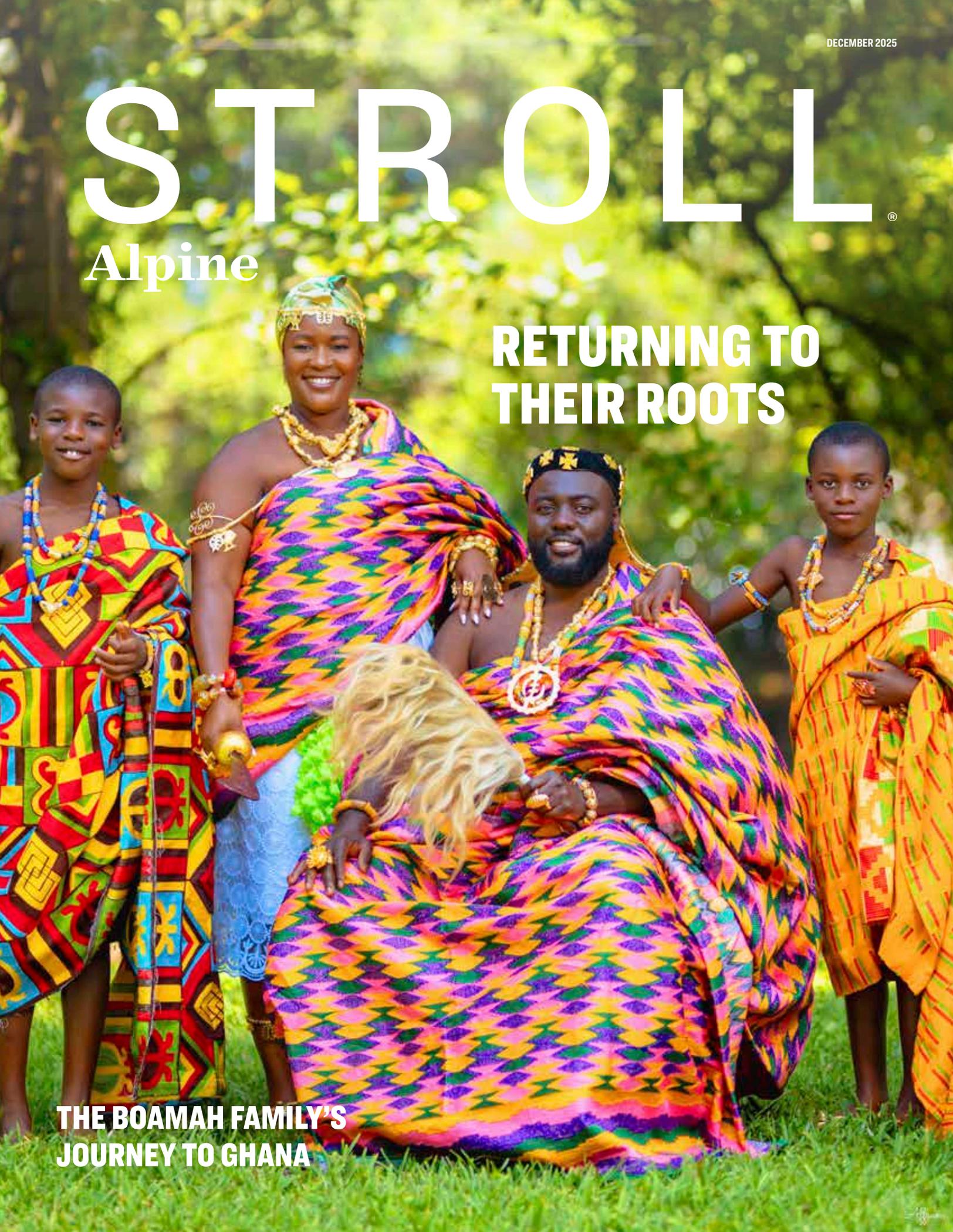


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SEP. 03, 17  
OCT. 01, 15  
NOV. 05, 19  
DEC. 03, 17  
JAN. 07, 21, 2026

Jan. 08, 22  
Feb. 12, 26  
Mar. 12, 26  
Apr. 09, 23  
May 14, 28  
Jun. 11, 25  
Jul. 09, 23  
Aug. 13, 27  
Sep. 10, 24  
Oct. 08, 22  
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Jan. 14, 28, 2026  
Wed. Jan. 28 2026

All recyclable material must be placed at curbside the night before or not later than 6:00 AM on the morning of pickup.

#### NO RECYCLING PICK UP ON A 5TH WEDNESDAY

Used Clothing Bins Clothing may be deposited in the bins on Hilltop Lane (entrance to the DPW & Swim Club).  
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Pickup resumes next regular pickup day.

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Leaf Collection starts October 10th  
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#### 2025 HOUSEHOLD HAZARDOUS WASTE DISPOSAL DAYS

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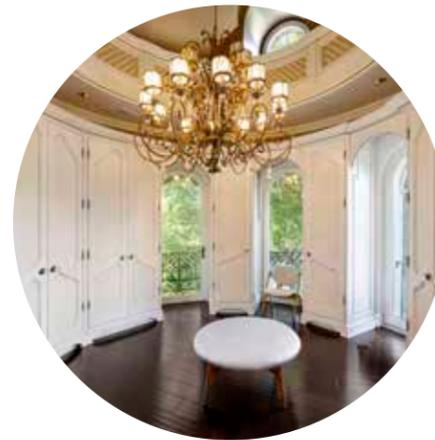


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# THE LANGUAGE OF LUXURY

## Inside Alpine's \$24.75 Million Dream Estate

*At 31 Rio Vista Drive, every marble curve and sunlit terrace whispers sophistication. This 21,000-square-foot chateau turns architecture into emotion in one of America's most exclusive zip codes.*

### THE ENCLAVE OF EXCELLENCE

At 31 Rio Vista Drive in Alpine, every detail speaks luxury fluently because sometimes, a dream home is a love language.

Tucked within Alpine's most coveted enclave, where privacy is a birthright and perfection is the standard, this 21,000-square-foot European chateau-style estate redefines what it means to live beautifully.

Listed at \$24.75 million and featured in *The Wall Street Journal*, the residence rises behind stately gates on two manicured acres, a modern-day Versailles of glass, marble, and light. Inside, a bridge-style marble staircase seems to float midair, radiant heated floors gleam underfoot, and Venetian plaster walls glow like candlelight. It is less a house than an experience, one where craftsmanship, comfort, and quiet grandeur entwine seamlessly.

**"It is less a house than an experience, where craftsmanship, comfort, and quiet grandeur entwine seamlessly."**





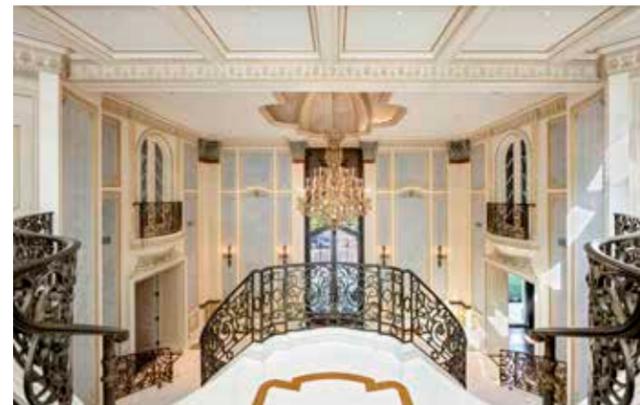
**THE ART OF LIVING WELL**

Beyond the architecture lies something more elusive: the art of living well. With **eight bedrooms, ten baths, and nine fireplaces**, the estate evokes the romance of the **South of France**, where mornings spill onto sunlit terraces and evenings end by the fire with a glass of Bordeaux.

A **private elevator** glides from the spa-level sanctuary to the rooftop terrace, while a **state-of-the-art kitchen** and discreet **solar technology** marry indulgence with intelligence. Every inch has been conceived for harmony, offering grandeur without ostentation and modernity without compromise.

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In a town celebrated for its discretion and distinction, **31 Rio Vista Drive** stands as an **icon of modern luxury**, one of **Bergen County’s most extraordinary properties**, where European romance meets American prestige.



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Size: Full  
Location: Standard

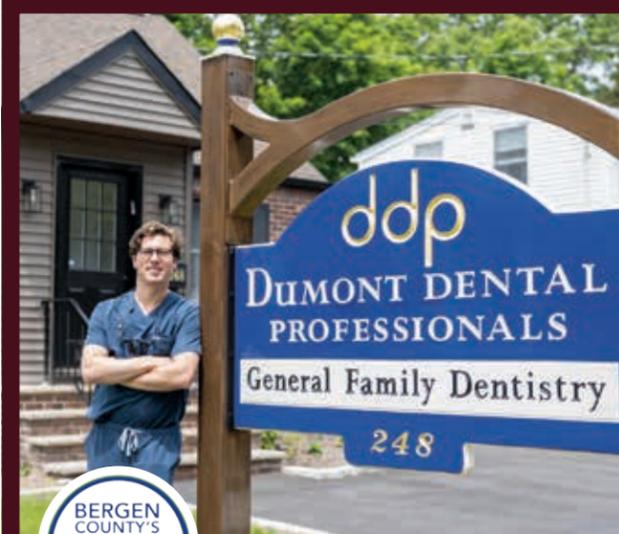


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**EVERYDAY VIBES**

**Hobbies:** Building legos, riding my bike, dancing and cooking with Mom and Dad  
**Favorite animal:** Dolphin  
**Favorite color:** Gold  
**Go-to snack:** Yoggis  
**Food you could eat every day:** Hot dogs

**POP CULTURE & ENTERTAINMENT**

**Favorite movie:** K Pop Demon Hunters  
**Movie you can quote by heart:** Despicable Me 3  
**Favorite TV show:** Larva Island  
**Most binge-worthy show ever:** Bluey  
**Favorite music genres:** Rock and Pop

**THE FUN STUFF**

**Dream vacation:** Hawaii  
**Superpower you'd want:** Flying and strength  
**What's always in your backpack?:** My folder and snacks  
**Biggest fear:** zombies  
**Random talent:** singing and dancing  
**What's something most people don't know about you?:** I like to play board games

**THE FUTURE & BEYOND**

**Dream job:** Football player  
**Ultimate life goal:** Running fast and having a family  
**One thing on your bucket list:** Swim with dolphins

# The Basics – JUSTIN KIMBRO

**Age:** 7  
**School:** Alpine Public School  
**Siblings:** No siblings

**GAME TIME**

**Sports you play:** Baseball  
**Favorite sports facility:** Yankee Stadium and Met Life Stadium  
**Favorite teams:** NY Giants and Yankees  
**Go-to hype song before a game:** Your Idol  
**Athlete you'd love to train with for a day:** Aaron Judge

**BEYOND THE BOOKS**

**Favorite subject in school:** Math  
**Least favorite subject:** None, I like them all.  
**Class you wish existed:** Magic class so I can fly.  
**Instrument you'd like to learn:** Trumpet



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# Beat the Winter Blues NATURAL WAYS TO BE PRODUCTIVE AND LIFT YOUR MOOD

NIDA ARAIN

Seasonal Affective Disorder (SAD) which is also called “winter blues” can leave you feeling unmotivated, sluggish and down. As the days get shorter and temperatures drop many people feel a dip in their motivation and mood. Fortunately, there are ways to get your energy and motivation back naturally.

### GET MORE LIGHT EXPOSURE AND MOVE YOUR BODY

Sunlight is one of the best ways to boost your mood, try to get 20-30 minutes of sunlight every day. If it is cloudy then consider using a light therapy lamp that can help regulate your circadian rhythm and serotonin levels.

Short walks can help you get some sunlight and can also release endorphins which are your natural “feel good hormones”. Moving your body with winter activities, indoor cycling and even stretching can also help.

### SUPPORT YOUR MOOD WITH SUPPLEMENTS

**Vitamin D3**- Low levels of Vitamin D3 can affect your mood and may lead to feelings of sadness and anxiety. Vitamin D3 is important for brain function and can help to regulate neurotransmitters like dopamine and serotonin. Taking a good vitamin D3 supplement can be beneficial in the winter.

**Omega 3 fatty acids**- help to support brain health and emotional balance. These are found in fish oil and algae oil.

**Magnesium** - may help reduce stress and improve sleep

**B Complex Vitamins** - may help support energy and neurotransmitter function.

### Cozy Routines

Create a cozy simple ritual like sipping on a nightly herbal tea or journaling by the fireplace in the evenings. Maintaining a regular sleep schedule can also help with mental wellness.

### RECIPE FOR A COZY WINTER MOOD BOOSTER –

#### Golden Milk with Ashwagandha

Nothing is more comforting than this ancient Ayurvedic drink that combines anti-inflammatory spices, adaptogenic herbs and a creamy milk to relax your body and mind in the winter season. The ingredients in Golden milk can help with cortisol, serotonin, dopamine, sluggishness, inflammation, digestion, fatigue and anxiety.

#### Golden Milk with Ashwagandha Recipe

Servings: 1

Prep time: 5 minutes

#### INGREDIENTS:

- 1 cup milk (dairy, oat, or almond milk work well)
- ½ teaspoon turmeric powder
- ¼ teaspoon cinnamon
- ¼ teaspoon ground ginger (or a few slices of fresh ginger)
- A pinch of black pepper
- ¼–½ teaspoon ashwagandha powder

- 1 teaspoon honey or maple syrup (optional)
- A small pinch of nutmeg or cardamom (optional, for extra warmth)

#### INSTRUCTIONS:

1. In a small saucepan, gently heat the milk over medium-low heat. Don't let it boil.
2. Whisk in the turmeric, cinnamon, ginger, black pepper, and ashwagandha until well combined.
3. Simmer for 5 minutes, stirring occasionally.
4. Remove from heat and let cool slightly.
5. Stir in honey or maple syrup if desired.
6. Pour into your favorite mug, sprinkle with a dash of cinnamon or nutmeg, and enjoy warm.

Nurture yourself this winter by combining healthy movement exercises, mood-boosting supplements and mindful daily habits that will boost your mood. Adding in Golden Milk in the evenings and enjoying it with a nice book by the fireplace will make winter something you look forward to!

This content is for informational purposes only and does not constitute for medical advice. Please consult a doctor when combining herbs and supplements with medications.

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trained to deal with any complications that may arise.

Another common issue is **misleading marketing**. Many med spas overpromise results or use filters and exaggerated claims in their advertising. Consumers may be enticed by “lunchtime facelifts” or “non-surgical nose jobs” without being informed of the real recovery times, side effects, or limits of these treatments. Unrealistic expectations often lead to disappointment or repeated unnecessary procedures.

There’s also the risk of **improper product use**. Counterfeit or diluted injectables are a growing concern, especially at low-cost clinics. Using unapproved products can result in poor outcomes or serious health risks.

Finally, **lack of personalization** poses another pitfall. Not every treatment suits every skin type or medical history, yet some med spas adopt a one-size-fits-all approach. Without a thorough consultation and review of your health background, even a simple filler can cause complications.

While med spas can offer safe, effective treatments when properly managed, consumers must do their homework — research the provider’s credentials, read reviews, and ask questions. True beauty enhancements come from both professional expertise, training, and experience—things for which there is simply no shortcut.

**If you have any questions, please feel free to reach out and follow @drdavidfolk or www.drdavidfolk.com!**



## Who’s Responsible for Your Cosmetic Procedure?

BY DAVID FOLK, MD



To continue with my series of articles on dispelling common myths in medicine, I’d like to broach the topic of the ubiquitous medical spa, or “med spas,” as they are commonly referred to. These have surged in popularity as convenient destinations for aesthetic treatments like Botox, fillers, laser resurfacing, and chemical peels. They promise rejuvenation and confidence boosts — often in a serene, spa-like setting. However, beneath the allure of luxury and convenience lie potential pitfalls that consumers should approach with caution.

One of the biggest risks stems from **inadequate medical oversight**. While

med spas may advertise medical-grade procedures, not all are supervised by licensed physicians. Some delegate injections and laser treatments to unqualified or minimally trained staff. This can lead to complications such as burns, scarring, infections, or asymmetrical results. Always verify that a board-certified physician directly oversees your treatment. Furthermore, as always, the devil is in the details. Even in the event that a board-certified physician is responsible for oversight at these facilities, the expertise and training of this provider can vary tremendously. Oftentimes, the provider is trained in a field of medicine that does not deal with cosmetic or plastic surgery at all. This means that they are not

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# Building Healthy Confidence with Clean Simplicity

How sugaringLA brings natural beauty to Closter

PHOTOS BY ANDREW FEIN



**sugaringLA**, located on Closter Dock Road, is a serene haven for those seeking more than just smooth skin. It's a place where confidence and personal well-being are beautifully renewed. At the helm is **Marisa Kochnover**, a seasoned entrepreneur and community leader who has seamlessly blended her love of wellness, empowerment, and connection into an organic skincare and hair removal studio that's redefining self-care for Bergen County.

**A Cleaner, Kinder Way to Care for Skin**  
At sugaringLA, the philosophy is simple: fewer chemicals, less pain, and more love for your skin. "All it is," Marisa explains, "is sugar, water, and lemon. That's it." The sugaring method—a natural, **room temperature** alternative to waxing—dates back to ancient Egypt and offers a gentler, more effective way to remove hair. Unlike wax, which is applied **HOT**, attaches to live skin cells and pulls against the direction of hair growth, sugar paste adheres only to



dead skin cells and is removed in the natural direction of growth.

"The sugaring molecules can't physically attach to live skin," she says. "So what you're getting is exfoliation and hair removal at the same time, without ripping or tearing. It's less painful, and over time, the hair grows back finer and softer." The result? Healthier skin, fewer ingrown hairs, and a smoother, more refined texture.

The simplicity of the ingredients is part of what makes the process so special. Marisa likens her studio to "the Whole Foods of hair removal," emphasizing organic materials, transparency, purity, and care in every service. "Traditional waxes are full of polymers, paraffins, and microplastics," she explains. "We are completely free of that. Everything we use is organic, biodegradable, and safe for your skin."

## From Fitness to Franchising—and Back to Community

Marisa's path to owning sugaringLA is as layered as her approach to wellness. A former **CycleBar** franchise owner and instructor, she built and operated multiple successful fitness studios before taking on a national role in franchise development. "I've always been drawn to businesses that help people find the best version of themselves," she says. "At CycleBar, it wasn't just about the bike. It was about community, empowerment, and connection."

After serving as president of a national CycleBar group overseeing 15 studios, Marisa eventually transitioned to franchise development with the **REP'm Group**, representing brands

across the country—including sugaringLA. But her heart remained tied to small business ownership and the sense of purpose that comes from working directly with people.

"I missed being part of the community," she recalls. "I loved that feeling of serving others, being the person people come to for something that makes them feel good." That desire brought her back to Closter, where—by chance or fate—she spotted a "for rent" sign in a space beneath her yoga studio. "I looked out the window during yoga and thought, 'If I ever open another business, it should be right here.' A week later, I called the number, and everything just fell into place."

## Empowerment Through Wellness

For Marisa, beauty and wellness are deeply intertwined. "Feeling good in your skin makes you feel ready to face the world," she says. Her studio isn't just a place to look better—it's a place to *feel* better.

sugaringLA's services extend beyond hair removal to include organic facials and body treatments that focus on healing and education. "We work with clients who have endocrine disorders, eczema, or psoriasis," Marisa shares. "Some people come in with skin conditions that have made them self-conscious for years. When we're able to help someone feel comfortable wearing shorts again or see their skin glow for the first time, that's powerful."

She's especially passionate about helping teenagers. "So many young people are stuck in this Sephora-TikTok



loop, buying products that damage their skin barrier," she says. In response, Marisa recently launched **Go and Glow Facials for teens**, offering skin education and affordable, organic routines. "We show them what they actually need and teach them how to take care of their skin properly—without all the noise."

## Giving Back and Staying Accessible

Despite the premium quality of her services and ingredients, Marisa is committed to keeping prices reasonable. "I want people to come," she says. "I've priced everything to be attainable. You won't find \$400 facials here—our signature facial starts at \$99, and our 'Go and Glow Facial', which is great for teens, starts at \$68."

She recognizes that running an organic business in Bergen County comes with higher costs but remains focused on accessibility. "It's like shopping at ShopRite versus Whole Foods," she explains. "There's a difference in what goes into the product, but I still want this to be something everyone can enjoy."

Her dedication to the community goes beyond pricing. sugaringLA



frequently partners with local schools and sports teams, donating a portion of proceeds from special promotion weeks to support their programs. "If a team or group comes to me with a fundraiser, I say Yes!" she smiles. "I'm a small business, and I want to be part of the fabric of this town."

## A Space That Smells Like Lemon and Feels Like Love

Walk into sugaringLA, and you're instantly embraced by the scent of fresh lemons and a warm, organic vibe that mirrors Marisa's personality. "Everything smells good, feels good, and is designed to make you feel cared for," she says. "When people come in, they're not just getting a treatment—they're getting an experience."

Her mission, at its core, is about confidence and kindness. "We all have enough to worry about," she says. "This is a place where you can just feel good in your skin. When you feel good in your skin, you feel strong enough to take on anything."

That's the magic of sugaringLA—a place where beauty is natural, community is everything, and empowerment starts with something as clean and simple as sugar, water, and lemon.

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# RETURNING TO THEIR ROOTS

## THE BOAMAH FAMILY'S JOURNEY TO GHANA

PHOTOS SUBMITTED BY THE BOAMAH FAMILY



For years, Mariama and Leslie Kwame Boamah dreamed of traveling to Ghana—a trip that would take them not only across an ocean but deep into the heart of their family's heritage. "This is a trip that's been a long time in the making," says Mariama. "We'd always wanted to go because that's where Leslie's from. I've traveled to Africa before but never to Ghana, and we knew it would be an amazing experience to bring our children back to their roots."

This past summer, with their oldest son Ben turning ten, the timing finally felt right. Leslie said, "with only a limited time to experience Ghana, I called my Uncle Ernest Mintah to help with logistics and he delivered perfectly, setting us up for a memorable trip." The Boamah's spent two weeks in Ghana, determined not to experience it as mere tourists but as explorers of family, history, and self. For Leslie, who left Ghana at age sixteen, it was also a long-awaited homecoming. "I've been back before," he explains, "but it was always for a funeral or a quick visit—two days in and out. This time, I got to see the country with fresh eyes. So much has changed. I even got lost in the neighborhood where I grew up."

### LESSONS FROM THE PAST

The family began their journey on Ghana's coast, visiting the Cape Coast and Elmina Castles—historic sites where countless enslaved Africans were held before being shipped across the Atlantic. "The kids had a lot of questions," says Mariama. "They had learned about slavery in school, but walking through those dark, airless rooms gave them a deeper understanding of what our ancestors went through. It made them very grateful for where they are today."

One of the most powerful moments came at the "Door of No Return," the portal through which captives passed to board ships bound for the Americas. "It's a place of deep sorrow," says Leslie, "but now on the opposite side of the door, they now call it the 'Door of Return.' It's meant to symbolize healing and reconnection—to make sure nothing like that ever happens again."

The Boamahs also reflected on Ghana's modern history and its role as a leader in reconnecting the African



diaspora. Leslie notes, “President Nana Akufo-Addo introduced the ‘Year of Return’ initiative, inviting descendants of enslaved Africans to come back and reconnect. As someone married to an African American woman, that meant a lot to me. It’s about self-awareness, reconciliation, and understanding where we come from.”

### A CULTURAL TAPESTRY

After exploring Ghana’s historical sites, the family dove into the vibrant art and culture of modern-day Accra. They visited artisan markets, museums, and the renowned Art Center, where they watched local craftsmen hand-weave colorful Kente cloth. “The kids even learned how to weave,” says Leslie proudly. “It was fascinating to see how something as simple as thread becomes a symbol of identity and pride.”

They also joined a drumming workshop and spent time with street artists who transformed found objects—flip-flops, cans, and scrap metal—into stunning pieces of art. “I loved seeing how creative people were with limited resources,” Mariama says. “It reminded me of Leslie’s early days as an artist when he’d use whatever he could find to make something beautiful.”

That connection between creativity and heritage became a central theme of the trip. “A lot of these artists don’t have money for expensive materials,” Leslie explains. “They use things society has thrown away and turn them into something powerful. I do that too. My work is about transforming something simple into something meaningful.”



**“WE DIDN’T JUST WEAR CLOTH;  
WE WORE OUR AKYEM LEGACY.  
EVERY THREAD TOLD OUR STORY,  
A FINAL, BRILLIANT MEMORY  
WORN WITH IMMENSE PRIDE.”**



### THE PORTRAIT OF A LEADER

Perhaps the most extraordinary moment of the Boamahs’ journey came from a spontaneous act of faith. As they loaded their car for the airport, Leslie suddenly decided to bring along a framed portrait he had drawn—a four-by-three-foot pen-and-ink rendering of Ghana’s former president, Nana Akufo-Addo.

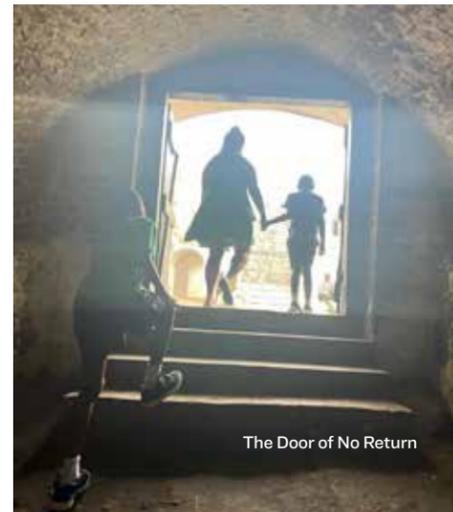
“My wife thought I was crazy,” he laughs. “We were already packed and rushing out the door, and I grabbed this huge, framed piece. She said, ‘What are you doing?’ I just had a feeling I should bring it.”

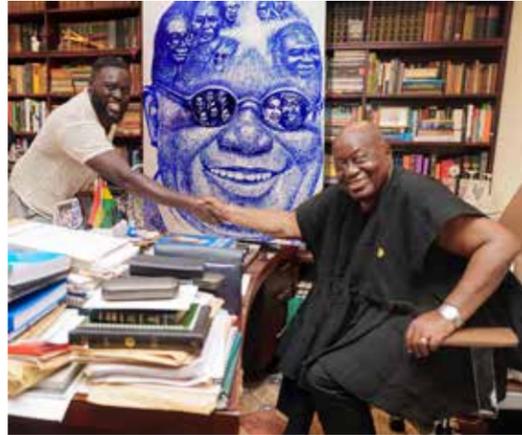
Creating the portrait was no small undertaking. “It took about three weeks,” Leslie recalls. “I worked at night after the kids went to bed. It’s detailed—if you look closely, you’ll see parts of the president’s life story woven into his face: his education, his family, his legacy. It’s all there.”

Leslie, a graduate of The Cooper Union for the Advancement of Science and Art and real estate developer, has been creating such portraits for years, often as tributes to people who inspire him. “Every year, I do a portrait of someone who has motivated me or made a difference,” he explains. “I’ve done pieces for Hillary Clinton and Eric Adams. This one was for President Akufo-Addo because of what he did for education.”

Akufo-Addo’s introduction of Free Senior High School (SHS) education in Ghana was life-changing for countless families. “It gave opportunities to so many brilliant kids who couldn’t afford to continue their education,” Leslie says. “That really inspired me.”

Once in Ghana, he had no plan for how to deliver the piece—but luck and persistence were on his side. “I asked my uncle to help, but he said it doesn’t work like that,” Leslie laughs. “Then I called a friend Sebastian Spio-Garbrah and Gabby Otchere Darko, both Directors at the African Prosperity Network and they made a few calls. Within two days, we got an invitation. We waited a long time at the office, thinking the president wasn’t there. But suddenly someone said, ‘Go straight to the president’s house.’ Within ten minutes, we were sitting across from him and presenting the portrait.”





**“IT WAS EMOTIONAL, INSPIRING, AND GROUNDING ALL AT ONCE. GHANA HAS CHANGED—AND SO HAVE WE.”**



Mariama adds, “It was surreal. I was so proud of him. It was one of those moments where you realize how powerful it can be to follow your instincts.”

**A COLORFUL SURPRISE**

On the last day of their trip, Leslie’s mother Felicia and stepfather Kofi blessed them with the most colorful surprise – a family photoshoot where they were dressed in royal Kente and adorned with Ghanaian jewels. Leslie said “We didn’t just wear cloth; we wore our Akyem legacy. Every thread told our story, a final, brilliant memory worn with immense pride.” Mariama said “It felt like a full circle moment – we started the trip learning about atrocities from the past and ended the trip feeling like royalty.”

**A FAMILY TRANSFORMED**

For the Boamahs, the trip was far more than a vacation—it was a journey of identity, art, and connection. “It gave our kids a sense of where they come from,” says Leslie. “Alpine is such a diverse and international community, but it’s important that they have a strong foundation and know their past.”

The children came home changed. Their younger son, Christian, was inspired to start painting after seeing the vibrant colors of Ghanaian art, while their older son, an avid soccer player, loved experiencing the country’s passion for the sport firsthand. “We’re just trying to keep the spark alive,” says Mariama. “They’re even sending a birthday gift to our driver’s daughter back in Ghana. They still talk about him all the time.”

Looking back, Mariama reflects, “For me, it was about seeing how connected we all are, no matter where we come from. Watching our kids play soccer with children in the market—different worlds, but so much in common—it really makes the world feel smaller and more human.”

Leslie agrees. “The trip reminded me that you can’t build your future without knowing your past,” he says. “It was emotional, inspiring, and grounding all at once. Ghana has changed—and so have we.”

To view Leslie’s work, visit <https://lesboamahfineart.com>



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# Holiday Kids Recipes



December is packed with sparkle, anticipation, energy, and memory making. Stroll families love including kids in the kitchen—and this year, we’re making it EASY. These simple Christmas and Hanukkah recipes are perfect for ages 6-10, low mess, and confidence building. No perfection pressure—just joy, laughing, and delicious results.

## Christmas Recipe CHRISTMAS TREE PITA PIZZAS

**Kid Level:** 6+

### INGREDIENTS

- Mini pitas
- Pizza sauce
- Mozzarella
- Mini pepperoni
- Sliced peppers (green, red + yellow) (optional)

### INSTRUCTIONS

1. Spread pizza sauce over pita.
2. Sprinkle mozzarella to cover.
3. Arrange pepperoni in triangle tree shape.
4. Use yellow peppers to make star topper.
5. Bake or air fry until warm + melty.

**Kid Pro Tip:** Let kids add toppings freely — no two trees need to match!

**Why Kids Love It:** they get to decorate these like craft art.

## Hanukkah Recipe

### CINNAMON SUGAR DREIDEL DONUT HOLES

**Kid Level:** 5+

### INGREDIENTS

- Store bought donut holes
- Cinnamon
- Sugar
- Icing or cake decorating gel in blue

### INSTRUCTIONS

1. Roll donut holes in cinnamon sugar mix.
2. Add small spun “handle” on top with icing.
3. Draw Hebrew letters Nun Gimel Hay Shin.

**Kid Pro Tip:** Talk through each letter’s meaning as you decorate — hands-on learning sticks!

### Holiday Safety Kid Kitchen Tips (quick box)

- Always ask before touching anything hot
- Keep long sleeves + hair pulled back
- Knives + sharp tools = adult hands only
- Clean as you go — sticky sugar gets slippery fast

### Parent Script to Build Confidence (use while cooking)

“You don’t need to make it perfect... you just need to make it YOURS. Holidays are about trying, experimenting, and having fun together. The magic is in doing it — not in making it perfect.”



### Snackable Add-On Ideas

- Hot cocoa board (mini marshmallows, sprinkles, candy cane stir sticks)
- Latke French fries (thin cut hash browns in air fryer w/ applesauce or sour cream dipping)
- Sugar cookie dip (cream cheese + powdered sugar + sprinkles)

### Conversation Starters While Cooking

- What is ONE tradition we should create this year that we keep forever?
- What food screams holiday to you + why?
- What is one thing you want to MAKE this holiday, not GET?

### CLOSING NOTE

Food becomes core memory because it uses every sense. When kids help prepare holiday food—even simple things—they feel ownership, they feel capable, and they connect the season to joy, belonging, and participation.

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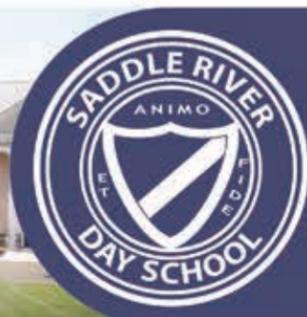


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# MARIA MONTESSORI

## A Sneak Peek Into Her Life & Educational Philosophy

BY NATALIE PEREZ, ALPINE RESIDENT AND CERTIFIED MONTESSORI EARLY CHILDHOOD EDUCATOR



Montessori education advocates a philosophy for children's growth as well as a reason for encouraging such growth. Dr. Maria Montessori was the genius behind the revolutionary concepts that brought about a sense of freedom, happiness, and accomplishment to classrooms around the world. Through extensive research, observations, worldwide excursions, and interactions, Dr. Maria Montessori was able to discover that every child has an impulse drive to learn. Her lifetime devoted to improving the education of children opened the eyes, the minds and the hearts of all professions and generations.

“The goal of early childhood education should be to activate the child's own natural desire to learn.” - Maria Montessori

Maria Montessori was born in 1870. Between the ages of 12 and 15, Maria studied mathematics, engineering, and medicine. She became the first woman to graduate from The School of Medicine at the University of Rome with a Ph.D. in 1896. After graduating, Maria was placed in the psychiatric clinic at the University of Rome as an assistant doctor. This experience created the foundation for her interest in special-needs children and led her to study, analyze and implement the words of two French doctors: Jean Itard and Edouard Seguin.

From 1899-1901, Maria worked with Dr. Giuseppe Montesano at the State Orthophrenic School in Rome. Here, she spent long hours working with the children implementing Seguin's principles with homemade materials. During these two years of practice, Maria was able to gather observations, compare, analyze and reflect on the progress of these children. While people from all over the world were admiring her remarkable feat, Maria's wheels were turning: "...I became convinced that similar methods applied to children in ordinary schools would develop and set free their personality in a marvelous and surprising way" (Standing, 30). This revealing quote marks, what I believe, to be the moment when the puzzle pieces of the Montessori approach in education slowly began forming.

In 1907, Maria opened the first *Casa dei Bambini*, a childcare center in a poor, inner-city district of Rome. The children were considered ill-behaved at first but soon displayed a keen interest in learning to prepare meals and manipulating materials that held foundations in language and math lessons. Maria took note of how the children absorbed knowledge from their surroundings, essentially teaching themselves.

Maria Montessori was able to acknowledge that each child is an individual with unique needs and abilities. Through her methods, Maria guided children to the fulfillment of their potential. Her teaching strategies and her discoveries about early childhood development revolutionized educational approaches all around the world.



### Montessori Dictionary

**ABSORBENT MIND:** A mind that more easily attains information. This is particularly true for children from newborn to six years of age.

**SENSITIVE PERIODS:** As children go through developmental stages, he or she may experience a need to focus on specific activities, such as tasks involving organization. During such times, the child will be naturally drawn to such tasks with great focus.

**PREPARED ENVIRONMENT:** Educators arrange a space (classroom) to encourage the highest level of development without being complicated. It is organized, simple and attractive in order to encourage independence.

**WORK CYCLE:** A time for children to freely and productively engage in group/independent work for up to three hours in the prepared environment.

**MIXED-AGE GROUPS:** Dr. Montessori believed that children are more apt to learn from their peers than from adults. The older children serve as role models, both socially and academically.



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# NON-COMPETE AGREEMENTS IN NEW JERSEY

ELLIOTT MALONE, ESQ.

Non-compete agreements are contracts between an employer and an employee that are typically signed at the start of their business relationship. Essentially, a non-compete agreement prohibits the employee from competing with the business directly or indirectly for a specific duration of time, and often geographic area, after their employment has ended.

Nearly one in five workers in the United States are bound by a non-compete agreement preventing them from finding a new job or starting a business in their field when they leave their employer. Non-competes are currently governed at the state level, and as a growing body of research shows that non-competes suppress wages, reduce job mobility, and stifle innovation, states are moving rapidly to restrict them. Currently, four states ban the use of non-competes entirely and 34 states, as well as DC, restrict their use.

**Notably, S4385 does not apply to non-competes entered into in the sale of a business. Nor does the bill apply to causes of action that accrue prior to the enactment of the bill, meaning any current non-compete litigations are still viable.**

Almost every state has a slightly different approach when it comes to the enforceability of non-compete agreements. In fact, some states view non-competes as overly restrictive on competition — meaning they are only enforceable in certain circumstances or not at all.

In New Jersey, employers may use non-compete agreements only to protect legitimate business interests. These may include safeguarding confidential information, preserving client relationships, or allowing time to train a replacement. Even so, many employers impose restrictions that are far broader than necessary, which could leave you in a difficult position when you want to change jobs or leave on your own terms.

New Jersey Courts take a careful approach to non-compete clause enforcement, balancing business interests with employees' rights to earn a living. Recent cases like *Community Hospital Group, Inc. v. More*

and *CMR Insurance Agency v. Reich* show that the courts demand restrictions to be as narrow as possible while still protecting legitimate concerns. Judges often refuse to enforce agreements that prohibit former employees from working in unrelated fields or that go beyond what the company actually needs to operate fairly.

New Jersey Court frequently utilize the “blue-pencil doctrine.” In practice, this means they have the power to modify, not rewrite, overly broad clauses - such as reducing the geographic or time limits of a restriction - if the intention of the agreement remains clear and reasonable. However, if a clause is fundamentally unfair or not connected to true business needs, the court may void it entirely. Ensuring your non-compete matches current legal expectations helps guard against complete invalidation.

Recent proposed changes by the Federal Trade Commission (FTC) and the New Jersey legislature signal potential limits on non-compete enforcement for certain industries or job levels in the near future.

On May 19, 2025, the New Jersey legislature followed in New York's footsteps and introduced two bills, S.B. 4385 and S.B. 4386, seeking to significantly curtail, if not totally ban, the use of non-compete clauses in the employment relationship.

These proposed bills would ban non-competes for workers earning below a certain threshold (e.g., \$100,000 annually) and impose strict limitations on agreements with senior executives, such as a 12-month cap on the

non-compete period and requirements for continued pay during that time. The proposed bills would render most existing and future non-compete clauses unenforceable, require employers to notify affected employees, and prohibit “no-poach” agreements.

Notably, S4385 does not apply to non-competes entered into in the sale of a business. Nor does the bill apply to causes of action that accrue prior to the enactment of the bill, meaning any current non-compete litigations are still viable.

The bill also creates a civil cause of action for aggrieved employees, and their potential damages include liquidated damages, compensatory damages, and attorneys' fees.

Employers and employees should monitor the status of these bills, as they could lead to major changes in employment contracts. The legislation is not yet law, and its final form may differ from its current version.

Elliott Malone, Esq.



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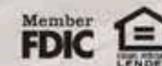
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# Short-Term Rentals and Airbnb Rule in New Jersey

ELLIOTT MALONE



The changes to Airbnb regulations in New York have led to a noticeable trend: travelers seem increasingly keen on booking their stays in New Jersey, opting to visit New York City on day trips.

The rise of short-term rental platforms like Airbnb has revolutionized the way homeowners in New Jersey and across the globe utilize their properties for income.

Each spot in New Jersey has its own set of rules for short-term rentals. Local regulations in New Jersey vary significantly from one municipality to another. Some cities, like Jersey City, have embraced Airbnb and other platforms, creating specific ordinances that facilitate short-term rentals, whereas others have imposed strict limits or bans. You must check with your local city or town hall to understand the specific requirements and restrictions.

### Common regulations include:

- **Zoning Laws:** Ensure your property is in a zone that allows for short-term rentals.
- **Permits and Licensing:** Some municipalities require a permit or license to operate a short-term rental. This may involve an application process, a fee, and periodic renewals.
- **Occupancy Limits:** There are often limits on the number of occupants allowed per rental.
- **Safety Inspections:** Properties may need to pass safety inspections to ensure they meet health and safety standards.
- **Depending on your location,** you may need to apply for permits or licenses specific to operating a short-term rental. This process can vary widely, so it's important to gather information from your local government.
- **New Jersey may require your property to comply with certain safety standards** related to fire, health, and building codes. Common requirements include the installation of smoke detectors, carbon monoxide detectors, and fire extinguishers. Ensure your property is inspected and approved for guest occupancy.
- **It is important to include regulations specific to your property or local laws in your rental agreement.**
- **You may need to obtain additional coverage or a specific short-term rental insurance policy** as standard policies do not typically cover business activities such as short-term rentals.

### Here are some of the short-term rental laws and rules in big New Jersey towns:

#### JERSEY SHORE (Monmouth, Ocean, Atlantic Counties)

This region experiences heightened tourist demand during summer months. Many shore towns, such as Asbury Park and Point Pleasant Beach, have short-term rental ordinances requiring local registration, annual permit fees, or caps on the number of weekly rentals. Properties in these areas typically collect the statewide sales and occupancy taxes. Certain towns

also add local occupancy taxes to support beach maintenance or tourism marketing. Enforcement can be robust in peak season, so owners must keep up with local rules addressing noise, parking, and trash disposal.

#### JERSEY CITY

Jersey City, across the Hudson from Manhattan, has adopted regulations in recent years to balance housing availability with tourism potential. Hosts typically must register with the city to rent entire units, while those offering rooms in an owner-occupied home sometimes face fewer restrictions. Jersey City also imposes a local occupancy tax, stacking on top of the state taxes. Violations of permit rules or repeated neighbor complaints can lead to fines or shut down the rental.

#### NEWARK

Newark, New Jersey's largest city, has not instituted a blanket short-term rental ban but does require tax collection and compliance with existing zoning laws. Hosts who operate entire units rather than just a room may face stricter local guidelines. Noise or parking complaints from neighbors can spark city council discussions around new regulations, so owners should stay informed of any proposed changes or hearing schedules.

#### HOBOKEN

Hoboken's proximity to Manhattan makes it popular for short-term stays, but city officials have examined ways to handle noise and housing concerns. While there is no outright ban, some neighborhoods enforce short-term rental limitations or require owners to obtain an additional permit, especially if the owner does not occupy the unit. The standard sales and occupancy taxes remain in effect, and local fines may apply for unregistered rentals. If the property lies within a condo association, additional constraints may apply, particularly regarding security and building access for guests.

#### TRENTON

As the state capital, Trenton witnesses moderate short-term rental demand related to legislative sessions and regional tourism. While the city does not heavily regulate nightly or weekly rentals, hosts must follow state tax rules. Checking local zoning codes to see if short-term rentals are recognized in residential districts can help avoid issues. Homeowners who ignore repeated noise or sanitation complaints risk code enforcement actions, which may lead to fines or forced suspension of rental operations.

Hosts in New Jersey generally face two categories of taxes: Statewide requirements and possible local add-ons. At the state level, New Jersey applies a sales tax (currently 6.625%)

along with a hotel and motel occupancy fee (5%) to short-term rentals under 90 days in most cases, although the exact charges can differ depending on local exemptions. In addition, some shore towns or urban municipalities impose their own occupancy taxes or tourism fees. It's crucial to determine if your rental period fits this exemption, as failing to comply with tax obligations can result in penalties.

Hosts need to confirm whether Airbnb automatically collects these taxes. If not, the property owner must register with the New Jersey Division of Taxation to file returns on the appropriate schedule (often monthly or quarterly).

Property owners renting out their homes in New Jersey for more than 14 days per year may qualify for certain federal tax deductions.

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

**ALPINE:** 2 Sales  
18 Autumn Terrace \$6,664,000  
48 Rio Vista Drive \$17,700,000

**CLOSTER:** 10 Sales ranging from \$789,000 to \$3,200,000  
21 Laurence Court \$789,000  
53 Taillon Terrace \$1,750,000  
18 Richard Court \$3,200,000

**CRESSKILL:** 7 Sales ranging from \$650,000 to \$5,800,000  
46 Florence Avenue \$650,000  
135 Westervelt Place \$1,680,000  
70 Jackson Drive \$5,800,000

**DEMAREST:** 8 Sales ranging from \$775,000 to \$4,500,000  
31 Hardenburgh Avenue \$775,000  
18 Ruth Lane \$1,480,000  
354 Hardenburgh Avenue \$4,500,000

**ENGLEWOOD CLIFFS:** 2 Sales  
45 Center Street \$1,500,000  
34 Bayview Avenue \$1,888,000

**TENAFLY:** 10 Sales ranging from \$600,000 to \$3,150,000  
165 Tenafly Road \$600,000  
108 Sunset Lane \$1,533,000  
2 Mission Way \$3,150,000

**UPPER SADDLE RIVER:** 14 Sales ranging from \$985,000 to \$2,600,000  
67 Locust Lane \$985,000  
20 Spook Ridge Road \$1,730,000  
11 Old Chimney Road \$2,600,000



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# The Future of Bergen County

## EMERGING TRENDS IN REAL ESTATE INVESTMENT

*Tips from a local real estate expert*

SANDRA GARCIA, REALTOR® AT CORCORAN INFINITY PROPERTIES IN ALPINE NJ.



As a seasoned realtor with over twenty years in the real estate investment industry, I've seen firsthand the

transformative potential of strategic investments. Today, I want to highlight the exciting future of Bergen County and why now is the ideal time to invest in this vibrant region.

Bergen County, located in New Jersey, has long been a desirable area due to its proximity to New York City and its unique suburban appeal. However, emerging trends are set to reshape its real estate landscape, offering lucrative opportunities for investors.

### Smart Homes and Sustainable Living

One of the most significant trends is the growing demand for smart homes and sustainable living. Buyers are increasingly seeking properties that integrate technology and minimize

environmental impact. Homes equipped with smart technology, energy-efficient appliances, and sustainable materials are in high demand. As an investor, focusing on these features can yield substantial returns.

### Mixed-Use Developments

Mixed-use developments, which combine residential, commercial, and recreational spaces, are gaining popularity in Bergen County. These vibrant communities offer the convenience of amenities such as shops, restaurants, and parks within walking distance. Investing in mixed-use properties diversifies your portfolio and taps into the growing demand for integrated living spaces.

### Transportation Infrastructure Expansion

Transportation infrastructure is crucial in real estate investment,

and Bergen County is poised for significant improvements. Planned expansions of highways and public transportation systems will enhance accessibility, attracting more residents and businesses. Investors should monitor areas slated for infrastructure development, as these locations often see increased demand and rising property values.

### Suburban Workspaces

The shift towards remote work has redefined traditional office environments, and Bergen County is capitalizing on this trend. Suburban workspaces offering flexible office solutions closer to home are becoming popular. As businesses accommodate remote and hybrid work models, investing in commercial properties catering to this demand presents a lucrative opportunity.

### Community and Lifestyle Focus

Today's buyers are investing in a lifestyle, not just a home. Bergen County's emphasis on community, quality of life, and recreational opportunities makes it an attractive destination. From picturesque parks and trails to a vibrant cultural scene, the county offers a rich tapestry of experiences. Investors prioritizing properties in areas with strong community engagement and lifestyle amenities will be at the forefront of this trend.

In conclusion, Bergen County is on the brink of a real estate renaissance. The convergence of smart technology, mixed-use developments, improved infrastructure, suburban workspaces, and lifestyle-focused living presents a wealth of opportunities for investors. As someone who has navigated the real estate landscape for over two decades, I can confidently say that the future of Bergen County is bright, and the time to invest is now.

Whether you're a seasoned investor or just beginning your real estate journey, Bergen County offers a promising horizon. Embrace these emerging trends to secure your financial future and contribute to the vibrant growth of this remarkable region. The future is here, and it's time to seize it.



*Let this holiday be your moment to pause, explore, and celebrate life beautifully*



Hi, I'm Sharina Muñoz. I founded Aventures D'or after discovering how transformative immersive travel can be. Exploring beyond the usual paths taught me that travel isn't just about where you go — it's about how deeply you connect. Through Aventures D'or, I curate bespoke luxury journeys that blend insider access, cultural discovery, and effortless elegance. My multicultural background and attention to detail ensure every itinerary feels personal, seamless, and unforgettable.

Let this holiday be your moment to pause, explore, and celebrate life beautifully - From champagne under the Northern Lights to sunlit shores in the Maldives, let Aventures D'or craft an adventure that transforms your definition of travel — to the world's most breathtaking places, curated just for you.

*Travel beyond limits,  
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Happy Holidays

Warmest wishes this holiday season from your neighborhood real estate specialist.

Thank you for making 2025 another successful year. I look forward to 2026 and the opportunity to work on all your real estate needs.

May your home be filled with peace and joy this season and throughout the New Year!

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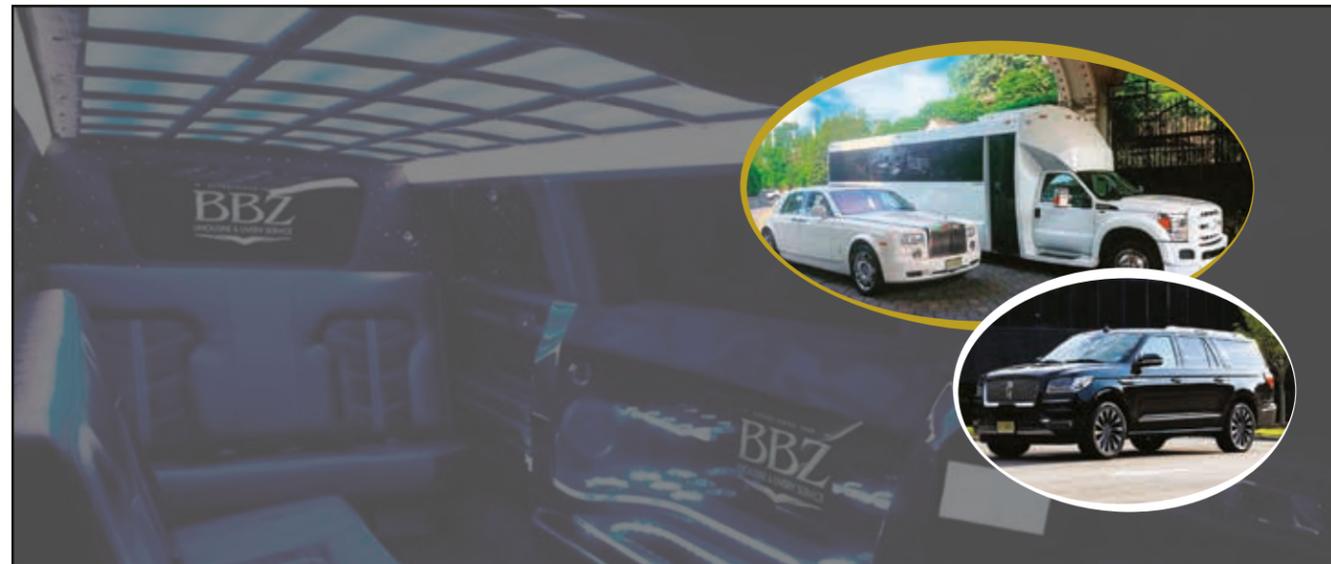
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