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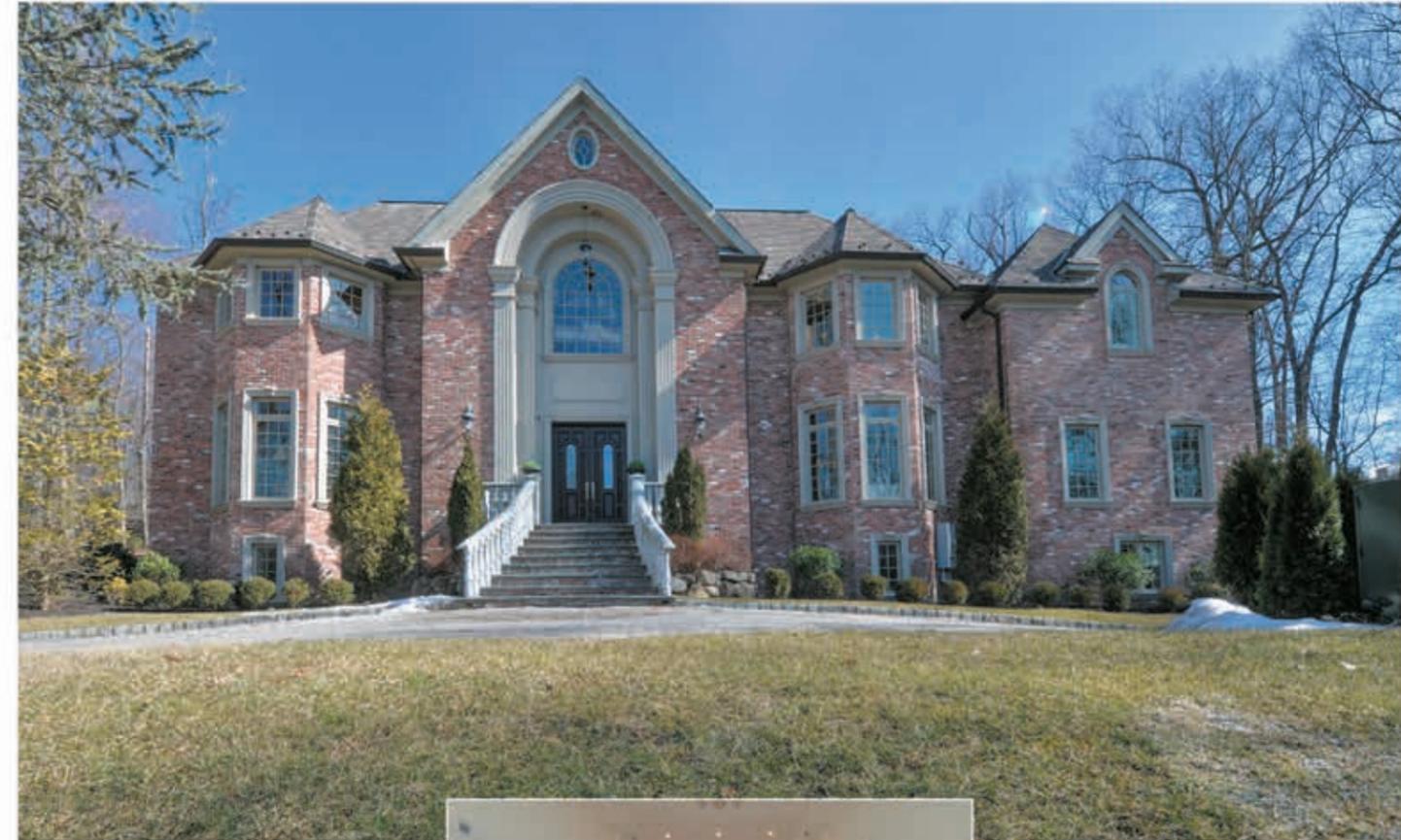
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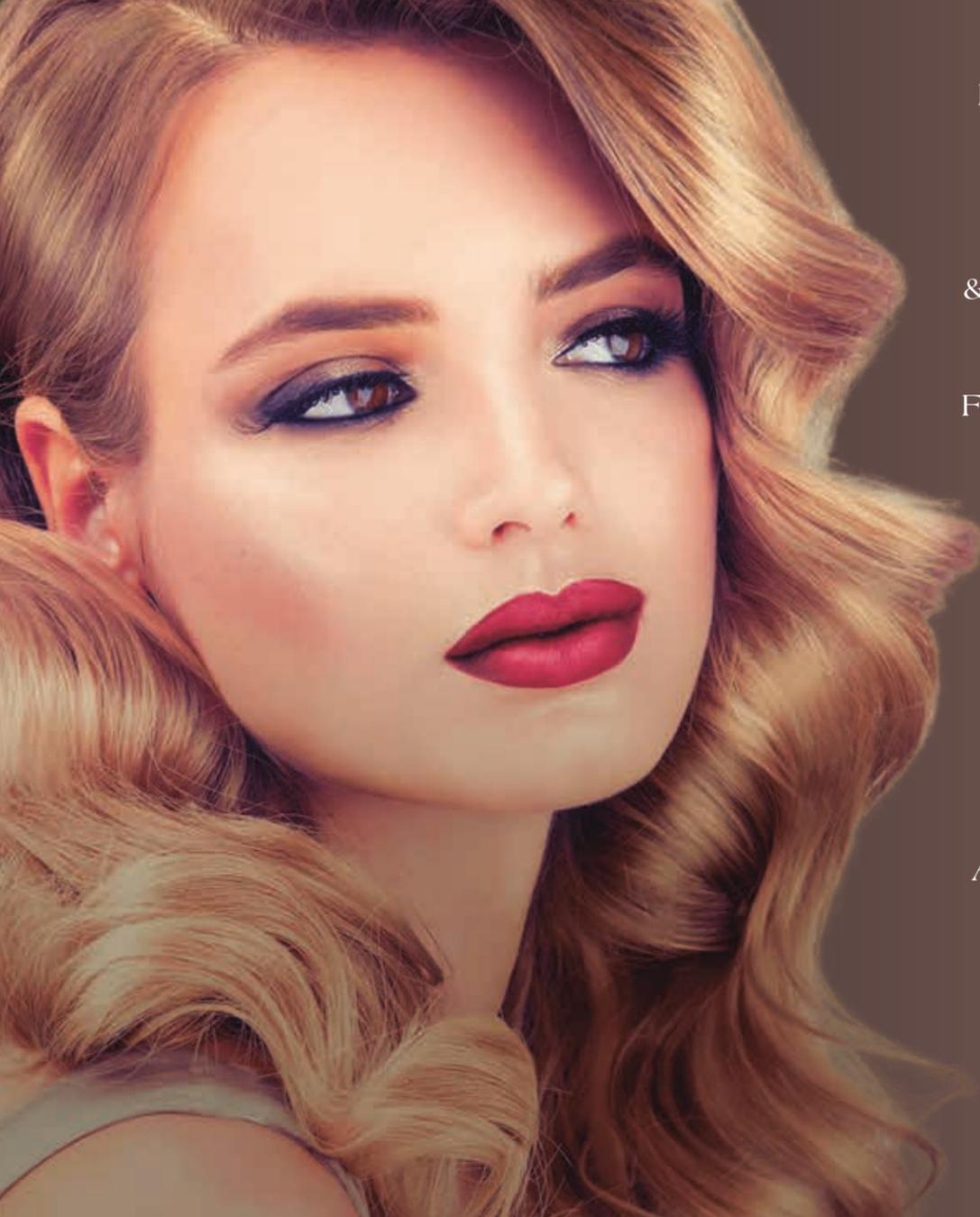
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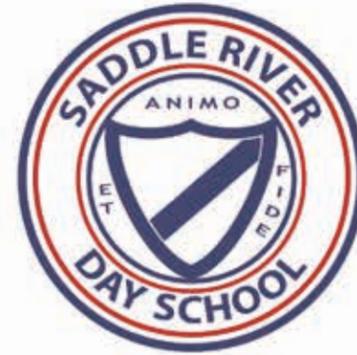


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The private library, richly paneled with custom built-ins, offers a serene retreat, while the upper-level primary suite is a sanctuary of vaulted ceilings, a luxurious bath, and four custom closets. The lower level evokes a country club ambiance, featuring a professional wet bar, wine cellar, theater, and additional fireplace for elevated entertaining.

Surrounded by beautifully landscaped grounds and expansive patios, this estate offers a refined lifestyle for the discerning buyer. Discover the pinnacle of luxury living in Saddle River.



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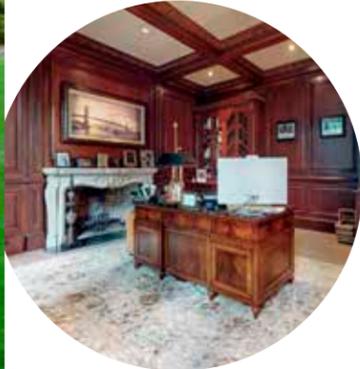
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Upon entering the grand, two-story marble foyer, your gaze is immediately drawn to the breathtaking curved staircase, a masterpiece of architectural artistry. A graceful balcony overlooks the soaring two-story great room, creating an atmosphere of unparalleled grandeur. The meticulously curated palette of paint, cabinetry, and flooring throughout the social spaces reflects a discerning eye for design, ensuring an ambiance of sophisticated hospitality.

The formal living room and dining room provide elegant settings for refined gatherings, while the magnificent chef's kitchen, featuring a quartz island and professional-grade Hestan appliances, inspires culinary excellence. Exquisite molding and custom built-ins grace every corner, showcasing the home's impeccable craftsmanship. A guest bedroom, full

bath, and laundry room complete the first floor, offering both convenience and comfort.

Ascend the grand staircase to discover the opulent primary suite, a private sanctuary of unparalleled luxury. This extravagant retreat boasts a spa-like en-suite bath, dual walk-in closets, and a serene sitting room. Four additional en-suite bedrooms provide luxurious accommodations for family and guests. A secondary staircase leads to the newly finished lower level, a haven of leisure and recreation. Here, a den, full bath, golf practice range, gym, and ample storage space cater to every imaginable need.

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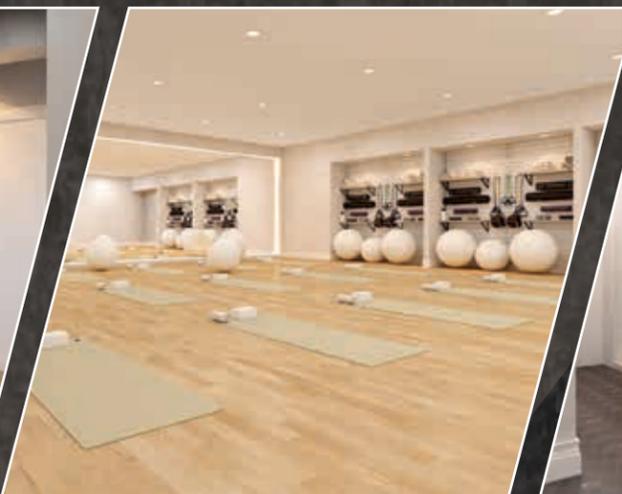
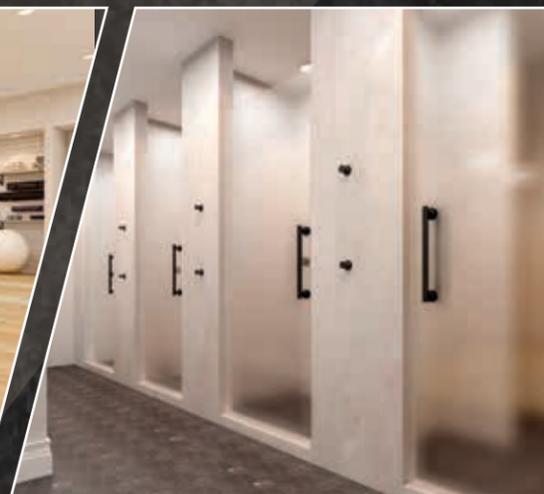
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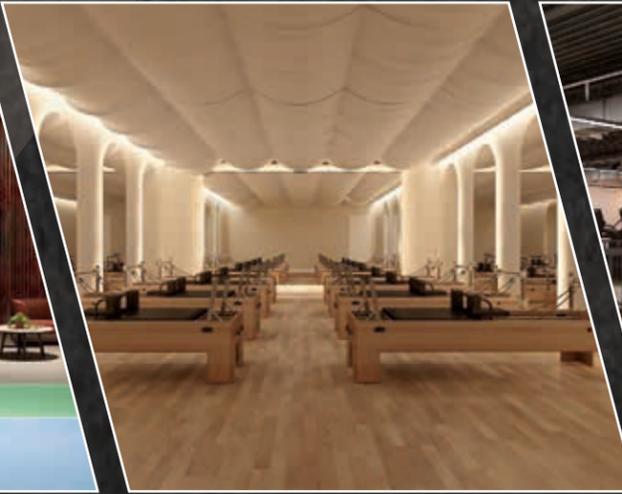

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SCAN ME

Saddle River Proudly Celebrated The Ramadan Event!

Over 100 people of all religions attended the event, and they made it so special and festive!

SUBMITTED BY RAVI SACHDEV, SADDLE RIVER RESIDENT, PR VOLUNTEER AS PRIVATE CITIZEN



Mayor Al Kurpis and councilman Ravi Sachdev were in attendance from the Mayor and Council along with members of the town staff, the Police Department, the Fire Department and the Board of Education!

Ramadan is observed by Muslims worldwide as an act of worship and a form of spiritual purification through charity and good deeds. Ramadan ends after 29 or 30 days, depending on the moon. The start of Ramadan depends on the lunar cycle; it starts with the sighting of the young moon and ends with a new moon.

The event was blessed by Imam Bayram Mulic from Saddle River, Imam Ali Tos, visiting guest from Turkey, and Imam Ammar Charaf from Midland Park Mosque.

Imam Mulic said, "This was a great event! Saddle River is the best town with the best Mayor, Best Council, and wonderful people, and we are so happy to live here."

Mayor Kurpis said, "We are very happy to see all religions coming together in harmony in Saddle River, and that is a great feeling," he sent his best wishes to the Muslim community and everyone!

CONTINUED →



Mayor Kurpis also stated, "We have created a Multicultural Committee chaired by Councilman Ravi Sachdev, whose objective will be to celebrate various cultures in Saddle River and bring all communities together!"

This event would not have been possible without the tireless help from Saddle River Muslim Community members - Ms. Nabihah Ajazi, Ms. Yasmin Elshami, Ms. Shahala Khan, Dr. Uzma Parvez, and Dr. Yasmeen Sultana who worked very hard with Saddle River staff and DPW to make this a very successful event!

People loved the food and very cordial environment!

Great job overall! Happy Ramadan!

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Saddle River Staff Luncheon December 2024!

The Saddle River mayor and council hosted a holiday luncheon honoring the Saddle River staff who work very hard to make the town run smoothly!

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MIKE RANDY & His Beautiful Granddaughter ZOE



Saddle River Council Swearing In!

Swearing in of councilman Chris DiGirolamo and Jeff Liva by mayor Al Kurpis! Heartiest congratulations!

SUBMITTED BY RAVI SACHDEV, SADDLE RIVER RESIDENT, PR VOLUNTEER AS PRIVATE CITIZEN



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Saddle River Fire Department Award Ceremony!

Congratulations to all the award winners!

SUBMITTED BY RAVI SACHDEV, SADDLE RIVER RESIDENT, PR VOLUNTEER AS PRIVATE CITIZEN

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Saddle River mayor, council, and staff attend the ceremony!



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Robert G. Lahita MD, PhD, FACP, MACR, FRCP, Director of St. Joseph's Institute for Autoimmune and Rheumatic Diseases, Professor of Medicine at Hackensack Meridian School of Medicine. Clinical Professor of Medicine, Rutgers, New Jersey Medical School, and Saddle River Resident. r.lahita@att.net, phone: 973 754 4175

- **Environmental Control:** Keep windows closed during high pollen days, use air purifiers, and regularly clean your living space to reduce allergens. Your air conditioner builds up many allergens during the winter. When you turn it on for the first time, you might smell a funky odor, which could mean that you have mold growing in the unit.

Springtime Colds

The transition from winter to spring can leave many vulnerable to colds. Remember, cold weather does not produce colds, but colds are from viruses that are transmitted from person to person. Let me share some tips to boost your immune system and prevent colds:

- **STAY HYDRATED:** Drinking plenty of water helps maintain your body's natural defenses. Plan to drink 3-4 liters of water per day.
- **REST AND SLEEP:** Ensure you get enough sleep to allow your body to recover and function at its peak. I recommend 6-7 hours of sleep on a workday and more on the weekend.
- **NUTRITION:** Eat a balanced diet rich in fruits, vegetables, and whole grains to support your immune system.
- **EXERCISE:** Regular physical activity enhances overall health and immune function. With warmer weather, it is good to walk a mile each day, or if you consider yourself fit, run at least three miles per day. You don't have to do it daily, but you can stagger it every two to three days if you do not believe that you have the initial stamina to do this. Try to begin by running a mile and then extend the distance.

ASK DR. BOB: Q&A

I had my hip replaced and was told to take Vitamin D to build bone and aid healing. Is this true?

The existing guidelines on the use of Vitamin D do not address the benefits of taking it to improve outcomes after surgery. The USA annually has 549,000 hip replacements and 790,000 knee replacements. That's a lot of artificial joints. By 2060, the aging population will increase these numbers to millions.

Vitamin D helps the body absorb calcium, which strengthens bones and may reduce inflammation. Both are important in the recovery period.

There is something called peri prosthetic fractures above or below the implant for which vitamin D status could be significant. This is crucial for those people who have osteoporosis. People who are elderly and not in terrific shape are also subject to falls, which can increase the complication rate post implantation. Anyone older than 70 years of age who is undergoing joint

replacement must have a bone mineral density test (BMD) before surgery (if they have not had one in the past 2 years).

I am a woman 60 years of age and well past my menopause. Should I have a bone density study?

Yes, you should. The lowering of estrogen or female hormone levels risks softening your bones or causing them to lose calcium and matrix. A BMD is easy and only takes a few minutes to complete. Your doctor will then have a readout about whether you have osteopenia (a reduction in bone density) or osteoporosis (a condition in which you have lost bone faster than your ability to make new bones). It is important to treat these abnormalities before you suffer a fracture.

Does osteoporosis occur in men as well?

Yes. As a man, ages, genetics, and lifestyle choices can cause him to lose bone. A man or woman can lose bone if they are have been on medications like cortisone. Some families have a predisposition to bone loss from an early age, and the doctor should be told about this propensity during a physical.

How do we treat osteoporosis?

Treatments for osteoporosis in both men and women usually involve a combination of lifestyle changes, medications, and sometimes hormone replacement therapy. Doctors frequently recommend calcium and vitamin D supplements to ensure the

body has nutrients for bone health. Weight-bearing exercises, such as walking, jogging, or resistance training, can help to strengthen bones and improve overall fitness.

Medications like bisphosphonate (alendronate, risedronate) are frequently used to slow bone loss and increase bone density. Doctors sometimes prescribe hormone replacement therapy to women to counteract reduced estrogen levels. For men with bone loss related to low testosterone, doctors might prescribe testosterone therapy. Newer medications like Prolia and teriparatide can be considered for those with severe osteoporosis or those who cannot tolerate other treatments.

It's crucial for individuals with osteoporosis to avoid smoking and excessive alcohol consumption, as these habits can exacerbate bone loss. Regular monitoring and follow-up with a healthcare provider are essential to assess treatment efficacy and make necessary adjustments.

Please remember to look at my new video podcast: www.healthfrontierspod.com
The podcast is for patients only.



Your Monthly Health & Wellness Advisor

INTRODUCTION

Welcome to the April issue of Ask Dr. Bob! Spring is in full bloom, and with it comes a renewal of energy and vitality. This month, we embark on a journey to explore various facets of health and wellness, providing you with insights, tips, and advice to help you lead a balanced and fulfilling life.

TOP HEALTH CONCERNS IN APRIL

As the seasons change, so do our health needs. In April, common health concerns include allergies, springtime colds, and the importance of maintaining an active lifestyle. Dr. Bob addresses these issues with practical solutions and preventive measures.

Allergy Management

Spring is synonymous with blooming flowers and heightened allergy symptoms for many. Dr. Bob offers advice on how to manage allergies effectively:

- **Identify Your Triggers:** Knowing what causes your allergies is the first step in managing them. Common triggers include pollen, mold, and dust mites.
- **Medication:** Over-the-counter antihistamines and nasal sprays can provide relief. For severe allergies, consult your doctor for prescription options. There are,any over-the-counter medications that are used by some patients daily.



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TURNING DOWN THE VOLUME ON TINNITUS

A smarter approach to relief

BY DR. ANN MARIE OLSON, OWNER AND AUDIOLOGIST AT SOPHISTICATED HEARING – RIDGEWOOD, NJ, AND SADDLE RIVER RESIDENT

Tinnitus, often described as ringing or buzzing in the ears, affects millions of people worldwide. It is a complex condition that varies greatly in how it affects individuals. While some patients experience minor annoyance, others struggle with significant distress that impacts their emotional well-being, concentration, and daily activities. Often these individuals are told nothing can be done about the phantom noise in their ears and they will have to learn to live with it. However, that does not have to be the final answer for those who suffer with tinnitus.

Audiologists play a crucial role in assessing and addressing the impact of tinnitus on a person's life. Certain audiologists specialize in tinnitus and can be one of the frontline providers in tinnitus management. Specialized testing is available to measure the pitch and loudness of a person's tinnitus. Another effective tool to aid in the management of tinnitus is the Tinnitus Handicap Inventory (THI), a standardized questionnaire that helps quantify the severity of tinnitus-related distress.



While tinnitus itself is often subjective and difficult to measure, the THI allows audiologists to gain structured insight into how a patient is affected. It helps determine the emotional, functional, and psychological burden of tinnitus, guiding the development of an individualized treatment plan.

HOW THE THI HELPS IN CLINICAL PRACTICE

1. Assessing the Severity of Tinnitus Distress

The THI provides audiologists with an objective measure of a patient's reaction to tinnitus, rather than just the perception of the sound itself. By reviewing responses, audiologists can distinguish between mild cases, which may require simple reassurance and education, and severe cases, which may necessitate a more structured intervention.

2. Guiding Counseling and Patient Education

Many patients fear that tinnitus is a sign of an underlying serious condition or that it will worsen over time. By using the THI, audiologists can pinpoint specific concerns and address them through targeted counseling and sound therapy recommendations.

3. Monitoring Treatment Effectiveness

Audiologists can administer the THI at different points in treatment to track progress. A reduction in THI scores over time indicates that management strategies, such as hearing aids with sound therapy or cognitive-behavioral techniques, are helping.

4. Facilitating Interdisciplinary Care

Some tinnitus patients, particularly those with high catastrophic reactions on the THI, may require collaboration with other healthcare providers, such as mental health professionals.

A tinnitus management program that utilizes multiple assessments including the Tinnitus Handicap Inventory is vital to improving the quality of life for those who suffer from tinnitus.

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will be at the new pot that I found? Did I buy those cherry tomatoes last time I was here? It is fun and frustrating all at the same time. But yet, come fall, oh so rewarding.

April is also that time of year when we start to venture to the outdoor living spaces of our homes again. Some of us need to take inventory to the toll that winter has put on these spaces before they are utilized again, it was very windy there for a while! Spring is also a great time to clean out the grill/smoker, set up the fire pit area again, and come up with a plan for the space for the upcoming season.

We love this transition season and all that it represents. For me, it is a hoodie with shorts kind of season, and I am all here for it. For my daughter, it is all about discovery and exploring. This time of year presents so many new beginnings and for her, the world is exploding with color and excitement.

We venture outside a bit more often this time of year and that mean that we return to the grill a bit more often for some meal. I am going to share one of my favorites that bridges the gaps from indoor cooking to grilling with my Chicken Thigh Icebergs (the float halfway in liquid with their crispy skins floating on top).

Happy Spring Saddle River!



Gardening & Outdoor Living

Are n't the budding of plants, flowers, and trees invigorating? It is as if the Earth has woken up in a hurry to recolor its naked landscape. The bare woods are filling in, the hedges are coming back, and the spring daffodils and forsythias are alerting the rest of the garden to wake up! Although there are gloomy and rainy days peppered in, isn't it nice to be in the middle of the spring season?

We enjoyed (some of us) a very cold and somewhat snowy winter. But that time has passed, and it is on to greener pastures, literally. It is so nice to have the sun setting so late, the plants and trees waking up from their winter naps and watching nature reset herself for the upcoming growing season.

Speaking of growing, are you planning a vegetable, herb, or flower garden this year? If so, it's high time to get planning and planting if you haven't already. For a green thumb, there are no more paralyzing questions than those pondered in front of the seeds and/or seedlings at the local nursery. What variety do I plant this year? How much sun





CHICKEN THIGH ICEBERGS

INGREDIENTS

- 4 Bone-In Skin on Chicken Thighs
- 1 tsp salt
- ½ tsp pepper
- 1 28oz Can Crushed tomatoes
- 1 tsp dried oregano
- 1 medium onion Diced
- 1 C chicken stock
- ½ C dry white wine

DIRECTIONS

Season Chicken in salt and pepper and let marinate for ½ hr. Preheat grill to medium heat. Preheat oven or toaster over to 350F. Sauté onions in oil until clear add oregano then deglaze with wine and place into a rectangular glass baking dish. Cover with tomatoes and stock. At the same time cook the chicken skin side down on a hot grill using a bit of oil to spray or rub on the grates to keep the skin from sticking. The skin will pull off easier once the fat has rendered a bit, do not try to touch it too soon! Once you have a nice golden crispy skin, float the chicken in the tomato bath and bake about 20 minutes or until the chicken reads 155F internal. Allow to cool slightly and enjoy over rice, potatoes, or even pasta.



Paul "Paulie" Valetutti is a girl dad, husband, chef and Saddle River resident. A Bosco and Rutgers Alumnus, he grew up in Mahwah and has cooked professionally in Arizona, New York, France, and Italy. He and his family love to travel, ski, and of course, eat! He is very passionate about the experiences available in life.



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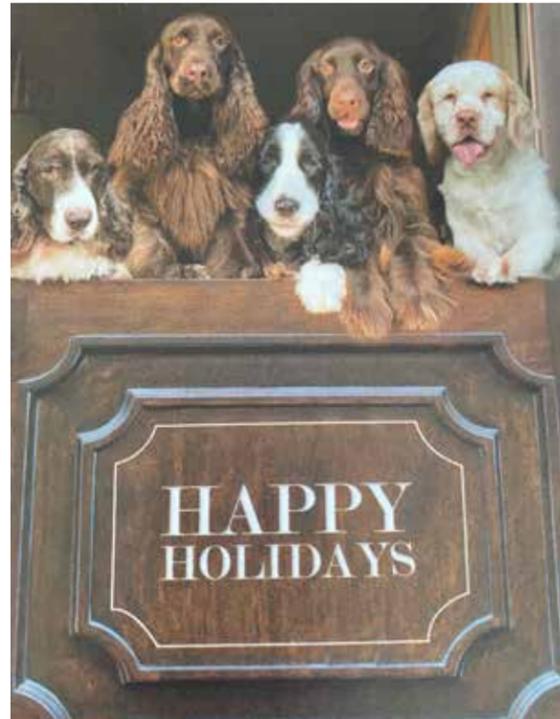
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Meet Lucy, Ruby, Tucker & Cooper

SUBMITTED BY DIANE ALECCI, SADDLE RIVER RESIDENT



WE HAVE FOUR DOGS, two clumber spaniels, and two field spaniels. The field spaniels are chocolate brown, and the Clumbers are white with tan spots. The clumber spaniels are boys Tucker who is 10 years old and Cooper who is nine years old. The field spaniels are girls Lucy who is 15 and Ruby, who is 12.

I have had dogs all my life since I was a toddler myself. Hard to think I would ever not have a dog. No specific reason how we pick the names just like the names and felt they fit with the dogs. My

husband walks all four dogs every day mostly in the morning for 2 miles.

Every year our holiday card is a theme with the dogs. I come up with a theme and buy the props that I need. One year they were in a bathtub that I bought online through a site where people sell things and returned it to her after two days so she could resell it. I just needed it for two days for the photo. I also brought a firetruck when they were dressed up as fireman and then donated the truck to the fire department so they could use it

for their children's park. When they were on snowboards, I called the ski barn in Paramus and they were nice enough to let me pick out two snowboards to use for three days and then return it to them and all they asked for was one of the holiday cards when they were done. I have a list of about 125 people for the holiday card of the dogs and if I don't get it out early enough, I start getting emails and texts asking "Where is my card?" Where I've gotten my nails done for 15 years, they call me the four dog mom and

“

I have a list of about 125 people for the holiday card of the dogs and if I don't get it out early enough, I start getting emails and texts asking "Where is my card?"



they post the dog card in the nail shop. They tell me everybody waits every year for the card to come out.

Tucker is our reluctant walker every morning when it's time to go for a walk he goes back to bed and we have to coax him to get out the door. Lucy years ago fell down in an open septic tank. We thought we lost her. Long story, but luckily, we were able to get a narrow ladder in there, and my husband actually went down and brought her out. She also somehow got herself halfway through a wrought iron fence where her body was half in our yard and half our neighbors. Had to get someone with crowbar to pry open the fence to get her out so she didn't break her ribs.



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Is 2025 The Time to Buy or Sell?

BY TERRIE O'CONNOR, SADDLE RIVER RESIDENT

Unlike the past few years, the 2025 housing market seems to be shaping up as a year of more stable mortgage rates, increasing housing inventory, and modest home price appreciation. This may be your year to get into the market, whether you are a buyer, a seller...or both!

FOR BUYERS:

• **Mortgage Rates:** Rates are anticipated to stabilize, potentially decreasing slightly but will not experience the great fluctuations of past years. Realtor.com predicts an average rate of 6.3% for a 30-year fixed mortgage in 2025, though always staying in the 6-7% range. This is a rate that economists across the country say we will most likely see over the next few years...the 3-4% rates are a thing of the past.

While this may seem difficult to accept at first, it is important to note that the historical average interest rate over the last 50 years has been around 7-8%. The good news is that you can pre-qualify for a mortgage at a particular rate as you start your home search and be pretty confident that rate will not change drastically by the time you make an offer on a property.

• **Housing Inventory:** Realtor.com has predicted a 11.7% increase in existing home inventory while the National Association of Realtors predicts a 9% increase this year. While these are national numbers and we do not foresee inventory

increases at this rate in northern New Jersey, we have been seeing much more inventory as the spring market unfolds than in recent years. Buyers now have more options.

• **Home Prices:** While real estate economists across the board do not see home prices going down in the next few years, they do agree that there will be much more modest appreciation in 2025 of 2-4% than we have seen since 2020. This appreciation is actually less than in the more stable years pre-pandemic when average appreciation between 2010 and 2019 saw an overall increase of 7.3%.

Overall, remember to assess your personal financial readiness before jumping into the market. Your financial situation must be stable with secure income, good credit and sufficient savings for a down payment and closing costs. If you are confident in your finances yet you have been waiting to purchase, this may be your year. Home prices are most likely only going to continue to increase over time. Wouldn't it be smarter to invest when there is a bit more inventory to pick from and start enjoying your new home now while it continues to appreciate in value for you?

FOR SELLERS:

• **Market Activity:** The combination of stable mortgage rates and increased inventory may lead to a more balanced market as the

year progresses and we head into 2026, potentially resulting in longer listing times compared to the rapid sales seen in prior years. Getting in the market ahead of this could help you get the price you want with the timing that works for you.

• **Price Growth:** While home values are projected to increase, the rate of appreciation is expected to be a much more modest rate of 2-4%. This may influence pricing strategies going forward. If you have been sitting on the fence about selling because of the huge year-over-year appreciation you could benefit from, it is more than likely those numbers are now a thing of the past. Now may be the time to cash in on all that equity you have built.

In addition, certain counties, such as Essex and Union, have been identified as vulnerable to housing market instability due to factors like increased foreclosures and rising unemployment rates. Watch your local market carefully to be sure you stay ahead of any potential local downturns.

• **Economic Factors:** Broader economic conditions, including employment rates and potential policy changes, could impact the housing market dynamics later in the year and carry over into the immediate upcoming years.

For buyers, 2025 may offer improved opportunities due to increased inventory and stabilizing mortgage rates. While sellers can still anticipate modest price appreciation in 2025,

now is the time to review your plans. If a move is something you have been considering, now may be the time to move forward and take advantage of the great appreciation you have accumulated over the past few years while there is still great demand for properties. It is essential for both buyers and sellers to stay informed about local market conditions and be prepared to adapt their strategies accordingly.



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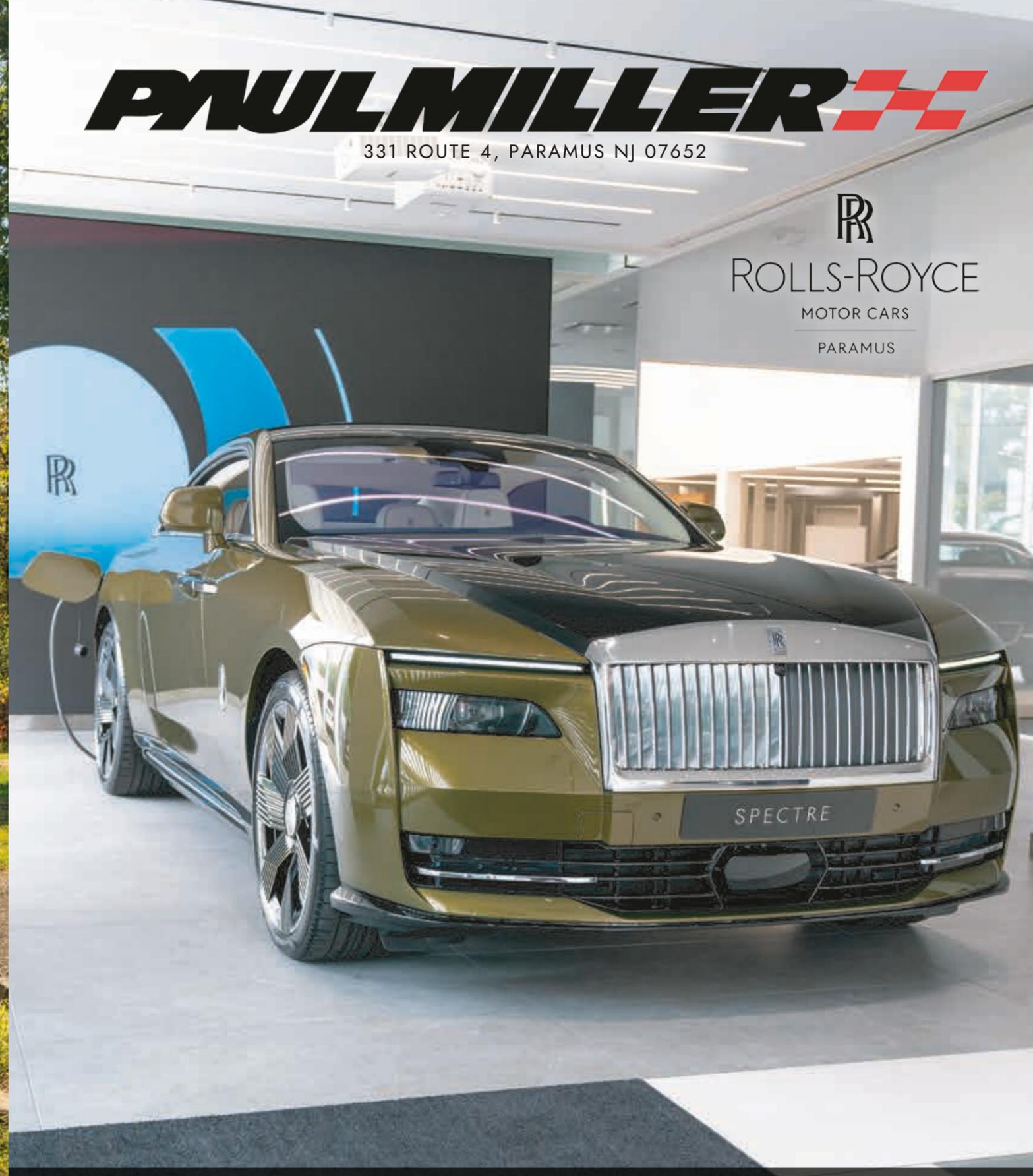
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Wandell School News

BY RICHARD FREEDMAN, WANDELL SCHOOL INTERIM SUPERINTENDENT/PRINCIPAL

Dear Saddle River School District Parents/Guardians and Community Members,

Wandell School is in the first year of implementing our new PreK-5 Social Emotional Learning program called Silas. Silas is a New Jersey based company that is able to use themes that help our young learners become thoughtful citizens for tomorrow.

Below are some of the monthly themes that are included with the Silas program.

- Self-Awareness
- Trustworthiness
- Self-Regulation
- Honesty
- Respect

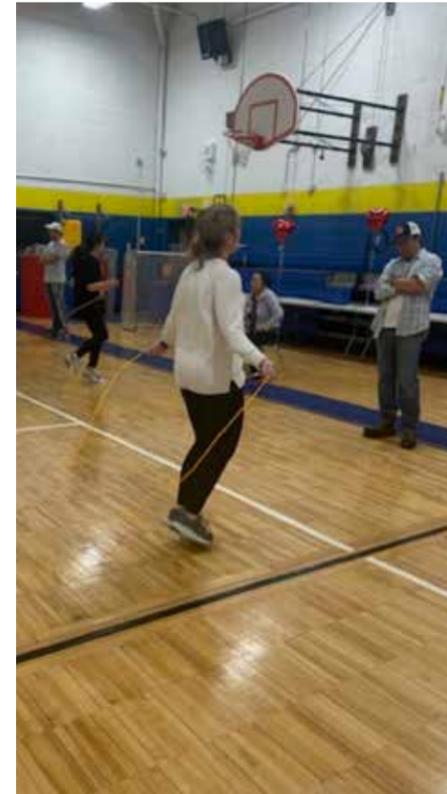
Saddle River Supervisor of Special Education and School Psychologist, Mrs. Leslie Boel, stated “having a school wide Social Emotional Learning Program is an asset to our school community. Our students are engaged in monthly themes like Respect, Gratitude, Kindness, Perseverance and Empathy, which are all essential competencies and this enhances our school climate.” Additionally, our Peer Leader Coordinators, Dr. Penna and Ms. Budds have created a monthly “gathering” time where the entire school community meets to discuss a Silas theme. Peer Leaders are fifth graders who have been selected to be leaders among the student body and they focus their time on

assisting younger students during recess, lunch, and in their classes. This is a great way for our older Wandell students to give back to the younger students and ensure that the “Wandell Way” has continuity. Wandell School has expanded our SEL programs to include spirit weeks of kindness, anonymous post-it notes on classroom doors when you see someone being kind to others, and our fourth annual Family Well Being Night that will be held on April 10th. Wandell School continues to pioneer our SEL initiatives to support our students, parents, and staff in every way possible.

As always, for the latest information, I encourage you to visit our website and check our active calendar for the most updated events. www.wandellschool.org.

All the Best,

Richard Freedman
Interim Superintendent/
Principal
Wandell School
Saddle River
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Client: Done Neatly
Size: 1/4
Location: Standard

Client: Valet King
Size: Full
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SADDLE RIVER DAY SCHOOL BREAKS GROUND

THE NEW DR. KRISTEN WALSH HALL OF SCIENCE AND ENTREPRENEURSHIP

GROUNDBREAKING
PHOTOS BY
AMBASSADOR
STUDIOS



Saddle River Day School proudly announces the groundbreaking of the *Dr. Kristen Walsh Hall of Science and Entrepreneurship*, a 33,000 square foot state-of-the-art facility providing 21st-century spaces and learning tools to support innovative new programming and an expanding curriculum. The ceremony, held on February 28th, marks a significant milestone in the school's commitment to educational excellence and student success.

The new Hall of Science and Entrepreneurship will serve as a hub for Upper School students, with cutting-edge science labs, collaborative workspaces, AI-driven educational environments, and specialty learning spaces. Designed to foster innovation, entrepreneurship and hands-on learning, the facility aligns with the school's vision of transforming the campus of today to build the leaders of tomorrow. The event also celebrated the generosity of donors who made this transformative project possible through the school's *Building the Future* capital campaign.

Head of School Jalaj Desai opened the ceremony with heartfelt gratitude to Saddle River Day's supporters, especially the Walsh family, saying: "This is not just a building; it is the beginning of something extraordinary. To the Walsh family, we extend our deepest appreciation. Your passion for education and commitment to empowering the next generation are truly inspiring. This hall will bear your name, but more importantly, it will reflect your spirit and unwavering belief that every child should have the opportunity to explore, grow, and achieve greatness."

CONTINUED →



Aidan Walsh
Graphic Arts Studio





OUR GREATEST WISH IS THAT EACH STUDENT WHO STUDIES HERE FEELS EMPOWERED TO CHASE THEIR DREAMS, OVERCOME CHALLENGES, AND MAKE A MEANINGFUL IMPACT ON THE WORLD.”

—FRANCIS J. WALSH IV



The Walsh Family



Dr. Kristen Walsh’s husband, Francis J. Walsh III, was joined by their son Francis J. Walsh IV, who added: “Education has always been at the heart of our family’s mission. We firmly believe that knowledge is the foundation of opportunity, and opportunity is what allows young minds to dream, innovate, and shape a better future. This school is more than just a new building; it is a symbol of hope, learning, and the boundless potential of every student who walks through its doors. Our greatest wish is that each student who studies here feels empowered to chase their dreams, overcome challenges, and make a meaningful impact on the world.” Saddle River’s Mayor, Albert Kurpis, spoke of the “symbiotic partnership between the school and the Saddle River community” and the “lasting impact that the school would have for years to come.” Building and Grounds Committee Chair and Trustee Bryan Hekemian ‘83 expressed his gratitude for the impact the school had on his life when he attended. Finally, SRDS Board President Weston Powell issued a call to action for the future sustainability and growth of SRDS as an “exceptional institution.”

The Dr. Kristen Walsh Hall of Science and Entrepreneurship is expected to open in the Fall of 2026, and will play a pivotal role in shaping the future of Saddle River Day School as it continues to grow and innovate.



The Desai Family

Girls Lacrosse



ABOUT THE SCHOOL

Established in 1957, Saddle River Day School is a Pre-K3 through grade 12, co-ed, independent school serving just under 600 students. The school provides a robust curriculum and inspires students to achieve academic and personal excellence by teaching them *how* to think and not what to think. Each division (Lower PreK3-4th; Middle 5th-8th; Upper 9th-12th) offers a signature yearlong research program. Saddle River Day also offers 30+ advanced placement and honors level courses, a full range of visual and performing arts as well as interscholastic athletics (grades 6th-12th), and highly individualized college counseling to encourage students to discover their passions and prepare them for whatever comes next. SRDS graduates are thriving at colleges like Duke, Columbia, Cornell, Georgetown, Johns Hopkins, NYU, Northwestern, Villanova and Wake Forest.

For more information about the project or Saddle River Day School, please visit saddleriverday.org.



Girls Tennis



Girls Soccer



TEDx Youth



Boys Soccer



TED group

Client: Retract Enclosures
Size: Full
Location: Standard



TINY TRAVELERS, BIG ADVENTURES

From cultural immersion to nature-based learning, kids' clubs are redefining family vacations.

BY SHAUNA OSBORNE, NATIONAL EDITOR

When it comes to family vacations, resorts with kids' clubs offer a perfect balance between relaxation for parents and entertainment for kids. These dedicated spaces cater to children of all ages, with tailored activities that keep them engaged while you unwind. Here are six standout destinations across the U.S. with exceptional kids' clubs that promise both fun and learning.



Migis Lodge (South Casco, Maine)

A hidden gem on Sebago Lake, Migis Lodge offers a kids' camp experience like no other. Younger children (ages 4 to 6) can enjoy tie-dye, swimming and treasure hunts, while older kids (7 and up) can partake in canoeing, fishing and hiking. This all-inclusive retreat curates a laid-back summer camp vibe, perfect for families looking to immerse themselves in the natural beauty of Maine. migus.com/activities/childcare-kids-activities

The Ritz-Carlton, Reynolds, Lake Oconee (Greensboro, GA)

Set along the serene shores of Lake Oconee, this resort offers the Ritz Kids program that focuses on outdoor activities and exploration. Children between 5 and 12 can participate in eco-friendly activities like nature walks, fishing and wildlife education. For families who love the outdoors, this lakeside getaway presents a sublime setting for both relaxation and adventure. ritzcarlton.com/en/hotels/ahnz-the-ritz-carlton-reynolds-lake-oconee/experiences

Terranea Resort (Rancho Palos Verdes, CA)

With its gorgeous coastal views, Terranea Resort offers the ideal mix of leisure and adventure inspired by the Palos Verdes Peninsula. Kids ages 3 to 12 can explore science-based learning, athletics and scenic hikes. For parents looking to recharge, the resort's peaceful surroundings and luxurious amenities provide a picture-perfect escape. terranea.com/experiences/kids-club

Aulani, A Disney Resort & Spa (Oahu, Hawaii)

Aulani is a tropical paradise that delivers a unique blend of Disney magic and Hawaiian culture. Children between 4 and 12 can explore Aunty's Beach House, a 5,200-square-foot play area with character visits and cultural lessons. With an emphasis on nature and Hawaiian traditions, Aulani immerses kids in local heritage while keeping them entertained with arts, crafts and outdoor activities. disneyaulani.com/activities/auntys-beach-house

JW Marriott Marco Island Beach Resort (Marco Island, FL)

At the JW Marriott, kids aged 5 to 10 can enjoy Tiki Time Day Camp, which includes beach adventures, sandcastle building and arts and crafts. Whether bowling at 10K Alley or story time by the sea, this resort provides a variety of activities designed to entertain and educate, all in a stunning coastal setting. jwmarco.ipoolside.com

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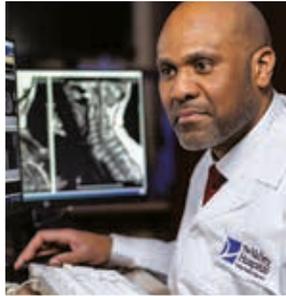


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