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Features include: a gourmet kitchen, 1st floor wine cellar and tasting room, family room with fireplace/vaulted great room with access to a multi-level patio with outdoor fpl. Sauna, music room, office/library, upper-level bedroom suite & beautifully landscaped 1.6 acres. **\$1,995,000**



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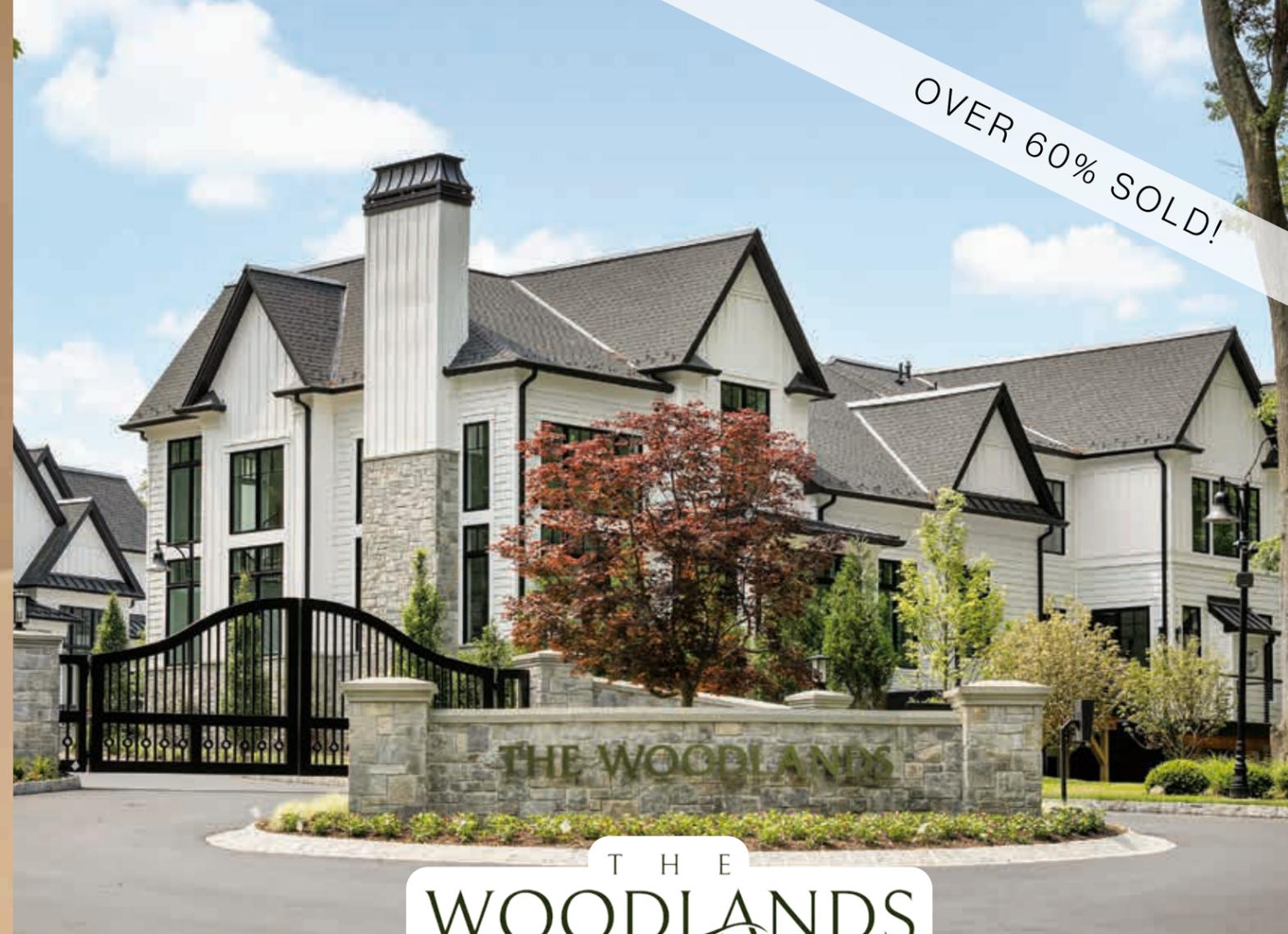
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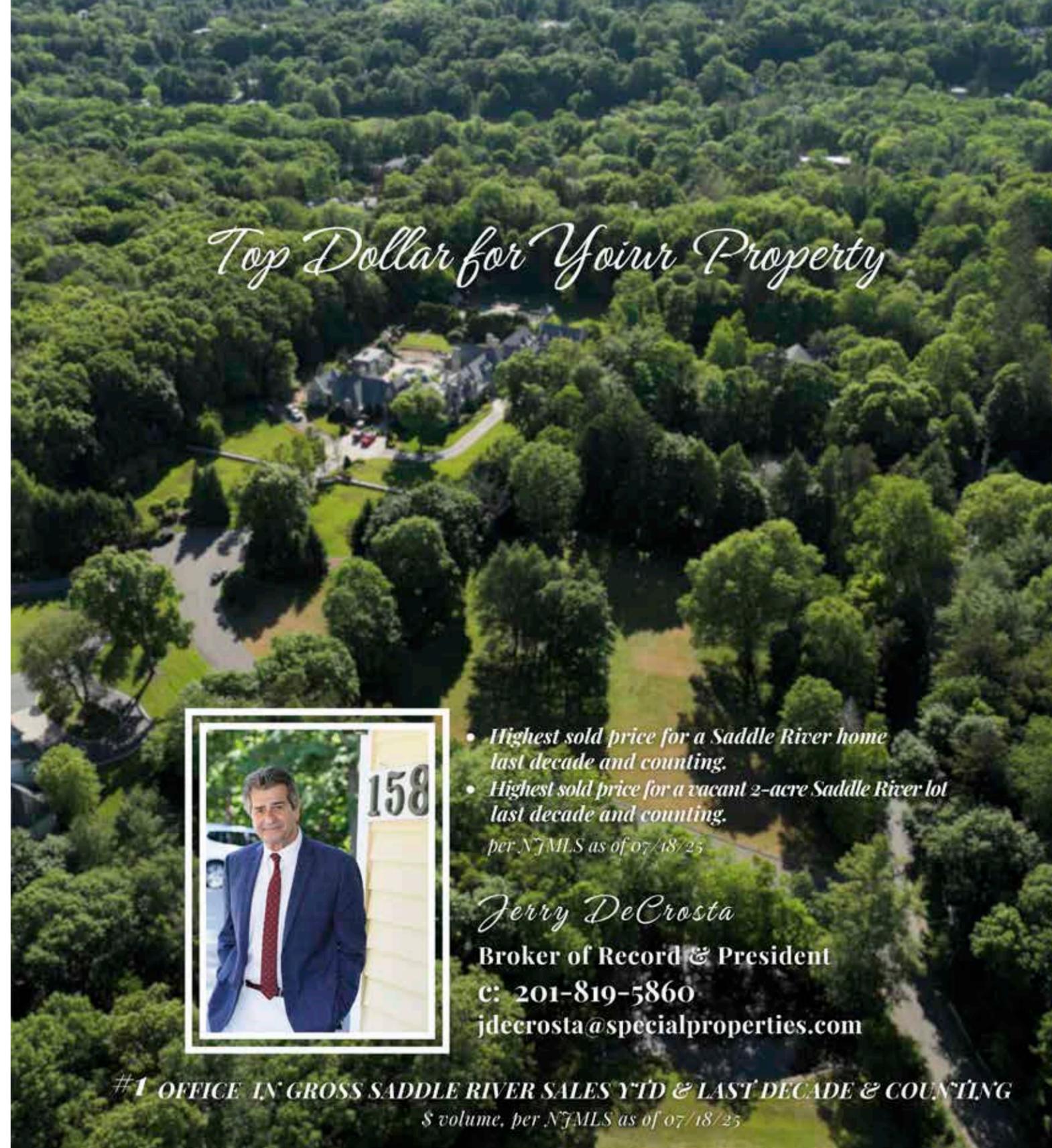
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Ravi Sachdev



Paulie Valetutti  
Talking with My  
Mouth Full



Lauren Marie  
Resident Recipe



Terrie O'Connor  
Real Estate News  
You Can Use



Samantha Holden  
Running with  
the Devils



Richard Freedman  
Interim Superintendent/  
Principal  
Wandell School



Ann Marie Olson,  
Sc.D., CCC-A  
Hears to Ears



Linda Rowe Gray  
Your Saddle River  
Homec



Sangita Naik  
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John May  
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A TRUE MASTERPIECE of design and craftsmanship, this one-of-a-kind residence blends timeless elegance with modern luxury. Enter through a dramatic two-story foyer featuring a barrel-ceiling hallway, setting the tone for the impeccable details found throughout the home. Subtly hand-painted walls, rich architectural elements, and custom finishes showcase an unwavering commitment to quality, style, and comfort.

The heart of the home is the expansive gourmet kitchen, outfitted with high-end appliances, tasteful cabinetry, and an inviting dining area that opens to a spectacular great room—ideal for both refined entertaining and everyday living. A graceful living room and classic formal dining room offer sophisticated spaces for gathering.

Enjoy quiet moments in the serene study with views of a tranquil koi pond. Upstairs, five spacious en-suite bedrooms each offer walk-in closets and luxurious privacy. The finished lower level extends the living space with a sixth en-suite bedroom, an additional full bath, a large entertainment room with wet bar and custom built-ins, a gym or bonus room, and a second laundry area.

Outdoors, a resort-style gunite saltwater pool, whole-house generator, and 3+ car garage enhance the lifestyle. Completing the estate is a beautifully restored antique barn featuring original 100-year-old beams—an extraordinary blend of history and charm.

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# Hearing Aids and Hugs

## HOW BETTER HEARING SUPPORTS EMOTIONAL WELL-BEING

BY DR. ANN MARIE OLSON



**H**ave you ever felt left out of a conversation at a family dinner or struggled to keep up with fast-paced chatter at a social gathering? For many people with untreated hearing loss, these experiences are more than just frustrating—they're isolating.

Hearing loss often develops gradually, and people may not realize how much they're missing. Over time, struggling to hear can lead to withdrawal from social activities, strained relationships, and even symptoms of depression or anxiety. The emotional toll is real—but it's also treatable.

**“In fact, research shows that treating hearing loss can lead to improved quality of life, better mood, and increased confidence in social settings.”**

Hearing aids don't just help you hear better; they help you reconnect. Conversations become easier, spontaneous laughter returns, and the subtle sounds of daily life—a grandchild's giggle, a partner's whisper, birds singing outside your window—are restored. These “small” sounds make a big difference in our sense of connection, joy, and belonging.

In fact, research shows that treating hearing loss can lead to improved quality of life, better mood, and increased confidence in social settings. Patients often report feeling more engaged with their families, more independent, and more in control of their daily lives.

As an audiologist, I've seen firsthand how hearing aids can lead not just to better hearing—but to more hugs, more conversations, and more moments of connection. If you or someone you love is struggling with hearing, don't wait. Your hearing health is closely tied to your emotional well-being.

Because when you're ready to hear, we're ready to help.  
Dr. Ann Marie Olson  
Sophisticated Hearing



Owner and audiologist at Sophisticated Hearing – Ridgewood, NJ, and Saddle River Resident  
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# Who Will Impact the Market?

TERRIE O'CONNOR

With interest rates stabilizing, it is worth a look at the generations and understand what groups will have the most effect on the real estate market going forward.

According to the National Association of Realtors (NAR), Gen Z (ages 19-24) comprised 4% of buyers and 3% of sellers across the U.S. Many Gen Zers have financial difficulties, such as debt from school loans, which can hinder their ability to buy a home. They know that housing costs are outpacing pay growth and homes are becoming more expensive. They are, therefore, more inclined to rent than buy until they are more settled and debt free.

On the opposite end of the scale, the Silent Generation (born 1925-45) was one of the smallest buyer groups in the NAR study. Most buyers from the Silent Generation mentioned that they might have to move because of a family

member's health, but they still planned to stay in the property for 15 years if it is possible. As for home selling, this age group only has a 7% share of all sellers. The Silent Generation's impact on the real estate market will persist, albeit not as buyers or sellers, but rather due to the homes their children inherit.

Gen Xers (1965-79) comprised the highest percentage of homebuyers at 24%. This group remains the highest-earning homebuyer group and are in the best position to afford homes in the current housing market. They were well-established in their careers before the property market crash and subsequent recession in 2008. As for home selling generational trends in real estate, 35% are first-time sellers, and 65% are repeat sellers. When rates decline enough, they may feel more comfortable selling their current property. However, they will also be looking to move up keeping

this group from seriously increasing the housing inventory.

So who will dominate the market's attention going forward? It's time to look at Baby Boomers and Millennials.

Millennials—born between 1981 and 1996—are arguably the most influential generation the nation has seen since the baby boomers. Their sheer size casts a shadow over their predecessors, Gen X, and they have overtaken the baby boomers to become the largest population. Millennials have upended consumer expectations, shifted the timing of various life stages and represent the most racially and ethnically diverse adult age group while earning more than prior generations. Elder millennials make up 16% of all homebuyers, and 46% are first-time homebuyers. This age group also has one of the highest shares of married couples (66%). Younger millennials

(born 1990-98) are impacting the real estate market as they become first-time homebuyers and look for urban living accessible to their workplace. According to Newsweek, the time to buy a house has never been quite right for this group in the past. Millennials were not yet 30 when the financial crisis of 2007-2008 upended the housing market and the U.S. economy. When younger millennials came of age to buy a home, the U.S. housing market was booming, driven by high demand and low inventory, with prices reaching heights that made properties unaffordable to many.

Despite adverse economic conditions, many in this group have been tired of waiting for the perfect moment and many have been purchasing homes in recent years. Their late arrival has shaken up the entire housing market, according to experts. Phil Powell, executive director of Indiana University's Business Research Center, told Newsweek, "What this means is that there is unprecedented demand for housing putting upward pressure on prices." Millennials will continue to impact the real estate market of the future significantly. Due to the high percentage of first-time homebuyers and the growing suburban living trend, demand in those areas will be driven by their preferences for larger homes, better schools and transportation access. The impact of low inventory, remote work, and their preferences for sustainability and well-being are shaping the features and locations of their homes.

According to Fortune, Baby boomers are a big deal in the housing market. Most either own their homes outright or are locked into a low mortgage rate. In general, their properties are appreciating. In a housing market missing roughly 2 to 7 million homes, boomers are holding onto theirs because mortgage rates more than doubled during the past couple of years. However, lowering rates may be the catalyst needed to increase inventory.



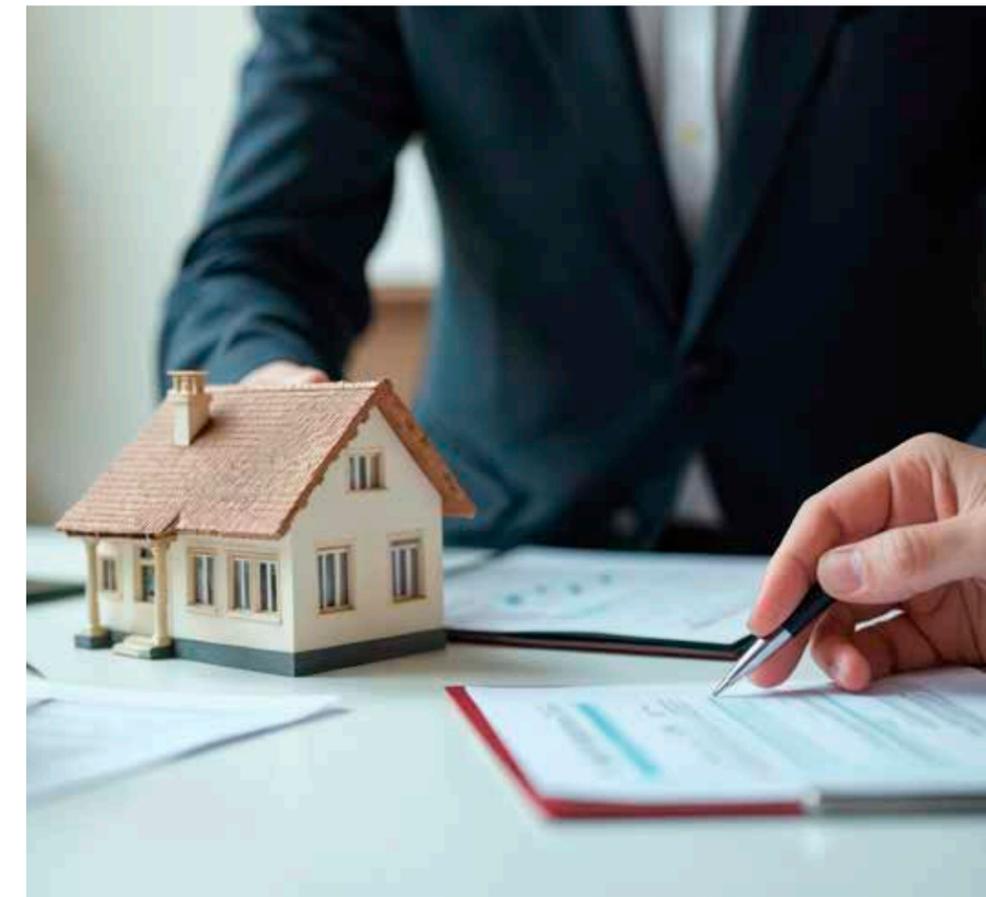
Established in 1991, Terrie O'Connor Realtors is a leading independent real estate brokerage committed to providing hallmark service, anticipating changing market conditions and setting the standard for excellence in the real estate industry. With seven branch offices and more than 475 licensed real estate professionals, Terrie O'Connor Realtors provides exceptional real estate services throughout northern New Jersey and southern New York states.

Older boomers (1946-54) currently feel the need to sell, and an increasing number of them prefer to downsize for reasons that include health difficulties, the death of a spouse, financial concerns, or retirement. Younger boomers (1955-64) comprised the largest share of sellers, at 30% in the National Association of Realtors report. Multigenerational family arrangements have become more prevalent for this group as seniors start to move in with their adult children after selling their homes not only to get the support they desire but to help their children financially and with child care.

But do not expect a major influx of inventory all at once from this group. Baby boomers are determined to stay in their homes as long as they

can. That said, if this group follows its predecessors, their homeownership rate will decline. Freddie Mac predicted that the number of baby boomer households will fall gradually from the 32 million that existed in 2022 to 23 million by 2035, as older boomers near their 90's.

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# Your Monthly Health and Wellness Advisor

*Let's talk about the common problems that might occur with the hands. There have been many questions from readers.*

BY ROBERT G. LAHITA MD, PHD, FACP, MACR, FRCP

## Let us start with a condition called Dupuytren contracture

It is a Common Hand Condition but can also occur in various parts of the body. Three people came to me recently with this condition. It interferes with golf, playing the piano, and squeezing your wife or husband.

### What are Dupuytren Contractures?

Most commonly, Dupuytren contractures are a progressive medical condition that affects the connective tissue under the skin of the palm. Over time, this condition causes the tissue to thicken and form cords, which can pull one or more fingers into a bent position. This can make it difficult or impossible to straighten the affected fingers fully. The ring and little fingers are most commonly affected.

Although mostly a condition of the hands, it can involve the plantar fascia or the tissue on the underside of the foot, can also affect the feet. Rarely, this condition occurs in the male genitalia as well, resulting in contracture of the penis.

### Causes and Risk Factors.

Researchers do not entirely understand the exact cause of Dupuytren contractures, but they attribute it to genetic factors, as it often runs in families. Other risk factors include:

- Age: Most common in individuals over the age of 50.
- Gender: More frequently observed in men than women.
- Ethnicity: Prevalent among people of Northern European descent.
- Lifestyle factors: Smoking and alcohol consumption may increase the risk.
- Medical conditions: Associated with diabetes and epilepsy sometimes.

### What are the symptoms of Dupuytren's contracture?

The condition typically develops gradually and is often painless. Key symptoms include:

- Formation of lumps or nodules in the palm, often firm and fixed.
- Development of cords under the skin, which can extend to the fingers.

- Difficulty straightening one or more fingers, especially the ring and little fingers.
- Loss of hand function in severe cases.

### How does my doctor diagnose the condition?

Diagnosis of Dupuytren contractures is usually straightforward and based on a physical examination of the hand or foot. Doctors may check for nodules, cords, and the ability to flatten the hand on a table (the "tabletop test"). Imaging is rarely required but may occasionally rule out other conditions.

### How do we treat this condition?

Treatment depends on the severity of the condition and its impact on hand function. Common approaches include:

- Observation: In mild cases, where function is not affected, no immediate treatment may be necessary.
- Physical therapy: Exercises to maintain mobility and strength.
- Needle aponeurotomy: A minimally invasive procedure to release the cords. (the aponeurosis is a thin covering of tissue in place of the tendon and might need to be split)
- Enzyme injections: an enzyme called collagenase that dissolves collagen might have to be injected. These injections to weaken the cords, followed by manipulation to improve finger extension.
- Severe cases may necessitate surgical removal of the affected tissue, including fasciotomy or derma fasciectomy. (the fascia is the thin piece of tissue surrounding a muscle)

### How will I do after surgery?

While Dupuytren contractures can limit hand function, early detection, and treatment can often restore mobility and improve quality of life. However, recurrence is possible even after treatment.

Dupuytren contractures are a progressive condition that primarily affects the hands, reducing finger mobility. While its exact cause remains unclear, various treatment options are available to manage its symptoms and maintain hand function. It is essential to consult a healthcare professional for proper diagnosis and intervention.

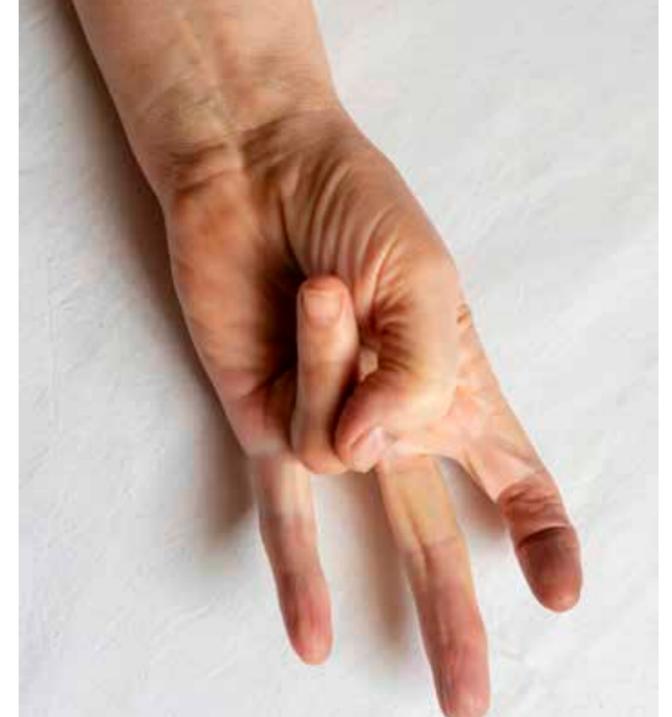
### What are some other common conditions that involve the hands?

Doctors can diagnose various forms of arthritis simply by looking at the hands.

Of these conditions, osteoarthritis is the most common. In osteoarthritis, the last digit may deform and bend, and the fingertip and middle digit may swell as well. The conditions are called "nodes" and named after middle aged physicians like Heberden for the digit next to your fingernail and Bouchard for the digit between the fingernail and the knuckle.

Patients with rheumatoid arthritis have erosions that only x-ray can see, but they also experience extreme pain in their fingers and wrist, especially in the morning.

There is also a condition called Raynaud's phenomenon where certain fingers turn colors in the cold or when you are under stress. It is painful and debilitating and requires hand warmers and rarely medication to keep the fingers with a healthy circulation.



### What about skin conditions on the hands?

The hands like the eyes are often mirrors of what is happening in the rest of the body.

Pitted nails can often suggest psoriasis and possibly psoriatic arthritis, which causes extreme pain in other parts of the body. Red patches that are red and silvery and occur over the skin of the knuckles have a name (Gottron papules) and are associated with inflammatory diseases of muscle. These lesions interest junior doctors for observation and documentation purposes.

Last, many of these conditions can be quite painful and serious, causing gangrene of the digits in the worst cases.

### What can a person do if they have some of these conditions?

Have your primary care physician look at your hands, especially if you have other issues in your body like sore muscles and joint pains, or even intractable itching or blisters on the fingers. Like other issues within the body, these signs on your hands might be clues.

One of the major things that you can do to prevent your hand issues from getting terrible is stop smoking and vaping. Both habits make hand pathology worse and can worsen everything with eventual loss of the fingers from gangrene.

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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. Phone: 973 754 4175



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# THE VIGGIANO FAMILY

Faith, Fitness, & Family



**A**ngela and Robert Viggiano have built a life filled with purpose, love, and activity—anchored in strong family values and a deep commitment to both personal wellness and community service. Residents of Saddle River, New Jersey, the Viggianos are proud parents of four children and co-owners of Sunnyside Title Agency, a family-run business that has served Bergen County for two decades.

Angela grew up in Ridgewood, NJ, and holds a BA from Catholic University of America and an MS in Education from Fordham University. She began her professional life as a teacher before pausing her career to raise her children. “When my middle daughter Emma was about 5 years old, I joined my husband and began doing closings for our title insurance agency,” Angela shared. Her role quickly expanded to include human resources, and the flexibility of the family business allowed her to remain a

present and engaged mom through her children’s many activities. Angela also found time to teach religious education for 12 years within her parish.

Robert’s path began in Sunnyside, Queens. He earned his BS in Finance from Fordham University and spent nearly two decades on Wall Street. However, the events of 9/11 became a turning point. “After 9/11 he decided to pivot and opened a title insurance agency in Hackensack, NJ,” said Angela. With his finance background



He feels it is very important to give back to the community where we have had our business since 2005.”

and sales expertise, Robert laid the groundwork for what would become Sunnyside Title Agency. Recently, he took on an entirely new challenge—training as a volunteer police officer in Hackensack. He completed a rigorous 15-week academy, attending evening classes twice a week. “He feels it is very important to give back to the community where we have had our business since 2005,” Angela noted.

The Viggianos’ four children—Sarah (26), Michael (25), Emma (22), and Natalie (15)—have all embraced the family’s high-energy, achievement-oriented lifestyle. Sarah lives in

Hackensack and works at Sunnyside Title. A dedicated runner, she completed the NYC Marathon in November and is the proud owner of a mini Bernadoodle named Molly. Michael, currently in his second year of medical school at Hackensack Meridian, plans to specialize in pediatric orthopedic surgery. He and his fiancée, Nami, who begins medical school this July, are set to marry in spring 2026. Emma recently graduated with honors from Sacred Heart University with a degree in nursing, and Natalie, the youngest, is preparing for her junior year at Immaculate Heart Academy.





Family time is deeply cherished in the Viggiano household. From Yankees and Knicks games to Broadway shows and travel adventures, they are always on the go. “We are a sports-oriented family,” Angela explained. “Every March we all complete a bracket for the March Madness tournament. Natalie has been completing a bracket since before she could read—haha.” For over 15 years, Robert and Michael have shared a special father-son tradition of attending the Final Four basketball tournament together.

Travel has been another enriching aspect of their family life. The Viggianos recently visited Rome during the passing of Pope Francis.

“Although this was a sad event, it was special to witness history,” Angela recalled. In a memorable moment, Robert was even interviewed by ABC News while visiting Vatican City. The family also traveled to Ireland when Emma studied abroad in Dingle, concluding the trip with a round of golf at the iconic Old Head Golf Links in Kinsale.

The family’s love for fitness is a cornerstone of their identity. Angela, a former competitive gymnast and college softball player, and Robert, who once launched the “aeROBics” program at Fordham, work out daily. During the pandemic, they hosted front lawn bootcamps with as many as 30 friends

and neighbors joining in. “Fitness and exercise are an integral part of all our lives,” Angela said. “We have led by example and taught our children the value of prioritizing fitness.”

When it comes to dining out, the Saddle River Inn holds a special place in their hearts. “It’s such a cozy and special place for dinner,” Angela said. The family has celebrated many milestones there, most recently Robert’s mother’s 90th birthday.

As Angela put it best: “We are a fun, funny, and loud family.” Their story is a beautiful blend of professional success, community service, and wholehearted living—a true inspiration to their neighbors and beyond.

“ Fitness and exercise are an integral part of all our lives. We have led by example and taught our children the value of prioritizing fitness.”



## Building Bright Beginnings

*Julia Rosenfeld & Julie McCarthy share their passion for early learning at SRDS*



When it comes to our children's earliest school experiences, we all want the same things. We want them to feel welcomed and safe. We want their individuality to be seen, nurtured, and celebrated. We hope their natural curiosity blossoms into a love of learning—and that they're set on a path toward academic success from the very beginning.

That's why the educators leading Saddle River Day School's Early Childhood Program are so important. They don't just teach—they inspire, guide, and connect with our youngest learners in ways that make a lasting impact. Co-teachers Julia Rosenfeld and Julie McCarthy bring a deep sense of purpose and joy to the Pre-K3 classroom, where their passion for early childhood education shines through every day. "We love teaching three- and four-year-olds," they share. "At this age, children are starting to observe the world around them and are eager to form connections—with their teachers, peers, and environment." Pre-K3 is a pivotal time of growth as children move from toddlerhood to greater independence. It's when their fine motor skills and cognitive abilities begin to flourish, making it the perfect time to nurture their confidence, creativity, and love for learning. "They're enthusiastic, open-hearted, and ready to try new things—they bring such joy to every activity."

In Pre-K3, the school year begins with a focus on developing social-emotional skills and learning classroom routines. For some students, this may be their first classroom experience, while others are transitioning from daycare or preschool. By mid-year, after they've settled into the rhythm of school life, they're ready to dive into richer academic experiences. "By spring, the transformation is incredible—they're building friendships, collaborating on games, singing together, and embracing each new challenge with confidence and delight."

What drew both Mrs. Rosenfeld and Ms. McCarthy to SRDS was the school's educational philosophy—one that mirrors their own. "This is a place where children learn through play, where their unique strengths are honored, and where creativity is at the center of everything," they explain. The Pre-K3 classroom explores "transformation"—an inspiring concept that will be introduced across subjects like science, math, and art through the school's signature Project-Based Learning (PBL) approach. Whether they're watching caterpillars become butterflies or expressing change through painting, students are encouraged to explore big ideas in meaningful, joyful ways.

And what ultimately confirmed that SRDS was the right fit for these dynamic educators? "The people," they both agree. "There's a real sense of connection among the faculty—an environment where teamwork, support, and shared purpose are felt throughout the school." For Julia Rosenfeld and Julie McCarthy, being part of the SRDS community means becoming part of something much bigger—a place where they'll help lay the academic and emotional foundation for students who may one day graduate as members of the Class of 2039.

They're not just teaching Pre-K—they're launching lifelong journeys.

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# Italian Chopped Brussel Sprouts Salad



Serve this salad as a starter or side at your next gathering, but it also makes for a great dinner salad paired with some **crusty bread** any night of the week.

The salad can be easily customized based on your preferences and with what you already have on hand. Not a fan of green olives? Then swap them out for black or Kalamata. Another type of salami strike your fancy? Have at it. Is there a jar of marinated artichokes collecting dust in your cupboard? Throw them in. Pecorino instead of Parmesan? Go for it! The world is your antipasto salad.

## Ingredients

### DRESSING

- **2** cloves garlic, grated or finely chopped (about 1/2 tsp.)
- **1/2 cup** extra-virgin olive oil
- **2 Tbsp.** red wine vinegar
- **1 tsp.** finely grated lemon zest
- **2 Tbsp.** fresh lemon juice
- **1 Tbsp.** honey
- **2 tsp.** Dijon mustard
- **1 tsp.** dried oregano
- **1/4 tsp.** crushed red pepper flakes
- Kosher salt
- Freshly ground black pepper

### SALAD

- **1 lb.** Brussels sprouts, finely shredded
- **1** small red onion, thinly sliced (about 3/4 c.)
- **1 pt.** cherry tomatoes, halved
- **1** (8-oz.) ball fresh mozzarella, torn into bite-size pieces
- **6 oz.** thinly sliced genoa salami, cut into 1/4"-thick strips
- **1 cup** roasted red peppers, patted dry, sliced
- **1/2 cup** cubed provolone
- **1/2 cup** pitted Castelvetrano olives, torn into small pieces
- **1/2 cup** sliced pepperoncini
- **1/2 cup** shaved Parmesan, divided
- **1 cup** fresh basil leaves, large leaves torn into smaller pieces, divided

## Instructions

### DRESSING

In a large bowl, whisk garlic, oil, vinegar, lemon zest, lemon juice, honey, mustard, oregano, and red pepper; season with salt and black pepper.

**Make Ahead:** Dressing can be made 5 days ahead. Store in an airtight container and refrigerate. Bring to room temperature and whisk to combine before using.

### SALAD

**1.** Add Brussels sprouts and onion to bowl with dressing and toss well to combine. Let sit at room temperature, tossing occasionally, until sprouts and onions marinate and soften in dressing, at least 20 minutes or up to 1 hour.

**2.** Add tomatoes, mozzarella, salami, roasted peppers, provolone, olives, pepperoncini, half of Parmesan, and three-quarters of basil; season with salt and black pepper. Top with remaining Parmesan and basil.



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# Over the Hill

BY SIRAHN TOUFAYAN

Past roaring rivers and streams teeming with life,  
Through bushes and brambles that crunch underfoot,  
Over the hill I journey alone,  
Where over the hill your memory stays put.

I follow the faint sound of chittering and chirping,  
Finding my mind to be silent as I stroll;  
Your dear spirit my sole company,  
As I sit beside the lone oak standing on the knoll.

As its drying leaves rattle in the breeze,  
My memory recalls the rasp of your voice,  
And the words I whisper to you carry  
Over the hill, into the wind drawing out my pain's noise.



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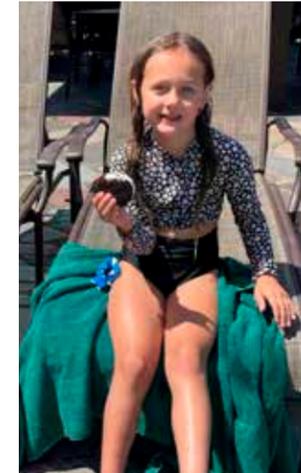
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TALKING WITH MY MOUTH FULL:

# Stories from Our Family Kitchen

## “PEACH SEASON AND STICKY FINGERS”

BY PAULIE VALETUTTI



August always tastes like peaches to me. Not the kind that arrive hard and bland in winter clamshells, but the real deal — golden, juicy, fragrant, and so ripe they drip down your wrist if you don't lean over the sink.

This year, my daughter and I made our annual pilgrimage to the local orchard. She wore her sparkly pink rain/muck boots and a backpack she insisted was for “field work,” though it mostly held six snacks and three mismatched socks. We picked and tasted and giggled until our hands were stained and our cheeks sticky. It reminded me of summers with my own grandmother, whose gnarled hands could pit a peach faster than I could blink. She was also a master of peeling a peach for grandpa, his preferred method of indulging, and achieve a perfect, single, continuous peel, using only a dull butter knife. She used to freeze sliced peaches for winter, storing sunshine in Tupperware like treasure.

Seasonal eating isn't just a healthy choice — it's a way to stay grounded in time, a quiet reminder of the earth's rhythms. Right now, peaches are perfect, so we're leaning all the way in. I sneak slices into our yogurt, grill halves for salads, and yes — we bake. This month, we've been obsessed with a gluten-free peach almond crisp that hits all the right notes: simple, nourishing, and just indulgent enough to feel like summer.

It's also a great way to get kids involved in the kitchen. My daughter loves using her “claw hands” to pinch the topping together — and I love that the recipe is forgiving enough to survive her enthusiastic scooping.

Here's to savoring the season, one juicy bite at a time. Happy Summer!



## PEACH ALMOND CRISP (GLUTEN-FREE)

Serves 6

### FOR THE FILLING:

- 6 ripe peaches, sliced (about 5 cups)
- 1 tbsp arrowroot powder or cornstarch
- 1 tbsp lemon juice
- 1-2 tbsp maple syrup (optional, depending on peach sweetness)
- ½ tsp cinnamon

### FOR THE TOPPING:

- 1 cup almond flour
- ½ cup rolled oats (gluten-free if needed)
- ¼ cup chopped almonds
- ¼ cup coconut oil or butter, solid
- ¼ cup maple syrup
- ½ tsp vanilla extract
- Pinch of salt

### INSTRUCTIONS:

1. Preheat oven to 350°F.
2. In a large bowl, toss peaches with arrowroot, lemon juice, maple syrup, and cinnamon. Pour into a greased 8x8 baking dish.
3. In another bowl, mix almond flour, oats, and almonds. Add coconut oil, maple syrup, vanilla, and salt. Use your hands to pinch and mix into a crumbly topping.
4. Sprinkle topping evenly over peaches.
5. Bake for 30-35 minutes, or until golden brown and bubbly.
6. Let cool for 10 minutes before serving. Delicious warm or cold — and even better with a scoop of vanilla yogurt or coconut cream.



### SADDLE RIVER RESIDENT, HUSBAND, DAD, CHEF

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.



## Smart Shopping in a Shifting Market

If your grocery bill feels steeper and that new patio set is suddenly a splurge, you're not imagining it — and now may even be the time to start planning ahead for holiday shopping. A new wave of price hikes is making its way across key spending categories — and it's not just inflation. Recent shifts in trade policy have added broad import duties across industries, quietly driving up sticker prices on everyday goods. While some of the reasons are policy-related, the takeaway for consumers is simple: expect to pay more and plan accordingly.

BY SHAUNA OSBORNE, NATIONAL EDITOR

### Electronics and appliances

Laptops, gaming systems and home appliances, like toasters and air conditioners, are among the most affected by import-related price hikes. In the 2018 trade adjustment, the median price of washing machines rose by more than 11%. Today, new charges on electronics from top exporting countries such as China, Taiwan and South Korea could push up prices on items like TVs and smartphones. With inventories still relatively strong, making planned purchases sooner may offer more selection and better pricing.

### Vehicles

The auto market is in flux. Imported models and even many U.S.-assembled vehicles, which rely on parts sourced overseas, are expected to see price jumps as new duties take effect. Some analysts estimate that price increases could reach \$2,500 to \$5,000 for the most affordable cars and even higher for luxury models. For those already in the market for a new or used vehicle, acting sooner could help avoid price spikes or limited selection later in the year.

### Home goods and furniture

About a third of furniture sold in the U.S. is made abroad, especially in China and Vietnam, two countries now facing steeper import fees. While availability hasn't yet been severely impacted, dwindling shipments may lead to reduced inventory and higher prices, especially for large, in-demand items like sofas, beds and storage pieces.

### Clothing and discretionary items

Apparel and accessories face fewer cost pressures at present. With a broad mix of sourcing regions, many clothing items continue to be competitively priced. Stocking up in this area carries less urgency (and less upside), especially with fast-changing styles and sizing considerations.

### Home renovation and design

Rising costs aren't limited to finished goods; materials used in home projects are climbing, too. Imported tile, stone and fixtures are subject to new duties, increasing the cost of even modest upgrades. Securing quotes early and exploring domestic alternatives may help offset higher project totals.



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