does my future hold? Just like my father wanted to be a pharmacist until he died, so do I want to keep teaching until I die. That and extensive travel plans are in my future. I keep my brain active by playing competitive bridge twice a week and am proud to be in a book club with intelligent women for the past 8 years.

Some of my favorite quotes from my students are: "You know why I like coming here, it is because you get me," Another one said "I like being here because you don't make me feel dumb" No teacher should make any student feel dumb. Teaching is a noble profession, and I have had the privilege of taking the journey

with thousands of students directing them toward academic excellence. My advice to parents "read with your children". Ask them what certain words mean along the way. They do not know specifically what words mean. If your child doesn't enjoy reading it is because he/she does not know how. One final quote that suits me as a teacher:

"I call my students my KIDS because in our time together they aren't just kids they are a part of my heart" If you want verification ask a few!!!

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From the MAYOR'S desk...

Photo by David Kaptein of David Kaptein Photography



Merry-Happy and an Early Present for the Town

This season is for many of us (including me) our favorite part of the year. December means the celebration of many holidays, Chanukah, Christmas, New Year's Eve and a whole lot of merry making. We celebrate and enjoy our families, friends, co-workers and any happy party goers. And the food! During the holidays we get the chance to indulge in special, scrumptious and fattening dishes that we never enjoy at any other time of the year. We can all start dieting in January, we have nothing else to do. And what makes this even more special is that treats are made from recipes handed down from generations past.

As is tradition in North Caldwell we kicked off the Holiday Season on December 7th the first Sunday in December, with North Caldwell's traditional Community Holiday Celebration, Joy Peace and Goodwill for All Seasons. As with every year, we lit the Menorah in honor of Chanukah. We also pulled the switched and lit up our Town Christmas Tree. Residents were entertained by a DJ who played favorite holiday music. The Cub Scouts and Boy Scouts provided toasted marshmallows, cider and hot chocolate, candy canes were donated by the North Caldwell Fire Department. During the festivities the revelers also enjoyed s'mores, baked goods and other delights provided by the Mayor and Council and North Caldwell Recreation Department. And of course there was a special guest appearance by Santa Claus, who gave out candy canes to all the good little boys and girls and a few adults who were not so good, aren't you glad you live in North Caldwell.

This year our town received an early holiday gift, Bob Kessler was sworn in as a Councilman to fill a vacancy. Until he joined the Council, Bob and his family has lived in North Caldwell since 2001, since that time up until the present, he has coached various recreational teams. Until he was sworn in to the council he was the President of the North Caldwell Board of Education; their lost was certainly our gain. Bob was also active in the North Caldwell Baseball and Softball Association where he

served as President. Like the rest of our Council he is a dedicated public servant.

The Council and I wish everyone the best of everything and a Happy and Healthy Snow free New Year

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OF THE MONTH

Lidia's Cleaning

With an eye for perfection and dedication to her work, Lidia Benedette, owner of Lidia's Cleaning Service has found her niche. Moving to the U.S. eight years ago, she is grateful for the opportunity to make a fresh start and for the continuous positive growth of her company.

Born and raised in San Paulo, Brazil, Lidia was originally trained as a travel manager, but after moving to the U.S., she wanted to try something new. For Lidia the move to America gave her the chance to fulfill a dream. While looking for a job, the idea came to her of starting her own business, which would give her not only more independence, but also made sense financially.

Originally stationed in Newark, Lidia began gaining steady customers who were very pleased with her work, and her business grew quickly and her business grew gradually satisfactory. A major contributor

to the success of Lidia's Cleaning Service is that they go above and beyond. "When possible, I do more than the customer expects and do not charge for it," said Lidia. During every assigned cleaning she personally reviews the work done by her employees, making sure that everything is up to the highest standard. She adds, "Some essential factors for a good business are: commitment, honesty, trust, warmth, discretion, responsibility and a good sense of humor, which my business has."

This past June Lidia decided to relocate to Essex Fells to be closer to many clients and to give her time to improve her English. She has been attending ESL classes to enhance her communication skills, though her English is already very good. So far she loves the area, especially noting the close proximity of the police station, library and local shops and looks forward to getting to know her neighbors and other in town.

Appreciating the beauty of Essex Fells and the character of the homes in the borough, Lidia wants her daily cleaning service to match these high standards of beauty and character. Her cleaning service is available every day of the week except Sunday and her times are very flexible. Someday she looks forward to be able to manage her company from her home to focus on contacting clients and track customer satisfaction.

With a bright future ahead, Lidia not only wants to grow her business but add another element. As an avid pet lover, her clients often ask her to take care of their pets and Lidia would also like to start offering the service on a regular basis. For more information or to contact Lidia Benedette at 973-776-2219 and a website will soon be available.



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restaurant Review

Written by Christine DiGiovanni
Photos by John Paul Endress



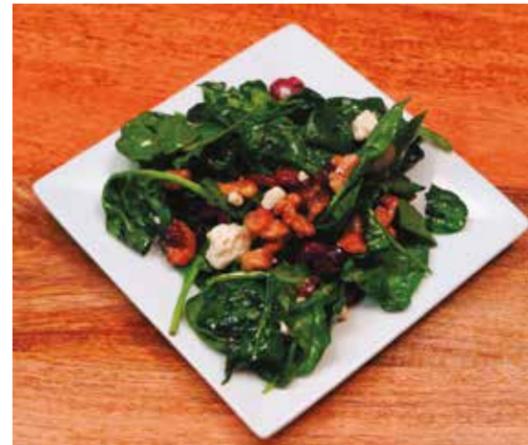
The Suburban Tavern

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Thursday, September 18, 2014 was a beautiful fall day. The air was crisp and cool but required no jacket. It was 6:30pm and residents from Essex Fells and North Caldwell began to arrive at the Suburban Tavern to mingle and enjoy a relaxing evening out. All in all there were about 50 people who came together to sample the Suburban Tavern's new fall menu and to explore the new restaurant. People congregated on the outside terrace overlooking West Caldwell while enjoying a complimentary bar that featured three signature drinks in addition to other cocktails. The three signature drinks were: *The Suburban Sangria*, created with red wine, apricot brandy and orange juice; *A Peach-Tini*, made with SKYY peach vodka, cranberry juice and pineapple juice; and a *Cucumber Fizz*, consisting of Hendrix Gin, lime juice, muddled cucumbers and club soda. While enjoying these delicious drinks the guests at this review sampled Sliders, *Stuffed Jalapenos*, and

Guinness-battered Fried Shrimp. The Sliders were made of a short-rib blend of beef with cheddar cheese, a secret house sauce, and then topped with a pickle. The Stuffed Jalapenos were made with cream cheese, cheddar cheese, then wrapped in bacon and served with a delicious ranch dipping sauce. The *Guinness-battered Fried Shrimp* was crispy, full of flavor, and served with tartar dipping sauce.

Around 7:00pm the party moved inside to the dining room where they were able to sample some more appetizers on small tapas sized plates. These appetizers included Mussels, Sausage, Broccoli Rabe, and Peppers, and Blackened Mahi Bites. The *Prince Edward Island Mussels* were prepared in white wine broth with garlic, cherry tomatoes, and fresh basil on top of a slice of garlic toast. The *Sausage, Broccoli Rabe, and Peppers* were made with sweet Italian sausage, broccoli rabe, and hot cherry peppers all



sautéed in garlic oil. The *Blackened Mahi Bites* were made of fresh Mahi tossed in Cajun spices with a chipotle ranch dipping sauce. The drinks, laughing, and food continued. Next up on the menu for the guests to sample was a *Baby Spinach Salad*. This salad had candied walnuts, crumpled fresh blue cheese, dry cranberries and an enticing homemade lemon dressing that was light and flavorful. The main dishes included

an amazing *Braised Short Rib* that fell apart in your mouth served with garlic mashed potatoes and au jus sauce. Slow cooked *Baby Back Ribs* were covered in a homemade whiskey barbeque sauce and served with a rich macaroni and cheese. The *Chicken Milanese* was a thinly pounded breaded chicken cutlet served with fresh mixed greens, tomato, red onion, oil and vinegar. And last but not least - desert. Everyone was given a slice of *Chocolate Peanut Butter Pie* served with whipped cream.

Our evening ended with fun while enjoying a complimentary Karaoke Night! Many of the guests stayed after the meal and sang a tune or two. Janet and Rich Oscar enchanted the crowd with a spontaneous swing dancing number that ended with applause!

After a fun evening, Kate and John Farrell shared that they enjoyed themselves. Kate especially enjoyed the Guinness-battered Fried Shrimp and they both enjoyed the Sausage, Broccoli Rabe & Peppers. They shared that they normally would not have thought to come to Suburban Tavern, having previously thought it was just a pub, but were impressed with the casual dining and great food.

Ron and Maureen Mullane shared that they love how close Suburban Tavern is to them and that they definitely plan to come back. Ron shared that although he is not a fish person, he loved the Mahi Bites. Doree Lynn was impressed by the Braised Short Ribs sharing that they were tender and savory and paired nicely with the creamy mashed potatoes.

Nestled in the heart of "West Essex," the Suburban Tavern is a stone's throw from both Essex Fells and North Caldwell. The newly transformed establishment boasts a full bar, family-friendly dining room, and a breezy outdoor terrace for eating or sipping cocktails.

Owned by John MacEvoy of Essex Fells, The Suburban Tavern is under new management. The Suburban Tavern creates an atmosphere of familiarity and friendliness, with a pinch of flair, accommodating the social appetite of all ages. Whether it's a family lunch on the terrace, a night of live entertainment and cocktails with the co-workers, or a simple beer and burger with the guys, the Suburban Tavern possesses that

familiar camaraderie of a local gathering spot for all.

Once a month, The Suburban Tavern will be hosting a Comedy Night. These evenings will start from 6:30-7:00 with a prix fix menu including an appetizer, entrée and dessert and then from 7:30/8:00- 9:00 guests will enjoy a comedy show. The price for this entertaining evening is approximately \$35 per person. While the date and comedians will change each month it is best to check with The Suburban Tavern on either their web site at www.thesuburbannj.com or on their Facebook page.

Lobster Night at the Suburban Tavern is every Thursday. For \$15.95 one can get a whole lobster, corn on the cob and baby bliss potatoes! The Suburban Tavern has numerous events and specials each week. An example of some of the events and specials include Taco Tuesdays, Trivia night, Lobster Night, Ladies Night, live entertainment and sports centered events depending on season! The best way to see all of these events is to check it out on their web site at www.thesuburbannj.com.

Suburban Tavern's hours of operation are Monday – Saturday from 12 pm – 2am and Sundays from 12pm – 12am. Call for inquiries of private parties, which can seat up to 65 people in their dining room. Catering is available as well as takeout. Suburban Tavern does not require reservations, is kid friendly (has a kids menu), is great for small or large groups and is on face book and open table.

DISCLAIMER: The business reviewed in this section provided products and/or services free of charge in exchange for this review.



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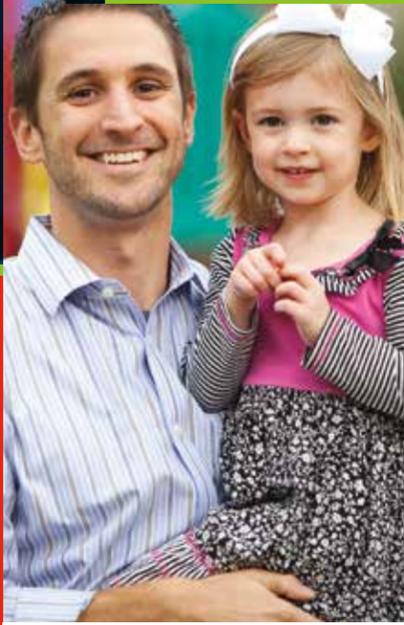
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Q & A with a CPA

by Robert J. Blackwell, CPA/PFS/CGMA rblackwell@ljcpa.com
25 year North Caldwell resident

Q: As a business owner, please let me know what I need to prepare for year-end.

A: Rather than waiting until your business year ends, set up a system that prepares for tax time throughout the year. Maintain your business records to track your income and expenses. Remember to look at it on a systematic basis. The small steps you take regularly mean that when it's time to prepare your tax returns, you can simply transfer the information to your tax preparer.

However, if you tend to procrastinate, the following is a list of items that you should prepare:

- If you use a computerized accounting system, such as QuickBooks, give a back-up to your tax preparer. If not, have your bank statements and checkbook available and up to date.
- Reconcile your checking account. That way, you will know if your cash balance is correct. If you can't, hire someone. It's important.
- If your business has inventory, take a physical inventory.
- Prepare schedules of your accounts receivable and accounts payable.

If you have adequate cash flow, having advanced notice will allow for tax planning. Some possible options are:

- Paying bonuses
- Making pension contributions
- Purchasing fixed assets
- If you are on the cash basis, paying bills that are not due until sometime in the following fiscal year.

The 2014 year-end tax due dates will be coming up quickly. You have other things to worry about. Filing taxes should not be one of them. Start early and get organized.

It is important to remember that the burden of proving the accuracy of your filing is on you, not the IRS.



Disclaimer: This information presented in this column does not take the place of obtaining professional advice tailored to your specific individual needs.

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MAKING A *difference*

Emily Talkow is a passionate tennis player having started playing the sport at age 5. She's also the type of kid that enjoys doing things to help others. When it came time to decide on a mitzvah project for her upcoming Bat Mitzvah, she knew she wanted to incorporate something she loves along with being able to raise money for an important cause. That is when the idea for a tennis tournament was born. Emily is in the process of organizing a round robin tennis tournament to raise money for the Special Olympics. She chose this as her cause because she couldn't imagine her life without sports. Emily believes that Special Olympics participants teach us to turn lemons into lemonade; they show us that anything is possible and that we should pursue our dreams, no matter how hard the circumstances are. Along with her parents, Ami and Andy Talkow and tennis pro's-Tom Battaglia and Matt Deitch of Clifton Racquet Club, Emily has created the *Team of Champions Tennis Tournament*. This event will be held at the Clifton Racquet Club in Clifton, NJ on two Saturday nights in January (10th and 24th) and will be able to accommodate kids in grades 3-12. Cost per

participant is \$25. Family and corporate sponsorships will be available as well. 100% of the proceeds from the tournament will be donated to the Special Olympics. On January 10th, children in grades 3-6 will be playing in the tournament. Talkow is hoping this will be a parent/child tournament in order to give kids and parents an opportunity to have fun together while raising money for a good cause. Kids in grades 3-6 are invited to bring a parent, older friend or relative to join them on the courts for a fun night of tennis. A second round robin tournament will be held on Saturday, January 24th for kids in grades 7-12 (sixth graders can play in either tournament based on ability level). Kids playing in the older tournament are also invited to bring a parent, friend or relative to join them for a great night of tennis. However, no team may have two players over the age of 18.

Registration forms will be available by December 1st. Please email atalkow@hotmail.com with any questions or to request a registration form.



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Living North Caldwell

UNEXPECTED TRANQUILITY IN THEIR OWN BACK YARD!

By Kat Krannich

As you round the bend by the pond on Mountain Avenue, the beautifully landscaped property behind a low stone wall stands out from rest of the scenery. A circular driveway leads to the front porch and leaded glass entry door of this custom built colonial situated on almost an acre of property.

When Robert and Laura Calabrese married, moving into North Caldwell seemed the perfect idea. Cousins of theirs already lived here, and they loved the small town feeling! They both agreed that it seemed the perfect place to raise a family. So, they found a great piece of property and built their dream home!

Attention was given to every detail. Entering the threshold, one encounters an inspired blending of elegant features with warm and comfortable surroundings. The house was specifically designed for entertaining large groups. The oversized custom kitchen centers around a large island with a cooktop and plenty of seating. The gourmet kitchen is equipped with a commercial deep fryer, char broiler and restaurant stove. Robert and Laura both love the versatility of their kitchen, which can handle large parties and family gatherings, yet is perfect for quiet, intimate times with the kids. A separate, spacious breakfast room has large windows overlook the patio, bringing the beauty of the outdoors into view. Glass doors open to the patio area and bucolic setting.

While sitting in the backyard, one realizes how secluded and peaceful it is. The family loves to relax outside, and listen to the

birds and the babbling brook. The property extends beyond the brook into the wooded area and grassy knoll. It is the perfect place for kids to experience nature firsthand.

Another favorite part of the house is their master bedroom, in its own corner of the house. They equally enjoy the warmth of the inviting fireplaces, lounging in the luxurious Jacuzzi tub, or sitting on the balcony overlooking their tranquil property. The magnificent spa bath transports you to another world, away from the stresses of the day!

As for their Dream Home.... they built it specifically for raising their five children here. Attention was given to every detail of the home, from the custom designed cabinetry to the stone and tile selections, and a separate back stairway. The six spacious bedrooms were all placed on the same level, which was convenient for their family's needs. They explained, "We have so many wonderful memories here. Throughout high school our home was known to be "everyone's home" to all of our children's friends. Everyone always congregated here."

When asked what they enjoy most about living in town, both agree that North Caldwell is a beautiful small town that is convenient to everything – public transportation, shopping, restaurants, New York City – and has a great school system. "The High school is great, as we raised five fantastic children here... and would do it all over again right here in North Caldwell!"



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HOME IMPROVEMENT matters

Written by Woody Kamena

This month I thought I'd talk about what it takes to get a project off the ground. Assuming you don't want to do the work yourself, most folks look to hire a "general contractor." A "GC" is like a military general – they implement the plans, coordinate with the specialists (subcontractors) and deploy the work crews. (Sub-contractors are typically a specialty trade who often require a license, like an electrician, HVAC specialist or plumber.)

Some folks try to act as their own GC, but unless you are very experienced with building codes, running subcontractors and



handling the permit process, this can be a nightmare. You see, above all else, the GC makes sure all the trades on the project fit together while at the same time letting no details fall through the cracks. When you consider there are thousands of details that go into a renovation project, you start to grasp the importance of having an experienced GC at the wheel.

So how do you pick a GC? Here are a few things to keep in mind.

First and foremost, an unlicensed and/or uninsured contractor might seem cheaper, but often turn into a disaster. We've all heard horror stories about work done cheap, only to find the cheap workers have disappeared when problems arise. And if a disaster, like a fire, flood or serious injury does happen, your insurance may not cover the claim and you may find yourself on the wrong end of a lawsuit.

The same applies for work done without a permit. You may not get caught right away, but may have to deal with a nasty reminder when you go to sell the property. Plus you don't have the confidence that comes with the town's licensed inspector inspecting the fire codes, electrical work, gas lines and plumbing.

What you should look for is a contractor with experience who can show you past work. If possible, ask to speak with previous customers who have done similar projects. Also, larger projects can take several months and it pays to find somebody who you know is in business for the long haul – somebody who's been around a long time has a reputation to protect.

So, when do you call the CG? When you first decide to do the project? After you have met with the architect? After you have the permit?

The answer is to that is "it depends."

If you have a limited budget but a solid idea of what you want, most GCs will give a general idea if your project and your bud-

get are going to get along. This saves you from spending money on an architect to design an addition you ultimately can't afford. If you need help with design, layout and ideas, you might want an architect first. Most will offer a feasibility (or design) phase, which will let you see some ideas on paper before committing to pay for final construction drawings. A GC can work also with design drawings to estimate budget.

As to the permit, it makes sense to let the GC handle that. The GC needs to provide license info for themselves and the sub-

contractors on the project. They also make sure all the parts of the permit, like the fire code and energy calculation requirements, are covered.

Next month we'll talk about getting a bid from a contractor and reviewing cost.

Catch up on past articles at <http://stilleandsons.com/articles/index.htm>. Do you have an idea or topic you'd like to see covered? Email me at office@stilleandsons.com. © 2014 Woody Kamena

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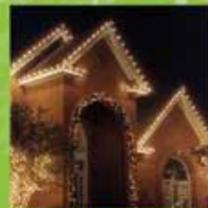
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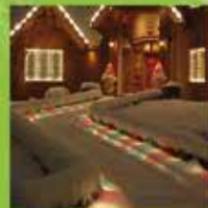
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DECEMBER North Caldwell Magazine

HEALTHY *Living*

19 + 1 Tips for a Healthy Spine in the office space

By Dr Daniel Dorri

Remember, work might be a pain, but it doesn't have to cause pain! Imagine still feeling refreshed at the end of the workday. Here are 19+1 things you should know to make sure your office is good for your spine to help prevent back and neck strain and pain..

1. Sit upright with your back and shoulders against the back of the chair.
2. Avoid holding your phone between your head and shoulder.
3. Don't slouch.
4. Arms should rest lightly on the armrests to avoid circulatory problems or nerve pressure.
5. Keep your feet flat on the floor. (Don't cross your legs!)
6. Relax your shoulders while typing.
7. Use a well-constructed ergonomic chair
8. Chair and desk should be tried in the store
9. Chair with good backrest that provides lower back support
10. Your Chair Can recline (Sitting upright at a 90° angle is actually not good for your spine; a 100° to 110° angle is better.)
11. Chair is not too high (Your feet should be flat on the floor.)
12. Chair can rotate or swivel so that you can easily switch from task to task
13. Tilt the keyboard down and slightly away from you for better wrist posture.
14. Make sure your mouse is close enough so that you can use it with your arms relaxed, and let it be as close to your body as possible.
15. Place the monitor directly in front of you at eye level, not off to one side, to avoid neck and eye strain.
16. If using a laptop, consider getting an external monitor or keyboard



17. Take a spine break.
18. Avoid staying in one position for a long time.
19. Try switching between sitting and standing.

Extra Set-Up Tip!

Spend a lot of time on the telephone? Then consider using a hands-free headset to prevent neck and shoulder pain.



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For more information: 973-228-1843

December-February

Masquerade: Masks from the Morris Museum Collection

Where: Morris Museum, 6 Normandy Heights Morristown, New Jersey

Masks can be amusing, arresting and awe-inspiring. Featuring more than 40 dynamic works from Asia, Africa and the Ameri-

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cas, this exhibit examines how a variety of cultures have used masks to serve many purposes from entertainment to deception to protection.

For more information: www.morrismuseum.org

Monday, Dec. 15-18

Waldsee: 1944 Art Exhibit and Raoul Wallenberg Poster Exhibit

Where: Montclair State University, Life Hall Public Exhibition Space, 1 Normal Ave, Montclair, NJ

When: 8:30am-4:30pm

Waldsee: 1944 is an ongoing exhibit of artistic renderings of postcards the Germans forced Jewish deportees to send to their families to deceive them regarding their living conditions. The poster exhibit provides a brief biographical account of Raoul Wallenberg's life and accomplishments.

For more information: montclair.edu/global-education

Monday, Dec. 15-Jan. 1

Holiday Lights Spectacular

Where: Turtle Back Zoo

When: 5pm-9pm

The Essex County Turtle Back Zoo's Holiday Lights program is returning this winter. Visitors will be granted free admission. In-kind donations of canned goods and toys are encouraged.

For more information: 973-731-5800

Monday, Dec. 15-Jan. 5

From Heart to Hand: African-American Quilts from the Montgomery Museum of Fine Arts

Where: Montclair Art Museum, 3 South Mountain Avenue, Montclair, New Jersey

Honoring the 50th anniversary of civil rights landmarks, 30 colorful and creative designs will be represented by major themes. For more information: 973-746-5555

Saturday, Dec. 20

Dr. Kaboom: Science of Santa

Where: Shea Center for Performing Arts-William Paterson University

When: 2pm

Back by popular demand Dr. Kaboom arrives at the Shea Center with a holiday show that brings cheer to kids and adults alike as he demonstrates the science behind Santa while affirming the magic of the season.

For more information: 973-720-2371

Wednesday, Dec. 31

First Night Morris 2015

Where: Morristown Green

When: 4:45pm

This New Year's Eve, First Night Morris will feature over 300 artists and 80 performances in 24 venues, all within walking distance of the historic Morristown Green. It is a true celebration of arts and culture that can be enjoyed by people of all ages in a family-friendly, alcohol-free environment. Two fireworks displays – at 9:15 and midnight – light up the night for thousands of attendees.

For more information: www.mayoarts.org

Sunday, Jan. 4

Sing-A-Long Sound of Music

Where: Mayo Performing Arts Center

When: 3pm

The Hills are alive! Join in on the fun in as you sing along to the classic Julie Andrews Oscar-winning movie musical. Wave your Edelweiss! Dance in the gazebo with Lies! Bark at Rolf! Boo the Nazis! Partake in earnest choruses of "My Favorite Things!" And come in costume. Don't worry, all the lyrics are subtitled.

For more information: www.mayoarts.org

Friday, Jan. 9

Shatner's World - We Just Live in It

Where: Mayo Performing Arts Center

When: 8pm

William Shatner's acclaimed one-man show takes audiences on a voyage through his life and career, from Shakespearean stage actor to international icon, known as much for his unique persona as for his expansive body of work on TV and film. "William Shatner is much more than an actor – he's a personality of galactic proportions!" –New York Post.

For more information: www.mayoarts.org

Saturday, Jan. 10

The Doo Wop Project

Where: Mayo Performing Arts Center

When: 8pm

The Doo Wop Project, featuring current and former stars of Jersey Boys and Motown the Musical, puts a modern day spin on a classic music style, performing oldies and recent hits with a doo wop twist.

For more information: www.mayoarts.org

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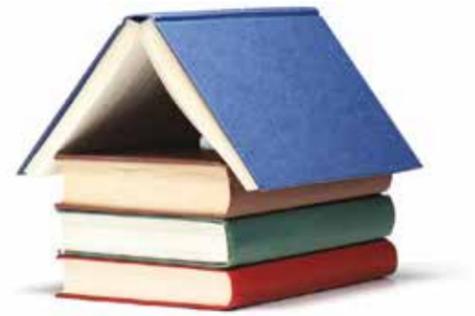
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Address	Neighborhood	List Price	Sale Price	DOM	Beds	Parking	Bath
7 Gordon Road	Essex Fells Twp.	\$1,100,000	\$995,000	90	4	3	4.1
6 Henry Ave	North Caldwell Boro	\$250,000	\$225,000	30	2	0	1
316 Stephanie Dr	North Caldwell Boro	\$339,000	\$355,000	21	2	1	3.1
1357 Stephanie Drive	North Caldwell Boro	\$375,000	\$372,000	59	3	1	2.1
283 Mountain Ave*	North Caldwell Boro	\$379,900	\$235,000	138	6	0	2
15 Glenview Rd	North Caldwell Boro	\$429,000	\$440,000	22	3	1	2
194 Mountain Ave	North Caldwell Boro	\$494,500	\$477,500	19	3	2	2
354 Central Ave	North Caldwell Boro	\$580,000	\$560,000	44	3	2	2.1
60 Four Seasons Drive	North Caldwell Boro	\$618,308	\$613,308	3	2	2	2
236 Park Ave	North Caldwell Boro	\$699,000	\$687,500	25	4	2	2.2
4 Spruce Rd	North Caldwell Boro	\$699,900	\$690,000	92	3	2	2.1
5 Shenandoah Dr	North Caldwell Boro	\$719,900	\$715,000	28	5	2	3.1
23 Hamilton Dr E	North Caldwell Boro	\$799,000	\$794,200	78	3	2	2.1
9 Byron Rd*	North Caldwell Boro	\$799,900	\$754,788	54	5	2	2.1
35 Summit Dr	North Caldwell Boro	\$899,000	\$899,000	34	4	2	3.1

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back to his home in South Carolina. From this humble beginning, the poinsettia has gone on to become the country's most popular holiday plant, accounting for more than 85 percent of holiday plant sales.

How did a subtropical wildflower become a holiday must-have? It wouldn't be where it is today without the work of the Ecke family. Beginning with Albert Ecke, who immigrated to this county from Germany in 1900, four generations of the family have grown and promoted the poinsettia as a holiday plant. Their improvements in breeding and propagation techniques, along with a lot of skillful marketing, have kept them the dominant force in the poinsettia market for decades and made the poinsettia an enduring symbol of the Christmas season.

Today we are no longer limited to red poinsettias. (It's not the flowers that are colorful, but the modified leaves called bracts, that cup a cluster of small, yellowish true flowers.) You can now choose from poinsettias in shades of pink, orange, peach, burgundy, white, even variegated ones combining two colors. And, though it might make Christmas traditionalists shudder, even blue and purple -- sort of. Those bluish hues are actually the result of watercolors applied to white bracts; new growth won't retain that color.

Breeding advances have also made poinsettias much longer lasting once we get them home. It's not uncommon to be enjoying whatever color plant you chose months after the holiday season has gone by. All it asks is bright light, average home temperatures, no drafts, and soil that is allowed to dry out slightly before rewatering.

Article Source:
National Gardening Association

NATIONAL Poinsettia DAY

Here's one more reason for celebration this month. December 12 is National Poinsettia Day! The date marks the anniversary of the death of Joel Poinsett, the first U.S. ambassador to Mexico. He was also an avid amateur plantsman who introduced this native Mexican flower into cultivation in the United States in 1828, sending cuttings

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