



*Elegant
Lifestyles
Magazine*

EELS

April-May 2018

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HOMESTYLE

TRAVEL

EQUINE THERAPY

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Nita Crighton

Letter from the Editor

Dear Readers,

As early bloomers spring to life and barren limbs produce fresh green leaves, we're empowered to believe anything is possible.

Why not embrace that can-do spirit by tackling an exciting new challenge? This issue of Elegant Life Styles is chock full of honey recipes so delicious you will be eager to dial-up your culinary skills. We also have exciting tips on updating your wardrobe and your home.

Whatever your goal, find time to make it happen. You'll be glad you did.

Happy reading!

- Nita Crighton, *Editor*

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From Drab to Fab: Elevate your wardrobe with handbags and accessories

By Nita Crighton



More than a fashion accessory, a lady's handbag is her faithful companion. Through rain and shine, good times and bad, a well-stocked bag is always at her side ready to fulfill virtually any request.

Selecting the perfect handbag is no small task. A great arm piece has to be functional, versatile and stylish, but most importantly - you have to love it. When shopping for that perfect bag, focus on the features that matter most and don't be tempted to stray.

Choose wisely

Rule number one - match the bag to the job. An overstuffed handbag looks sloppy and doesn't wear well. If you tote a ton, opt for a spacious satchel or roomy tote like the Everyday Tote by Coyn. Crafted from Italian leather, the sleek oversized bag comes with a laptop sleeve, dual side pockets, bottle holder

and key strap. Equally appealing, Sun-reve's Maestra bag. The Maestra sports an abundance of handy compartments and comes in a wide variety of colors. The mid-sized beauty can be carried as a satchel, tote, cross body or backpack and is light enough it won't weigh you down.

Like women, bags come in all shapes and sizes. You wouldn't wear an ill-fitting dress and a handbag is no different. Choose one that complements your body type. Tall, full-figured ladies might consider a structured, narrow bag that falls close-to-body creating a sleek, no bulk look, while petites should stick to vertically taller bags that create the illusion of

height. Hip-length crossbody bags help slim a thick waist, while a short-handled handbag can visually balance a pear-shaped physique.

Fun & Functional

Bao Bao bags by Issey Miyake are a practical, yet beautiful, way to carry essentials. Their triangular structure allows the handbags to take on new shapes depending on the contents they're totting. In other words, the flat bags become three-dimensional when filled. Available at Diamond Dream in downtown Bernardsville, the edgy Bao Bao comes in numerous colors and styles.



Looking for a colorful bag that won't break the bank? Check out their



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affordable Save My Bag line. “Save My Bag was created by an Italian couple who were hosting a dinner party when it began to rain. The couple noticed their guests were hesitant to leave because they were afraid of ruining their expensive handbags. From this, the Save My Bag line was born,” explains Diamond Dream owner, Faina Shapiro.

Originally intended as a waterproof cover to protect expensive leather handbags, the company says Save My Bag now enjoys an “it bag” status all its own. Made of a super soft, resilient Italian Lycra blend that is even lighter than neoprene, the bags are playful and contemporary.

“These bags are styled much like a Celine or Hermes but their starting price of around \$100 makes them very giftable,” says Shapiro. “I have sold

them as exercise bags, travel totes, diaper bags and I even carry mine to the beach.”

Evening wear accents

Elegant evening wear requires special accessories. From jewelry to handbags, for a formal evening out, run-of-the-mill just won't do.



At Gisele's Unique Shop in Warren, owner Pat O'Brien stocks a number of clutches and evening bags appropriate for the formal gowns that fill the store. The bags come in all styles, but customers at Gisele's

share a common request. “Everyone wants to be sure the bag is large enough to accommodate a cell phone,” says O'Brien.

Bag selection at Gisele's range from multi-beaded bags to rhinestone, silver and mesh and O'Brien also carries an array of eye-catching accessories to complement her gowns. “I always work with clients to accessorize the dress at the first fitting,” says O'Brien. “That way we can match earring length to the neckline.”



Since most photos images are from the waist up, the right balance is imperative. O'Brien suggests longer earrings for off-the-shoulder, one-shoulder and strapless gowns, while shorter earrings work best with jackets and gowns with higher necklines.

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Eida Dresses in Warren also carries a wide-range of accessories and handbags to coordinate with the beautiful European evening gowns that fill the shop.

“Our handbags are designed to be statement pieces for special occasions,” says owner Maria Almeida.



The special bags come from Madrid and each is handmade with gorgeous Swarovski crystals and colorful stones. The bags are one-of-a-kind creations and come in unique shapes that set them apart.

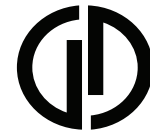
Jewelry at Eida Dresses is just as special, “We carry jewelry pieces you won’t see anywhere else,” says Almeida. The necklaces and bracelets at Eida are artisan pieces crafted with Majorica pearls and semi-precious stones.

Finishing the look

The right handbag and accessories are the finishing touch every outfit needs. With so many options to choose from, it is easy to achieve a stylish, polished look for spring.

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Home Style: Design you can live with

By Nita Crighton

Just as our personal fashion style evolves over the years, so should our home's. Children grow up and move out, tastes change, and time takes its toll on aging furniture. Whatever the reason, maybe it is time for an update.

Unfortunately, achieving the fabulous design you desire doesn't always come easily. With so many choices and decisions, it's easy to become overwhelmed. That's where an interior designer comes in. From full service interior design to advice by the hour, a professional interior designer can save you time, money and mistakes.

"There are so many ways an interior designer can help. One way is with space planning," says Pamela Sloane-Woodgate of Stirling Interiors in Bernardsville.

"Furniture comes in all sizes and shapes and the way it looks in the store isn't always how it will look in your home."

Other benefits to using an interior designer, according to Sloane-Woodgate, is assistance with mixing styles, selecting colors and incorporating items you already own and love. "The best interiors don't look designed but rather accumulated and curated."

All areas of the home can benefit from great design, but kitchens and baths are always near the top of the list. These rooms can also be the most challenging and the most expensive to renovate. Enlisting the aid of an interior designer early in the process can point you in the right direction and help you avoid costly mistakes. A skilled designer can source materials, act as a liaison between homeowner, contractor and

architect and hone in on personal preference and style.

Classy Kitchens

"When it comes to kitchens, families are looking for good spaces where they can come together and disconnect from the outside world while reconnecting with one another," says Eileen Barna of True Leaf Kitchens in Basking Ridge.

That means pretty yet practical spaces filled with cozy banquettes covered in lots of cushions, great lighting and plenty of USB ports.

Other popular trends Barna sees are farmhouse style kitchens with clean,

Cont. on page 10

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Interior Design

Cont. from page 8

simple cabinets in white or gray warmed with rustic details and organic contemporary kitchens with textured wood cabinetry and ledge stone backsplashes. Neutral colors remain solid, but navy blue is starting to appear, and the color looks great paired with brushed brass hardware.

“One thing people don’t realize is that you don’t have to spend a lot of money to have a great kitchen. You just have to use your budget wisely. For a key focal point, Barna suggests an eye-catching hood accented by a beautiful cabinet to ceiling backsplash.



budget saver. And once the layout is set, it’s time to focus on fixtures, lighting and other components. “Fixtures alone have come so far,” says Sloane-Woodgate. “Right now, we’re seeing a return of aged brass, gold and rustic metals, along with matte black for doorknobs and bathroom fixtures.”

Mixed metals, such as silver and gold, are also hot and can be a great look, as long as they are done correctly.

Other popular bathroom trends include underfloor heating systems, creative lighting, and high-tech toilets with features like heated seats and built-in deodorizers.

don’t have to be overly spacious to be luxurious. Today, small-scale efficient spaces with high-end fixtures are all the rage. And they are proving that with some creative space-planning and clever storage, small baths can live large.

Often bathrooms can be re-arranged without changing the plumbing – a real

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Restful Retreats

Like bathrooms, bedrooms are experiencing a return to luxury. Expect to see plenty of both matte and shiny metal colors on walls, furnishings and bedding. Pairing gold and brass with navy creates an air of sophistication, while black and white combos offer contrast and drama.

Of course, no matter how beautiful the bedroom, a restful night depends on the quality and comfort of the mattress. "I always recommend buying the best mattress you can afford. More and more studies show you must have quality sleep for your health," says Pam Nardone of Hibernate Bedding in Bernardsville.

For a custom experience, Nardone suggests considering a chemical-free organic mattress set on an adjustable base.

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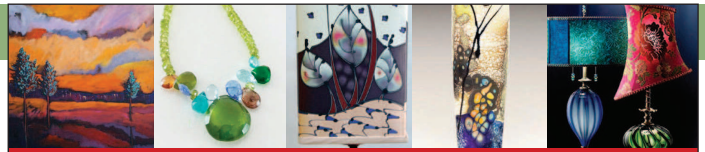
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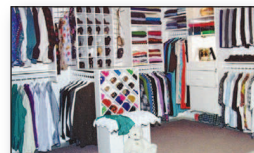
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EXHIBITION IN BERNARDSVILLE
**Contemporary Masters
of the Human Form**

Studio 7 Fine Art Gallery in Bernardsville offers the work of many amazing artists. In May and June the gallery is honored to be featuring the oil paintings by four contemporary masters of the human form.

Anthony Panzera as curator of this exhibition has brought together works by Mark Gonzales, Anthony Panzera, Ephraim Rubenstein, and Costa Vavagiakis to offer the collectors in the area an opportunity to experience world class paintings of the genre.

Anthony Panzera's works have been exhibited widely in the United States and abroad for the past 45 years. He is a recently retired professor of art at New

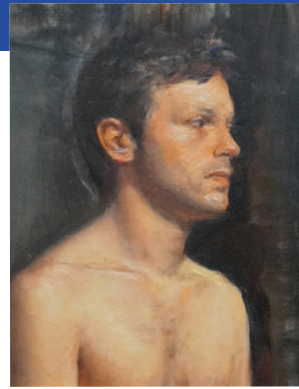
York's Hunter College where he taught since 1968. Panzera also taught at the Rhode Island School of Design, The New York Academy of Art, Manhattanville College, Brooklyn College, and the Newark Museum. From 1978 to 1996, he was co-director of the Art in Florence and

Rome Programs in Italy. Panzera's oeuvre consists of series of nudes, portraits and seascapes. They range from the Leonardo Series, 65 drawings depicting

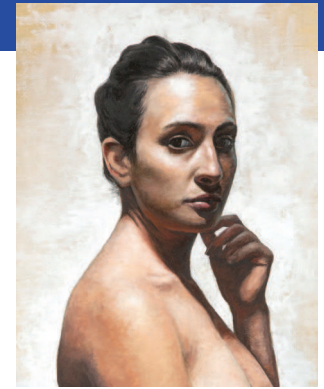
the proportional studies of Leonardo da Vinci, to life-size figure and scroll drawings, to paintings of scenes from the life of Victorine Meurent, to back views of nudes, after the German genre, "Gessas Aesthetic," to the most recent



Lily by Anthony Panzera, oil on canvas, 46" x 62"



Gage: Seated Male Model by Mark Gonzales, oil on canvas, 30" x 22"



Rainbow XXXVI by Costa Vavagiakis, oil, 25" x 18"

Bouguereau series. Mr. Panzera resides in Mendham, New Jersey and has been represented by the gallery for many years.

Mark Gonzales was born and raised in Brooklyn, New York. His main focus growing up was sports: in particular basketball. After suffering a severe knee injury which required several surgeries he immersed himself into art. He transferred to Hunter College where he studied drawing with Anthony Panzera. He also started attending The Art Students League of New York. There he studied with many instructors but the most influential were Sherry Camhy and Ronald Sherr. His work is strongly influenced by the artists of the Renaissance and the French artists of the 19th century. He strives to create artwork of quality and depth.

Ephraim Rubenstein received his B.A. in Art History from Columbia University and his M.F.A. in Painting from Columbia University's School of the Arts. Mr. Rubenstein has had eleven one-person exhibitions in New York, at Tibor de Nagy Gallery, Tatistcheff & Co. and most recently at George Billis Gallery in Chelsea. He has exhibited, as well, at the Butler Institute of American Art, the Virginia Museum of Fine Arts, and the National Academy of Design, where he won the Emil Carlsen and Beatrice Laufman Awards. His work is represented in numerous public and private collections, including the Metropolitan Museum of Art. Mr. Rubenstein is an active teacher as well. He was Associate Professor of Art at the University of Richmond from 1987-1998, where he received the Distinguished Educator Award and the Outstanding Faculty Award from the Commonwealth of Virginia. He has taught at the Rhode Island School of Design and the Mary-

land Institute College of Art and is currently on the faculty at the Art Students League of New York and Columbia University, Department of Medicine.

Costa Vavagiakis has exhibited extensively throughout the United States at galleries and museums such as, The National Portrait Gallery, Smithsonian Institution, Washington D.C., Hirschl & Adler Galleries, NY, The Frye Art Museum, Seattle, WA, and Hackett Freedman Gallery, San Francisco, CA. His Travels have led him to working in Italy, France, Greece and throughout the USA experiencing the many different aspects of our beautiful world with its varying topography, atmosphere, elements of weather changes and nature. His work is held in numerous public and private collections throughout the United States including the Museum of the City of New York. He has received many distinguished awards including the Pollock-Krasner Foundation Grant and the Gregory Millard Fellowship from the New York Foundation for the Arts. Costa is featured in Portrait Painting Atelier, Curve: The Female Nude Now, and in articles in many magazines. He currently teaches at the Art Student's League of New York and Gage Academy of Art, Seattle, WA.

The current exhibition, The Naked and the Nude will run from May 2 through June 30, 2018, with artist receptions on May 4, Friday and June 2, Saturday, 6-9pm. The gallery is open 10-4, Wednesday – Saturday. It is located at 5 Morristown Road, Bernardsville, NJ 07924 with free parking on site.

For information, contact Kathleen Palmer, Director, at 908-963-0365 www.studio7artgallery.com.

The Naked and the Nude

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Mark Gonzales, Anthony Panzera, Ephraim Rubenstein, Costa Vavagiakis



Studio Interior with Model by Ephraim Rubenstein, Oil, 42" x 52" (detail)

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Parents who are eager to extend learning into the summer months should take special note of the summer camp opportunities scattered throughout this piece.

Far Hills Country Day School

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By Peter McBride and Ed Thompson,
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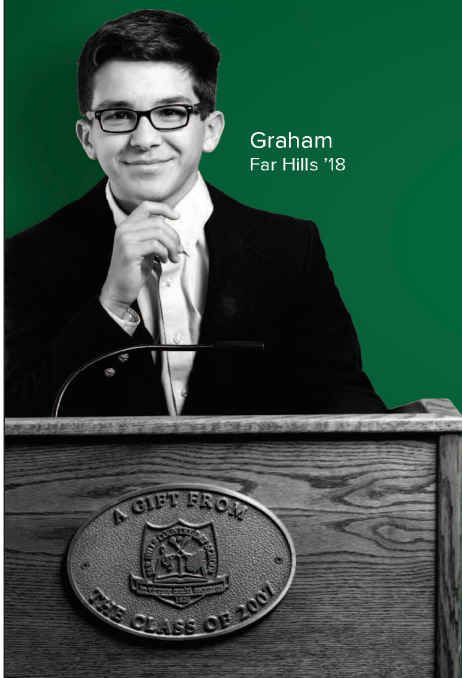
Over the last five years, Mind, Brain, and Education (MBE) science has emerged as the most authoritative pedagogy for best learning outcomes. Last summer, we attended the Science of Teaching and School Leadership Academy at the Center for Transformative Teaching and Learning (CTTL) to meet with educators from across the country and better

understand MBE science. MBE was at the center of every conversation. MBE opens the doors for teachers informed in the science to transform their instruction and in turn better differentiate their instruction based on individual student strengths and weaknesses. By deepening our understanding of concepts such as neuroplasticity, the ability of the brain to change through experiences, we will be able to impact the learning of every student who walks through the door.

Neuroplasticity is the brain's ability to reorganize itself by forming new neural connections throughout life. Neuroplasticity allows the neurons (nerve cells) in the brain to compensate for injury and disease and to adjust their activities in response to new situations or to changes in their environment.

Why is this exciting for Far Hills? As educators, we are always seeking to answer the eternal question "How do we make learning count for EVERY

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Graham
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Private Schools

student, EVERY day?” In this era of innovation, it seems that every day something comes along promising to answer that question. The market is flooded with educational products promoted as “the most effective” or “validated by thousands.” But what if we didn’t need “tricks” to help the brain learn? What if we simply understood it more? What would happen if the teaching methods we use were informed by research about the brain?

A key part of our mission at Far Hills is character development and with that comes growth mindset. Since Carol Dweck’s original work on growth mindset, the concept has somewhat morphed into an opportunity for teachers,

parents, and students to talk more about resilience. It is not uncommon to hear phrases such as “I can’t do it!” met in response with “Have a growth mindset.” Changing your words is a huge step in the development of a growth mindset, however it’s not the only way to enhance one’s strength of mind. Despite prior belief, brain research now has shown that the brain continues to grow and develop well beyond what was previously thought. Sharing the inner workings of the brain and the science of growth mindset to students helps to change their mindsets.

Far Hills aspires to put neuroscience at the cornerstone of teaching and learning and to have 100% of the faculty

trained in Mind, Brain, and Education science. MBE informed principles will not only be cross divisional, but interdisciplinary: from math class to team sports and from recess to daily schedules. Achieving this goal starts with teachers who have a deep understanding of how the brain works, an understanding of the barriers that students face in learning and an understanding of how we can improve engagement in lessons. Success in the modern world requires us to constantly challenge, update, and revitalize our pedagogy—MBE science provides a wonderful opportunity for Far Hills Country Day School.

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The Craig School

Founded in 1980, first with a Lower and Middle School, and later forming a high school, the Craig School is an independent school for students with language based learning disabilities.

Our program features proven, research-based learning strategies including multi-sensory approaches, assistive technology, and organizational skills. These tools allow students to build their academic foundations, increase their ability to be active and independent learners, and develop a sense of who they are as individuals and students.

Students come to us after having difficulty succeeding in a traditional classroom setting, and often after they have become frustrated in a resource room in a public-school setting. The school focuses on teaching skills in

the educational program, often in classes of eight or fewer students. Some students join us at the youngest grades with a need to learn to read where we focus on the process and teaching style of an Orton-Gillingham approach.


The students at Craig are of average and above average academic ability, but they have not progressed at a level consistent with their abilities. Our school offers a chance for them to gain confidence, hang their heads high, and become advocates for their own learning style.


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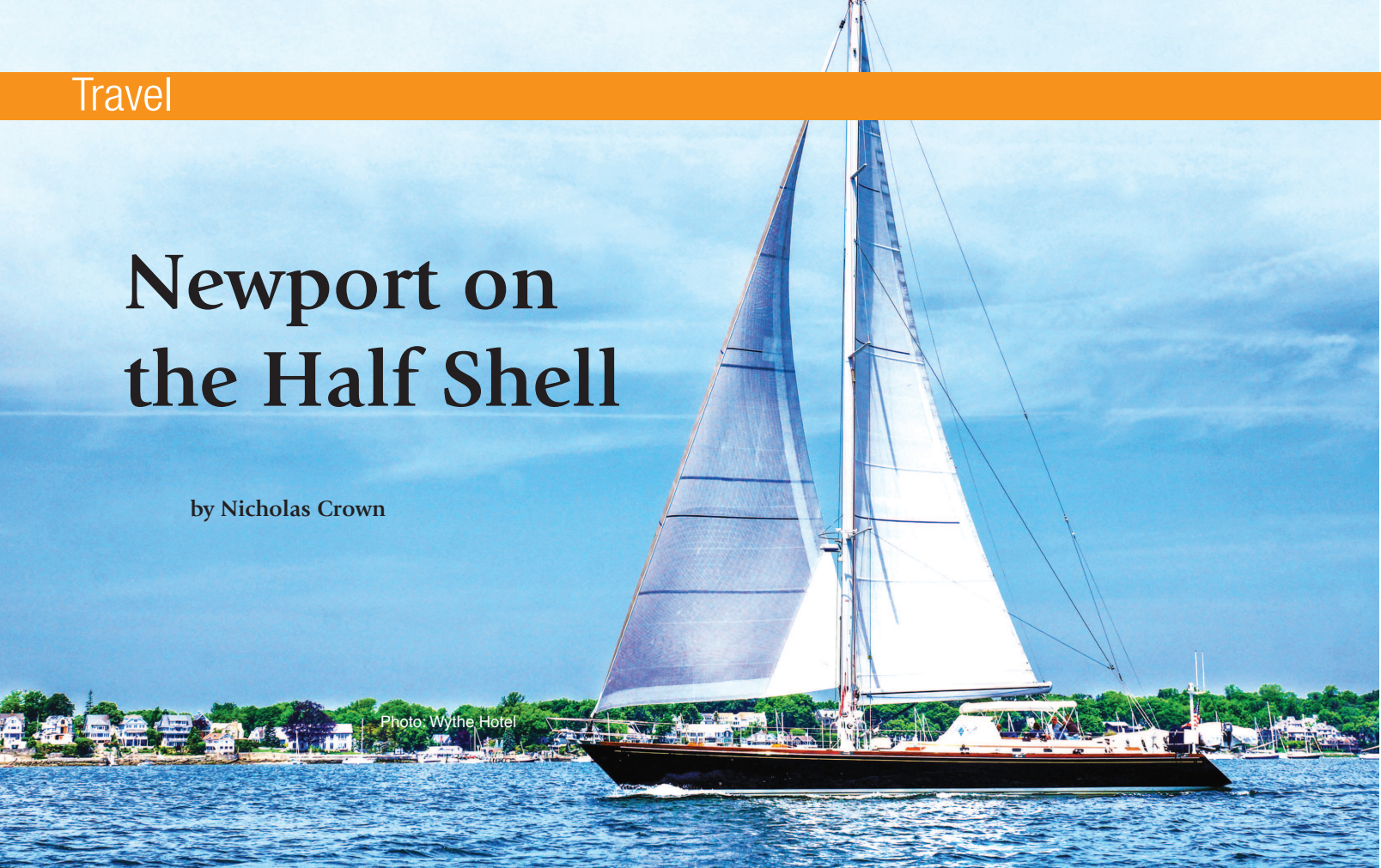
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Newport on the Half Shell

by Nicholas Crown

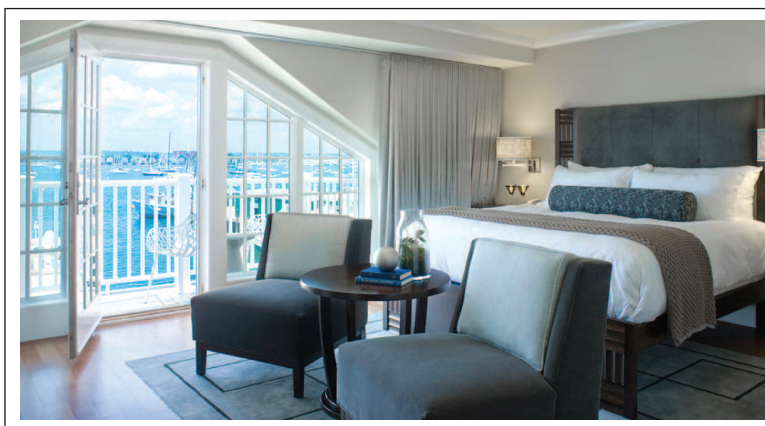


There are few joys greater than a cold tray of oysters and a local IPA in a waterfront pub. Drinking the briny liquor connects one deeper, even just for a moment, to the sea, the landscape, and the community. Outside of town, the rocky Cliff Walk is an unforgiving setting, a proud fortress protecting Newport from the powerful onslaught of the cold, Atlantic waters. Sea salt is always on the tongue here; an American flag at full luff in the distance. Newport may have had its day as the enclave for tycoons on holiday during the turn of the century, but what remains is local charm and simple pleasures—the expansive sea, the fresh air, and the delicious shellfish. Change comes slow on the coast, but recent hotel projects are bringing Newport’s hospitality standards up to snuff. At a little over four hours, it’s an easy car ride from Bernardsville—that’s worth big points for skipping airport security and driving right up to the bar upon arrival. Pack as heavy

as the Jeep allows and don't forget your favorite walking sneakers.

Where to Stay

Castle Hill Inn, a Relais & Chateaux property, is a flagship



mansion set upon an impressive lookout point in Mount Hope Bay. This property is the archetype for old school Newport hospitality and living. The décor contains original pieces from the original owner, Alexander Agas-

siz, who build his “cottage” in 1874. Castle Hill is ideal for those who cherish a quiet reprieve from city life just as Newport was intended to serve years ago; the hotel lobby bar rarely raises its voice above a gentle din. You’ll need a car to pop in and

tif hour. This is your opportunity join the “neighborhood” in Gilded Age style.

For those who prefer staying in the heart of Newport, **Forty 1° North**, occupies a handsome waterfront setting, with all new rooms—the first hotel to boast LEED certified green status on Rhode Island. The suites are the top in town for modernity and comfort. The rooms have a bank vault silence to them ensuring excellent rest. Downstairs, breakfast is excellent in the sunlit main dining room with panoramic views of the harbor. Knock around a few balls in the poolroom with a glass of wine or scotch after dinner. Most importantly, you’ll find that many points of interest are walkable from the property.

Where to Eat

The Gurney’s family, well known by frequenters of Montauk, have recently acquired and begun a



multi-million dollar overhaul on Newport. Their property, **Gurney's Newport Resort**, is open while under construction and gives a view into the modern plans for Newport hospitality. While the hotel rooms leave a bit to be desired, the lobby boasts **Scarpetta**, a sister to the James Beard award-winner in New York and Las Vegas. On a recent visit, Scarpetta executed Italian classics and signature pastas with skill often left to the big cities. The service staff was far and away the most knowledgeable on the menu and wine list. You'll not find too many sommeliers in Newport; it's nice to have the occasion to open a special bottle. The décor is right out of New York or Miami, slick without being pretentious, white banquettes and polished woods which evoke a boat-like contour, not unlike a prized Hinckley.

22 Bowen's is a modern steakhouse with excellent seafood. The menu doesn't veer far from the classics: niçoise, lobster, fish and chips, chops, but they're all executed perfectly. The ambiance is warm and especially lively, with a dab of local clubbiness. The second floor loft dining room is a favorite, with improved sunset views and beamed ceilings.

Where to Drink

The Clark Cooke House blends true seafaring nostalgia with fine dining technique. There's a bawdy environment upon the first step, it's a destination for good times with outdoor

seating and sunset views right from the bar. Chef Ted Gidley has cut his teeth with some of the finest chefs in America, recently working with Thomas Keller's French Laundry. I've enjoyed excellent wines by the glass as well as simple cocktails. It's far too easy to come for cocktails and end up staying for dinner.

The Black Pearl is the dark pub where you'd expect to find Captain Ahab brooding over a pint. More than a few sailing tall tales have been exchanged in this barroom, born as a sail shop in the 1920's. Enjoy your cocktail outside on the dock or up front at the elbow-worn bar. It's a great space for people watching and mingling in a quintessential Newport setting.

For a mischievous late night cocktail, **The Boom Boom Room**, is the rowdy speakeasy below the Clark Cooke House that opens after many diners head to sleep. It's small, dark, and crowded but great for a few laughs and late night revelry in a town that often closes too early for night owls.

What to See

If you haven't made the tour yet, the Newport mansions are worth the hike. Whether you choose to join an organized tour with a visit inside the properties or a self-guided architecture walk, it's a history lesson and an imaginative trip into the grandeur of turn of the century America. **The Breakers** is perhaps the most impressive exam-

ple of Newport's cottages—a Vanderbilt legacy property in the Italian renaissance palazzo style. **Marble House**, features 500,000 square feet of, you guessed it, Italian marble reminiscent of Versailles, built by William K. Vanderbilt, grandson of Cornelius. The Elms, constructed for coal tycoon Edward Julius Berwind, is a glorious French chateau, with elaborate Classical Revival gardens. Don't overlook, Rosecliff, a scene of grand parties and high culture in Newport: after all, scenes from *The Great Gatsby* were shot here.

Opposite: Guest Room, Forty 1° North

Above: The Black Pearl; Scarpetta; Clarke Cook House.

Below: The Breakers

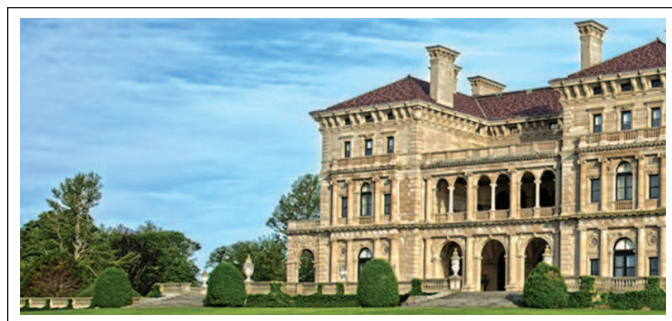


Photo: William Vale Hotel

The Breakers

The historic "town by the sea," Spring Lake in Monmouth County, welcomes guests from around the world and residents alike with its small-village graciousness and relaxed atmosphere.

Nestled within the family-friendly "Jewel of the Jersey Shore," Spring Lake's shopping district provides fashionable boutiques, unparalleled customer service, unique galleries, casual outdoor eateries and fine dining experiences, according to officials at the Spring Lake Business Improvement District.

Cultural events, including the many fine performances at the historic Community Theater as well as downtown festivals and events, enhance the Spring Lake experience. The magical atmosphere of Spring Lake makes it ideal for a memorable wedding, summer vacation, romantic weekend, or short retreat.

Downtown is a short tree-lined walk from the soothing ocean waves and non-commercial boardwalk, charming B&Bs and hotels, and an enchanting park surrounding a spring-fed lake.

The Breakers on the Ocean has the distinction of being the only full-service hotel located on the ocean in Spring Lake.

Originally built in the late 1800s when it was known as the Wilburton, it was later renamed in 1905. The Hotel has since been through numerous renovations that both preserved the integrity of the past while updating the interior to incorporate 21st century amenities. The serene ocean atmosphere, the unique feeling of the Hotel and the charm of Spring Lake all come together to create the special environment that is The Breakers on the Ocean.

Upon entering the lobby, guests will experience an ambiance and style unique to the Jersey Shore. Sparkling chandeliers, etched glass windows, granite floors and custom-woven carpeting are reminiscent of European resort properties. Soothing and complimentary hues of coral and teal exuding a comfortable elegance, welcome you.

The Hotel is situated just a few steps from the ocean. It features an outdoor swimming pool and large wrap-around porch. In front of the Hotel is a 2.5-mile non-commercial boardwalk, perfect for a leisurely stroll or exhilarating jog. The gazebo, directly in front of the Hotel and on the boardwalk, is a welcoming spot to sit and relax or read a book.

Classic Italian cuisine, fresh seafood specialties and prime steaks are offered in the

Seashell Dining Room overlooking the ocean. The sunny Veranda Restaurant serves an extensive breakfast and lunch, offering daily specials as well as homemade pizza.

The Breakers on the Ocean offers beautiful accommodations — many with an ocean view, a beach and private pool, with golf, tennis and fishing nearby. Nearby attractions include Monmouth Park Race-track and Six Flags Great Adventure, and the Atlantic City casinos are just a short ride away. Come enjoy it all! Whether for a Spring adventure, a Summer vacation, or a Fall or Winter escape, The Breakers on the Ocean is the perfect year-round destination.

The management and gracious staff look forward to welcoming you to The Breakers on the Ocean.

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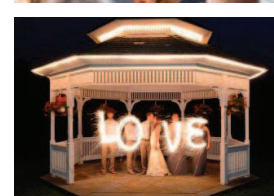
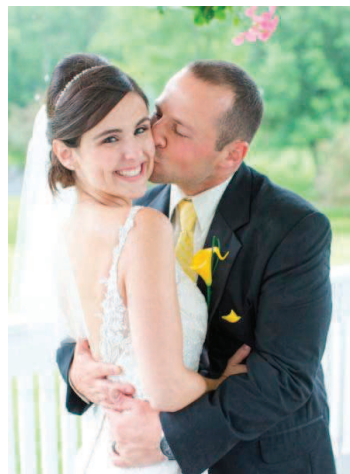
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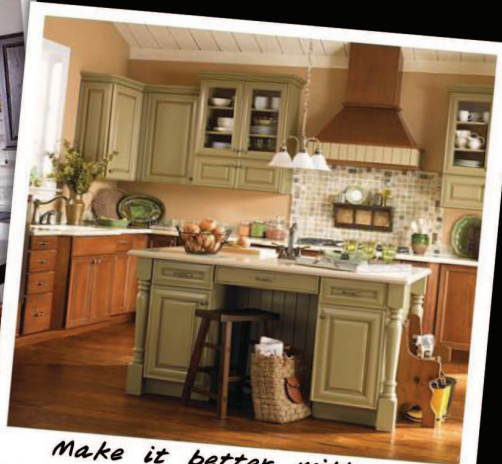
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Equine Therapy: Horses helping humans heal

By Nita Crighton

For centuries, man and horse have shared a special bond. From Cowboy King Roy Rogers and his beloved Trigger, to the humble saddle horse and weekend rider, those privileged to spend time with these magnificent beasts are keenly aware of their ability to relate to human emotions. So beneficial are the interactions between horse and human, the animals are sometimes used in traditional medical therapies.

Here's where it can get a little confusing. Equine therapy, also known as horse therapy, or equine-assisted therapy, is a therapist-supervised interaction between humans and horses that can benefit those living with physical, emotional and psychological challenges. Adaptive or therapeutic riding, on the other hand, is not a therapy but rather recreational horseback riding and horsemanship skills adapted to those with disabilities. The focus in adaptive riding is on riding technique and horse handling skills rather than functional therapeutic goals.

Another term often heard in the world of equine therapy is hippotherapy. While not a therapy in its own right, hippotherapy is a physical, occupational and speech-language treatment strategy or tool often employed in equine-assisted therapy where trained therapists utilize the movement of a horse much

as they would a swing or ball.

As Melanie Dominko-Richards, MS, CCC-SLP, HTCS, coordinator of therapy services at Mane Stream in Oldwick explains it, "At our onsite therapy clinic, horses are central to the therapy, but not the only therapy." In addition to equine therapy, she says Mane Stream clients may also spend 15 to 20 minutes of their session at the rock wall, swing or utilizing other treatment tools.

Who can benefit from equine-assisted therapy?

"At Mane Stream clients come to us from a variety of sources, it may be a physician referral or simply parents looking for something different. We also have a summer camp, a veteran's program and an equine-assisted activities program for those who have been diagnosed with cancer," explains Louisa Bartok, marketing and communications

manager.

Other Mane Stream clients are referred by therapists and the Children's Specialized Hospital in Mountainside. Starlight Farm in Ringwood works with six different schools, homeschooled children and hosts field trips for groups such as Boy Scouts and Girl Scouts.

Clients in the equine-assisted therapy and adaptive riding programs at Mane Stream and Starlight Farm have been diagnosed with a wide-range of conditions including autism spectrum disorders, Down Syndrome, Lyme disease, attention deficit hyperactivity disorder, cerebral palsy, multiple sclerosis, depression, anxiety, developmental delays and more.

Therapy is geared to the specific needs of the individual, but all can enjoy the fresh air, companionship of caring



animals and a taste of farm life.

The science behind the therapy
One reason equine-assisted therapy works is because of the physical similarities between horse and man. The movement of a horse in a walking gait closely resembles that of a human. The three-dimensional movements of a horse allow the rider to experience up and down, forward and backward and side-to-side motions, in turn stimulating nerves, muscles and brain activity.

Other benefits participants realize include strengthening of the core muscle group, balance and coordination improvement, increased reflex response, better hand eye coordination and stretching of tight muscles. The act of mounting and sitting astride a horse lengthens muscles and improves range of motion, while the physical demands of riding can improve appetite and aid digestion.

Psychologically, equine therapy boosts confidence, stimulates interest in the outside world, helps develop patience and self-discipline, gives riders a sense of accomplishment and promotes calming and self-soothing behaviors.

Participants even gain educational and social benefits from the therapy, all while having fun.

“Equine therapy is an awesome way for

kids who are usually stuck in a very sterile atmosphere to experience being outdoors on a farm,” says Rie Longo, owner/operator of Starlight Farms. “Parents also feel a sense of pride seeing their child going horseback riding instead of to another therapy session in a clinical setting.”



The team

In addition to trained, licensed therapists, volunteers are vital to equine-assisted therapy programs.

“All therapy volunteers are carefully trained. We have volunteers that lead the horse, if necessary, and others that act as side walkers. Volunteers are taught various holds such as the ankle hold and thigh lock,” says Bartok.

Corporate groups sometimes pitch-in to help with farm maintenance as a team-building experience and volunteers also assist with office administration needs, graphic and photography work, fundraising events, mailings and community outreach.

The horses

Not every horse can be a therapy horse. Ponies or horses aren't required to be a specific breed, but it is necessary they have a quiet temperament. They must also be symmetrical in structure and sound at the walk, trot and canter.

Once accepted into the program, the horses are trained to accept a multitude of teaching devices such as bubbles, cones, flags, rings and hula hoops. They must also be tolerant of attention from children and adults, be receptive to handling and remain calm when exposed to loud music and noises. Good manners are also expected during grooming, tacking and leading exercises.

Although a few younger horses can be found in equine therapy programs, many therapy horses are older. Some are even embarking on second, or third, careers. Most horses come to the programs through donation and sponsors are sought to provide for their care and feeding.

Like people, horses are social animals. They have the ability to sense emotions and respond accordingly, providing immediate feedback. Many participants report that equine therapy is not just healing – it's fun.

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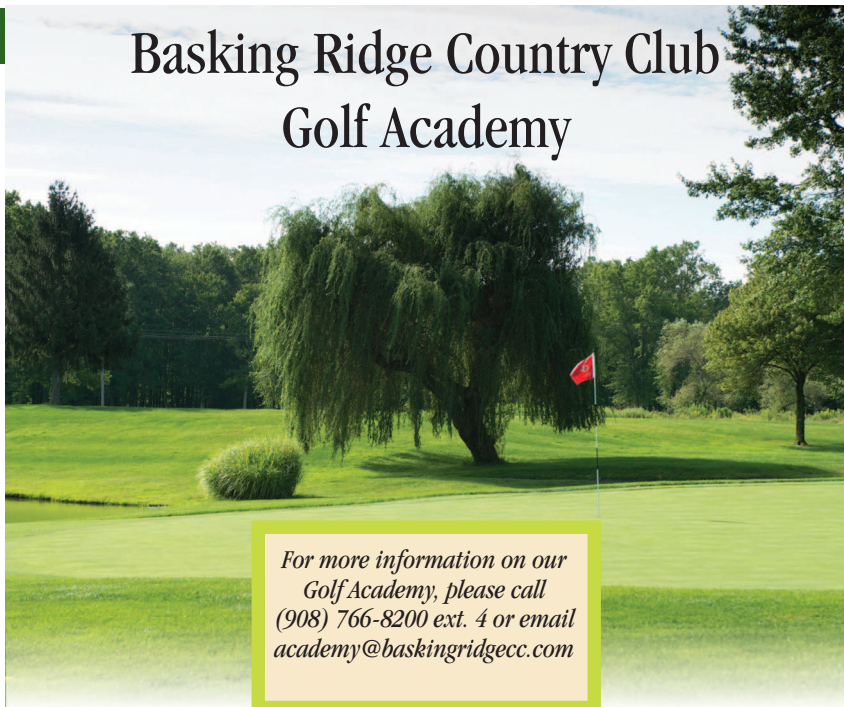
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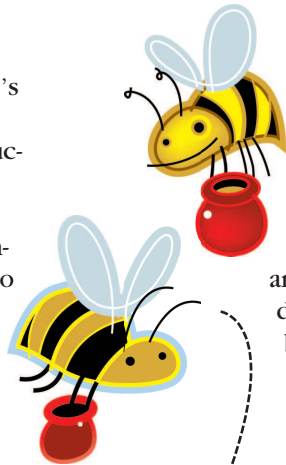
By Nita Crighton

The honey bee, one of the state's smallest residents, plays a big role in New Jersey food production. According to the New Jersey Department of Agriculture website, these busy bees represent a 7-million-dollar state industry and contribute to the state's annual \$200 million fruit and vegetable crop revenue. Nationwide, social honey bees pollinate approximately one-third of the foods consumed by Americans, along with a wide variety of the flowers and trees that beautify our environment.

Honey & Health

Honey has long been considered a bit of a super food, thanks to its antibacterial, anti-inflammatory properties. Even ancient Egyptians recognized the practical and medicinal value of honey, using it to treat everything from wounds to eye conditions.

Today, allergy sufferers tout the virtues of local honey for relief of pollen allergy symptoms, although the medical community doesn't necessarily agree. Allergists argue that bees make honey from nectar - not pollen, and that even though small amounts of pollen do



make it into the finished product, it likely isn't enough to desensitize an individual. What's more, they argue, flower pollen is different from wind-borne pollen that comes from trees, grasses and weeds, and makes its way up the nasal passages causing itchy eyes, runny noses and other annoying symptoms.

Still, many have found allergy relief in a daily spoonful of local honey, and for adults and children over the age of one, there is no harm in the tasty home remedy. (Doctors caution against giving honey to children under one year of age due to the risk of botulism in immature digestive systems.)

Other health benefits associated with raw, unpasteurized honey likely come from the "friendly" bacteria,

vitamins, minerals and antioxidants found in the sweet liquid. Specific types of floral honeys are said to possess antimicrobial properties that promote wound healing, and since honey has a lower glycemic index than sugar, it releases more gradually into the bloodstream.

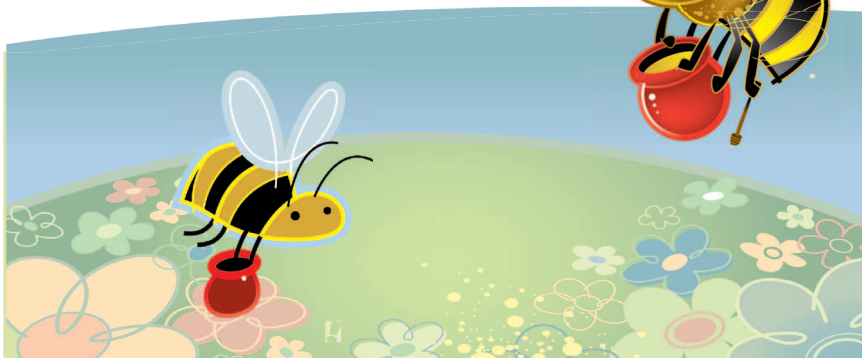
One scientific study even found buckwheat honey to be equally or more effective at relieving nighttime cough than dextromethorphan, a common ingredient in over-the-counter cough suppressants.

How local is local?

When it comes to both health benefits and taste, the best honey is local honey. But exactly how is local defined?

"Any honey from the general geographic area is considered local honey," explains Janet A. Katz, president of the New Jersey Beekeepers Association. "All bees in the Mid-Atlantic region collect pollen and nectar from the same trees and grasses."

Katz says local honey is more flavorful than honey purchased from the store and color is often a good guide for taste.



If you believe life really is sweeter in New Jersey - thank a local beekeeper.

Local Honey



“The darker the honey, the stronger the flavor. Lighter colored honey is usually sweeter.”

Some beekeepers offer varietal honey made by bees who pollinate a specific type of tree or plant. Tasty locust tree, blueberry, wildflower or clover blossom are just a few of the specialty flavors available in the area.

Aside from the taste and health benefits of local honey, conscientious consumers might want to think twice before picking up a jar of honey in the supermarket. Almost all commercial honey is ultra-filtrated, a process that removes all the pollen found in natural honey. Although the practice is widespread, the US Food and Drug Administration (FDA) doesn't consider honey without pollen to be real honey.

Honey Harvest

Although commercial beekeepers are responsible for the bulk of the state's wholesale honey, the majority of beekeepers in New Jersey are hobbyists, managing 50 or fewer bee colonies. Each colony consists of thousands of workers, drones and a queen. Considering the average worker bee makes only about one-half teaspoon of honey during her lifetime, producing a jarful is no small feat.

Typically, New Jersey harvest occurs mid- summer, according to Katz. “The main nectar production takes place in the months of May and June, so that is when there is enough surplus to store it. That means most honey in New Jersey is harvested in July, although a few beekeepers do harvest in the fall.”

Local honey can be found at farm stands and farmer's markets and some beekeepers sell their product directly to consumers. A list of New Jersey honey and hive products available for purchase can be found on the New Jersey Beekeepers Association website at: www.njbeekeepers.org.

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Straight from the Hive HONEY RECIPES

by Claire Nines

Honey, oh sweet viscous honey. As a sugar, raw honey has very little moisture and is highly acidic. Therefore, as long as it is sealed and free from water, honey has an extensive shelf life which is a definite plus for those of us that love to bake with it.

Honey can be used as a substitute for sugar in some recipes, as a spread, a sweetener for beverages and can also be used in sauces or savory dishes.

The recipes to follow have been developed with honey as the main ingredient to allow its flavor to shine. It can be a good habit if you bake often to have a bottle of honey from local farms on hand, whether it is raw, wildflower or clover. Store bought (pasteurized) honey may also be used in these recipes if you haven't the time to buy from a farm. Due to its very strong flavor, Buckwheat honey is not suggested for it will mute out the other flavors in these treats, particularly the Amaretto Honey Cake.

Before undertaking any recipe, be sure to prepare all of the ingredients first. If your recipe calls for butter and eggs to be at room temperature, be sure you have enough time to make that possible. All ingredients should be measured out, sifted or whisked according to the recipe and at your fingertips, ready to grab! The French call it *mise en place*, and it is simply all of the prepped ingredients on a tray or counter, ready for use. This way, you are not scrambling to find what you need which can lead to error. If the recipe goes straight to oven, make sure the oven is

ready. Placing a thermometer inside your oven to check that the temperature is correct can be essential when baking with leavenings for an oven with a low temperature can cause less rise and dense baked goods. Prepping your pans with grease and/or parchment prior to mixing is also a good idea so batter is not sitting prior to baking.

Always make an effort to use the pans stipulated in the recipe. A cake, when not in the correct vessel, can wind up as wasted effort and ingredients because it may not bake the same if a pan is too shallow, small or large for the batter. If you are unable to locate the correct pan, there are websites that will give you pan conversions in terms of volume of batter to offer good alternatives for your needs.

Now you are ready to begin!

The first recipe is a delightful accompaniment to tea or coffee. These Honey Anise Shortbreads are a perfect combination of flavors with a sweet crunch from the sprinkled sugar tops!

The next is a spiced quick bread made with honey, carrots and dates. You can easily replace or add ingredients like nuts or raisins to make this moist and flavorful sweet bread a treat for any

time of day.

What better way to begin your day than with a fresh loaf of Whole Wheat Honey Raisin Bread. An all natural yeast loaf loaded with rum and orange soaked raisins and topped with brushed honey. Either fresh or toasted, a pat of butter or cream cheese and drizzled with a hint more honey is a heavenly way to begin the work day.

We end with a unique and divine Amaretto Honey Cake. This is a dense cake that is made to be served with an Amaretto Syrup. It is a perfect balance of honey and amaretto and is simply an exquisite match to a strong espresso or dark coffee. Sheer perfection that will keep you wanting more.

Enjoy!

Honey Anise Shortbreads

- 2 cups flour
- 1 teaspoon ground cinnamon
- 1 teaspoon ground anise seeds
- 1/2 teaspoon salt
- 1/4 teaspoon baking powder
- 3/4 cup unsalted butter softened
- 1/4 cup dark brown sugar
- 1/2 cup honey divided
- 1/2 cup Demerara sugar

Preparation

In a bowl whisk flour, cinnamon, anise, salt and baking powder. Set aside. Beat butter and sugar in a stand mixer



Recipes

with a paddle attachment on medium until creamy.
Add 1/4 cup of honey and beat simply to combine.
Remove the bowl from the stand mixer and incorporate the flour mixture with a spatula until a dough forms and there is no flour visible.
Roll dough out between plastic wrap sheets and place on a bake sheet.
Refrigerate for 2 hours.

Preheat the oven to 350. Line a bake sheet with parchment paper.
Heat remaining 1/4 cup of honey over low heat until it liquifies, 2 minutes.
Remove the dough from the fridge and cut rounds or squares and place on the bake sheet.
Brush dough with warm honey and sprinkle Demerara sugar over tops.
Bake for 12-15 minutes depending on how golden and crisp you like your short-bread. I like just a bit of snap so I baked for 13 minutes.

Remove and cool to wire racks. Serve.



Honey Carrot Spiced Quick Bread

1/2 cup whole dates (4oz)
3/4 cup grated carrots (3 large carrots)
2 cups flour
2 teaspoons baking powder
1/2 teaspoon salt
1 teaspoon cinnamon
1/8 teaspoon nutmeg

pinch of cloves
1/2 cup unsalted butter
1/2 cup honey
1/2 cup dark brown sugar
2 eggs
1/3 cup sour cream
1 teaspoon vanilla extract

Preparation

Preheat oven to 350. Grease an 8x4 or 9x5 loaf pan and line it with parchment. Leave an overhang, lengthwise, in order to lift loaf out after baking.

Chop dates and grate carrots in a large bowl and mix together. Set aside.

Whisk flour, baking powder, salt and spices in another bowl and set aside.

Place butter in a saucepan and melt on low heat. As butter melts, add the honey and stir. Once butter has melted, add dark brown sugar and stir to break down sugar so mixture is free of lumps. Remove from heat and pour over the carrots and dates. Stir mixture and allow to cool for 3-5 minutes.

In a separate bowl, whisk eggs, vanilla extract and sour cream. Add this mixture to the cooled honey mixture and whisk together to blend well.

Add the liquid mixture to flour mix and stir gently with a spatula until flour is completely incorporated into batter.

Pour into the prepared loaf pan and bake at 350 for 35 minutes. Lower the temperature to 340 and bake for another 10-15 minutes until toothpick inserted comes with crumbs.

Remove and allow to cool for 5 minutes in the loaf pan before lifting out with parchment handles to cool on wire rack. Parchment can be removed after 15-20 minutes of cooling time on the rack.



Whole Wheat Honey Raisin Loaf

3/4 cup raisins
 1 tablespoon rum
 1/3 cup orange juice
 1/2 cup warm milk (110-115)
 4 tablespoons unsalted butter divided
 1/4 cup warm honey
 1 packet (2 1/4 teaspoons) active yeast
 1/2 cup warm water(105-115)
 2 teaspoons sugar
 1 1/2 cup whole wheat flour
 1 1/2 cup + 1/4 cup flour
 2 teaspoons salt
 1 tablespoon honey

Preparation

Soak the raisins in orange juice and rum for 45 minutes to one hour at room temp. Drain the raisins. Reserve 2 tablespoons of the juice for later.

Place milk and 3 tablespoons butter in a small sauce pan and heat until butter melts. Temperature may reach 130 so allow the mixture to cool to 115 before use.

Add yeast to milk and sugar in a bowl of a mixer to bloom for ten minutes.

While yeast is blooming, heat 1/4 cup of honey until it liquifies. Temperature needs to be no more than 105 before use.

Once yeast is ready add 3 cups of flour and milk. Begin mixing with a dough hook and then slowly add honey, salt and raisins.

Knead with the hook for 3 minutes. Then add remaining 1/4 cup of flour. Continue to knead until the dough pulls away from the sides of the bowl.

Remove the dough. If too many raisins have fallen to the bottom of the dough on the hook, knead them further into the dough by hand for a few turns.

Place dough in a greased bowl and cover loosely with saran and a towel. Allow to rise in a warm spot for 1-2 hours.



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Recipes

After rise time, preheat oven to 375. Grease a loaf pan and set aside.

Punch dough gently and remove from bowl. Roll out into a rectangle approximately 9x13. Roll up the rectangle and tuck the sides underneath the dough. Place the roll into the loaf pan and cover loosely with saran to rise for 30 minutes.

Melt remaining one tablespoon of butter with two tablespoons of reserved juice from raisins.

Brush onto loaf and bake in oven for 40 minutes or until golden.

Once removed from oven, brush top of loaf with remaining tablespoon of honey. Cool completely before cutting for best results.



Amaretto Honey Cake

Preparation

Heat amaretto with dark brown sugar in a small sauce pan. Bring mixture to a boil and remove from heat. Allow it to cool.

1/2 cup Disaronno Amaretto	1/3 cup sugar
1/2 cup dark brown sugar	3/4 cup honey
1/4 cup slivered almonds	1/2 cup canola oil
1 1/2 cup flour	2 eggs
1/2 cup cake flour	1 egg yolk
2 teaspoons baking powder	1/3 cup buttermilk
1/2 teaspoon salt	1 1/2 teaspoons almond extract

Preheat oven to 335. Grease and flour a 6 cup bundt pan. Sprinkle slivered almonds along the bottom of the pan.

In a bowl whisk flours, baking powder, salt and sugar. Set aside.

In a another bowl whisk honey, oil, eggs, yolk and extract. Add buttermilk and amaretto mixture. Whisk until combined.

Add flour mixture to liquid and whisk gently in two additions. After second addition, replace whisk with a spatula and mix until flour is no longer visible and batter is somewhat smooth.

Pour batter into prepared pan and bake for 30-35 minutes or a toothpick comes with crumb when poked.

Cool for 5 minutes before transferring to a wire rack upside down.

Serve with Amaretto Syrup.

Amaretto Syrup

1/3 cup Disaronno Amaretto
1/4 cup Honey
2 teaspoons sugar

Heat ingredients in a pan until honey liquifies and sugar dissolves. Pour the syrup over the cake as it cools.

*Optional: You may double the syrup recipe and pour half onto cake while cooling. When ready to serve, reheat the other half syrup and drizzle onto slices.





Great Outdoor Living

By Nita Crighton

You don't have to load the car and head for the mountains to enjoy the great outdoors. With the right updates, you can create a private retreat on the other side of your own backdoor. From elegant kitchens to recreational amenities and luxury sound kits, the sky is the limit when it comes to today's outdoor living.

Kitchen Space

"Outdoor kitchens which include a built-in barbeque, cook-top or grill, counter area, storage space and refrigeration are at the top of most homeowner's lists," says Carmine Fusco, owner and president of Landscape Aesthetics, Inc. in Bernardsville.

No longer content with charcoal grills and basic picnic tables, homeowners are looking for ways to ensure they enjoy the same elegant lifestyle outside as they do indoors. That includes high

end appliances, weather-resistant cabinets and protection from the elements.

For cooking, popular choices include smokers, open flame barbecues, wood-fired pizza ovens and even solar ovens. But warming drawers, side burners and searing stations are other options that can take your outdoor kitchen to new heights.

Additional features that increase the efficiency and fun in an open-air kitchen include a refrigerator, ice chest, ice maker, beer tap, kegerator, sink and dishwasher.

Cabinets designed to hold up to the elements are a must have with stainless steel leading the way due to its ability to withstand harsh weather conditions, insects, rust and kitchen messes. But powder-coated metal cabinets are another option that is giving stainless a run for its money. The durable cabinetry comes in a wide range of colors and can even be powder-coated to look

like real wood or sealed to protect coastal kitchens from salt air.

Sight & Sound

When it comes to entertainment upgrades, outdoor spaces aren't about to be left out in the cold. Homeowners are turning to the experts to ensure they get top quality systems and installation.

"Outdoor audio is very, very popular," says Kevin Crouse, owner of Kevin Crouse Audio Design. "Lighting control is a close second and video is not so far behind either."

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Dream, Transform...Indulge



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Outdoor Design

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From outdoor televisions with surround sound to hidden audio systems with subwoofers, Crouse says his clients are looking for the same high-quality systems they enjoy indoors. Depending on the system, components can often be incorporated almost seamlessly into the landscape by using speakers that look like rocks or lighting fixtures.

For the best results, Crouse recommends bringing his team in during the planning stages. "Consultation is best done in the early stages before digging begins. There are so many variants when working outdoors. It's definitely best to plan ahead."

Test of time

No one wants a beautiful outdoor space that requires fulltime maintenance. Choosing materials that work



well for the local climate and will withstand the test of time keeps your investment secure and looking great with minimal care.

"A favorite building component today is natural stone. Expertly installed, a natural stone patio will be a permanent addition providing years of maintenance free enjoyment. Bluestone, quartzite, limestone and/or granite are popular stone choices that will endure well in New Jersey," says Fusco.

Homeowners also want to be sure the audio/visual elements they incorporate into their patio space are sturdy enough to endure. "The outdoor TVs we install have the ability to remain outside year-round. They require no cover and no special care," explains Crouse. He describes one home that experienced a drainage problem causing the TV his team had installed



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to become encased in ice, “Once it thawed, we turned it on and the TV worked like it was new.”

Since no one wants to watch movies in the cold, extend the use of your outdoor space by adding a heat source. With a modern fire table, outdoor fireplace or patio heater, it is easy to fight the chill when temperatures dip. Both wood burning and natural gas fireplaces are excellent outdoor living choices.

Protect & preserve

From an aesthetically pleasing backyard shed to pool houses, gazebos, pergolas and pavilions, a beautiful structure is the perfect complement to outdoor living. “In a sense, they’re a reasonable extension of the house,” says Allan Epstein, owner of Al’s Shed World in Florham Park. “You couldn’t add a room on your house for the same price you could add a very impressive shed or pool house.”

With a plethora of sizes and styles to choose from, Epstein says his customers are typically limited only by local building

codes. After storage sheds, the most popular product at Al’s is the open-air pavilion. All products are available in maintenance free Hardiplank or vinyl as well as the cost-effective T1-11 wood siding.

The sky really is the limit when it comes to creating a livable outdoor space but with just a few great features, you can have the backyard of your dreams.

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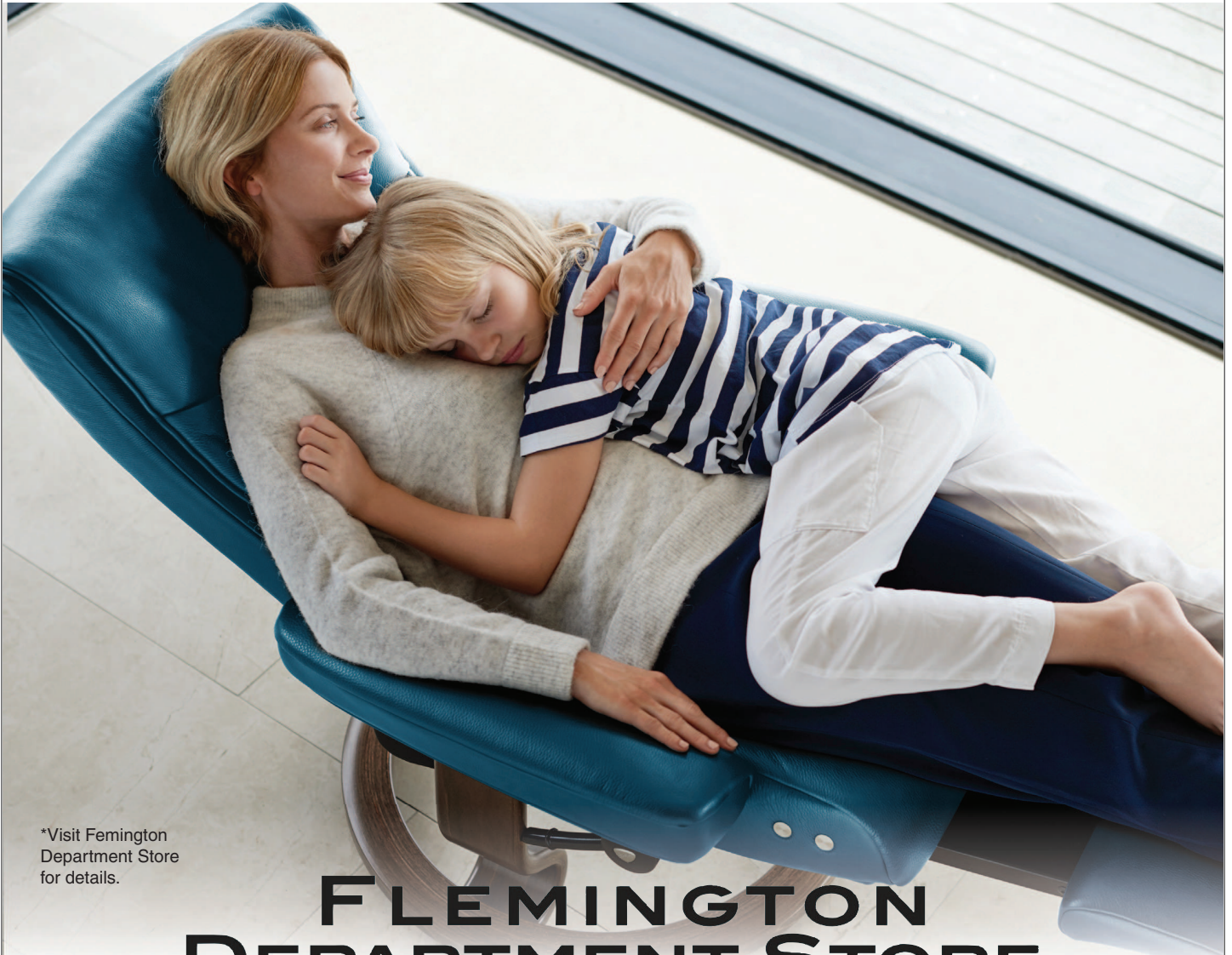
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