

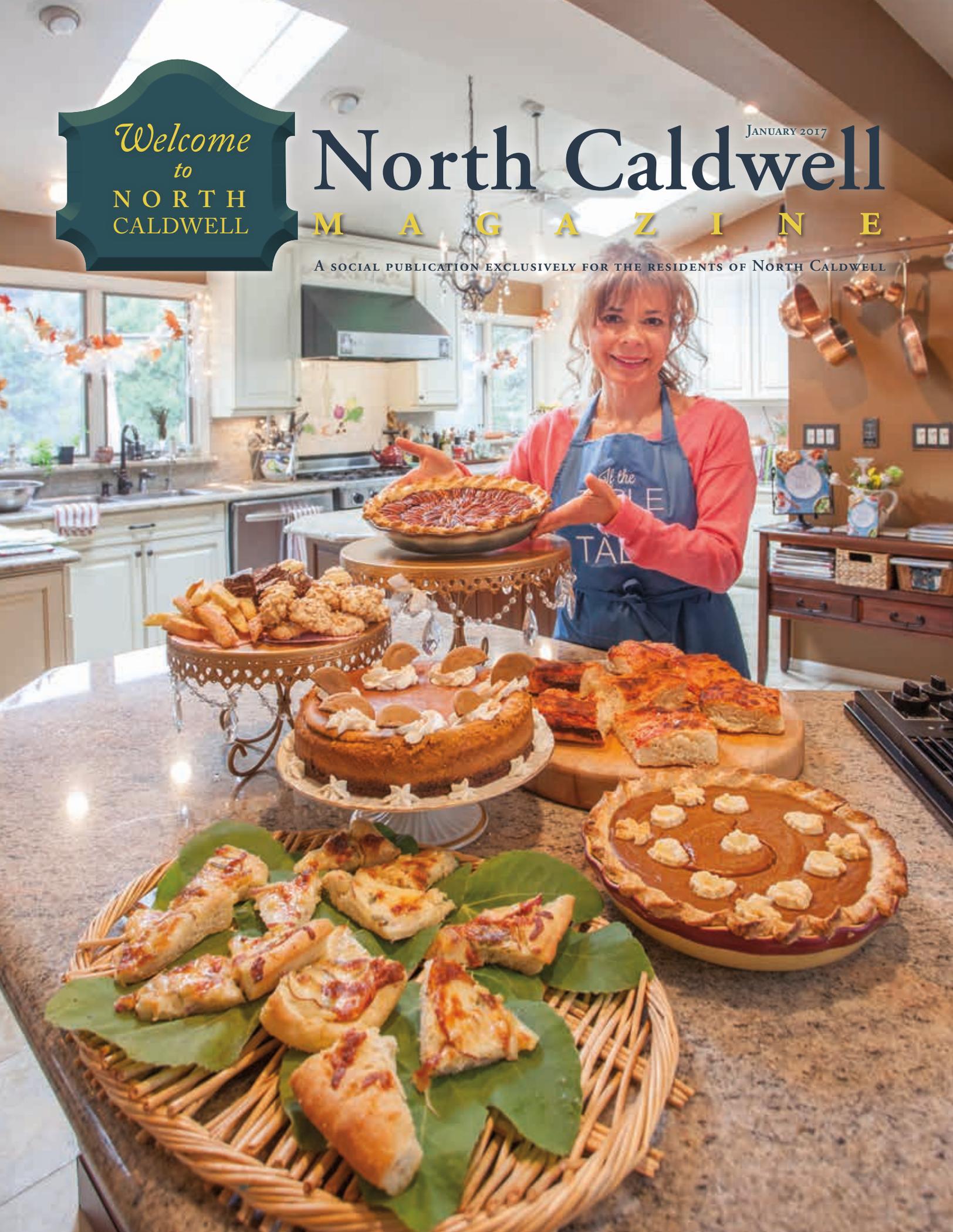
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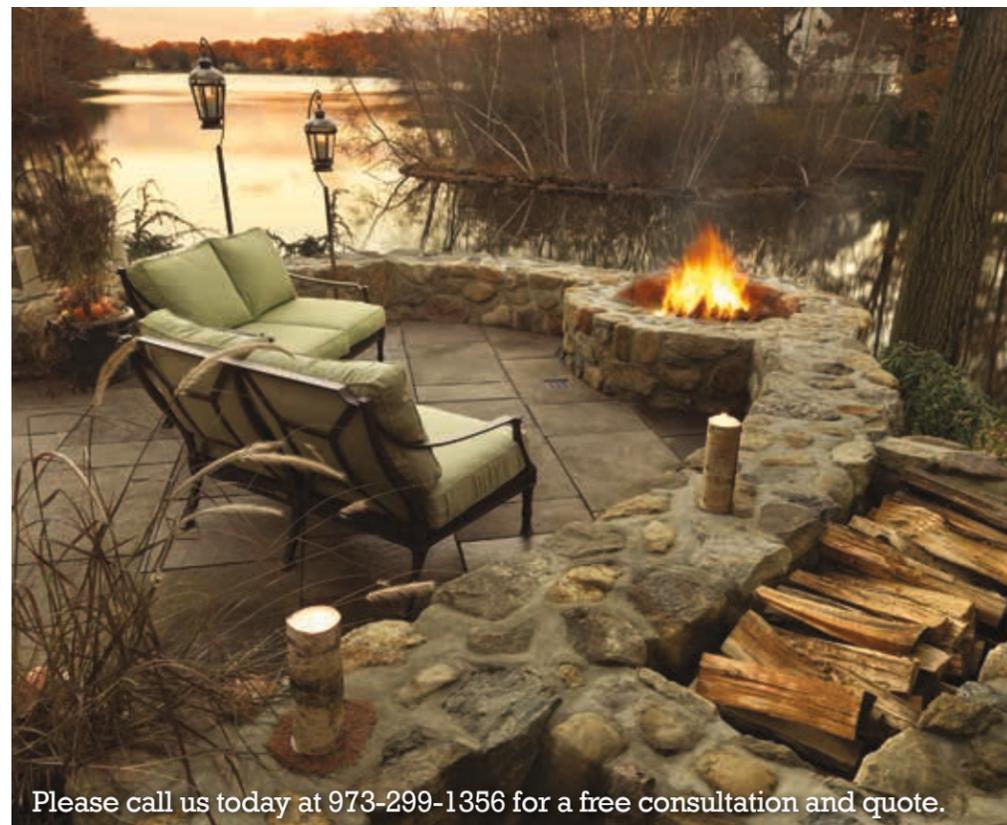
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PUBLISHER'S NOTES

Happy New Year North Caldwell residents. I hope you all had a fun and safe holiday season connecting with family and friends, and that 2017 has already started off great for you as well!

I would like to say a special thanks to all of those residents who contributed to the *North Caldwell Magazine* in 2016 on any level. Whether it was an article, pictures, or series of pictures, thank you!

Please don't forget that the *North Caldwell Magazine* depends on your contributions! This is YOUR community magazine, so please do not hesitate to contact me with your ideas and suggestions for future issues. I welcome any item that is newsworthy.

So send in those photos and ideas, and don't worry if you are not a writer, we do all the heavy lifting.

And a SPECIAL thanks to our sponsors. As you well know this publication is sponsored and paid for by the businesses that advertise in the *North Caldwell Magazine*. Please utilize the index as a reference guide and help give back to the advertisers.

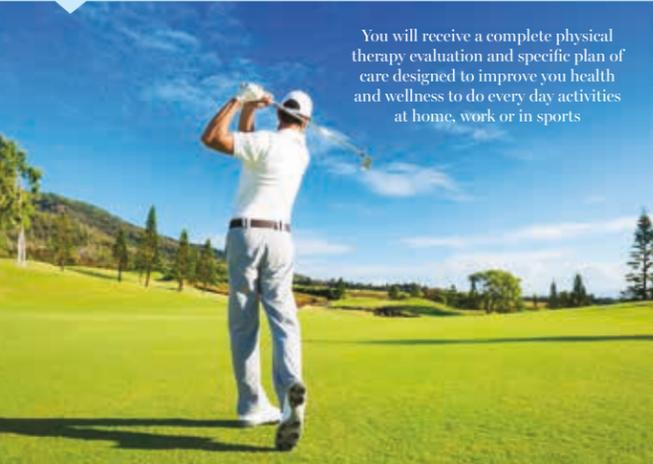
I look forward to working with you in 2017 and continue to create a magazine that you love!!

Sincerely,
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**resident
recipe**
By **Chrissy Davenport**,
North Caldwell Resident

EASY ASIAN QUINOA SLAW

Happy 2017, North Caldwell! Next to exercising and losing weight, eating healthy is up there on the list of top resolutions for most people. The best advice I can give anyone who is eager to make healthier food choices is to plan, prep and cook a few meals for the week ahead. This salad is one of my absolute favorites as it is simple, delicious and lasts for a few days in the fridge even when it's dressed. It combines all key ingredients making it a complete meal, including a variety of veggies, plant protein (in the form of a gluten free grain) and some healthy unsaturated fats. I'll eat as is or I'll top with some chopped turkey meat, roasted chicken or grilled salmon. Hope you try this out in your own kitchen!

EASY ASIAN QUINOA SLAW
SLAW INGREDIENTS: SERVES 4

- 8 oz. bag shredded red cabbage (or about 2 cups shredded cabbage)
- 1 cup cooked white quinoa
- 1 cup shredded carrots
- 1/4 cup thinly-sliced green onions/scallions
- 1/4 cup slivered or sliced almonds
- 2 cups baby spinach, chopped

Vinaigrette:

- 3 Tbs EVOO
- 2 Tbs balsamic vinegar
- 1 tsp chopped shallots
- 1 tsp honey
- 1/2 teaspoon sea salt, 1/4 black pepper to taste

Instructions:

1. Make vinaigrette by whisking together all ingredients in a small bowl. Keep in a mason jar and use as much as desired.
2. Toss the salad ingredients using tongs in a large bowl. Drizzle slowly and toss.



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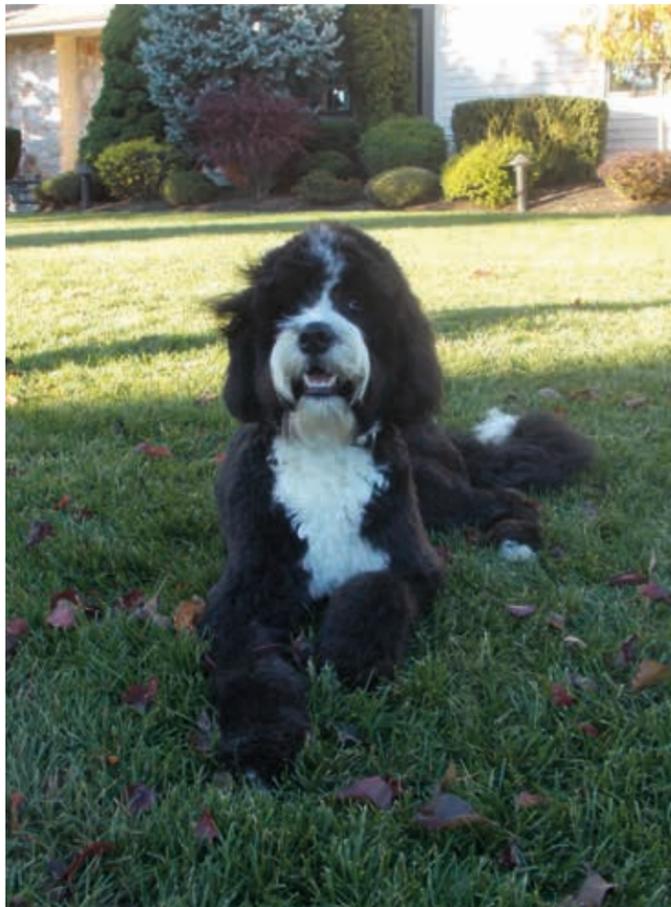
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PRECIOUS pets

By Jessica Wiederhorn

Bodhi Rosenthal is one of the sweetest yet biggest dogs around. This 1 year-old Bernese Mountain dog and Poodle mix, also known as a Bernedoodle, doesn't realize his own size, and acts as if he is the smallest lap dog. Bodhi joined the Rosenthal family when they decided that the kids in the family were old enough to responsibly handle a dog, but still young enough to properly enjoy him.

When thinking of Bodhi, the word playful definitely comes to mind. He loves to prance and jump around outside, or play an intense game of fetch with any ball he can find. Bodhi also enjoys playing with other dogs, receiving belly rubs, and walking off his leash on the Essex Fells trail. Definitely a people dog, Bodhi craves attention and human contact.

Bodhi will make anyone he can give him a belly rub just by rolling on his back. He also loves any type of treat, apples and carrots being his favorites. Like many dogs, Bodhi will tilt his head when he is confused, most likely trying to figure out what people are saying to him.

Bodhi has made a permanent mark on the Rosenthal family. Every night he says goodnight to the kids, and every morning he wakes them up by covering them in kisses. Everyone enjoys playing with him, even when he pops holes in all of his toys! Overall, he is just a good and snuggly companion to have around, and he charms every person he meets.

If you or a friend would like to have your pet featured in an upcoming issue, please contact Jessica Wiederhorn at (973)-570-3919 or jesspugs@yahoo.com.



KIDS 2 KIDS

By Jessica Wiederhorn

Eleven year-old Eli Rosenthal is an avid sports fan.

Eli and Noah with their dog Bodhi

While his favorite sports to play are basketball and tennis, he enjoys watching most others. When he grows up, he aspires to be a sports broadcaster. Because he also has a large interest in math, Eli has learned to combine the two through sports statistics. Eli has a vast knowledge of the stats of different players. Something unique about Eli is although he is right-handed, he shoots left-handed in basketball. His favorite foods are lobster and ice cream (although not together!) and his favorite book is *The Contract* by Derek Jeter. Eli also has an affinity for fantasy sports. When he entered his grandfather's Fantasy Football league, he received third place out of 60!

With a brother like Eli, it's hard not to love sports! Eight year-old Noah plays baseball, hockey, and basketball. He even plays on three different baseball teams in the spring! His fall baseball team recently won the championship, with Noah playing both third base and pitcher. When he grows up, Noah hopes to own a basketball team. His favorite book is *Outfield Outcast* by Jake Maddox, and he loves the Hamilton soundtrack. Noah enjoys being challenged, and is not afraid to work hard for what he wants. In order to play ice hockey, he worked very hard at learning how to skate. Like his brother, his favorite subject in school is also math. Playing with his dog Bodhi, Fantasy Football, and playing Madden are just a few of Noah's favorite pastimes. Both brothers are alike in their passion for sports and love for their dog.

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HOME IMPROVEMENT *matters*



In this column we've been designing a "virtual" home addition project so our readers see what to expect when renovating their home. This month, we're looking at kitchen's counter top options. Options range from natural stone to quartz composites to wood and even polished concrete. Here's the most popular.

In our area, granite is common for upscale renovations and is by far the most popular natural stone countertop material. Expect a trip to the granite dealer to select the "slab" that will be fabricated into your countertops. Since granite is a natural material you can find a wide array of colors, ranging from blues, grays, browns, blacks and even some reds or white. After shaping and polishing, your granite is treated with a sealer to make it stain

resistant. While granite is a long lasting and durable material (it is rock, after all), it is a sizable line item in the budget. Granite countertops in a kitchen could easily run between \$5000 and \$7000 or more depending on material, size and shaping.

Other similar materials include soapstone, which comes in fewer colors and slate. Both are softer stones which allow scratches to usually be buffed out with steel wool. Soapstone is also porous, so it needs to be periodically sealed with mineral oil to reduce staining.

Man-made materials, such as Corian(tm) or Avonite(tm) are made of acrylic, polyester, or a combination of both. Scratches and burns can be sanded out or filled. These materials come in hundreds of colors and patterns and can resemble natural stone.

Quartz composites are another man made material. Also called "engineered stone," they are composed of mostly quartz with an epoxy binder. Silestone(tm) and CaesarStone(tm) are two of the better known brands. While they offer a different look and selection of colors and patterns, the cost is comparable to granite.

Plastic laminate, which most folks know by the trade name Formica(tm), is a durable material that's long lasting and available in hundreds of colors, patterns and textures. Unlike the hard square edges many of us remember, today's laminate counter tops can be fabricated with rounded edges and features like built in splash guards. Cost is far less than a stone material, but you should still budget \$1500 to \$2000 for a typical kitchen counter top order.

For a Southwestern look, countertops can also be made with ceramic tile. Use a floor tile (thicker than a wall or backsplash tile) and allow for the thickness of the support material (plywood and mortar) when figuring final counter height. Cost is dependent on the selected tiles, but usually less than stone.

Wood counters are typically made from hardwoods like maple and are great for kitchens that have a "country" feel. Woods need more maintenance than other materials. Often seen in patterns glued together (sometimes known as "butcher's block"), they can be susceptible to cracking and warping if not maintained. Most often they are finished with mineral oil or some sort of varnish. Cost wise, handmade wooden counter tops are typically less than granite, but not by too much.

Concrete counters are becoming increasingly popular. Unlike early counters which were poured in place, today's concrete is precast in the shop. A variety of colors can be achieved by adding pigments to the concrete during mixing. Once cured, the slabs are polished and sealed.

If you've missed any articles, you can always catch up on past articles about renovation and home addition projects at:

<http://stilleandsons.com/articles/index.html>.

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"Case for Girls." What do girls' schools do best? National Coalition of Girls Schools. Web. September 2016.



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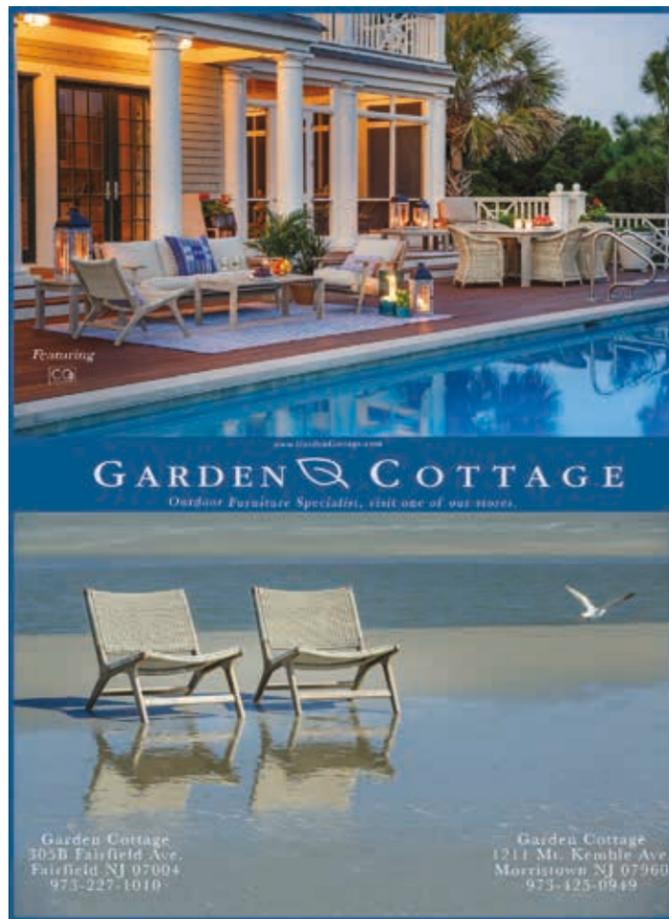


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andrea's anecdotes

By Andrea Hecht, North Caldwell Resident

New Chapter, NEW ENDING

News Flash... A New Year is not only a time for resolutions. A New Year represents a new chapter waiting to be written. New Year's is a time for reflection and moving forward. Many times, people simply focus on resolutions and agonize when they fall off the bandwagon. This year, let's take a new approach and focus on forgiveness and creating a new ending.

NEW CHAPTER, NEW ENDING

1. OUT WITH THE OLD, IN WITH THE NEW: Did you know on average, an American woman uses 12 beauty products every day? That means she's likely exposed to 100 ingredients or more in those 12 products! How safe are the products you are using on yourself and your family? Not sure? Check now with this very user-friendly app. Visit the ENVIRONMENTAL WORKING GROUP (EWG) website (www.ewg.org) and download the SKIN DEEP Cosmetics Database app (<http://ewg.org/skindeep>). This database allows people to search over 73,000 personal care products on the market to see their safety rating. Ratings are scored on a 0 -10 scale. This is a MUST HAVE step in your detox routine. This is one app that everyone should download! Time to clean your cabinets? Looking for recommendations on some of my family's favorite safer products, email me at ahecht331@gmail.com for a helpful list.

2. MINI BURST WORKOUTS: Gym memberships skyrocket this time of year. Sticking to a routine may be challenging at times. Whether you crush it for an hour or break it up in 15 minute intervals, it all "counts." Just keep moving!

3. PRODUCTIVE MEALS: Do you wish your refrigerator was more organized and stocked with healthy meals your family will eat? Between homework, after-school activities, or a busy work schedule, the thought of serving a healthy meal to your family may seem like an impossible feat. Meal planning and "freezer

meals" are key. Next time you prep your family's favorite, make a double batch; one to serve and for the freezer. I promise planning your meals makes for a little less stress at night!

4. NEW EXPERIENCES: When's the last time you and your family tried something new? As American entrepreneur Jim Rohn once said, "Don't seek security, seek adventure. It's better to live 30 years full of adventure than a 100 years safe in the corner." The emphasis should be on making memories and trying something new together.

5. GOALS: Whether big or small, set goals and celebrate your achievements. A goal accomplished is always a goal worthy of celebrating.

6. I'M BORED: When's the last time your child complained of boredom? Did you know, being bored may help your child develop very important life skills? Children are programmed and overscheduled. There is certainly merit in allowing a child to experience boredom and figure out how to overcome it. To learn more about why letting children experience boredom is essential to growth, visit [www. http://bit.ly/2gzFTVU](http://bit.ly/2gzFTVU)

7. INFORMATION OVERLOAD: Turn on the TV or any electronic device, and we are instantly bombarded with information, both positive and negative. It's time to create a filter and free our minds from all this negativity. Apps like Feedly or Flipboard help to create a personal index of articles that are based on your preference.

Remember, anything that happened last year must stay in the past. Unfortunately, we are unable to go back and create a brand-new start. The good news is if we focus on the future, we can always create a brand-new ending!

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Health and Wellness Day

On October 18 & 19, the elementary schools of North Caldwell hosted their annual Health and Wellness Day, alongside spectacular summer like weather. The theme this year was Healthy Harvest Day which was inspired, given the time of year. The students from kindergarten through sixth grade were encouraged to exercise and learn about proper nutrition. This teaches our children that staying active and eating a well balanced diet is crucial to keeping their bodies in top condition which will also enhance their self-esteem and improve overall emotional wellness.



The co-chairs of the event, Danielle Venezia and Kimberly Simonetti, developed a program of exercise through independent training stations. These stations included haystack hurdles, a football toss, soccer, a pumpkin ring toss, lacrosse and a nutrition stand run by the local nutritionist, Chrissy Davenport of North Caldwell. She enlightened the students about making healthy choices when selecting their food and drinks. A demonstration was set up using sugar cubes to show the difference between a good and a bad choice of snacks. This visual aid was extremely helpful in providing the children with a better understanding of eating healthy.



The success of this day could not have been achieved without the generosity of Frank Sblendorio, owner of Shop Rite Parsippany, who provided the students with assorted types of delicious apples and snack bags of carrots. Other generous supporters include Karen Lazar, a local photographer, who created special memories of this day. Thanks and appreciation also go out to Coastal Sports of Fairfield, for volunteering their trainers to coach the soccer station. Last but certainly not least, the success of this day could not have been possible without the help of the mothers who volunteered their time to ensure a great day.



The goal to teach and educate the importance of a healthy lifestyle was met and the spirit of fun was enjoyed by all.

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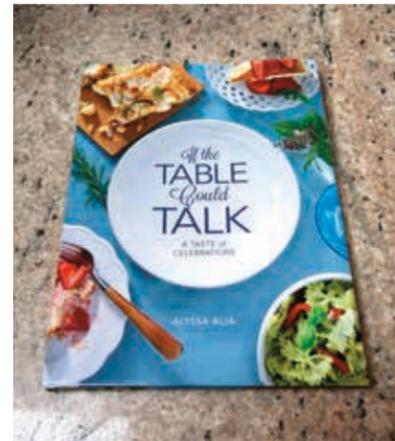
meet your Neighbor

Photos by John Paul Endress

Your name: Alyssa Alia Malanga
Where you live: 3 Edgewood Court, North Caldwell
How long you have lived in the neighborhood: 25 years

Family members' names and relationships to you: Thomas, husband, Chiropractor. Maria (Dance Professor at NYU & professional choreographer) & Marisa (Senior, NYU majoring in Broadcast Journalism [West Essex Class of 2013]), daughters.

Your profession: Professional Food Stylist. Just published first solo cookbook, *If the Table Could Talk- A Taste of Celebrations*.



Thank you for this special opportunity to share my life-filled love of food alongside you.

En-JOY and cook just for the love of it. *Alyssa XO*

If you'd like, please feel free to include a photo of your creative space or of examples of your work, or links on how to get them.

Cookbooks & more information available on www.AlyssaAlia.com

Facebook Alyssa Alia Food Stylist (@Alysciouss)

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In what type of artistic endeavors do you participate? Briefly explain what you do.

I am a professional food stylist. My job is making food look gorgeous for packaging, print ads, advertising and publicity. I am also a mother of two and love to entertain! My daughters encouraged me to share my most treasured recipes. A recorded menu has always been the centerpiece and the forefront of every party I had at my home. My first menu was for my engagement party to my husband 30 years ago, and I've done them ever since for every cooking occasion that's crossed my kitchen.

Why do you do it?

Making food delicious and as beautiful as possible is my greatest joy!

What specifics can you provide about the precise nature of your involvement?

I have been a professional food stylist for over 30 years. I am a graduate of Cornell University in nutritional sciences. I also received a culinary arts chef certification with honors from the New York Restaurant School and attended Le Cordon Bleu, Paris. Cooking and baking have always been my passions since I was a little girl. Growing up in an Italian American household, my most heartfelt memories were made when gathered around my family's table.

My earliest memories cooking in the kitchen with my grandmother must have been around age four making Christmas cookies and Italian honey balls called struffoli. My first official job at age 16 was at a gourmet cooking school and store, and I was hooked ever since.

Do you have a particular style or method?

Being a full-time working mom while also making the time to entertain at my home, just as deliciously and beautifully as my job, has been the key ingredient to the excited home cook and entertainer I am. All of this culminated into my latest project, a cookbook called *If the Table Could Talk - A Taste of Celebrations*.

Where do you typically do your work/activity? Are there opportunities for your neighbors to enjoy your performance(s) or work?

I work in numerous studios in the tristate area for many major food corporations and companies. I do love to entertain often for my family holidays, celebrations and just with friends. I will be doing some appearances and tastings around NJ - check out AlyssaAlia.com for more information.

What do you enjoy most about this activity?

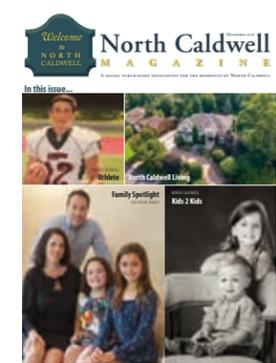
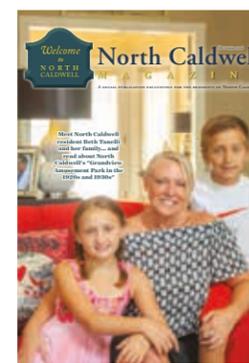
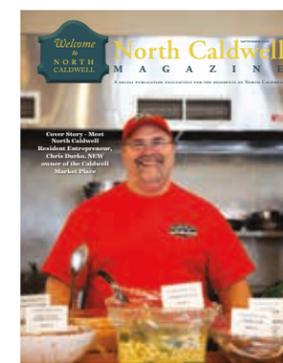
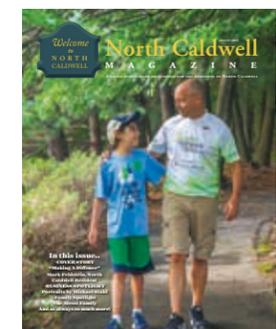
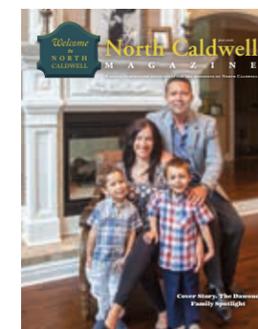
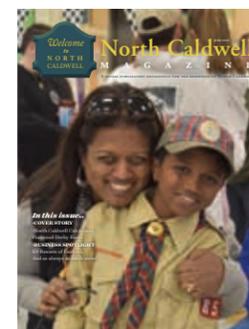
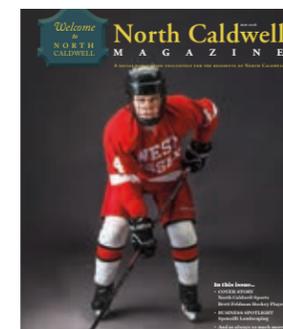
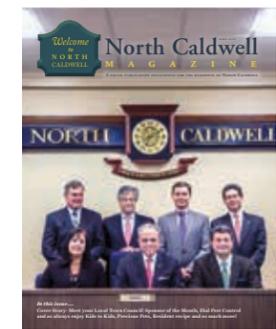
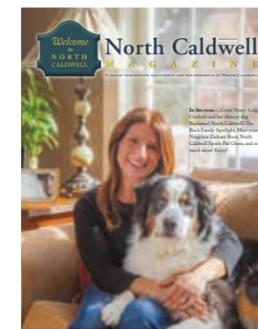
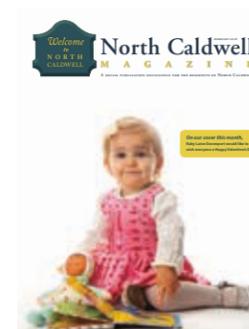
All my years of experience and polished culinary skills helped me to be efficient in my home kitchen for entertaining as well as feed my family is a moment's notice. I have a demanding career but I used honed skills to my advantage.

This cookbook is a tribute to my life learning that made me not only the professional I am today in my craft, but the excited home cook who just loves to be in the kitchen, every day.

Is there anything else that you'd like your neighbors to know about your involvement in this form of art/food/writing?

This cookbook is a treasure trove of well-loved family recipes, developed and prepared with love. They are presented with time-saving tips, make-ahead tricks, decorating ideas and hints for how to make every gathering you host a success.

Since I am a professional food stylist I have included tantalizing photographs for every recipe throughout the book that I prepared and food styled for your enjoyment. I truly believe a picture captures 1,000 mouthwatering memories and it is my hope that these photographs entice you to try them all - to anticipate every bite.



Covers of 2016 in Review

the time for RESOLUTIONS, RESETS AND DIETS.

from the mayor's desk . . .



Well, another year has gone by. It's a good time to reflect on what happened in 2016 and make plans for 2017 and of course those resolutions. My advice is to make these easy to reach. This way, it'll give us a feeling of accomplishment and no guilt.

I am happy that Councilman Josh Raymond, Chairman of the Recreation Committee and Councilman Art Rees, Chairman of the Personnel Committee were reelected. They both bring hard work and good common sense to the Council. I'm very grateful to continue to work with them.

I am cautiously optimistic about the acquisition of Walker's Pond. Although we have not consummated the purchase, through the dedication, generosity and hard work of the Walker family and governing body, things are progressing.

A dedicated group of fathers have formed a committee to review the recreational facilities in town. They have partnered with the North Caldwell Recreation Foundation to study our sports facilities. They funded an extensive study which sets forth the current conditions and proposed renovations. Our goal is to improve our athletic fields, etc. But this will not be done in a vacuum and must be accomplished with our fiscal integrity. With this in mind, we will be having a Mayor's Ball this year. The last one raised \$80,000, for the Recreation Foundation and other worthwhile organizations. Also, although no contracts have been

signed, there is a strong desire by residents to form a conservancy to assist in any expenses and improvements, when and if, the Walker property is acquired.

There have been some important renovations to Borough Hall. A back-up generator has been installed. During Sandy and other weather catastrophes, power in Borough Hall was out which meant that vital work performed there came to an abrupt halt. Additionally, this will allow residents during any electric outages to come to Borough Hall to recharge their phones, etc.

Since this is the season of snow/blizzards, I ask that any resident who has a fire hydrant in front of their house to please clear the snow around it. The ski club program began at the beginning of this month. Over 300 boys and girls (K-8) are playing in recreation basketball.

The December 4 Joy Peace and Goodwill Ceremony was extremely successful. The residents enjoyed the hot chocolate, apple cider and music supplied by the DJ as well as the guest appearance of Santa.

Happy 2017. I hope this year is a happy and healthy one. See you around town,

Mayor Joe



Ringling in the New Year!

around town

In 2016, North Caldwell Living interviewed quite a few of our neighbors in town, some old and some new.

This past year many new people moved into town. It would be great to highlight those new neighbors, and find out more about them.

Maybe you would like to tell your story to share with your neighbors?

Contact me directly at 973-809-0272 or email me at KatKrannich@finehomesnj.com and in the Subject line put *North Caldwell Living*.

Around Town



Gould students are using Tinkercad, a 3D design tool, to create 3D models for 3D printing. We discuss scale, dimensions, and measurement while tying in geometry and computer science standards. By combining problem solving with project based learning, students used logical, spatial, design thinking and math skills to develop their products. 3D printing brings the virtual creation to life.



in the garden

By Jason Sponzil



Landscaping for Your Home's Style

Even though many homeowners dream of having beautiful yards, a lot of them don't really put much thought into the actual landscape planning process. After all, it can be easy to just plant flowers and shrubs that you like as you go along, but this can cause various problems throughout your landscape. For example, if you don't plan with professionals to create a design implementing the process of planting, hardscaping and the construction of outdoor living areas in your yard, you will have to worry about your landscaping not truly matching your vision or your home's style. These are a few reasons why it's important to landscape according to the architecture and design of your home.

Fit in With Your Neighborhood

If you live in a Victorian home and most of your neighborhood is full of Victorian style houses by making the choice to plant a very modern garden with contemporary features you can expect that your home will stand out like a sore thumb. Even though your unique landscaping might get a lot of attention for being "different," it might not be the positive attention that you are looking for. Creating exceptional areas in your landscape that are meaningful to you and designing focal points that are cohesive but show a stand apart approach are just some of the ways to avoid decreasing the value of your home while still giving it flair. Landscaping for your home's style can help you get a cohesive look that helps your home blend in beautifully with your neighbors' homes in its own unique way.

Avoid Homeowners Association Issues

Have you looked into your homeowners association rules regarding landscaping? If you live in a community with a homeowners association, there's a chance that there are rules about how you can landscape your property. It is fairly obvious that if all of your HOA neighbors have grass and you rip up yours to turn your lawn into a desert landscape people are going to get upset. On the other hand, you may not know that if you have shrubs near your home that deer won't stop eating and you decide to replace them with a different variety of plant your homeowners association may still be upset if it is not an approved plant species. In the case of many community homeowners associations, continuity is key which leaves little space for creativity. However, there are always ways a professional landscaper can insert style to make your home shine in its own way while sticking to a community's style, rules and regulations.

Maintain Your Home's Value

You might just want to put your home on the market one day, and if you do, you probably don't want your landscaping to get in the way of getting the best possible price. By landscaping for your home's style, you can boost your home's curb appeal and help ensure that it retains its resale value if you decide to sell it in the future.

When searching for landscaping design ideas, it's smart to look at your home's style, your neighborhood, and any possible constraints and then go from there. Working with a professional landscaping team is a great way to get started landscaping properly for home and property.

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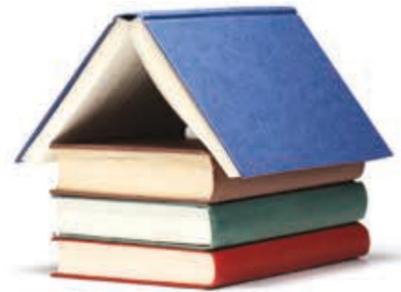


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Address	Neighborhood	List Price	Sale Price	DOM	Beds	Parking	Bath
48 BLOOMFIELD AVE*	Essex Fells Twp.	\$432,000	\$420,000	20	2	2	3.1
32 BLOOMFIELD AVE*	Essex Fells Twp.	\$444,000	\$432,000	25	2	2	3.1
210 Roseland Ave*	Essex Fells Twp.	\$569,000	\$570,000	14	3	2	3
81 Coney Rd*	North Caldwell Boro	\$465,000	\$455,000	273	4	2	2
261 Park Ave*	North Caldwell Boro	\$649,900	\$649,900	14	3	2	3
233 Park Ave*	North Caldwell Boro	\$699,000	\$680,000	45	4	2	3
33 Grandview Pl*	North Caldwell Boro	\$729,000	\$690,000	101	4	2	3.1
7 Wildwood Dr*	North Caldwell Boro	\$849,000	\$830,000	52	4	2	2.2

We wish all our Friends, Neighbors, and Clients a New Year filled with Good Health, Happiness, and Love!



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If you have not received our annual calendar, please call, email or text your contact info.

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