



North Caldwell

FEBRUARY 2016

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Publisher's Note

This issue of the *North Caldwell Magazine* features some wonderful stories I am sure you will LOVE!

Nominate a beautiful house or yard, an athlete, a business owner, a great family on your block or nominate yourself! Send me an email or message on your thoughts and we could possibly write a story and publish it in an upcoming Issue. Thank you for all the support and look forward to hearing from you!

Happy Valentine's Day North Caldwell Residents. Here's to lots of LOVE all month long!

Sincerely,

Brian P. O'Neill
 Area Director for North Caldwell Magazine
 Cell: 201-406-8275
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kids 2 kids

by Jessica Wiederhorn
Photo by John Paul Endress



Name: Zachary
Age: 3
Grade: Pre-school
Birthday: April 3, 2012
Favorite TV Show: Anything with Superheros
Favorite Song: ABC's
Sports I Play: Football, Hockey, Soccer
My Favorite Thing to Do: Playing with my sister
Your Favorite Vacation: Fire Island
Something Unique About Me: I have "magic ears"
When I Grow Up I'm Going to Be: A Superhero
Favorite Food: Pasta and butter, Hot dogs
Favorite Animal: Sheep
Favorite Color: Pink



Name: Emily Ash
Age: 10
Grade: 5th grade
Birthday: December 9, 2005
Favorite Movie: Parent Trap
Favorite Song: Stitches
Special Interests/Hobbies: Cook and bake (**Favorite:** Chocolate Molten Lava Cake)
Sports I Play: Soccer and basketball
My Favorite Thing to Do: Play with brother
Your Favorite Vacation: Mexico
Something Unique About Me: I can touch my nose with my tongue, and I never refuse a dare
When I Grow Up I'm Going to Be: A Teacher
Favorite Food: Pizza
Favorite Animal: Puppy
Favorite Color: Blue
Favorite Subject: Math
Favorite Book: *The Candymakers* by Wendy Mass



Many people hear heart-wrenching stories of animals who were abandoned or abused, only to be put down in shelters who can no longer care for them. When Tammy, Bobby, and their sons Jack, Cole, and Luke Epstein heard these stories during their search for a dog, they knew they had to rescue. Enter Harper, a seven month old terrier mix who was malnourished before arriving at the Epsteins. Harper's new family helped raise her back to health, making her one of the happiest pups out there.

Harper was a perfect match. When the family was looking for a rescue dog, they found a dog and decided to name her Harper, before even meeting her. That dog was adopted by another family, but it was a blessing in disguise when they found another dog whose name was already Harper! They knew they had to adopt her, and once they did and saw how sweet and affectionate she was, they decided it was the best decision ever made!

Sweet and affectionate can also mean silly. Harper loves playing with her toys, and bounds after them with her puppy paws that she hasn't quite grown into yet. For Halloween, she dressed up as a Jets football cheerleader, while the kids in the family were two football players and a referee. However, her costume happened to be too small, and it ended up looking like a tube top! Her Halloween definitely did not go as planned, but was cute nonetheless.

Harper's story has forever changed the lives of the Epstein family. Her addition has helped teach the boys responsibility, as well as added another being to love in the house. The family strongly encourages others to adopt, and hopes that other dogs can be as happy as Harper has become.

precious pets Harper

By Jessica Wiederhorn



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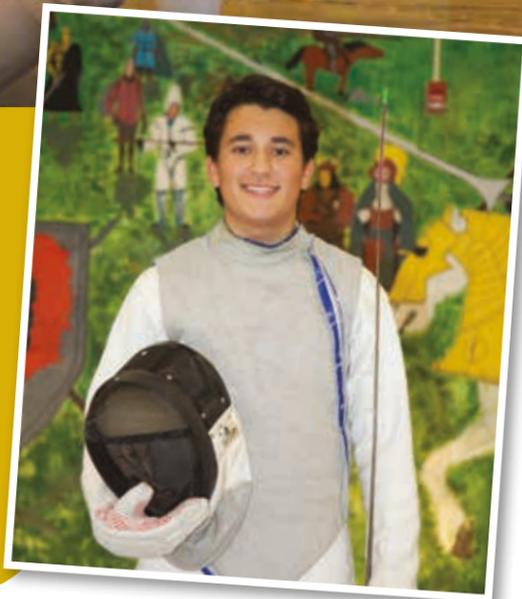
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Snerson's Dedication to Fencing *Can't Be Foiled*

By **Jake Wolf**
Photo by **John Paul Endress**



Fencing is one of the most difficult sports for a high school athlete, as it requires a lot of concentration and technique. This can cause many people to shy away from the sport, as they do not want to risk failure or put in the work to improve themselves. However, Evan Snerson is extremely dedicated to fencing and continues to improve. Snerson, a senior fencer, has a love for fencing that is evident when watching him participate in a match.

"Fencing is a combination of both physical and mental toughness," Snerson said. "The best fencers need to be light on their feet and flexible enough to lunge and defend themselves. However, they also need to be able to think and react quickly, and anticipate the movements of their opponents. I love the challenge."

Snerson began fencing sophomore year when his friend, Harry Goldstein, intro-

duced him to the sport. "At first I wasn't sure how committed I would be to it, but found that I really enjoyed fencing and decided to stick with it long term," Snerson said.

It is extremely difficult to become a good fencer, and it takes a lot of practice and hard work. Even though Snerson has many other obligations, including being on student council and in multiple clubs, he still finds time to improve himself as a fencer. "Balancing all of my extracurricular activities, fencing, and schoolwork can be a challenge," Snerson said. "I've found that I need to focus on maximizing all my available time. It is better to be focused when you have less free time than procrastinate when you have all the time in the world."

Snerson uses his leadership skills learned in student council to be a leader on the fencing team. "Evan is probably the most enthusiastic member of the fencing team,"

said junior fencer Max Prince. "He is always showing team spirit by hyping up other team members."

One of the difficulties of fencing is how challenging it is to practice. "Fencing during the offseason isn't as easy as other sports - I can't just pick up a foil and start jabbing at people," Snerson said. However, he still finds ways to improve himself.

"I have to make sure to stay in shape and study famous fencers and their techniques," Snerson said. "As long as I stay physically fit and mentally prepared I feel ready for the start of the season."

Snerson has high expectations for this fencing season, and believes that his hard work, along with the work of the rest of the team, has put them in a position to succeed, saying "Our team competes in a really competitive district, so advancing to states has always been a challenge. I think we are talented enough to do it this year, though."

Snerson's commitment is recognized by his teammates through his improvement from his first season until now. "Through dedication, Evan has been able to improve into the fencer he is today," Prince said. "Not everyone has the dedication that Evan possesses."

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From the MAYOR'S desk...

Photo by David Kaptein of David Kaptein Photography



February is smack dab in the middle of winter and despite great weather in November and December (it was 9 degrees warmer in New Jersey than it was in Santa Monica on Christmas Day), we all knew that this wouldn't last forever and the cold weather was coming. It hasn't disappointed us. I'm sure that every guy in town has purchased a beautiful Valentine present for his wife/significant other, but just in case, this is my reminder (I hope you get this article before the 14th). We also celebrate our 44 presidents and I believe that is more important than ever given the attacks on our civilization, values and way of life.

The skiing program is in full swing and there are 36 boys and girls registered. Weather permitting, the program will run through the end of this month. We are all very proud of the West Essex (Boys) Cowboys B-Team football team who won the Super Bowl Championship. They went undefeated for the whole season. They were given commendations at our last meeting of 2015. Another resident to be congratulated is Nicole Iacullo. Nicole is a senior striker on the Mount St. Dominic Lady Lions soccer team. She was leading scorer totaling seven goals and a half dozen assists. As a result, Iacullo was voted First Team All-Super Essex Conference Liberty Division by all the coaches in that conference. Way to go Nicole.

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I had the honor to attend the induction of Joseph M. London a member of Troop 1 to the rank of Eagle Scout, the highest honor bestowed on a scout at Temple Agudath in Caldwell. Joseph earned a total of 53 merit badges. Among his many accomplishments, he assembled and installed benches in the education wing at Congregation Agudath. Joe is a very active member of the temple.

Finally, kudos to our Police Department for arresting a gang of car burglars. Three adults and two juveniles were arrested and charged in connection with a series of burglaries that occurred between October and November. The three adults were from Newark; one juvenile was from Newark and the other from East Orange. North Caldwell experienced a string of these car burglaries where several pieces of personal property were taken, i.e. laptops, wallets, money, credit cards, designer sunglasses and various other items. Additionally, two cars were stolen. Detective Michael Credico, assisted by other members of the North Caldwell Police Department, conducted a month-long investigation which ultimately lead to these arrests. Chief Deuer stated "Through this series of search warrants and interviews, we identified a ring of people who were responsible for not only our car burglaries but also were committing the same crimes in other towns." Part of the issue was that residents were leaving keys in their cars unattended on cold mornings, thus causing a crime of opportunity.

Be safe and warm and don't forget the flowers and candy, etc. on the 14th.

See you around town,

Mayor Joe



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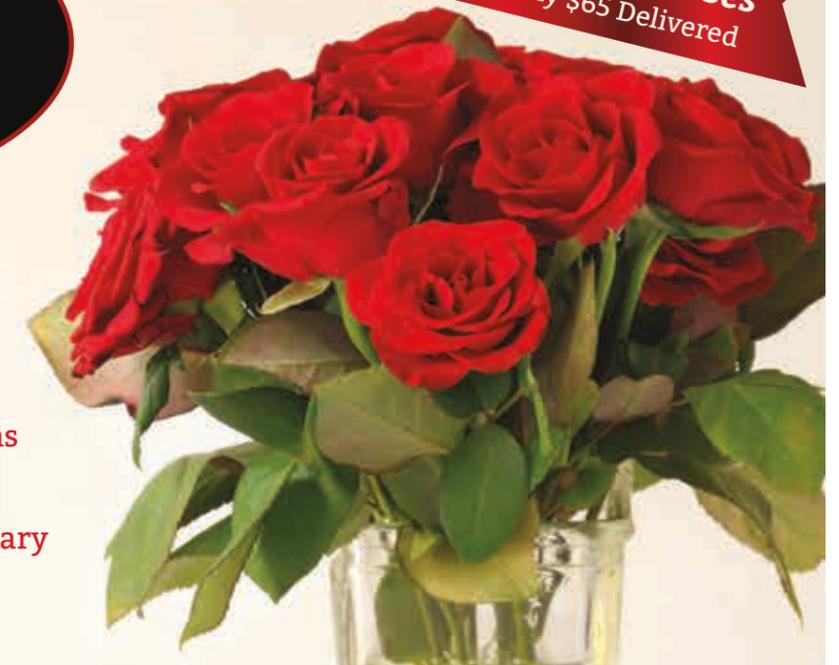
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around town

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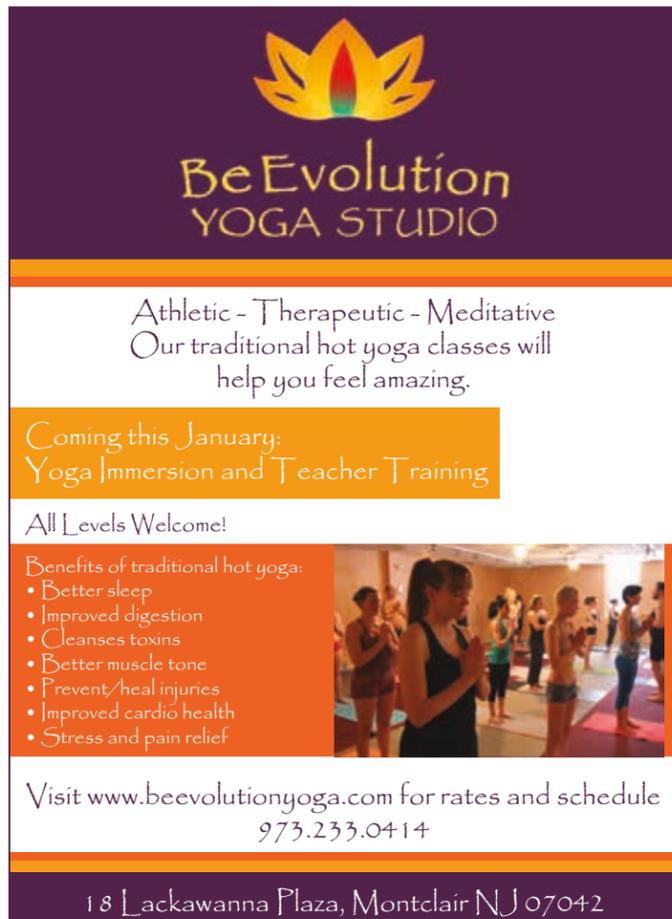
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North Caldwell
LIVING



by Kat Krannich

It all started about twelve years ago, when John and Maureen began their search for their perfect home. They heard about North Caldwell from some co-workers of John, and some family members lived in nearby towns. Their realtor showed them countless properties and homes in several towns and they fell in love with a house on Glenview Road in North Caldwell. It was not just the house, there was something else about the location.

They liked the feel of the town and neighborhood. The deep yard was perfect and there were woods in the back where they could actually hike through their backyard!

It was also perfectly located for their jobs. John was, and still is, a physician in Livingston, and Maureen was a social worker in Bergen County. Over time, they began decorating and creating a home for their future family. Soon, after two children appeared on the scene, they were in search of a new home once more. Their needs were changing, so they began looking for their "forever" home.

Two years, and many properties and offers later, they could not find the right fit for their needs. Often the homes were very nice, but they did not want to give up their yard! Their realtor once again sat down with them and they all soon agreed they were

searching for something that was already in their backyard. They just needed a little more space. So, they embarked on a mission to add onto their home and create their own perfect haven.

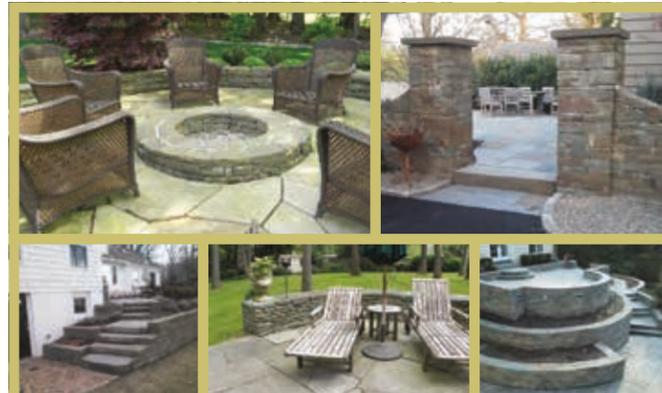
The Family Room was expanded combining materials and designs that were aesthetically pleasing to everyone. The home appears nestled into the setting, with large windows overlooking the pastoral scene of the rear grounds with a babbling brook running into the woods. A deck gradually steps down to grass level. They now have another back door with a mudroom for those little sneakers and boots running in from playing outside. A bonus part of the addition was adding another bedroom upstairs with a walk-in closet.

Today, their main focus is their family. Everyone has a special area in the large eat-in kitchen and the Family Room. They like to spend time outdoors, spend time in their yard with family and friends, and go on adventures in nearby parks. Their neighbors are friendly, and they have a great block party every year. They enjoy socializing and dining out in nearby Montclair, and watching the kids in their sports and activities. The children are active with soccer, dance, baseball, piano, and acting.

Both Mom and Dad are enjoying their time with the children. Instead of running around searching for the elusive "perfect home", they created one of their own, and their search ended where it all began many years ago!



...continued



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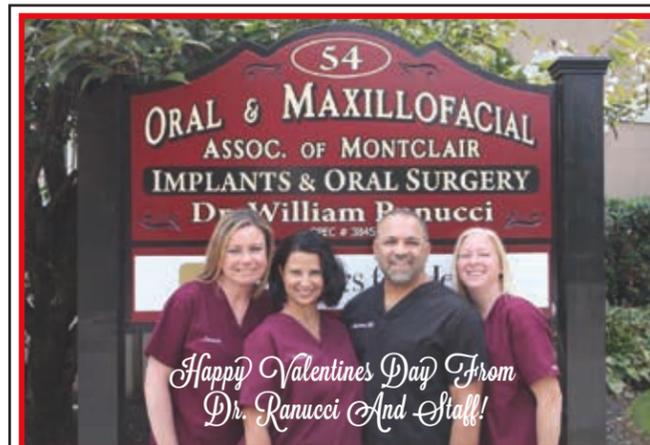
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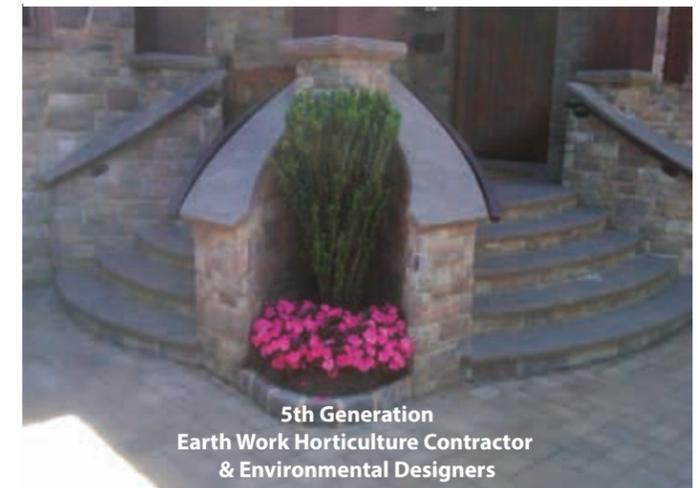
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Dr. William Ranucci, a talented oral and maxillofacial surgeon for over twenty years, welcomes patients of all ages at his recently renovated, solo practice in Montclair, NJ. “My mission is to deliver exceptional care in a clean, comfortable environment with minimal risk and side effects,” says the board certified oral surgeon. Patients describe him as extremely professional and approachable, working alongside an equally personable and experienced staff.

“We take on much more than wisdom teeth,” he says. His practice offers expertise in reconstructive dentistry, implants, facial trauma, biopsies of the mouth and face, as well as dermal fillers and Botox®. “Our practice is all about alleviating our patient’s anxieties, concerns, and fears,” he says. For your comfort we offer General Anesthesia, IV Sedation and Nitrous Oxide (laughing gas). Patients often admit the experience wasn’t as traumatic as expected, a testament to his caring, comforting approach.

An ardent adopter of new technology with extensive experience utilizing it, Dr. Ranucci stays on the cutting edge. His office has all of the latest technology including digital x-rays and a 3D CT Scan machine. Dr. Ranucci also routinely performs flapless implant surgery without sutures. For jaw reconstruction and implant cases, he employs Platelet Rich

Plasma (PRP), with immeasurable benefits for patients. “My patients heal faster, experience less swelling, and are ready for restorations sooner,” he says. This doctor also works with Store-a-Tooth® to preserve stem cells from extracted teeth. He is affiliated with Clara Maass Medical Center and Hackensack UMC Mountainside Hospital. He volunteers his time teaching the dental residents at the Mountainside Hospital Dental Clinic. “I help the residents expand their oral surgery and dental implant placement techniques,” he says. “I love my career and truly enjoy helping people.”

Dr. William G. Ranucci grew up in nearby Glen Ridge, New Jersey and studied at Syracuse University and the University of Medicine and Dentistry of NJ, where he received his Doctor of Dental Surgery degree and has been practicing for more than twenty years. He is a board certified Oral and Maxillofacial Surgeon. He and his wife Maryann Diliberto- Ranucci have lived in North Caldwell for 22 years. They have a beautiful 16 year old daughter Olivia Rose who currently attends West Essex Regional High School. Last year they adopted an adorable Yorkshire Terrier named Bruno.

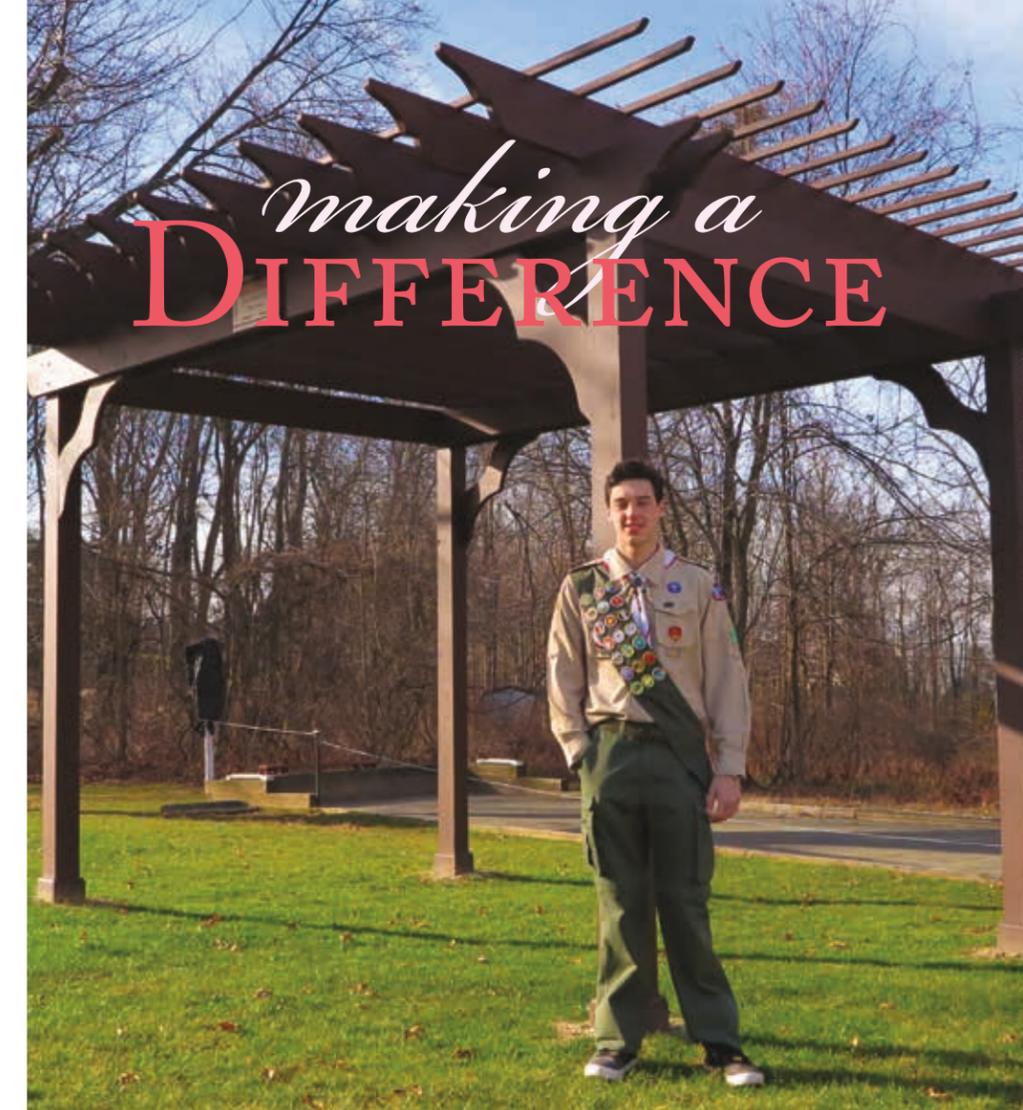
During the busy doctor’s free time, he enjoys boating, fishing & flying small planes. He is currently taking courses to earn his pilot’s license. He doesn’t really have a favorite restaurant, it depends on what he is in the mood to eat. For chicken he prefers The Belmont Tavern. If he is in the mood for steak, he likes Rare or The Wayne Steakhouse. If he is in the mood for seafood, he likes PF Market or Lithos. Dr. Ranucci loves to vacation in South Florida and the Bahamas.



by Kat Krannich

On February twenty seventh at four o’clock, some Boy Scouts from Troop One of North Caldwell will be meeting in Charlie’s Place at Notre Dame Church. Boys, and men, of all ages will don their Boy Scout uniforms and join friends, and family members, to celebrate a particular scout in the community.

On this leap year weekend, Alec Miskulin will be installed as the one hundred twenty seventh scout in the North Caldwell Troop One to achieve the rank of Eagle Scout. This accomplishment is a milestone that only nine percent of those in scouting actually persevere to complete. In Boy Scouting, there are over



Making a DIFFERENCE

one hundred diversified merit badges that a scout has the ability to learn and earn. Twenty one specific merit badges must be attained before the age of eighteen in order to reach the highest rank of Eagle. Without the scouting program, it would be nearly impossible for someone to learn the myriad skills and levels of knowledge on his own. While earning the merit badges, some skills can include the areas of personal management, cooking, communication, lifesaving, and much more. A true commitment is paramount to accomplishing such a task.

In addition, an Eagle Scout must focus on a project that would benefit the community. Over the last six years, Alec assisted the summer CCD religious program at Notre Dame Church. The Notre Dame community also has a very active summer bocce league with compe-

titions. Alec’s project was created to give the players some shelter from the elements. Alec designed and constructed a ten by sixteen foot pergola using pressure treated lumber with concrete footings. A major challenge emerged due to the scope of this project. Building permits needed to be obtained from the town since the structure required three foot deep concrete footings for strength. He also created sixty decorative cuts of wood that needed to match his design exactly. First Alec made cardboard templates, then traced his designs to shape the wood. Everything was then cut out, and put together.

Alec would like to thank all those who committed their time and funds to support him with his project. This was a very commendable accomplishment, and we all wish him much success in his future endeavors.

North Caldwell

“Kids with a Passion”

Marissa Levey

By Catherine Kessler

Marissa Levey, a remarkable senior from West Essex high school, dedicates herself as a teacher's assistant once a week at her Synagogue's Hebrew School, The Congregation Agudath Israel in Caldwell. Marissa has been a resident of North Caldwell since she was four months old and has a twin brother named Andrew. Since Levey was in 8th grade, she has volunteered in both the classroom and the office and offers help where it is needed. She assists with classes ranging from kindergarteners to 6th grade.

Marissa is also an instrumental figure in the synagogue's Jewish youth group. The B'nai B'rith Youth Organization, known as BBYO, is a movement of teens who aspire to engage more of their Jewish peers in purposeful Jewish experiences. BBYO has become a catalyst for providing exceptional identity enrichment and leadership development experiences for hundreds of thousands of Jewish teens like Marissa. Levey's youth group is recognized as an international organization with chapters from all over the world. She has earned recognition as Vice President of the Livingston chapter. This position entails writing and leading programs at chapter meetings twice a month.

Over President's weekend this February, Levey will be attending BBYO's international convention where members all over the world will spend the weekend together in Baltimore. Marissa will join thousands of the Jewish community's top teen leaders and educators from across the world for one of the largest Jewish communal events of the year. At this convention, Marissa will meet inspiring speakers, deepen leadership skills, serve the local community, celebrate Shabbat, and do their part to further a strong Jewish future.

This exceptional teen will also be attending "March of the living." This is a two week Holocaust education trip to Poland and Israel. The first week will be spent visiting concentration

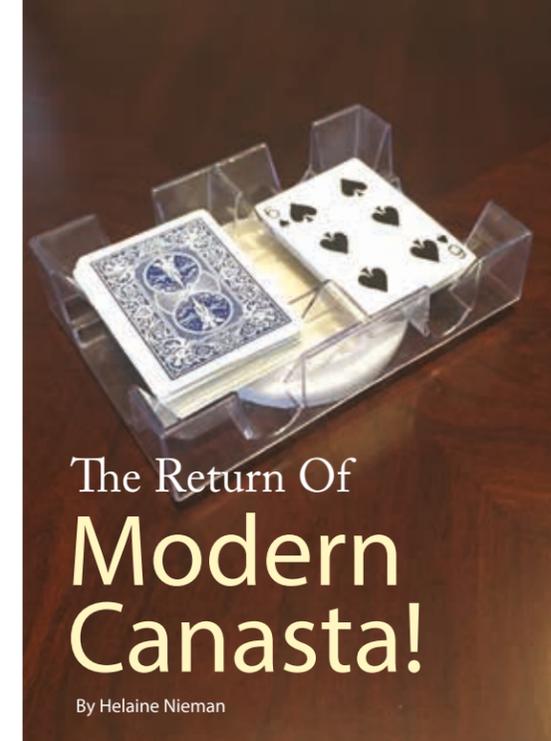
camp and European towns that were once thriving areas of Jewish life. The highlight of this trip is the actual "march" itself: on Holocaust Remembrance Day, Marissa, along with thousands of other participants and Holocaust survivors, will walk the 3 kilometers from Auschwitz to Birkenau. The second week will be spent in Israel. The March of the Living is an annual educational program, which brings individuals from all over the world to Poland and Israel in order to study the history of the Holocaust and to examine the roots of prejudice, intolerance and hate.

Marissa is beyond grateful for the opportunities her involvement with her synagogue has granted her. Living in a densely populated Jewish community, Marissa is thankful she can embrace her religion. Judaism has instilled into Marissa beliefs that she must always give back.

Aside from Marissa's passion of volunteering, Marissa also works at a doctor's office in Livingston twice a week. Her responsibilities include clerical work like scanning paper medical records into the computer system and answering phones. For the past nine years, Marissa has spent her summers at Camp Kinder Ring in New York. Marissa became a counselor over the summer and tended to eight year old campers for seven weeks.

Marissa is also an accomplished student and has taken many rigorous courses including AP French, AP Calculus AB, and AP Environmental Science to name a few. Her diligence to her academic studies has been acknowledged through her acceptance of National Honor Society, National History Honors Society, and National French Honors Society. It will be exciting to see what the future holds for this remarkable young lady.

If you are an extraordinary North Caldwell Teen and want to share your passion, please contact Cathryn.kessler97@yahoo.com. You might be featured in an upcoming article!



Canasta is making a huge comeback across the United States! Bridge players are swapping one card game for another and die-hard mahjong players are leaving their cracks, bams and dots behind in favor of melding with a clean triple in games with their friends.

Canasta is a card game similar to rummy using two full decks in which players or partnerships try to make melds of three or more cards of the same rank and score bonuses for seven card melds. The classic game of canasta originated in the 1940's in Uruguay and spread towards Latin America and eventually landed in the USA. It was extremely fashionable in the 1950's, threatening for a while to displace Contract Bridge as the premier card game. Today, in North America, players have continued to develop the game and Modern Canasta, played slightly differently, is the game being played today. The word "canasta" actually means basket in the Spanish language, a reference to a tray that was used to hold cards in the past.

On any given Monday night in North Caldwell there are approximately 8-25 residents playing Modern Canasta. No, this isn't happening in the community center with a local senior citizens

group. These games are being held in the homes of 40- and 50-somethings getting together for a great night of fun and strategy! Helaine Nieman, a North Caldwell resident, has been playing the game for four years and recently became a certified canasta instructor through the Canasta League of America. "I am addicted to the game," said Nieman. "I play in 2-3 games a week and look forward to Monday night canasta with my friends. We started as a group of eight and have grown to over 20 friends playing in different games on Monday nights. When I started teaching my friends to play, some came along just because we were all doing it and really had no intention of playing every week." Debbie Lieb, also from North Caldwell, said, "when learning, I didn't think I would continue, and now two years later I am still playing in a weekly game and frequently online." Nieman said, "We all looked at ourselves and said we are becoming our mothers and grandmothers at 50 years old!" In the beginning I think we were a little embarrassed to say we play canasta; instead we resorted to saying "we play cards." That can mean poker which has a much hipper vibe than canasta. But as time went on and the nuances and strategy of our game developed, we have become obsessed with canasta!

Now we boldly say "WE PLAY AND LOVE CANASTA!" Val Levy played mahjong for 25 years before becoming a canasta player 8 years ago. Levy said, "My mother-in-law hocked me for years to learn canasta because she said it was so much better than mahjong. As much as I hate to admit it, she was right!" For those unfamiliar with the game, said Nieman, "canasta is much more strategic than mahjong and not quite as challenging as bridge. The learning curve for becoming a really good canasta player is nowhere near as steep as becoming an accomplished bridge player. You can be playing the game after 4-5 lessons."

Typically, four people are needed for the game but as many as six can play. The same couples that were getting together for bridge are now playing canasta together. Often, individuals sign up for lessons and find people in the class who may eventually create their own canasta group. Other times, groups of 4-6 sign up together and canasta becomes a weekly scheduled event, rotating at everyone's home. The winter is right around the corner and now is the perfect time to learn the game!! *For information about winter classes, send an email to mastacanasta@gmail.com or call 973.768.3080.*



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Q&A with a CPA

by Robert J. Blackwell, CPA/PFS/CGMA rblackwell@ljcpa.com



25 year North Caldwell resident

I plan on starting a business. What items should I consider when establishing a Small Business?

Answer:

There is no instruction manual on how to successfully set up a small business, but here are six items you should consider when starting.

1. Know your market.

You need to fully understand your market. Determine whether people are looking for your product or service, how much money they will be prepared to pay, and thoroughly research your competition. There are countless examples of a failed small business where the founder thought their idea was so great that it would sell itself.

2. Have a plan.

It is critical that you have a business plan. If you do not have a basic plan to follow, a lot of decisions will need to be made in a reactively, rather than proactively. Your business plan does not have to be set in stone – it can be reviewed and updated along the way as your business grows. The crucial thing is to have a plan that sets out your business focus and strategy.

3. Estimate required effort.

As well as selling, you must also stay on top of administration such as bookkeeping, accounting, tax returns, and reams of other paperwork. It is crucial that you do not underestimate the huge amount of effort required. Ensure that you have a grip on how you will handle all these matters and pay for them, both during the start-up stage and thereafter.

4. Use experts.

Often the best thing a small business owner can do is to be aware of their own weaknesses and hire professionals with strength in areas, such as website development and marketing. When you are honest about your strengths and weaknesses, you will be positioning yourself and your business for the greatest chance of success. It is a given that you cannot be good at everything, so be prepared to outsource particular tasks to the experts.

5. Be diligent with the recordkeeping.

The greater the accuracy of your financial records, the more rapidly

you will be able to make informed decisions, to correct business mistakes, and take advantage of what is working well in your business. Remember that the most valuable asset you have is information. Use it to your best advantage

6. Be agile.

You need to be flexible and follow the money to where it is, not where you want it to be. The fact that your business is small means that you can adapt rapidly and as needed by your customers or the market. Take heed of the feedback you receive from your staff, your customers, and your competitors, and be prepared to make necessary changes.

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HOME IMPROVEMENT matters

Written by
Woody Kamena

Welcome back! As I write this it is the first week in January and its finally cold. That might be why it was suggested that I write about fireplaces!

For now, let's break this down into three types, primarily based on the fuel burned; electric, gas and wood. Once we get to wood burning, we can further break it down into masonry fireplaces and wood burning stoves, often called "pot bellied" or Franklin stoves (after inventor, Ben Franklin). Some of these can also burn "manufactured" fuel, like wood burning pellets and wax/sawdust logs (like Duraflame(tm)).

Electric fireplaces are all show and don't really burn anything but electricity, although some contain heating elements to provide warmth with the illusion of a flame. The "logs" are generally plastic or ceramic with red and orange lights to simulate flames. While some sets are better simulations of burning logs than others, let's face it: they rarely fool anybody.

However, if you find one that you like, they are inexpensive (compared to gas and firewood), easy to install and often portable (so you could bring it in as a decoration for the holiday season and stick it back in the garage for the rest of the year).

Gas fireplaces are next. These provide real fire, but use natural gas as the fuel. The log sets are also ceramic and many look like "real" firewood. Gas fireplaces can be made with electric controls, like a remote control "clicker" to adjust the size and heat of the flame. Since these units are essentially a gas furnace, they can be fit with a blower and also used to create heat. It may not be sufficient to heat a whole house, but should keep the room it's in quite cozy.

Gas fireplaces also have some advantages in cost during installation. Many of the units offer the main housing as a "zero clearance" unit, which means it is insulated and can be installed in a wood framed wall with no brick or other masonry. Venting can be done through a pipe running through a wood framed "chase" (basically a wood chimney) to the roof and topped a metal cap. The chimney/chase can be sided to match the house, which is far less expensive than a masonry and brick built chimney.

For many, only a wood burning fireplace fulfills the romantic image of a fire, with the sounds, sights and aroma of burning wood. Be warned: it takes a lot of work to get you there! First off is firewood.

While we all see the trees standing outside the house, it's a major task for them to be cut down and cut into logs of usable length. Logs then require splitting into sections small enough to manage.

In addition, wood needs to dry out and "season" for the best use during burning. Seasoning "soft" woods like pine or fir can take a year to properly season, while harder woods like oak or hickory can take even longer. If you don't spend the time to season the wood, "wet" wood will eventually cause a buildup of creosote in the chimney, which if not cleaning and maintained, can cause a fire (more on this next month). Wood burning fireplaces also require masonry (stonework) to provide a safe separation from the fire's heat and the rest of the house.

Now that we've set the stage, next month I will talk about the considerations for installing new fireplaces and stoves in your home and how you can select something that is right for you.

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?

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Resident Recipe



Photos by John Paul Endress

Chrissy Davenport
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chrissydavenportcoach@gmail.com
North Caldwell Resident

Crock-Pot Black Bean Soup

I was thinking about providing a recipe for you to create for your loved ones during this valentines month but I realized that most of us dine out on this special day and February is more commonly associated with cold winter days where we crave warm soups and stews... so this one made the cut. Hope you find this easy, tasty and worthy of recreating! Packed with veggies, plant-based proteins and leafy greens, it's sure to make your body feel great this winter! Enjoy!

Ingredients

- 4 carrots, chopped
- 4 cloves garlic, minced
- 2 celery stalks, chopped
- 1 red pepper, finely diced
- 1 onion, chopped
- 2 handfuls of spinach, chopped
- 2 cups of dried black beans
- 1 can diced tomatoes
- 2 tablespoons tomato paste
- 1 can refried beans, low sodium (if you can find)
- 1 teaspoons paprika
- 2 teaspoons chili powder
- 7 cups water
- 1-2 cups chicken or vegetable stock
- Sea salt to taste

Suggested toppings:
avocado, scallions, greek yogurt, cheddar cheese

Instructions

For this version, add all the ingredients to the Crockpot and cook on high for about 8 hours. Stir occasionally and check the tenderness of the black beans. At about 6 hours, add the can of refried beans (as they are already cooked), and allow soup to sit for another hour or until the black beans are soft.

Once soup is finished, use a hand infuser to blend the beans/vegetables to create a creamy consistency (feel free to use a blender).

Serve with your toping of choice and enjoy!



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In the GARDEN

Design Your Perfect Landscape in Just A Few Clicks

By Jason Sponzilli

If you have ever heard the term dreamscape and tried to envision what yours would look like, you're not alone. Millions of people flock to the internet daily to view news, trends and pictures about landscape design ideas and tips.

Along with the internet and vast influx of information at our fingertips, social media has grown exponentially. Seemingly this phenomenon has occurred because we can connect with so many people and places all over the world from the comfort of our own homes. Understanding that concept has motivated some Landscape Architects and Designers to provide growth and advancement in technologies that make life easier for clients and team members. Prominent landscape industry specialists have begun to utilize social media platforms that are able to increase the sharing power of projects, articles and team updates but there are other ways that social media can connect with clients and bring the design process to life.

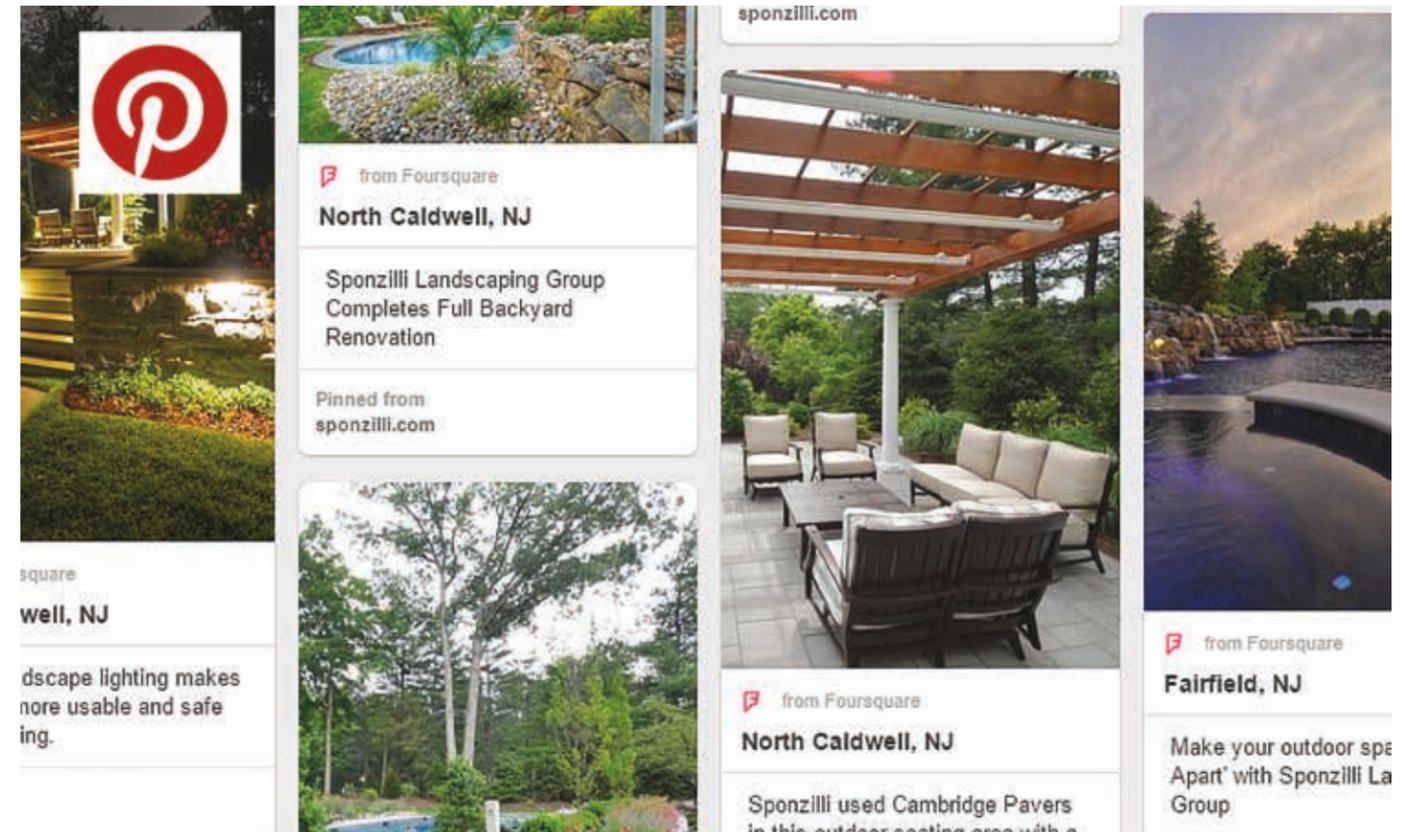
Most landscape clients have been visualizing their perfect outdoors space long before they decide to put their plan into action and call a Landscape Architect. Yet, it can be difficult to articulate all of the elements that the perfect design includes; you may have the picture but no way to bring it to life with accessible examples. Landscape Architects and Designers can create custom renderings, 3-D model walkthroughs and pictures of potential designs for clients to peruse during the design process but typically clients haven't taken pictures of or saved all of their unique ideas in any sort of organized place. That's where social media platforms, and in particular Pinterest, make all the difference.

Pinterest provides a versatile way to bond a client's vision with the architect's plans. It has become more than just a way to engage, Pinterest is a tool for cooperation that fosters communication and innovative opportunities between clients and designers.

Pinterest is a platform of pictures and ideas that allows users to "pin" or save pictures and articles they enjoy most. Pinterest gives people the ability to imagine and elaborate on a topic all in one place. From plants to pools the topics are unlimited. It's a great visual tool and an even better opportunity to for designers to truly understand what a client wants.

Pinterest is a collaborative medium to share ideas during the landscape design process. You begin by creating, what Pinterest calls, a board. Within that board you can "pin" things you like from any website including entire landscape designs, images of materials like stone or granite, various plants, outdoor kitchen appliances, bars, pools, fountains, outdoor showers, and the list goes on and on. The possibilities become endless yet organized when you have a place to set images up as a gallery of specific desires for your space. Pinterest will increase your ability to articulate what you want and how designers are able to place more of those elements into your landscape.

Take action right now and begin to create your first 'landscape design board' so that you can share it with your Landscape Architect or Designer and make every part of your dreamscape a reality!



Financial *Fitness*

Hard Work, A Successful Business, An Unexpected Car Accident.



By Joseph Saccomanno

John, 46 years old, was a restaurant owner of multiple establishments. Everyone in town seemed to know him or his reputation as a quality guy. He lived in the nicest neighborhood; his children attended the best private school; his wife served on two community charity boards and golfed with the ladies group at the country club every Thursday. Life was perfect. John's hard work and determination had paid off.



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The fatal car accident couldn't have been anticipated. Though the drunk driver who caused it was charged, the family's life was turned upside down. John's business was not an easy sale in the weak economy. Buyers were few. When a deal was struck, the price accepted was less than 30% of what had been expected.

John's \$500,000 in life insurance proceeds helped, but it didn't stretch as far as he had hoped for his family. The balance of the mortgage (\$350,000) was paid off, leaving just \$150,000. It became quickly apparent that the life insurance and the distressed sale price of the business were insufficient to support the family's income needs. There was no alternative but to sell the house, change neighborhoods and remove the girls from their private school. The death was hard, but the life changes magnified the pain.

Are you a business owner who has enough life insurance for your spouse to pay off the mortgage, but the remainder is only equal to a year or two of income? It's possible you may have far underestimated the financials that your spouse and family would need if you died.

With so much at risk, email and ask for the facts on how affordable additional life insurance is in today's market. Remember: Life insurance is not about dying, it is about allowing others to go on living.

GE 96142p (08/14) (Exp 08/16)
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Monday, Feb. 15-March 9

Watercolor Painting Class

Where: Livingston Senior/Community Center, 204 Hillside Avenue, Livingston, NJ
When: 9:30a.m.-noon

Watercolor painting classes that runs 10 weeks on Wednesday mornings

For more information: 973-992-7749

Friday, Feb. 19

The Marshall Tucker Band and The Outlaws

Where: Mayo Performing Arts Center
When: 8p.m.
A double bill of 70s Southern rock, featuring The Marshall Tucker Band ("Heard It in a Love Song," "Can't You See," "Fire on the Mountain" and "This Ol' Cowboy") and The Outlaws ("There Goes Another Love Song," "Green Grass & High Tides" and "(Ghost) Riders in the Sky").
For more information: www.mayoarts.org

Saturday, Feb. 20

Drew Thomas Magic presents: Materialize!

Where: Mayo Performing Arts Center
When: 3p.m. & 7:30p.m.
Imagine the grittiness of Stomp and the creativity of Blue Man Group combined with the most unique approach to magic in 50 years! That's "Materialize!" Drew Thomas presents an innovative theatrical production that doesn't rely on smoke or mirrors, fancy boxes, or magic cliches...just original illusions that will change your preconception towards magic.
For more information: www.mayoarts.org

Sunday, Feb. 21

Daniel Tiger's Neighborhood Live

Where: Mayo Performing Arts Center
When: 1:30p.m. & 4:30p.m.
Donning his familiar red sweater, Daniel takes you on an interactive musical adventure as he and his friends explore the vibrant world of their much-loved neighborhood. Based on the PBS Kids series produced by the Fred Rogers Company.
For more information: www.mayoarts.org

Thursday, Feb. 25

A Night with Janis Joplin

Where: Mayo Performing Arts Center
When: 8p.m.
Tony Award nominee Mary Bridget Davies stars in this musical jour-

ney celebrating Janis Joplin and her biggest musical influences.
For more information: www.mayoarts.org

Friday, Feb. 26

Tap Factory

Where: Mayo Performing Arts Center
When: 8p.m.
The ultimate tap experience! This high-energy spectacular blends music, percussion, tap dance and hip hop into a tremendously visual, dynamic celebration of tap for all ages.
For more information: www.mayoarts.org

Saturday, Feb. 27

Straighten Up and Fly Right

Where: Mayo Performing Arts Center
When: 8p.m.
Nat King Cole broke the pop barrier with his smoky, smooth vocals, stringing along a huge number of hits beginning with "Straighten Up and Fly Right" in 1943. Pianist Ramsey Lewis and guitarist John Pizzarelli have tailored a tribute to the titan of fifties vocal pop, which includes his hits to those singular tracks of sophisticated cool jazz that have influenced their own.
For more information: www.mayoarts.org

Sunday, March 6

Ladybug Girl and Bumblebee Boy

Where: Mayo Performing Arts Center
When: 1:30p.m. & 4p.m.
Inspired by The New York Times Top 10 best-selling children's books, this lively new musical "buzzes" with the inventive energy of childhood as Ladybug Girl, Bumblebee Boy and their friends use the power of imagination to explore the world around them.
For more information: www.mayoarts.org

Thursday, March 10

The Wellington International Ukulele Orchestra

Where: Mayo Performing Arts Center
When: 8p.m.
Hailing from the home of The Hobbit movies, the Wellington International Ukulele Orchestra is renowned for their winning combination of charming Kiwi humor, disarmingly small instruments, tongue-in-cheek panache and sublime musicality that brings an irresistible New Zealand heartland feel to the stage.
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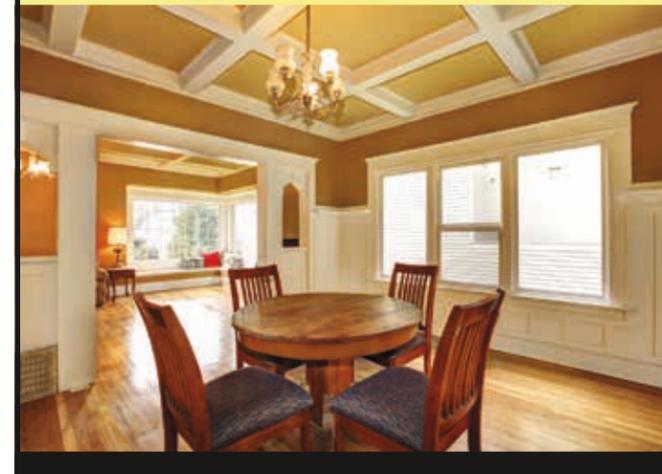


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30 Fellscrest Rd	Essex Fells Twp.	\$800,000	33	4	3.2	2	\$775,000
9 Holton Ln	Essex Fells Twp.	\$999,500	92	4	3.1	2	\$975,000
7 PARK PL	North Caldwell Boro	\$389,000	78	3	2	1	\$360,000
12 Drew Ct	North Caldwell Boro	\$409,900	107	2	2.1	1	\$400,000
211 Stephanie Dr	North Caldwell Boro	\$434,000	20	3	2.1	1	\$420,000
51 White Oak Dr	North Caldwell Boro	\$549,900	17	3	2	2	\$553,500
15 Pine Pl	North Caldwell Boro	\$569,000	160	3	2	2	\$555,000
31 Oak Pl	North Caldwell Boro	\$699,900	19	4	2.1	2	\$727,000
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