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is published by  
**New Jersey Hills Media Group**  
**100 S. Jefferson Road, Ste 104**  
**Whippany, NJ 07981**  
**(908) 766-3900**

**PUBLISHER**

**Corporation for New Jersey  
Local Media**

**Amanda Richardson**  
Executive Director

**NEW JERSEY HILLS  
MEDIA GROUP**

**Elizabeth K. Parker**  
Executive Editor

**Jerry O'Donnell**  
V.P. Sales & Marketing

**Toni Codd**  
Art Director / Designer

**Account Executives**

Pete Farrell  
Shelly Graziano  
Brian Johnson  
Loretta Kieffer  
Arielle Moss

**CONTRIBUTING WRITERS**  
**Isabella Bickenbach**  
**Naomi Gruer**  
**Patricia Lombardo**

**EDITOR**  
**Kara Sibilia**

To contact, email  
[ksibilia@newjerseyhills.com](mailto:ksibilia@newjerseyhills.com)

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# Letter from the Editor

Dear Readers,

December is here and according to singer Andy Williams, “It’s the Most Wonderful Time of the Year.” Yes, the holidays are in full swing and this issue of *Elegant Lifestyles* is all about celebrating the whimsy, warmth, and wonder of the season.

Let’s start with whimsy—what’s more whimsical than bubbles? Found two ways here, bubbles can be for sipping (as in, Champagne) in “Bring on the Bubbly” or for soaking in “Beautiful Bubble Baths.”

If you’re in need of warmth, our “DIY Hot Chocolate Bar” article can show you how to create a cup to warm your insides, while our “Holiday Gift Guide” offers items to keep you (or your loved ones) cozy on the outside. And if you’d like to warm up the ambience of your next dinner party, check out “Sounds of the Season” for A/V ideas to set the tone.

Looking to explore some seasonal wonder? “Holiday Happenings” spotlights wonder-filled local events and activities for all ages, and “Beauty Unwrapped” features products that can make you feel (and look!) wonderful.

No matter your plans, we wish you a season filled with comfort and joy.

Happiest holidays and see you  
in the New Year!



Kara Sibilia, *Editor*

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Traynor and more including me, J.R.P.Kovacs



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# Holiday Gift Guide

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By Isabella Bickenbach

**I**t's finally the time of the year we've all been waiting for. Holiday break, cookies in the oven, snow flurries ... ahh I love the holidays. In this annual 'Holiday Gift Guide' article, you are bound to find something for everyone on your list. No matter what holiday you celebrate, gift giving is a common way to show your appreciation for all those special people in your life. So, what are you waiting for? Get some inspiration and then go spread the holiday spirit!

## Comfy Cozy Clothes:

Don't let your friends and family freeze this season. You can find warm and stylish sweaters, turtle-necks, jackets, hats, gloves, and socks at local New Jersey boutiques **Quartet** in Chatham, **Charlotte's Web** in Towaco, and **39 Mine** in Flemington. For something more weather-resistant, you can purchase snow boots at **Famous Footwear** (multiple



Luxury candles and gift sets from Voluspa®,  
found at The Pretty Pink Rooster



locations) or at REI in East Hanover. **Willow St.** in Morristown and **Robin's Closet** in Boonton have modern, insulating, water-resistant jackets and vests.

## Warm Drinks:

A hot drink is perfect for warming up cold fingers, boosting morale, and staying hydrated. **Boonton Coffee Co.** in Boonton sells their homemade coffee both in store or online. **Whittard Chelsea 1886** ([whittard.com](http://whittard.com)) and **Hotel Chocolat** ([us.hotelchocolat.com](http://us.hotelchocolat.com)) both sell online hot chocolate subscriptions. Design a mug to go with it online at [shutterfly.com](http://shutterfly.com) or at [lifetimecreations.net](http://lifetimecreations.net)

## Blankets, Heaters, and Candles:

There's nothing wrong with giving a practical gift. For example, a heater is a handy gift and a great way to stay warm. The **Dyson Purifier Hot+Cool Formaldehyde™** can be used during the winter or

## Holiday Gift Guide

summer months, effectively heating/cooling the room while trapping indoor air pollutants. Additionally, **Berkshire Blanket and Home** ([berkshireblanket.com](http://berkshireblanket.com)) sells useful heated blankets. Their blankets have four heat settings, are machine-washable, and come with an auto-shut off feature.

### **Partridge in a pear tree, two turtle doves, and... three pretty pink roosters?**

I don't think that's how the song goes, and not sure how someone would feel receiving three roosters for the holidays. However, **The Pretty Pink Rooster** store in Bernardsville carries a wide selection of items to give, including comfy knits from PJ Salvage and Voluspa candle gift sets. "We have something for everyone all at an affordable price. From teacher gifts, Secret Santa goodies, to clothing or accessories, we have you covered. All of our items are hand curated, giving a high-end shopping experience without the hefty price tag,"

said owner Alexandra Daras. Besides operating the store seven days a week, Daras and the team run a blog, tv show, and personal styling sessions where they are able to connect with clients across the U.S. "It has been an incredible honor to serve our community for the past 10 years and I look forward to continuing to serve our community for many more years to come!"

### **All I want for Chritmas is a new mattress.**

Pamela Nardone from **Hibernate Bedding** couldn't agree more. "I can't think of a better present for yourself or any family member than to give the gift of a great night's sleep," said Nardone. Hibernate Bedding is a small, local business located in Bernardsville. "We take the dread out of shopping for a mattress. Instead, you'll be guaranteed a fun and stress-free experience." Hibernate Bedding has it all, from chemical-free mattresses, comfort bases and toppers, to custom monogrammed or embroi-



Vispring Mattress from Hibernate Bedding

dered pillows. Perhaps you can choose from their selection of sheets, towels, and pjs to go with it. They also feature headboards and platform beds if you are looking for a simple change.

*Cont. on page 10*

**The Pretty Pink Rooster**  
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Cont. from page 9

**How do you find a gift for the person who has everything?**

### Class? During winter break?

Attending a class might not be one's idea of fun, however the following classes are educational and fun. Might you purchase a cooking class at **Healthy Italia** in Madison, an energetic and kid-friendly environment. **Brianna's Nutrition Kitchen** in Morristown also offers virtual and in-person cooking classes. **Sweet Expressions** in Denville hosts Foodies' Cooking School, gift cards are available online. Cooped up this winter? Spice up your winter with some rhythm and movement at **SAGA Dancers Studio** in East Hanover.

### Subscriptions and Memberships.

Keep the gift coming year-round. **Book of the Month** ([bookofthemonth.com](http://bookofthemonth.com)) sells 3, 6, or 12 book memberships. Enjoy handpicked beauty products from **Allure Beauty Box** ([allurebeautybox.com](http://allurebeautybox.com)). Products are valued at over \$100 and include free shipping. **The RunnerBox®** ([fuelgoods.com](http://fuelgoods.com)) features 10-12 products including body care, drink mixes, bars, and recovery products. The **Morris Museum** in Morristown offers different membership levels. The museum showcases a variety of art and films, with new works frequently introduced. Do you have that friend who always mentions wanting to learn Italian? Get them a subscription to **Babbel** or **Duolingo**.



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### Memories last a lifetime.

Gifting an experience can create lasting memories and strengthen relationships. For instance, you can book tickets for performances at the Mayo Performing Arts Center in Morristown. In December, they will feature the New Jersey Ballet *The Nutcracker* with the New Jersey Symphony. Drew University is home to several theaters, including the Dorothy Young Performing Arts Center and The Shakespeare Theater of New

Jersey. Tickets and performance dates are available online. Relax and rejuvenate at Hand and Stone in Chatham or at Charm Aesthetics Spa & Boutique in Clinton. Feeling a little fancy? South Jersey Wine & Brew Tours offers luxury tours with some of the finest wines. The company will pick you up in one of their vehicles, introduce you to three wineries or breweries, and conclude the evening with dinner and live music.



Monogrammed sheets and pillows from Hibernare Bedding



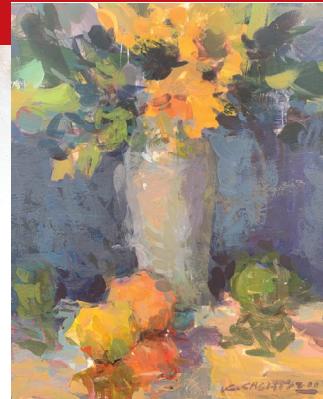
Celebrate the holiday season with a one-of-a-kind gift from **Great Brook Gallery**, located in the heart of the Historic Business District in New Vernon. "The Gallery will be decorated for the holidays both inside-out and will be full of unique gifts that we will deliver and/or install for you," said owner and artist Justine Kovacs.

## Holiday Gift Guide

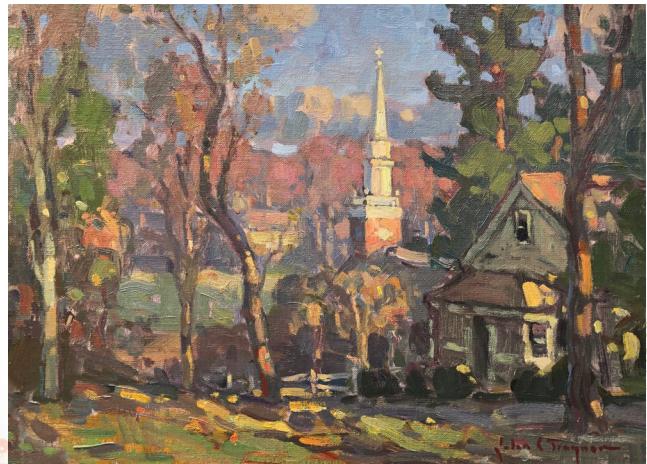
Currently, the gallery is offering a rare opportunity to have your favorite portrait drawn in sepia by Charles Churchill. "He can make this a very special holiday for your family. Come in soon so he has time to work his magic!" said Kovacs. About four times a year, the gallery also sponsors a workshop by one of their featured artists—a perfect gift for anyone with the desire to learn painting. Workshops are two days from 9am - 4pm and include lunch both days. "This is a fabulous opportunity to learn from the very best artists in an intimate setting! Please plan to visit anytime for inspiration and a special gift for a special person (or yourself)!"



Sepia Drawn Portrait by Charles Churchill from Great Brook Gallery



Centerpiece by Charles Cashwell from Great Brook Gallery



Christ the King by John C. Traynor from Great Brook Gallery



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# Looking for interior designing excellence?

Arlene Reilly, Owner and Principal Designer of Bernards Decorating tells us, "We are a full-service interior design storefront offering a comprehensive fabric and wallcovering library—one of the few left in the area! We offer a wide variety of custom window draperies, valances, roman shades, and more. We also offer custom reupholstery and new upholstered bespoke furniture. We can create a room or whole house scheme that perfectly suits your lifestyle. Our goal is to create a comfortable process

for any interior project with options for reasonably priced items that are superior to the offerings of many chain home furnishings stores."

Keeping the business in Bernardsville since 1969, Reilly continues, "We have strong ties with local customers and now a long, 55-year history here. We have existed for so many years because of the loyal community of warm and friendly people who support local businesses. Our more recent accomplishments include an award-winning space at the 2023 Mansion in May showhouse and a total of two ASID Design Excellence Awards for 2024."

Reilly grabbed the opportunity to expand her showroom when the area next door became available. "Our existing location didn't have the space to showcase our quality construction furnishings (most items are USA-made)

and help customers see possibilities. The new showroom will focus mostly on quality upholstered pieces and smaller tables at first. We will be adding more case goods in the near future as the showroom will be updated on a regular basis."

The store will be hosting an open house on the afternoons of December 10th to the 13th from 2-5pm. "We welcome you to join us for some light bites and to see our new space," notes Reilly. There will be a ribbon cutting ceremony by Mayor Mary Jane Canose on Wednesday December 11th at 4pm.

Please call the store directly at (908) 766-6548 for availability, as the new showroom is "by appointment" only. Storefront hours are Tuesday-Friday from 10am-5pm and Saturday from 10am-4pm.



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## Opening December 10



Look for our extended showroom space at 22 Quimby Lane coming soon  
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# Beauty Unwrapped

By Isabella Bickenbach



With the rush of the holiday season, from watching Hallmark movies to caroling door-to-door, to baking special treats, our personal-care might be the last thing on our mind. But topped with cold weather, increased sugar consumption, and travel havoc, we are even more prone to damaged self-care. However, with the following products, one can restore and rejuvenate. These items are perfect both to give and to get.

## Skincare:

### • **UV Serum SPF 50+ Facial Sunscreen by Kiehl's**

I'm sure you're sick of hearing "wear your sunscreen," however I can't stress enough the importance of it. Sunscreen protects your skin from powerful UV rays, which can cause skin cancer, premature aging, and skin discoloration. Kiehl's designed a lightweight serum with collagen peptide to boost skin radiance and improve skin tone. The formula is highly absorbent so you won't even notice you're wearing it.

You can purchase online at [kiehls.com](http://kiehls.com).

### • **The Dewey Skin Cream by Tatcha**

Hydration. Antioxidant. Rich. These words perfectly describe Tatcha's genius mixture: a moisturizing lotion that remains on the bestseller list year-round. Within a couple of days, you will see instant results including smooth skin, reduced lines, and radiance. This lotion also works great under makeup. You can purchase online at [tatcha.com](http://tatcha.com).

### • **Crema da Barba by Santa Maria Novella**

This artisanal shaving cream gives you the luxury experience you deserve. Indulge in this premium product, made



Delina by Parfums de Martyn

with eucalyptus and menthol, for a soothing and invigorating treatment.

The scent is on another level, made with Tabacco Toscano Eau de Cologne. You'll also get an excellent lather. The feeling of soothing relief will last for the rest of your day. You can purchase online at [us.smnovella.com](http://us.smnovella.com).

## Body:

### • **"Hey, Sugar" All-Natural Body Scrub by NCLA Beauty**

"Hey, Sugar" is an all-natural, luxurious body scrub that will leave your skin feeling its best. It gently moisturizes while exfoliates the skin, and the scents are endless—with cute names such as "Sugar Pecan Waffles" or "The Beverly Hills Hotel." Ingredients include: sugar, shea butter, mango butter, organic hemp seed oil, and cocoa butter. They are 100% natural, cruelty free, and vegan. You can purchase online at [nclabeauty.com](http://nclabeauty.com) or locally at The Pretty Pink Rooster in Bernardsville.

# Beauty Unwrapped

## • Milk Body Lotion by *fresh*

This silky-smooth goodness is a fast-absorbing body lotion featuring Centella milk, rice milk, and linseed milk. Also in the ingredients list is glycerin, a humectant (substance that attracts and holds water) that pulls water into the skin, so it stays heavily moisturized. Keeping your skin hydrated is one way to protect your skin barrier. With a healthy skin barrier, you'll be more immune to pollution, ultraviolet rays, irritation, infection, toxins, and dehydration. You can purchase online at [fresh.com](https://fresh.com) or locally at Bluemercury (multiple locations).

## Makeup:

### • Cloud Paint by *Glossier*

A little goes a long way with this cream blush, a few dabs are all you need to achieve a natural and colorful glow. Adored by many, Glossier products continue to top the charts. Glossier advocates for real beauty, celebrating all flaws and imperfections. Their motto "Skin first. Makeup second." paves the way for a new definition of beauty. You can purchase online at [glossier.com](https://glossier.com).

### • Matte Powder Foundation by *Fenty Beauty*

Fenty Beauty's motto, "beauty for all," reflects their commitment to inclusivity. All of their foundations and concealers come in 50 shades so everyone can find one that's perfect for them. All products are hand-picked by Rihanna and are of the utmost quality. The Matte Powder Foundation is light-weight and long wear. It has a seamless finish, reduces the appearance of shine, and won't clog pores. You can purchase online at [fentybeauty.com](https://fentybeauty.com).



## Hair:

### • Dream Crème™ by *Emi Jay*

For "Dreamlike Results," use the nourishing Dream Crème™ hair mask. The formula is vegan, sulfate, phthalate, and cruelty-free. Key ingredients are silk amino acids, shea butter, babassu oil, and glycerin. No matter what hair type you have, this formula is perfect for all. Recommended leave-in time is 10 minutes; however, you are welcome to leave it in overnight for even better results. You can purchase online at [emijay.com](https://emijay.com).

### • Airwrap Multi-Styler by *Dyson*

If you read my "Holiday Gift Guide" article, then you know how big a fan I am of Dyson. The Airwrap dryer comes with five pieces that can be used to style your hair in infinite ways: curly, straight, smooth, bouncy ... infinite! The dryer was a winner of the Allure 2024 Best of Beauty award. Save time with the tool so you can get back to your holiday fun, as you can simultaneously dry and style. With a controlled heat setting, you won't be sweltering under the powerful air flow. You can purchase online at [dyson.com](https://dyson.com) or locally at Sephora (multiple locations).

## Fragrance:

### • *Delina* by *Parfums de Marly*

Winner of the Allure 2024 Best Floral Fragrance, *Delina* is a delicate and modern concoction. It is like a wonderful summer bouquet, dominated by damascena rose, lily of the valley, and peony. Additionally, you have the unique scent from rhubarb, nutmeg, white musk, cedarwood, and vanilla to add a sweet finish. You can purchase online at [us.parfums-de-marly.com](https://us.parfums-de-marly.com).

# Vintage Décor Fills the Big Green Barn in Harding

**HARDING TWP.** – Photo stylist Susan Brierly Bush of Mendham Township offers holiday shoppers curated home décor along the Country Mile on Mount Kemble Avenue.

The former Bayberry Antiques is now the Big Green Barn, which features a trove of vintage and antique décor, all curated by Bush, who is the home and garden editor of New Jersey Monthly magazine.

“I’m delighted that local shoppers have embraced my Morris County store,” Bush says. “After writing and styling for the magazine for more than a decade, working for Sotheby’s fine art auction house and studying at the New York School of Interior Design, I took the plunge to open my local retail location with encouragement from my husband Robert, who is originally from Bernardsville.”

Harding Township’s shopping district is experiencing a revitalization as several new businesses have opened their doors along the stretch of Mount Kemble Avenue/Route 202, known for decades as the “Old Country Mile.”

“My store is located at 912 Mount Kemble Avenue, inside the yellow JS Audio Video building, directly across the street from Café Saporì restaurant,” Bush said. “It’s a perfect location, convenient to shoppers from New Vernon, Morristown, Mendham, Chatham, Basking Ridge and Bernardsville.” Bush added that “The shop is stocked with vintage, mid-century and antique lamps, mirrors, artwork, ceramics and furniture.”

The Big Green Barn’s shoppers include interior designers, magazine style editors, home décor enthusiasts and film studio set designers.

“The shop has been well received because people appreciate a personal shopping experience and also enjoy sustainable shopping that helps keep vintage décor out of landfills,” she said.

The Big Green Barn, a part-time business for Bush, is open most Thursdays and Fridays, but hours vary. Bush also hosts occasional seasonal sales out of her 200-year-old Morris County barn.

Sales are announced on Instagram @susanbrierlybush and @big.green.barn or call 973-271-9127 for more information. The business’ new website is thebiggreenbarn.com.



Mendham Township’s Susan Brierly Bush curates vintage, sustainable décor at the Big Green Barn on Mount Kemble Avenue in Harding Township.

With frost in the air and storefronts dazzled with seasonal décor, you can be sure everyone is ready to share some holiday cheer. But few things are as anticipated as a New Year's Eve wish. If you're looking to celebrate ... First Night Morris County 2025 (December 31, 2024 to January 1, 2025) is one of the greatest New Year's Eve celebrations in Morristown! Providing a magnificent family-friendly celebration, this year's occasion features 70 Performances at 23 Venues (21 In-Person, 1 Streaming, and 1 On-Demand), and 30+ On-Demand Films. Events include dance, theater, music, visual arts, children's programs, a film festival and new this year, historical venues and performances.

Admission includes an all-access pass to all live performances, film festival, on-demand content, live stream, shuttles, and even complimentary parking at Morristown Parking Authority garages. This year's program is full of the diverse

and top-notch talent that audiences have come to expect from First Night Morris County: the Bruce Springsteen Tribute Band, B-Street, The Outcrops, comedian Dan Naturman, Harmonium Choral Society, Alborada Spanish Dance Theatre, Music From China, Square Dancing With Caller Mary Moody, Bollywood Dance with Mani Yaganamurthy, Baroque Orchestra of NJ, one of the most extraordinary guitarists Frank Vignola, Ty Stephens & (the) SoulJaazz and Morristown's own Rio Clemente - The Bishop of Jazz and much more! We are also excited to bring in two history venues this year, Schuyler Hamilton House and Macculloch Hall Historical Museum. As we approach the 250th Anniversary of our Nation in 2026, our organization wanted to include historical programming into our event lineup.

Craig Schlosser, Co-Chair/President, states, "Each year our amazing Sponsors, Partners and Volunteers make First Night Morris County a reality. We are

thankful for their continued support and excited to share this year's First Night Morris County with you and your family."

Samantha Rutledge, Event Director, comments, "An event that brings joy and happiness to families near and far, First Night Morris County is filled with so many highly renowned performers and artists. We are thrilled again to ring in the New Year with two celebrations, one at 9:15 PM and one at midnight."

Noelle Gemma, Marketing Director, adds, "First Night Morris acts as a platform to highlight the local assets that Morris County has to offer including arts, culture, film, and dining! We are excited to continue this annual celebration that all generations can enjoy together."

For more information, the latest program updates, or to purchase tickets, please visit the First Night Morris County website at [firstnightmorris.org](http://firstnightmorris.org).

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# Holiday Happenings

By Patricia Lombardo



It's time to grab a cup of hot cocoa and bundle up. Get ready to stroll the festive streets around you and take in these joyful holiday happenings—Happy Holidays to all!

*Home for the Holidays in Roxbury* is the perfect holiday festival held inside its Public Library and both the Presbyterian and Methodist Churches on Main Street in Succasunna. This year's event will take place on Saturday, December 7th from 11am to 3pm and is filled with music, food, vendors, and crafters offering many unique items for shoppers. And the best part, Santa arrives at 11am for photos in the library! With lots of FREE activities for kids of all ages, you'll find yourself in the spirit of the season for sure! For more information on vendors and more visit [roxburynj.us/holidays](http://roxburynj.us/holidays).

A fabulous place to celebrate the holidays is the *Christmas Festival at the Morristown Green*. This month-long family event kicks off on Sunday, December 1st and is here to stay until December 22nd. The festival begins with Santa's rooftop arrival. You'll enjoy multiple family activities

and entertainment including the dazzling Lighting of the Green—a ceremony with endless lights and brilliant wreaths gracing each streetlight town-wide—a 100+ year tradition! Each weekend throughout December hosts holiday crafts, miniature train rides around the Green, festive gingerbread houses, fun ornament making, music by local choirs and entertainers, and more! Full information can be found at [morristown-nj.org](http://morristown-nj.org).

Basking Ridge Business Alliance is excited, again, to host the *11th annual Winter Market and Christmas Tree Lighting*! This signature community event includes shopping with local vendors and artisans, live entertainment, the Christmas Tree Lighting itself, and a jolly visit from Santa! This spectacular event takes place Saturday, December 7th from 12pm to 7pm at the Bishop Janes United Methodist Church. Visit [brbanj.org](http://brbanj.org) for details.

*Chester Recreation and the Municipality of the Borough of Chester will host the Annual Chanukah Celebration* which will be held on Monday, December 30th at 6:30pm at the Municipal Field Gazebo. Enjoy refreshments, live holiday music, and the beautiful lighting of the menorah. Visit [chesterrecreationnj.org/events/](http://chesterrecreationnj.org/events/) for more information.

*The North Pole Express* is a magical round-trip train ride to the enchanting "North Pole!" Throughout the month of December, you will depart from the Flemington Train Station and be transported to a wonderland where you'll

## Holiday Happenings

meet Santa and Mrs. Claus. On board, you'll experience holiday joy with delicious cookies and hot cocoa, fabulous photo opportunities and the historical train museum. And new this season, all children are encouraged to bring letters describing what they were thankful for in 2024 and drop them in Santa's Mailbox right at the station—no postage needed! (Noted on their website "In January, Santa's Helpers will review the letters and respond to as many as possible. If you wish for your child to receive a response, please include a parent or guardian's email address AND mailing address on the letter!"

Grasp the holiday spirit at *Black River & Western Railroad* and book your trip [onblackriverrailroad.com/train-rides/north-pole-express-train](http://onblackriverrailroad.com/train-rides/north-pole-express-train).

The *Holiday Craft & Maker Fair at Rockaway Townsquare Mall* is an exciting shopping opportunity held on the busiest two weekends of the entire year! The Fair, filled with festive cheer and fabulous finds for all of your holiday needs, includes handmade jewelry, accessories, home decor, holiday gifts, stocking-stuffers, pet products, sweets, and more.

Located inside the main upper-level center concourse at Rockaway Townsquare Mall, festive shopping will commence on Saturdays and Sundays, December 14th, 15th, 21st and 22nd beginning at 9am!



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# Perfect Picks

Bring  
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## For All Your Holiday Celebrations

By Christopher Cree, Master of Wine

Champagne, and sparkling wines, are some of the most celebratory beverages on earth. Just the simple act of popping the cork on a bottle, whether it is a value priced Cava from Spain or a great old vintage from its namesake region in France, always seems to make the moment that much more festive. Versatile and food friendly, these wines are the perfect starter to a great meal, wonderful with a wide range of appetizers, and with the right menu can work delightfully throughout a dinner.

Champagne, after all, is wine, yet not all that bubbles is Champagne. So, what sets these special wines apart from the rest of the sparkling wines in the world? The first is what the French call *terroir*, a term that encompasses all the elements of climate, soil, exposure, and sun that affect how grapes ripen in a specific region or vineyard. True Champagne must come from the region of the same name. It is one of the most northerly wine regions in the world—if it were in North America, it would be on the same latitude, the 49th parallel, as Winnipeg, Canada.

The region's cool climate means that

the grapes are naturally tart and very high in acidity at harvest. The vineyards are mainly on gentle slopes composed of layers of tertiary soils a few feet deep (washed down over millions of years from the Isle de France, a geological formation that stretches west to the English Channel overlying deep chalk sub-soils). The combination of the cool climate and the geology of the region are in large part responsible for Champagne's inimitable crisp, complex, racy character.

The second factor is the grapes: Chardonnay, Pinot Noir, and Pinot Meunier are the major permitted varieties. The cool climate allows for a long ripening with much lower sugars and higher acidities, in fact so much so that ordinary still wine made here is often so tart that it is actually unpleasant to drink.

Enter the third factor, the method of fermentation, the Methode Champenoise. The magic of Champagne, the bubbles being the most obvious, is created when the wines go through a second fermentation in the bottle, a labor intensive and time-consuming process that is required for all true



Photos Courtesy of Cree Wine Company

Champagne. Less expensive bubbles are often made in stainless steel for their secondary fermentation—a far less labor intensive and costly process, with a little trade off in quality.

In the world of Champagne, the big brands dominate the market, offering mostly good solid quality, but the buzz in the trade is all about small grower, estate grown and bottled wines. These boutique properties often sell for the same or less than the big brands and offer wonderful pure expressions of the villages and sub regions where they are grown, rather than the "house style" of the big brands.

A "best buy" small grower Champagnes include Ployez-Jacquemart Marie Weiss Brut, \$38, and Grongnet Blanc de Blancs Brut, \$40, both delivering classic Champagne character at a great price.

## Wine Pairings



Step it up for special occasions to Billecart Salmon Brut Rosé, \$90, Vilmart & Cie Champagne Premier Cru Grand Cellier d'Or 2017, \$90, or some truly rare and fine top tier Champagnes from the very best producers. Agrapart (low \$200s to \$400), Jacques Selosse (\$500+), Pierre Peters (\$65-\$500), Agrapart (\$65-\$300), Dhondt Grellet (\$70-\$400), and Egly Ouriet (\$80 - \$500+) are all producing truly outstanding wines.

There are also sparkling wines made all over the world that are far less expensive than those from the Champagne region—but be careful—not all rise to the occasion. Crémant, made in the Champagne Methode from regions such as Burgundy, Bruno Dangin Cremant de Bourgogne "Cuvee Blanche," \$28, and Cave de Bissey's Crémant de Bourgogne Brut and Brut Rosé, both \$28, are delicious and affordable Champagne alternatives.



Cava from Spain can be terrific—look for smaller growers like Bertha's Cava Brut Nature 2019, \$15—clean, dry, and refreshing with fine bubbles. The same goes for Prosecco—great choices include Bele Casal from northern Italy, \$18, or Bisol Crede, \$20, or a fantastic dry sparkling Ettore Germano Rosanna, \$30, made from the Nebbiolo grapes in the Barolo region.

This holiday season make it a point to add a little sparkle to your life—but don't forget about the rest of the year! A little bubbly will make even life's simple moments that much more special—Cheers!



*Chris Cree is New Jersey's only Master of Wine, having passed the demanding MW Exam in 1996, with a long career in many facets of the wine trade. He is the Founder and Managing Partner of Cree Wine Company, a wine bar, restaurant, wine school, event space, and online wine-seller located in a beautifully restored 1813 farmhouse and tavern in Hunterdon County, New Jersey. For more information, visit [CreeWine.com](http://CreeWine.com).*

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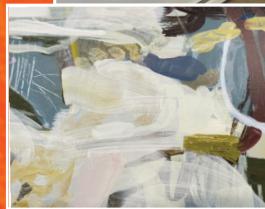
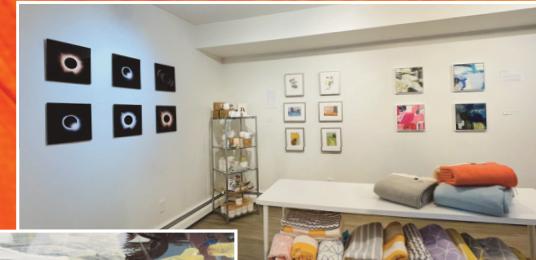
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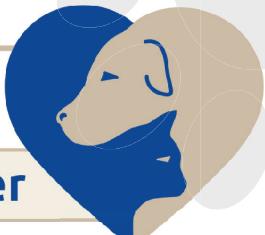
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**T**is the season to celebrate with family and friends. If yours is the holiday house, consider surprising guests with an updated twist on a childhood favorite. A DIY Hot Chocolate Bar with homemade hot cocoa and toppings will be a hit with kids and grown-ups. A hit-the-sweet-spot-station is more than warm and cozy; it's fun and games. Think of it as a multi-generational conversation starter that invites discussion on best toppings. Or mount posterboard on which guests note winning combos and comments.

### Deck the Halls

Arrange a DIY Hot Chocolate Bar on a table, counter, or space with enough room for people to linger. Mugs, spoons, and napkins set to the side of stir-ins allow for viewing, debating, and deciding. Whipped cream and marshmallows bookend the Bar. Use a tablecloth to delineate the space and make cleanup a breeze. Visual interest is created by filling mason jars of different sizes and tying ribbon around their rims. Give jars height by utilizing a cake stand or small crate turned on its side.

Complement the festive mood by placing supplies in a space within the space. Galvanized metal trays, wire-mesh baskets, and wooden boxes hold mason



Hot Chocolate Bar Photos by Little Spice Jar

jars, utensils, and napkins. Label toppings and announce the DIY Hot Chocolate Bar with a sign. Most importantly, make the hot chocolate available and easy to serve. Decorate the display with real or faux evergreens, white lights, winter-scented pinecones, or whatever else coordinates with your holiday theme.

### Be My Guest

Choose toppings with guests in mind. Though it's easy to think the more the

merrier, too many choices may be overwhelming. Are there nut allergies? Avoid those. Lactose intolerance? Include a carafe of hot cocoa made with coconut milk. The time of day and whether the event is for families or adults-only may influence alcoholic offerings such as flavored vodkas, Irish cream and peppermint schnapps. Kids and grown-ups will appreciate an extra jar nestled amongst the toppings—one filled with dipping cookies like biscotti, Pirouette cookies, ginger snaps, sugar cookies, or shortbread.

#### Toppings to add to your DIY Hot Chocolate Bar:



- candy canes or crushed peppermints
- caramel syrup or caramels
- cinnamon sticks
- coarse sea salt
- coconut flakes
- marshmallows
- milk chocolate truffles
- mini chocolate chips
- peanut butter cups
- sprinkles
- toffee bar, finely chopped
- whipped cream
- white chocolate shavings



## DIY Hot Chocolate Bar

### Crock Pot Hot Chocolate

By macandjakesmom for Allrecipes, [allrecipes.com](https://www.allrecipes.com)

#### Ingredients:

- 6 cups milk
- 2 cups semisweet chocolate chips
- 1 ½ cups heavy whipping cream
- 1 (14 oz.) can sweetened condensed milk
- 1 teaspoon vanilla extract

#### Directions:

1. Combine all ingredients in a slow cooker.
2. Cover and cook on low, stirring occasionally, until mixture is smooth (approx. 2 hours).

Yields: 10 servings



Peppermint Hot Chocolate,  
photo by Natalie Migliarini/Delish

### Peppermint Schnapps Hot Chocolate

By Natalie Migliarini for Delish, [delish.com](https://delish.com)

#### Ingredients:

- 1/4 oz. Peppermint Schnapps
- 1/2 oz. Godiva Chocolate Liqueur
- 1 cup hot chocolate
- Whipped cream, for serving
- Crushed peppermint candy, for serving

#### Directions:

1. Combine peppermint schnapps, chocolate liqueur, and hot chocolate in a sauce pan. Heat and serve.
2. Garnish with crushed peppermint candy and whipped cream (optional).

Yield: 1 serving

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# Beautiful Bubble Baths Ideas to “Soak Away Holiday Stress”



By Naomi Gruer

The theory that soaking in warm water reduces stress, improves circulation, reduces pain, eases fatigue, and boosts mood is more than anecdotal. A study cited by the National Institute of Health reports that immersion bathing in warm water induces vasodilation—the widening of blood vessels resulting in enhanced blood flow to areas of the body lacking oxygen and nutrients. The study showed “significantly better general health, mental health, role emotional, and social functioning scores.” Taking a bath is a scientifically proven way to benefit physical and emotional health.

## **Start with Structure**

Step into a soaking tub for full-body immersion. Longer and deeper than bathtubs which hold 25 to 45 gallons of water, soaking tubs can hold up to 250 gallons. Their water depth typically measures 3 feet versus 1 foot in a bathtub. Alcove soaking tubs are surrounded by walls on three sides. Corner vessels come in triangular or wedge shapes. Drop-in tubs are installed into custom-

designed, raised units, and freestanding tubs in oval or rectangular shapes aren’t attached to walls or floors. Whichever type fits best, questions to consider are: does the tub need an overflow drain, will the water heater accommodate the gallons needed to fill it, are plumbing connections adequate, and are the floor and supports in good enough condition to hold the weight of tub and water?

## **Infuse Aromatics**

Pour bubble bath, bath bombs, Epsom salts or Dead Sea salts under the tub faucet to infuse air and water with scents and softeners. Bath products free of artificial fragrances or dyes include natural plant oils and essential oils. Test for skin sensitivity prior to using natural oils such as sweet almond, apricot kernel, jojoba, and olive oil or essential oils like lavender, sandalwood, neroli, chamomile, rose otto, Virginia cedarwood, and geranium. Dilute essential oils by adding 6-8 drops to a tablespoon of natural oil before running under a faucet. Both Epson salts, which was named for the English town

of Epsom where the salts were first discovered, and Dead Sea salts, minerals found only in the Dead Sea in the Middle East, are known to calm symptoms of psoriasis, eczema, and various types of arthritis. Luxuriate in water that’s ideally between 100°F-110°F for 15-30 minutes. After a bath, lock in hydration with body butters made up of shea, cocoa, mango, and coconut oil for maximum moisturization.

## **Enrich Relaxation**

Improve the ambience of a bath with tub-specific products. Inflatable pillows for head and neck and full-body cushions make soaking more comfortable. Waterproof speakers pipe in relaxing music, and portable spa bubble baths add a Jacuzzi effect. If the tub is free-standing, a stool eases getting in and out, and caddies feature places for books, phones, soaps, candles, and even holders for stemmed wineglasses. Cushiony bathmats and thick towels required! To create a spa experience at home, think set-up, senses, and accessories.

## Table to Tub — Pantry Ingredients to Add to Your Bath

- Baking Soda neutralizes the pH of an infected area and reduces itching.
- Cinnamon Sticks enhance scent and reduce inflammation.
- Coconut Milk smooths and hydrates skin.
- Ginger stimulates blood flow and reduces muscle aches.
- Green Tea reduces muscle pain and softens skin.
- Herbs like eucalyptus, tea tree oil, rosemary, and lavender deepen breathing, elevate mood, and promote relaxation.
- Milk gently exfoliates skin.
- Oats soothe dry, itchy skin and reduce inflammation.
- Sake exfoliates skin and promotes healthy complexion.



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# *Sounds of the Season*

## Setting the Ambiance for Your Holiday Gathering

By Patricia Lombardo

**W**ith the holidays abound, your calendar is sure to fill up with festive plans quickly! When throwing your own soiree—fretting over food, drink, and decor as the host or hostess can be overwhelming. Rest assured, once you step away from preparing your menu, you can have fun preparing your home with some sounds of the season. Nothing invites gatherers more than the merriment of music.

Here are some quick and easy-to-set-up sound systems that turn your home into a cheerful place of song to coincide with your holiday affair and make a big difference to your evening!

### *Portable Bluetooth Speakers*

These compact speakers are known for their deep bass and clear sound, and can be linked to all sources of your digital music portfolio. Most are waterproof, wireless, durable, great for big spaces, and many come now with built-in, customizable LED light shows to really get the party going.

### *Wireless Multi-Room Systems*

These audio systems are designed to stream music throughout multiple rooms in your home without the need for traditional wiring. They allow you to place several speakers in different rooms and control them

## Sounds of the Season

all from a single device, like your phone, tablet, or computer. You can play different music in each room or the same track across all rooms, perfect for larger spaces or events. Most systems have dedicated apps that let you control volume, song choice, and typically support popular streaming services.

### **Soundbars with Bluetooth**

Want to set up a classic holiday movie for your guests? Invest in a soundbar! A slim, rectangular speaker designed to improve your TV's audio quality, soundbars offer a simpler alternative to a traditional sound system. They contain multiple speakers in a sleek housing and can be mounted on a wall or placed in front of the TV. Some models can connect to other speakers wirelessly, creating a larger, multi-room sound setup.

Small, but mighty and with powerful sound connecting to your Bluetooth or Wi-Fi streaming options—a soundbar allows your party to sit back and enjoy the ultimate movie-night for all ages!

### **Party Speaker Systems with Microphone Options**

Nothing says PARTY like a karaoke machine! This device is designed to play instrumental versions of songs, allowing people to sing along using a connected microphone. Most machines have a built-in screen or connect to a TV to display lyrics in sync with the music, helping singers follow along. And modern karaoke machines now support Bluetooth, USB, or Wi-Fi to play songs directly from streaming services or devices.

Many karaoke machines come with built-in LED lights or disco ball effects for an immersive experience, and some allow you to record your performance to save or share later! They're easy to set up, and with access to a wide range of songs, everyone can find something they want to belt out—think of all the caroling!

Once your cocktail or dinner party has come to its end and your guests have all headed home, use your curated audio sound system to create a peaceful and comfortable atmosphere to help with the productive clean-up and relaxation when you finally put your feet up. Below you'll find some audio themes and sound options to set the right mood for different times of day or activities.

### **Morning Ambiance**

Sounds of morning birds, soft rustling leaves, rain, distant thunder, or gentle wind can be an energizing start to the day. And calm, uplifting tunes with acoustic guitar or piano create a serene start to the morning.

Many apps offer a variety of steady white, pink, and brown noise, blocking out distractions and strengthening focus. Lo-fi music has a relaxing, instrumental, non-intrusive beat that's ideal for study or work. And don't forget—minimalist movie soundtracks are popular for deep focus sessions as well as light classical music for an elegant and relaxing setting.

### **Nighttime and Sleep Sounds**



Natural sounds like waves, gentle river streams, or forests at night provide a tranquil background to help fall asleep. Brown noise is a popular choice for sleep because of its deep, rich sound, which is softer and smoother than white or pink noise. This sound profile resembles the low-frequency rumble of thunder or a distant waterfall, making it effective at masking background noises (like traffic or voices) and helping the mind relax into sleep. The sound's deep, warm tone is often associated with natural environments (like waves or wind), providing a grounding effect that eases stress and tension.

No matter your choice of harmony, festivity, or time of day—or just relying on your old friend “Alexa”—your holiday home will be ready for melody lovers of all ages.

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