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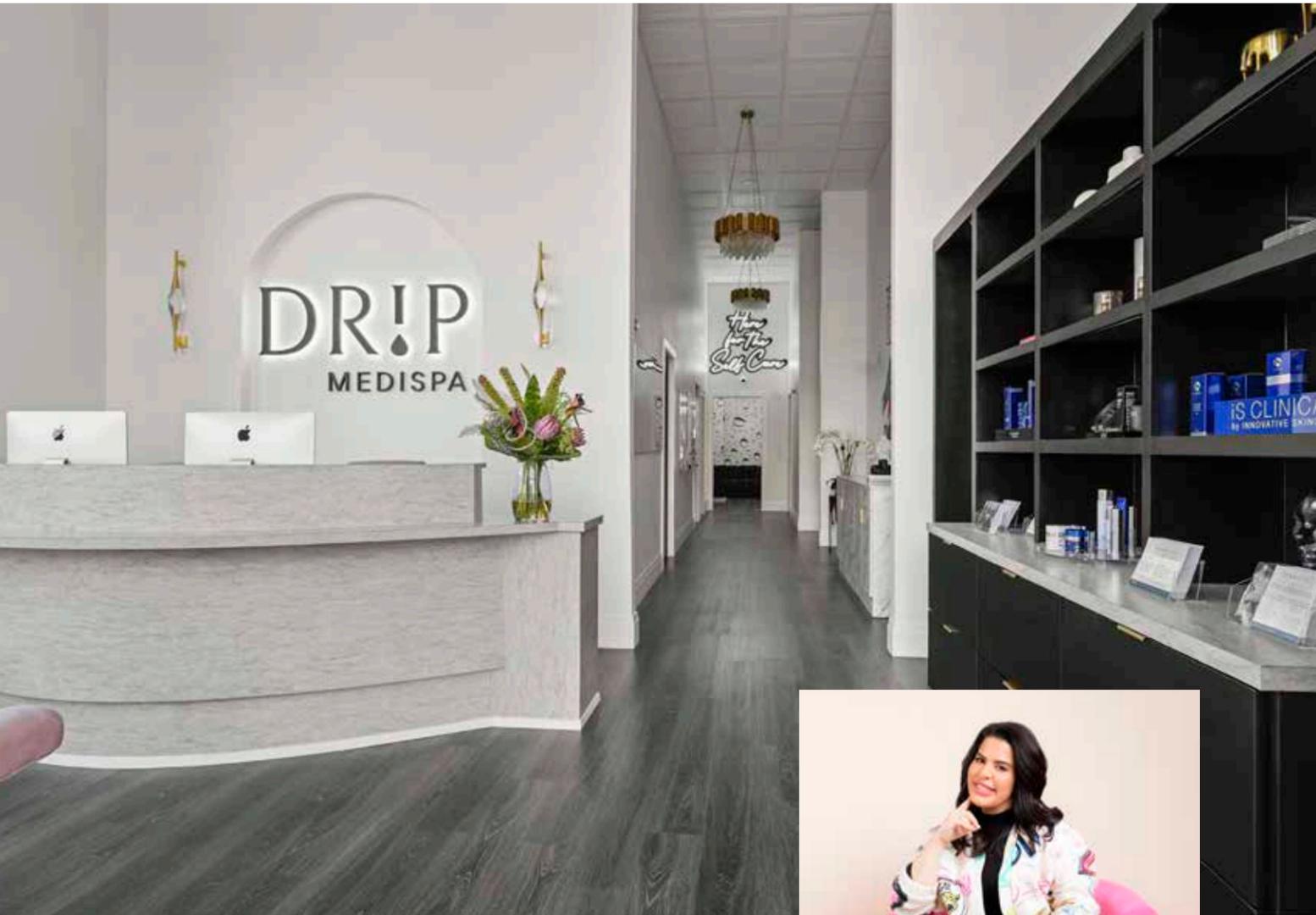
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Drip Medi Spa

A premier destination for beauty and wellness in Englewood, NJ

Drip Medi Spa is transforming the traditional medical spa experience by blending luxurious comfort with innovative aesthetic treatments. Founded by board-certified Physician Assistant Nena Kallopoulos, who brings over 18 years of expertise, Drip has quickly become the go-to spot for advanced skincare, injectables, IV therapy, laser treatments, and medical-grade facials in Bergen County!

A Vision Realized

In 2016, Nena established Drip Medi Spa in Fort Lee, NJ, driven by her desire to create a sanctuary where beauty and wellness converge. Recognizing a gap in the market for fully operational medical spas, she envisioned an exclusive retreat that offers top-tier treatments in a welcoming environment.

Today, with a team of nine dedicated professionals, the spa continues to deliver exceptional results.

The Drip Experience: What Sets It Apart?

Drip Medi Spa goes beyond conventional aesthetic services by offering a comprehensive wellness journey. Nena explains, “At Drip Medi Spa, we redefine the experience by combining luxury, expertise, and personalized care to achieve unmatched outcomes.” Key elements that make the Drip experience unique include:

- **Continuous Education:** The team remains at the forefront of skincare and wellness innovations through ongoing training and certifications.

- **Premium Products & Equipment:** Utilizing only medical-grade products guarantees safety and superior results.
- **Personalized Care:** Tailored treatments and strong client relationships foster lasting loyalty and trust.
- **Engaging Social Media Presence:** Active platforms such as Instagram, Facebook and TikTok are used to educate and inspire.
- **Unified, Value-Driven Team:** Hiring professionals who embody the spa’s mission enhances the overall client experience. “Once you meet our team, you’ll understand” quotes Nena.
- **Strict Compliance:** Adhering to rigorous medical regulations—with oversight from a dedicated medical director—ensures safe, legal, and successful operations.

Passion and Perseverance

Nena’s passion for aesthetics is rooted in both her personal history and professional journey. Inspired by her Greek immigrant parents, who built a new life in the U.S. from the ground up, she embraces the values of hard work and resilience. With a background spanning Emergency Medicine, Pediatrics, Wellness, and Aesthetic Medicine, Nena began her career in 2009 as a part-time injector in NYC while serving full-time in an emergency room. This experience ignited her vision for a one-stop destination where New Jersey residents could address their beauty and wellness needs outside the confines of a traditional doctor’s office.

Life Beyond the Spa

Away from the hustle of the spa, Nena cherishes quality time with family and friends, finding solace in the comforts of home. Her 3-year-old son, Demitri, is a constant source of happiness and inspiration, filling her days with laughter. Beyond her personal life, Nena feels deeply rewarded when she embarks on medical missions to rural communities. Her travels have taken her to countries such as Africa, Thailand, Myanmar, Haiti, and the Dominican Republic, where she extends her expertise and compassion to those in need.

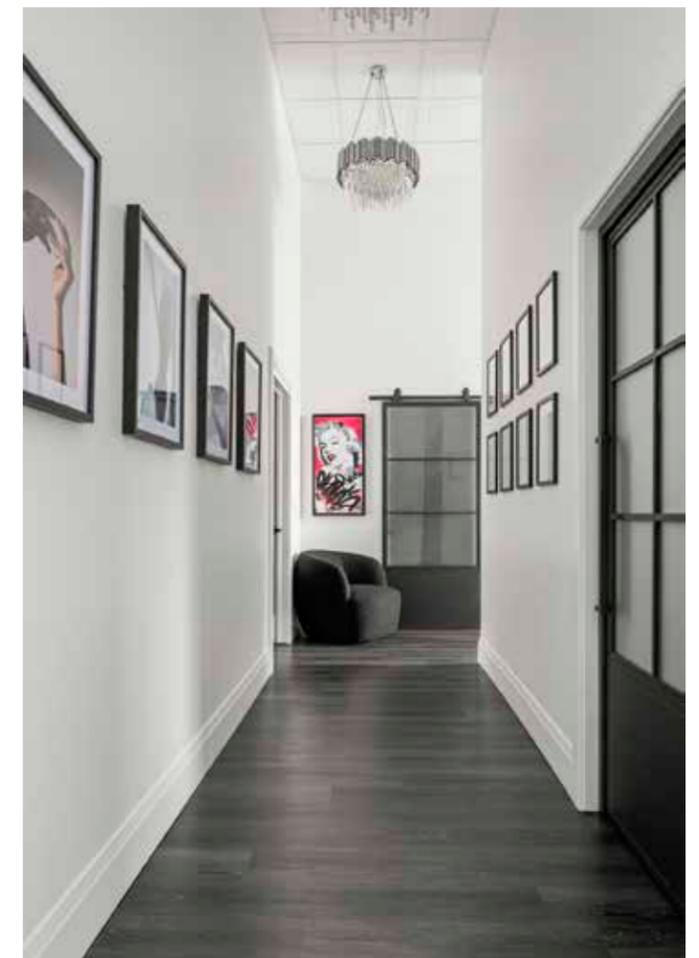
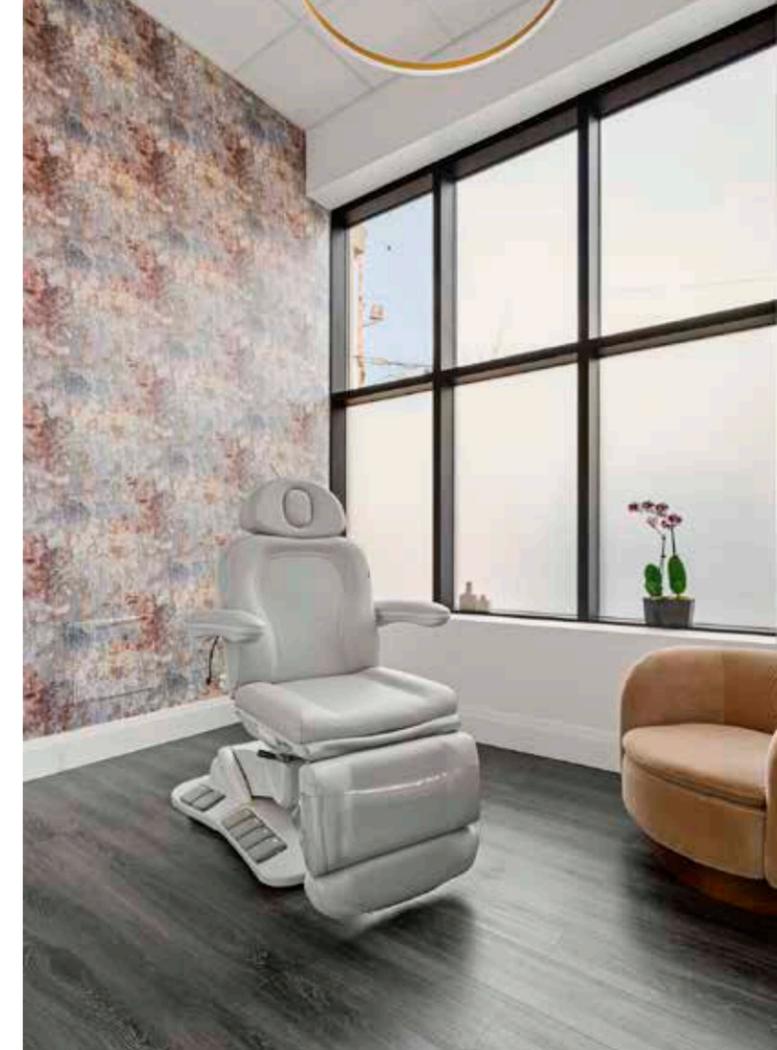
Looking Ahead

With a steadfast commitment to continuous improvement and client care, Drip Medi Spa is set to remain a leader in luxury wellness. “We’re not just about enhancing beauty—we’re dedicated to promoting self-care, rejuvenation, and overall well-being,” says Nena. Whether you’re looking to revitalize your skin, boost your energy, or refresh your entire wellness routine, Drip Medi Spa promises an experience where exceptional results speak for themselves.

Drip Medi Spa

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SMART MOVES

How to Maximize Your Returns in Bergen County's Real Estate Market

BY SANDRA GARCIA, ALPINE RESIDENT
- COMPASS REAL ESTATE



As an experienced real estate agent and investor affiliated with Compass, I have witnessed the dynamic shifts and burgeoning opportunities within Bergen County's real estate market. Nestled in the beautiful backdrop of New Jersey, this region offers a unique blend of suburban tranquility and urban convenience, making it a prime target for both homebuyers and investors alike. To maximize your returns in such a vibrant market, strategic planning and informed decision-making are paramount.

Firstly, understanding the local market trends is crucial. Bergen County has seen consistent appreciation in home values due to its proximity to New York City, excellent school systems, and robust community life. To capitalize on this, potential investors should focus on areas demonstrating solid growth potential. Towns like Alpine, Tenafly, and Englewood are currently experiencing a surge in demand, fueled by their blend of lifestyle amenities and commuter-friendly locations.

Secondly, leverage timing to your advantage. The real estate market is cyclical, and recognizing these cycles can yield significant financial gains. For instance, buying during a market dip and selling during a peak can enhance profitability. However, timing the market requires a keen understanding of economic indicators and local market nuances. Partnering with a knowledgeable real estate professional can provide invaluable insights into market forecasts and optimal timing.

Another key strategy is diversifying your investment portfolio. While single-family homes are a staple

investment, exploring other property types like multi-family units or commercial spaces can offer diversified income streams. Multi-family properties, in particular, are a robust option, providing steady rental income while offsetting mortgage costs. They also benefit from high demand in Bergen County, especially in areas with limited housing supply.

Additionally, focus on property improvements that enhance value. Simple upgrades such as modernizing kitchens, bathrooms, or enhancing curb appeal can significantly increase a property's market value. In Bergen County, where aesthetics and functionality are highly prized, such improvements can distinguish your property in a competitive market.

Finally, stay informed about legislative changes. Real estate markets are significantly influenced by government policies related to taxation, zoning, and development. For instance, recent tax reforms can affect property returns, making it essential to stay abreast of any legal changes that could impact your investments.

In conclusion, maximizing returns in Bergen County's real estate market requires a blend of strategic planning, market knowledge, and adaptability. By keeping a pulse on local trends, diversifying your investments, and making informed improvements, you can position yourself for success in this thriving region. As a Compass agent, I am here to guide you through this journey, ensuring your real estate investments achieve their full potential.



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SPRING DETOX (But Make It Gentle)

As winter melts away, our bodies innately crave a reset — one that feels intuitive, nourishing and aligned with the season. In nature, springtime is not about deprivation or scarcity but about renewal, gentle awakening and supporting the body's natural rhythms. As warm weather arrives, skip the restrictive cleanses and focus on colorful, hydrating foods, mindful movement and graceful shifts that help your system do what it was designed to do.

BY SHAUNA OSBORNE, NATIONAL EDITOR



1. Start your morning with hydration. One of the easiest ways to refresh your system is to start the day with warm lemon water. This simple ritual helps kickstart digestion, replenishes hydration after a night's rest and delivers a healthy dose of vitamin C to brighten both skin and energy levels. Add a pinch of high-quality, mineral-rich sea salt to support electrolyte balance for an extra boost.

2. Support your liver naturally. The liver is the body's powerhouse when it comes to detoxification. Nourish it with foods that enhance its natural function. Bitter greens like dandelion, mustard and arugula stimulate digestion, while cruciferous vegetables — such as broccoli, Brussels sprouts and cauliflower — contain glucosinolates that support liver enzyme activity.

3. Move and breathe for circulation. Lymphatic flow is essential for clearing waste from the body, and movement, such as gentle morning stretches or a brisk walk outside, helps keep it flowing. Deep (belly) breathing is another powerful tool, promoting detoxification while regulating stress hormones and enhancing circulation, according to the Mayo Clinic. By increasing oxygen flow and nutrient delivery to cells, deep breathing can boost energy, strengthen the immune system and support digestion by gently massaging internal organs with each breath.

4. Eat with the season. Springtime offers an abundance of naturally purifying foods. Asparagus supports kidney function, citrus fruits provide potent antioxidants, and fresh herbs like parsley and cilantro help flush out superfluous heavy metals. Prioritizing seasonal produce and whole foods gives the body the nutrients it needs to cleanse itself — no extreme measures required.



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How to Get a Motorboat/Personal Watercraft License in New Jersey and New York.

BY ELLIOTT MALONE, ESQ., ALPINE RESIDENT

The Motor Vehicle Commission (MVC) issues motorboat and personal watercraft licenses for use on fresh, non-tidal waters or lakes, creeks or rivers not affected by tidal conditions. A boat license and New Jersey Boat Safety Certificate are required to operate a power vessel or personal watercraft - jet ski or wave runner - on non-tidal waters of New Jersey. A boat license is not required for non-powered vessels.

Here are the steps to obtain a license:

STEP ONE: Complete a boating safety course (online and in-person exam)

For any power motorboat operation on tidal waters, you must successfully complete a boating safety course approved by the New Jersey State Police (NJSP) to receive a New Jersey Boating Safety Course Certificate.

STEP TWO: Get an initial motorboat or jet ski license at MVC. You must be at least 16 years old. If you are under the age of 17, you need to present a letter with parental or guardian consent.

Applicants must visit a motor vehicle agency with: New Jersey Boating Safety Course Certificate, 6 Points of ID, Pay the \$18 license fee. The MVC accepts major credit cards, checks, money orders and cash.

A license may be renewed by following the above steps for getting the initial license, although the course and exam only need to be taken once.

In order to use New Jersey waterways, all boats must be titled and registered except:

- Those not based in New Jersey or operating for less than 180 consecutive days.
- Foreign vessels
- U.S. public vessels
- Ship's lifeboats
- Non-motorized vessels used exclusively on small lakes and ponds on private property.
- Racing vessels with New Jersey State Marine Police permit.
- Non-motorized inflatable devices, surfboards, racing shells, dinghies, canoes and kayaks.
- Non-motorized vessels less than 12 feet in length.
- Tender/dinghy used solely for direct transportation between a vessel and shore.

If your boat is 12 feet or less or if it is documented by the US Coast Guard, you will not receive a title.

Boats must be titled within 10 working days of purchase or are subject to a \$25 penalty.

- Complete the Universal Title Application (Form OS/SS-UTA) and a Boat Registration Application Form (BA-51)
- Provide properly assigned Manufacturers Certificate of Ownership (MCO), title, or if coming from a state that does not title: proof of ownership from seller (their registration) along with a notarized bill of sale

- If the boat is financed, provide the name and address of the lien holder. (All lien holders in NJ must have an Entity Identification Number (EIN). The original title will be sent to lien holder.

Vessel documentation is a national form of registration.

Documentation provides evidence of nationality for international purposes, provides unhindered commerce between the states and admits vessels to certain restricted trades, such as coastwise trade and the fisheries. A vessel must weigh at least five net tons, with the exception of certain oil spill response vessels and must be wholly owned by a citizen of the U.S. in order to be documented.

- A vessel that is documented through the United States Coast Guard (USCG) will be issued a Certificate of Documentation.
- If a boat is operated in New Jersey waters in excess of 180 days OR if the owner leases, owns, maintains or rents space in New Jersey for storage, mooring or servicing of the vessel on other than a transient basis, the documented vessel must be registered in New Jersey. Documented vessels do not receive NJ titles.

Applicant must visit a motor vehicle agency with: A completed Universal Title Application (Form OS/SS-UTA); Completed Boat Registration Application Form (BA-51); Proper identification (NJ Driver's License, Non-driver ID, Passport or Birth Certificate.); Certificate of Documentation (if customer will be keeping vessel documented) or deletion papers (if new owner will not be documenting vessel) from the USCG; Official Coast Guard Bill of Sale

Boats that are documented do not receive a NJ title. Fees are still charged to transfer ownership, record lien and/or change state of record for vessel.

Fee payment: \$60 for the title fee; \$85 for a financed boat title; Pay the appropriate registration fee.

In New York State in 2024, all operators of motorized vessels born on or after January 1, 1978 need to carry a safe boating certificate while operating. Starting January 1, 2025, a safety certificate will be required of all operators, regardless of age.

Some states also recognize boating safety certificate issued by your home state.

If you have a lifetime recreation certificate or sporting license, your New York State Driver License can now become an all-purpose boating, fishing, hunting and parks ID card. Anyone successfully completing the New York Safe Boating Course or approved online boating safety course may opt to have the anchor icon placed on your NYS DMV issues document. DMV will maintain a record of your having completed the boating safety course, and automatically place the icon on your license each time it is renewed.



Elliott Malone, Esq.

Law Offices of Elliott Malone, Esq. LLC
Elliott Malone is an Alpine Resident and has a legal practice in Cresskill.

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The Alpine market is strong. Please call me for a complimentary market analysis or just to chat about current market conditions.

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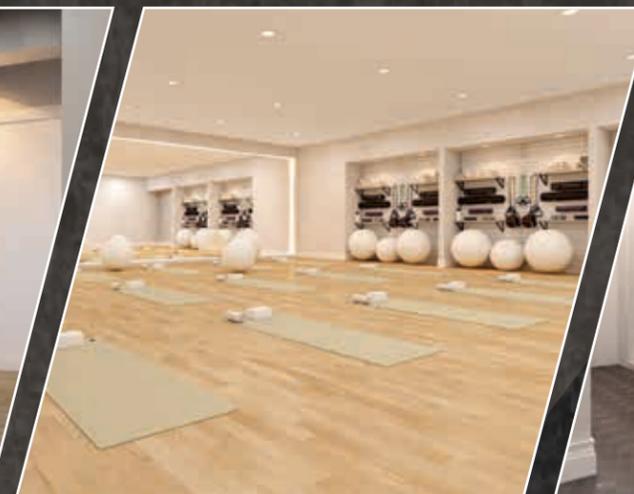
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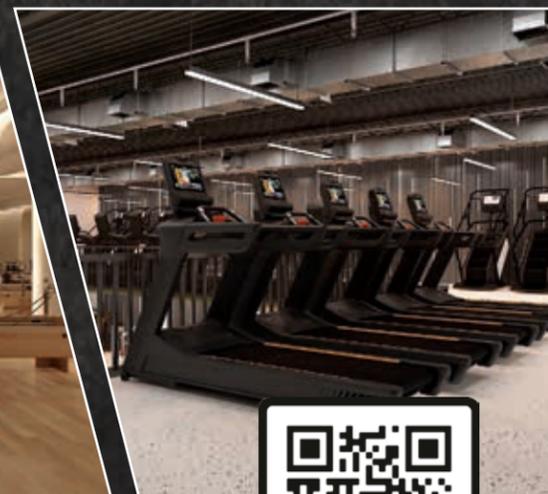
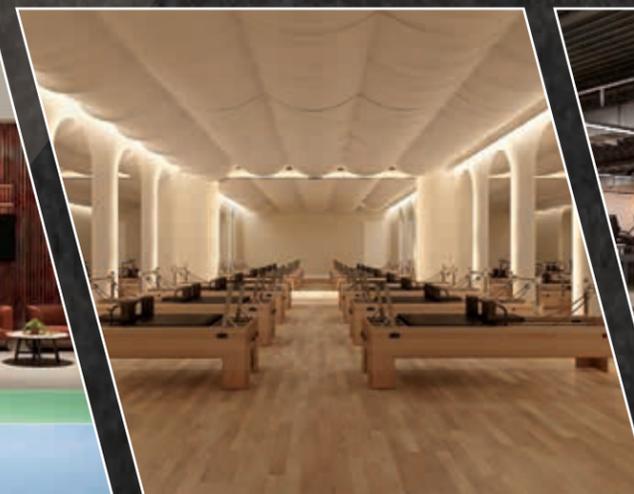
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SCAN ME



Living in a Boathouse

BY ELLIOT MALONE, ALPINE RESIDENT

New Yorkers have lived on houseboats since the 19th century, docking across several boroughs. Historically, houseboat dwellers were typically men who worked on barges in the Hudson River. Since the 1940s, houseboat inhabitants have mostly chosen to live aboard for pleasure. Boats offer cheap housing, good views, and privacy. In 1999, it was estimated to be several hundred houseboats in New York City.

With today's housing shortage, record-high home prices, and rising mortgage interest rates, buying a little slice of property can seem like an impossible goal to some.

There is a difference between houseboats and floating homes. Floating homes are placed on a permanent floating foundation, typically designed to resemble real houses, and are more spacious and expensive than houseboats. They generally range from \$300,000 to over a million dollars.

Houseboats generally look more boat like and have smaller living quarters, and they are much cheaper than a floating house. Today's houseboats also bring a new twist to just what you can do on a boat. Some offer hot tubs, and even fireplaces or fire pits. Conveniences like wine coolers and trash compactors are common. And there are big yacht-like houseboats with home theaters, integrated folding docks, and fully-equipped wet bars.

You can buy a simple, used houseboat for around \$60,000. The vessels are less maneuverable than regular boats, although

they are designed for mobility. So, if you tire of living in one area, it's anchors aweigh to another marina.

Keep in mind that houseboat tend to depreciate in value over time, whereas houses generally build equity. Plus, houseboats are technically considered personal property, not real estate.

Financing a houseboat is a little tricky, but not impossible. Houseboats are financed more like an RV or motorcycle with a loan from a local bank or credit union.

Living aboard a houseboat can be significantly less expensive than renting an apartment or living in a house.

However, there are still some monthly costs when considering your overall housing budget. The most money will go to the privilege of securing your houseboat to a dock or buoy. Monthly mooring fees vary depending on whether you lease or own the boat slip.

The main fixed costs associated with houseboats are: slip or dock rental fees, insurance, sales tax.

Houseboats are typically classified as vessels or boats and are not subject to property taxes. The caveat is that while the houseboat might not be considered real property, the structure it's attached to could be. Speaking of taxes, as long as a houseboat has cooking, sleeping, and bathroom facilities aboard, it qualifies for the usual second home mortgage deductions.

Some houseboat community slips are via a co-op or condo ownership, and if so, you'll pay homeowners association dues and personal property taxes for the houseboat and property taxes because you own the slip.

Living on a houseboat with a gorgeous waterfront view might seem fabulous, but what does daily life look like living in tight quarters? To find out, rent a houseboat for a week or

REAL ESTATE UPDATE

more to experience houseboat life before you embark on this unique residency.

Houseboats are very popular for vacation boat rentals. Many come with playtime perks like canoes and kayaks stowed on racks, ramps for personal watercraft, swim platforms with ladders, or even water slides going from the roof down into the lake. They're ideal for "coving," a laid-back adventure that consists of driving around a lake looking for a peaceful cove, anchoring up, and enjoying yourself for days at a time until you decide to pull anchor and find a new cove to hang out in.

Here are some recent sales in the area during January 2025 (from NJMLS):

ALPINE: 1 Sale
8 Stone Tower Drive \$11,100,000

CRESSKILL: 5 Sales ranging from \$655,000 to \$2,250,000
70 Prospect Avenue \$655,000
101 Heatherhill Road \$1,862,500
118 Eisenhower Drive \$2,250,000

DEMAREST: 5 Sales ranging from \$725,000 to \$3,872,500
96 Woodland Road \$725,000
12 Van Horn Street \$1,450,000
36 Forest Road \$3,872,500

ENGLEWOOD CLIFFS:

3 Sales ranging from \$1,200,000 to \$1,925,000
51 W Bayview Avenue \$1,200,000
144 Jenkins Drive \$1,688,888.00
141 Chestnut Street \$1,925,000

TENAFLY: 10 Sales ranging from \$680,000 to \$3,650,000

454 Tenafly Road \$680,000
14 Homestead Road \$2,900,000
35 Suffolk Lane \$3,650,000

UPPER SADDLE RIVER:

12 Sales ranging from \$890,000 to \$3,125,000
4 Fox Hill Road \$890,000
52 Hopper Farm Road \$2,500,000
8 W Slope Court \$3,125,000



Elliott Malone
Alpha Global Realty, LLC
Elliott Malone is an Alpine resident and runs a real estate research and marketing firm.

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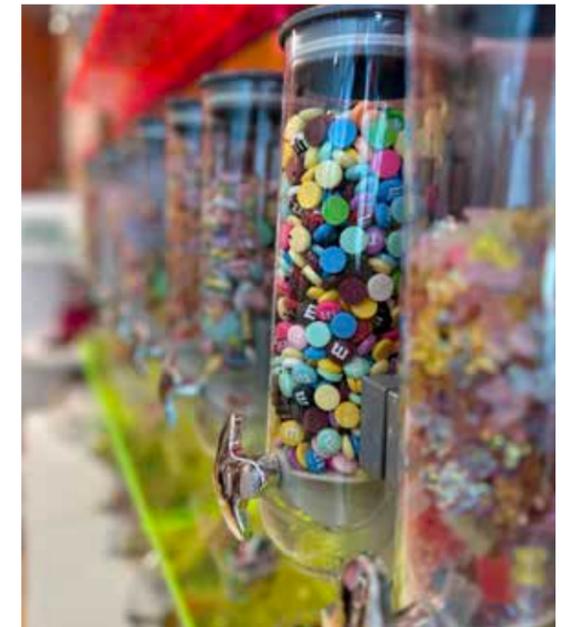
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SLIME TIME FUN AT THE SLIMEE

A creative adventure in Paramus!

WRITTEN BY VALERIE & SOFIA ARCINIEGAS, LIFETIME ALPINE RESIDENTS, ALPINE SCHOOL HONOR ROLL INDUCTEES, ADVENTURE LOVERS



Hey, neighbors and fellow slime lovers! It's Valerie and Sofia here reporting on our recent adventure to a world of Slimee fun! We love bringing you new and exciting places to visit in Bergen County with our exciting Alpine Kids Guide. We just had the most amazing day at The Slimee in Paramus, NJ, and we can't wait to tell you all about it! If you love squishy, gooey fun, this is the place for you!

As soon as we walked into The Slimee, we felt like we'd entered a colorful slime wonderland. The studio is super clean and bright, filled with all sorts of vibrant colors and fun decorations. It felt like a party right from

the start! The teachers were incredibly patient and friendly! They guided us through the entire slime-making process, making sure we understood everything while keeping the energy high.

We got to create tons of different slimes! From glittery to fluffy, and even scented ones, the options were endless. Each step was exciting, and we loved mixing colors, adding sparkles, charms and trying out different textures. It was awesome to see our creations come to life, and we couldn't stop smiling.

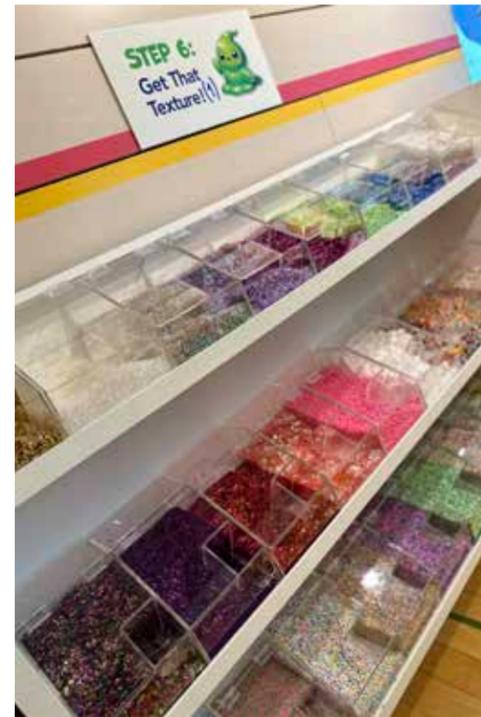
One of the best parts? There was no mess to clean up at home! Our parents were thrilled about that. They could relax, shop at the Garden State Plaza, or

grab a bite to eat while we had our slime-tastic adventure. And guess what? The Slimee is also a great spot for birthday parties, so we know where we want to celebrate next!

Oh, and did we mention it's open on Sundays? That means you can keep the weekend fun going!

We had an absolute blast at The Slimee and can't wait to go back for more slime-making fun. If you're looking for a creative and exciting adventure, gather your friends and head to The Slimee—you won't regret it!

Happy sliming!



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Natalie Perez, an Alpine Resident, bilingual (English & Spanish) speaker. Holds a BA in Psychology and a certification as a Montessori Early Childhood Educator. Happily married with two, young children and loves traveling.

lessons. If you, yourself, play or played an instrument, talk about your experience with your child! Join in on the learning experience and play together. Set time aside for “concerts” and family band-time. Record an album of your own!

MUSIC-STUDIES

Explore different genres of music – rock, classical, jazz, oldies or pop. Choose several artists from each genre to study: How did they come to become a musical professional? What instruments are evident in the songs? Label the parts of a song: chorus, bridge, verse, etc. Encourage your child to create their own music using instruments and lyrics. Talk about the feelings that are evoked when a certain song is played. Introduce the evolution of how different of how music has been and is played: record players, cassette players, cd players, iPods...

TUNES FOR DAYS

Include music throughout your daily routines. Whether it is awaking each morning, brushing teeth, in the car, while cooking or before bed, choose a tune that is appropriate for each activity. Create your OWN songs! This is a great method for children to expand their vocabulary, sentence structure, rhyming skills and creativity. Dancing is also a great way to incorporate movement and exercise throughout the day. Help your child develop their motor skills by setting time aside for dance parties, studying types of dances from around the world. Attend events where types of dances are performed and music is played!

CRAFTS WITH MUSIC

Music can be incorporated with craft-making. Play songs at different tempos and encourage your children to draw along to the beat. What does their final masterpiece look like? What is similar, the same or different about each drawing when matched to a specific beat? Choose songs with child-friendly lyrics where your child can draw out or act out what is being said. Create a musical-art portfolio where your child can go back and refer to past drawings.

Nat's Internet Insights

- Children and Music: Benefits of Music in Child Development <https://www.audioreputation.com/children-and-music-benefits-of-music-in-child-development/>
- *Why Making Music Matters: Music and Early Childhood Development* <https://www.carnegiehall.org/Blog/2016/01/Why-Making-Music-Matters-Music-and-Early-Childhood-Development>
- *The Best Musical Artists for Children Ages 2-4* <https://www.thoughtco.com/musical-artists-for-young-children-2103196>

Music to My Ears

The effect of music on children



Music is a universal art that brings people together. In every language and culture one can find tunes that evoke all sorts of emotions. Even in nature, one can find music: birds chirping, leaves rustling in the wind, whale calls to waves crashing along the seashore.

Children are inclined to enjoy all things musical – instruments, poems, songs and dances. Research shows that exposing children to music at an early age (even as early as in utero) develops concentration, rhythm, vocabulary and imagination. Let's explore ways in which caregivers and families can support children's love for music.

EXPLORING INSTRUMENTS

Keep a rotating basket of instruments (2-3) in your children's area of play. For example, you can begin with one bell, a set of rhythm sticks and a maraca. Talk about each instrument: the sound it creates, what features they notice, labeling specific parts and finding songs that include each instrument. Discuss the notation of music and how to read musical notes. After about a month or two of exploring those specific instruments, introduce a few others. If your child shows a heightened interest in one instrument, research how to enroll them in lessons, if possible. Otherwise, YouTube is a great resource for “free”

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LIGHTING IS EVERYTHING!

BY SAMI DUSSIN, ALPINE RESIDENT



Lighting is a crucial element in interior design, significantly influencing the ambiance, functionality, and aesthetics of a space. Beyond merely illuminating a room, lighting plays a vital role in shaping how a space feels and is perceived.

One of the primary functions of lighting is to enhance the functionality of a room. Proper lighting ensures that tasks are performed safely and efficiently. For instance, focused task lighting is essential in workspaces like kitchens, study areas, and offices. Meanwhile, ambient lighting creates a general illumination that allows for comfortable movement and usage of the space.

Aesthetically, lighting can transform a room appearance. The strategic placement of light sources can accentuate architectural features, highlight artwork, and create visual interest through shadows and contrast. Different types of lighting can add depth and dimension to a room. Additionally, the color temperature of light, ranging from warm to cool,



affects the mood of the space. Warm lighting often creates a cozy and inviting atmosphere, while cooler tones are better suited for focused tasks and modern designs.

Natural lighting is equally significant. Utilizing windows, skylights, and reflective surfaces maximizes natural light, enhancing the overall energy and warmth of a room. Natural light also impacts well-being, contributing to a healthier and more positive living environment.

In conclusion, lighting is not just a practical necessity but an integral component of design that influences both the look and feel of a space. By thoughtfully integrating various lighting elements, designers can create spaces that are not only beautiful but also functional and comfortable.

Xoxo,
Sami Dussin



Sami Dussin is an Alpine Resident trained in Architecture, Urban Design and Interior Design. Home is where our stories are written. Let's be creative!

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Eco-friendly Fashion Through Sustainable Practices



Hello, Fashion and Beauty Lovers!
Welcome to my Style Fashion file!

As the fashion industry evolves, the call for sustainability has never been louder. A new wave of conscious consumerism is taking shape. Designers, brands, and consumers alike are embracing sustainable practices, creating a rich tapestry of eco-friendly fashion that reflects both style and ethics. Here's a look into the trending colors, sourcing practices, and the top five trends shaping sustainable fashion in this dynamic region.

Trending Colors: Earthy Tones and Vibrant Hues

This season, sustainable fashion is seeing a palette that resonates with nature. Earthy tones—such as terracotta, olive green, and muted browns—are making a significant impact, symbolizing a deep connection to the environment. These colors not only evoke a sense of tranquility but also promote a more mindful approach to fashion choices.

Sources: Local and Ethical

The sourcing of materials has become a cornerstone of sustainable fashion. Many designers are prioritizing local and ethically sourced fabrics. Organic cotton, Tencel, and recycled polyester are popular choices, with many brands opting for materials that have a minimal environmental impact.



Away That Day

Top Five Trends in Sustainable Fashion

1. Upcycled Fashion

One of the most exciting trends is the rise of upcycled clothing. Designers are creatively transforming discarded garments into fresh, fashionable pieces. From reimagined denim to patchwork dresses, upcycling not only reduces waste but also showcases creativity and innovation.

2. Rental and Resale Market

The sharing economy has made its way into fashion, with rental services and resale platforms gaining traction. Brands like Rent the Runway and local thrift shops in our area are offering consumers stylish options without the commitment of ownership.

This trend promotes a circular economy, allowing clothes to have multiple lives.

3. Minimalist Designs

As consumers lean towards quality over quantity, minimalist designs are on the rise. Clean lines, versatile silhouettes, and timeless pieces are becoming staples in sustainable wardrobes. This trend encourages individuals to invest in fewer, high-quality items that can be mixed and matched for various occasions.

4. Eco-Friendly Accessories

Accessories are taking the sustainable route as well. From bags made of recycled materials to jewelry crafted from ethically sourced gemstones,

eco-friendly accessories are making a statement. Brands are focusing on sustainability without compromising on style, elevating any outfit with a conscious touch.

5. Transparency in Supply Chains

Consumers are increasingly demanding transparency from brands regarding their supply chains. Fashion labels that openly communicate their sourcing practices, labor conditions, and environmental impact are gaining consumer trust. Brands such as Everlane and Reformation are leading the way by providing detailed insights into their production processes.



CONTINUED →



Brother Vielles



Gabriela Hearst



Sezane



House of Marci



E.L.V. Denim

With trending colors that reflect the beauty of nature, innovative sourcing practices, and a commitment to conscious consumerism, fashion is embracing a stylish shift towards sustainability. As we navigate this landscape, one thing is clear: the future of fashion is not only about looking good but also about doing good. So neighbors, I hope that you enjoyed my Style File. Stay tuned for next month's issue where I will continue to share fun fashion trends and style tips.

Xoxo,
Vanessa Barrera
[@vanessabarci](#)
Fashion & Beauty Writer
Alpine Resident

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Flutter into Spring

This sustainable and stylish craft is a wonderful way to welcome spring while giving new life to old materials.

BY SHAUNA OSBORNE,
NATIONAL EDITOR

Spring is a time of renewal — a season that invites us to refresh our spaces and embrace creativity. This cheerful DIY project captures that energy, transforming simple materials into beautiful paper butterflies that flutter with charm. Strung together as a garland, these delicate creations add a whimsical, organic touch to any space, whether draped across a windowsill, woven through a tablescape or incorporated into spring celebrations. It's a fun, hands-on way to welcome the season — one that feels as fresh and joyful as the first warm breeze of April.

MATERIALS

- Colored or patterned paper (consider using recycled magazine pages for a sustainable twist)
- Scissors
- Butterfly stencil or template (optional)
- Twine, string or fishing line
- Glue or a hole punch

1

CREATE YOUR BUTTERFLIES

Choose a mix of spring-like hues — soft pastels, bold florals or fun patterns. Old magazines offer a great way to upcycle paper while adding interesting textures and colors. You can freehand your butterfly shapes or use a stencil for uniformity. For added dimension, fold the paper before cutting so each butterfly has a slight crease down the center.

2

GIVE THEM DIMENSION

For a soft, dimensional effect, layer two butterflies of the same size, securing them at the center while allowing the wings to lift naturally. If you're using repurposed magazine pages, mix and match contrasting prints for an effortlessly artful touch. Want to elevate the look even further? A few hand-drawn details with a fine-tip pen or colored pencil can add just the right touch.

3

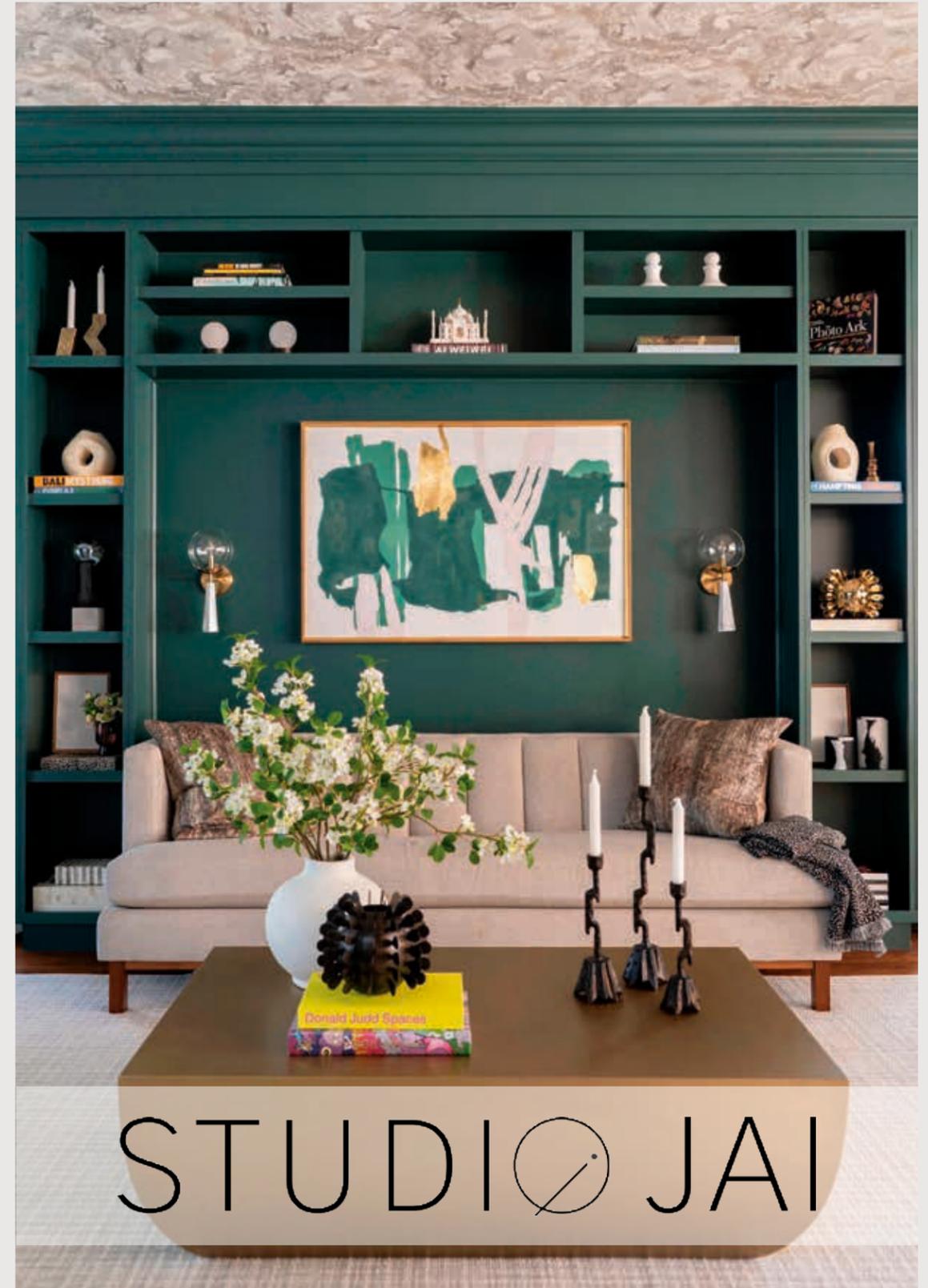
WEAVE THE GARLAND

If using glue, affix each butterfly to a length of twine, spacing them evenly for a balanced, airy effect. For a more delicate look, punch a small hole at the top of each one and thread them onto string — allowing them to shift and flutter with the slightest breeze.

4

BRING SPRING INDOORS

Let your garland find its perfect place — draped along a mantel, cascading across a doorway or swaying gently in the breeze at a garden party. The interplay of colors and textures, especially when using repurposed pages, ensures that no two are exactly alike, making each strand a miniature work of art.



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OUTDOOR SPACES



Backyard Bliss Starts Here

With just a little effort, your patio furniture will be ready for long afternoons and warm evenings ahead — no winter wear and tear in sight.

BY SHAUNA OSBORNE, NATIONAL EDITOR

AFTER A LONG WINTER, your outdoor furniture is ready to return to the spotlight. Whether pieces have weathered a snowy winter, endured long, rainy months or simply gathered dust and pollen, a little care now will keep it looking its best all summer. Here's how to clean, restore and protect your furniture for a season of alfresco enjoyment.

Freshen up

Dirt, pollen and mildew can accumulate over time, even in mild climates. Use soap and warm water for most materials, scrubbing with a soft brush or cloth. For tougher grime on plastic or metal, add a splash of white vinegar. Always check manufacturer recommendations before using harsher cleaners, especially on treated wood or painted surfaces.

Woodcare

Wood furniture benefits from light sanding to smooth rough spots and remove surface imperfections, followed by a fresh coat of sealant or outdoor-safe paint. Inspect the furniture carefully for any splits or cracks, and fill them with wood filler or epoxy resin designed for outdoor use. Additionally, check for any loose joints, as these can cause instability over time.

Wicker TLC

For wicker furniture, start by vacuuming out dust and debris. Then, wipe down the crevices with a damp cloth to maintain the piece's appearance and prevent buildup in the intricate weave.

Rust prevention

Metal furniture is prone to rust, especially in humid or coastal areas. Inspect pieces and apply a rust-

resistant primer and paint. To prevent future corrosion, use a protective sealant and store pieces in a covered area when possible.

Cushion revival

Outdoor cushions can fade or develop mildew, whether exposed to the elements or tucked away in storage. Wash removable covers, spot-clean them with a gentle detergent or replace them with weather-resistant options in fresh colors to update your space instantly.

Protect and preserve

Once everything is clean and refreshed, simple protective measures will help maintain your efforts. Use furniture covers when not in use, store cushions in a deck box, or apply UV-protectant spray to prevent fading. Small steps will extend the life of your furniture, no matter where you live.

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