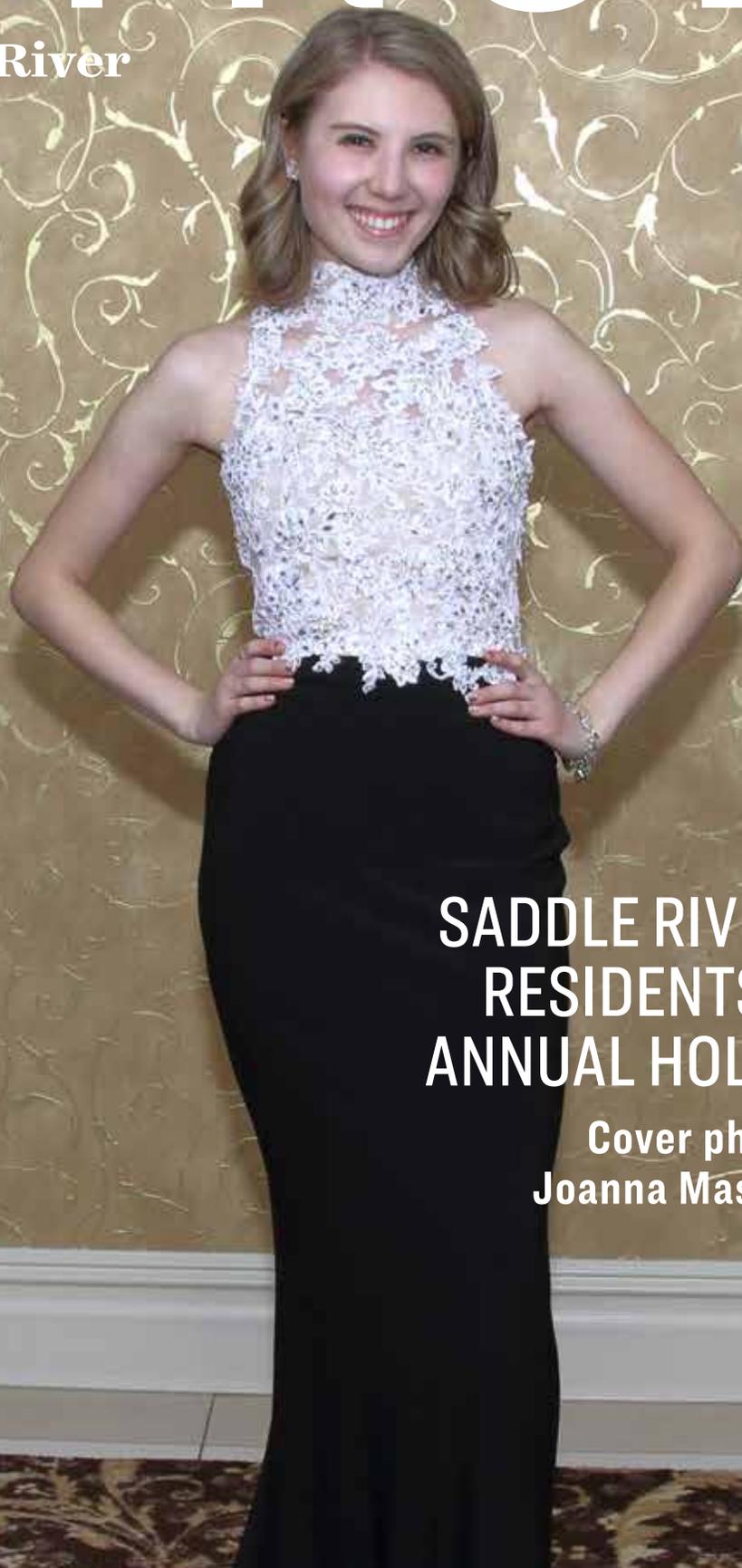


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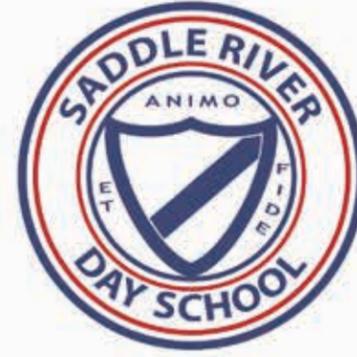
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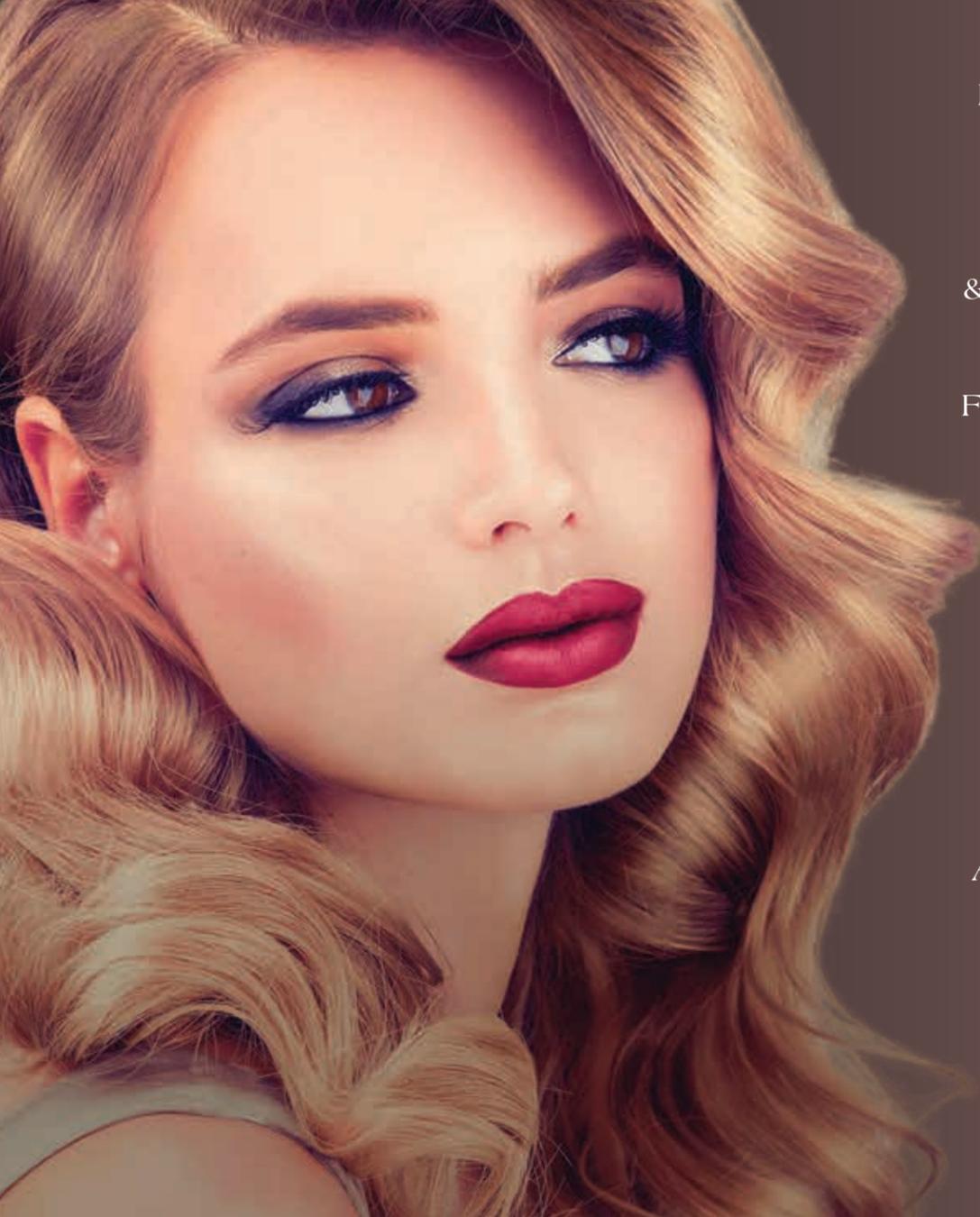


CONTINUED →

custom-designed closets. The lower level offers a country club-inspired retreat, complete with a professional wet bar, wine cellar, state-of-the-art theater, and a wood-burning fireplace with a commanding stone surround. Expansive open areas provide endless opportunities to tailor the space to your personal vision. This estate not only offers a private sanctuary but also embodies the quintessential Saddle River lifestyle. Elegant, private, and grand, this home is truly a masterpiece crafted for those seeking a unique blend of luxury, comfort, and architectural distinction.

Listed by **Christine Frosini**, 201 314 1195





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A Magical Evening at Macaluso's SADDLE RIVER VALLEY RESIDENTS CLUB ANNUAL HOLIDAY GALA



TOWARDS THE END OF THE NIGHT, THE EXCITEMENT REACHED A PEAK AS MEMBERS ALL JOINED IN A CONGA LINE, WEAVING THROUGH THE SPACIOUS HALL WITH SMILES AND GOOD CHEER.



The Saddle River Valley Residents Club members brought in the Holiday Season with style! The annual Gala is the pinnacle social gathering for Club members and their guests and this year the festivities were hosted on Saturday evening December 14 at Hawthorne's Macaluso's Catering Hall.

An annual event for the Club since its formation in 1970, the Holiday Gala was a black tie event, with guests in their best holiday attire. The meal featured a lavish five course menu, initiated by a champagne toast, which was presented by Zora Kassai, the Club's President. As Zora thanked the event chairs - Helene Kraushaar, Anna Kelly and Helena Lobo-Zagorski, she also recognized the Club's members for an outstanding year. With the toast, the mood was set for a lively evening that was filled with non-stop dancing, cocktails, laughing and even singing, courtesy of DJ Joe Schimmenti. Towards the end of the night, the excitement reached a peak as members all joined in a conga line, weaving through the spacious hall with smiles and good cheer. It was the perfect way to close out an already incredible evening.



CONTINUED →



“I’ve been a member of the SRVRC for over a long time, and throughout the years the Club has featured so much for members. I favored sports such as Tennis and Golf early on”, said Rosemarie Habicht. “This year I have found the International Lunches and our latest excursions to the theatre performances to be especially enjoyable.” In keeping with “something for everyone”, the latest addition to the Club, by demand, is the Family Fun chapter - children-friendly events, chaired by Beladi Ben Jamil. The Saddle River Valley Residents Club has more in store as we start 2025, and we are eager to welcome new members.

For more information, visit www.srvrc.org.



“ *This year I have found the International Lunches and our latest excursions to the theatre performances to be especially enjoyable.*”



CONTINUED →



Club Chapters:

- Coffee Social Chair
- Helena Lobo-Zagorski
- Family Fun
- Beladi Ben Jamili
- Health and Wellness Club
- Zora Kassaii

- International Group and Out to Lunch
- Marie Janasa
- Helene Richin
- Ladies Club GG
- Anna Kelly
- Men's Club
- Jerry Vernon
- Dinner and a Movie

- Barbara & Roy Ostrom
- Publicity
- Mia Shernoff
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ASK DR. BOB



This column will be about strokes or cerebrovascular accidents (CVAs). This topic warrants discussion anytime because of its prevalence. I hope to give you some insight into how we doctors look at this important issue.

How does one present to the doctor or hospital with a stroke?

Usually, weakness is one indication of problems suggesting a stroke. A stroke is the cutoff of blood to parts of the brain. It is sudden and scary. The arm or the leg doesn't work or move on command. Your face might droop, or your vision might be gone. High blood pressure or just the worst headache you have ever had could precede this.

What does ischemic mean?

It means that a part of your body is not getting enough blood flow. It could be a major organ, like the heart or the brain. When it is the brain, it could be a stroke.

What is TIA?

A TIA is a "transient" ischemic attack, or the temporary disruption of blood flow to the brain. It is like a "mini stroke" and serious enough to call 911 for an ambulance

to get you to the hospital. A blood clot from other parts of the body, air bubbles, or fatty material can cause TIAs.

I have heard that some people bleed into their brains. Is that different from an ischemic stroke?

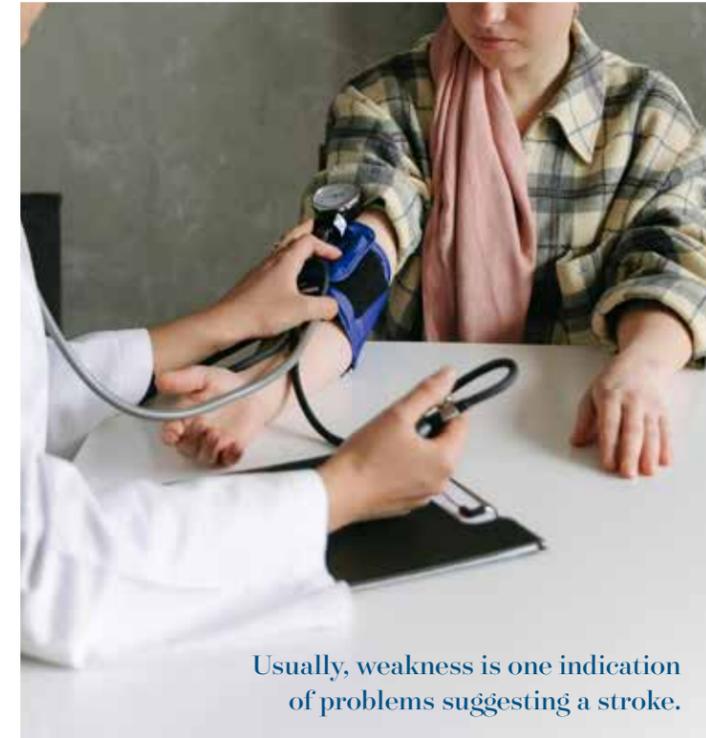
Yes, they are very different. About 87% of strokes are ischemic, so it is more common. Bleeding strokes are quite serious and considered the worst kind of stroke you can have. Brain hemorrhage can be devastating to the patient and usually involves more damage to the brain tissue.

Tell me more about the symptoms of an ischemic stroke.

There are many symptoms of an ischemic stroke: facial droop, inability to read or speak, double vision, loss of vision in one eye, and abrupt onset of weakness or loss of function in one or many extremities. Although these symptoms can occur alone, they sometimes come in combination, so it's hard to tell initially whether it's an ischemic or hemorrhagic stroke. Usually nausea, vomiting, severe headache, and a decreased level of consciousness suggest a hemorrhage.

Is it only old people who get strokes?

No, anyone can have a stroke. Young people who use cocaine, have blood clotting problems, have suffered



Usually, weakness is one indication of problems suggesting a stroke.

head injuries, experience severe migraines, or have started oral contraceptives, could be having a stroke.

What happens if I believe that I am having a stroke?

You dial 911 and tell the dispatcher what you believe is going on. The dispatcher decides whether you need advanced life support (paramedics) or a simple ambulance with EMTs making you comfortable.

When you get to the emergency room at the hospital, the doctor will do a neurological exam in some detail, order a cat scan (CT), MRI, carotid scan, or other detection technique (depending on the size of the hospital and whether they have a stroke center) of your head, and get a successful history from your next of kin. This is important, because we have "clot busters" that can remove the cause of ischemia if they are used quickly. There is a certain amount of time allowed for use of the "clot busters."

Do I trust the neurological exam?

Yes, you must trust the doctor. The doctor determines that this is not a "stroke mimic", that you have neurologic deficits, and he establishes the severity of the stroke.

What is the key to managing my stroke?

To confirm the presence of a stroke and restore blood flow.

What if I have a hemorrhagic stroke?

This serious situation requires a different approach. Dialing 911 and relating symptoms to the EMS dispatcher remains supremely important. Treating a brain hemorrhage demands critical care. Patients on blood thinners, those with very high blood pressure, and other predispositions will require urgent care.

My husband has had a stroke and has problems talking and swallowing. What causes that?

The larynx is most likely to cause those problems in your husband. The human larynx protects the airway during swallowing, it regulates breathing and keeps the timber of the voice constant. These are all vital functions. Some of the problems that can occur with larynx involvement are listed below.

- *Dysphagia*, or the inability to swallow well, is often a sign of laryngeal problems after a stroke. The worst thing that happens is the aspiration of food and liquids into the lung. This is often a cause of severe pneumonia.
- *Vocal cord paralysis* is an issue and may require an urgent tracheostomy, which is a hole made in the trachea to allow one to talk.
- *Dysphonia* is another problem related to a stroke. Doctors might treat this conservatively or surgically.

Is there a relationship between stroke risk and the ingestion of coffee or tea?

This is an excellent question because of a recent study called the "Interstroke study". High coffee consumption, which is greater than 4 cups daily, was associated with an increased risk of both kinds of stroke, ischemic or hemorrhagic. Lesser amounts of coffee and tea were associated with lower odds of having a stroke.

A U.K. study linked moderate coffee and tea drinking to a decreased risk of stroke and dementia. In this study two to three cups of coffee or tea were associated with a 30% decrease in the incidence of stroke and 28% lower risk of dementia when compared to those who did not. It seems to show that both coffee and tea offer some mild benefit to those who are worried in their later years about having a stroke.

Don't forget to tune into my video podcast at www.healthfrontierspod.com.



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, Rutgers, New Jersey Medical School, and Saddle River Resident. r.lahita@att.net, phone: 973 754 4175



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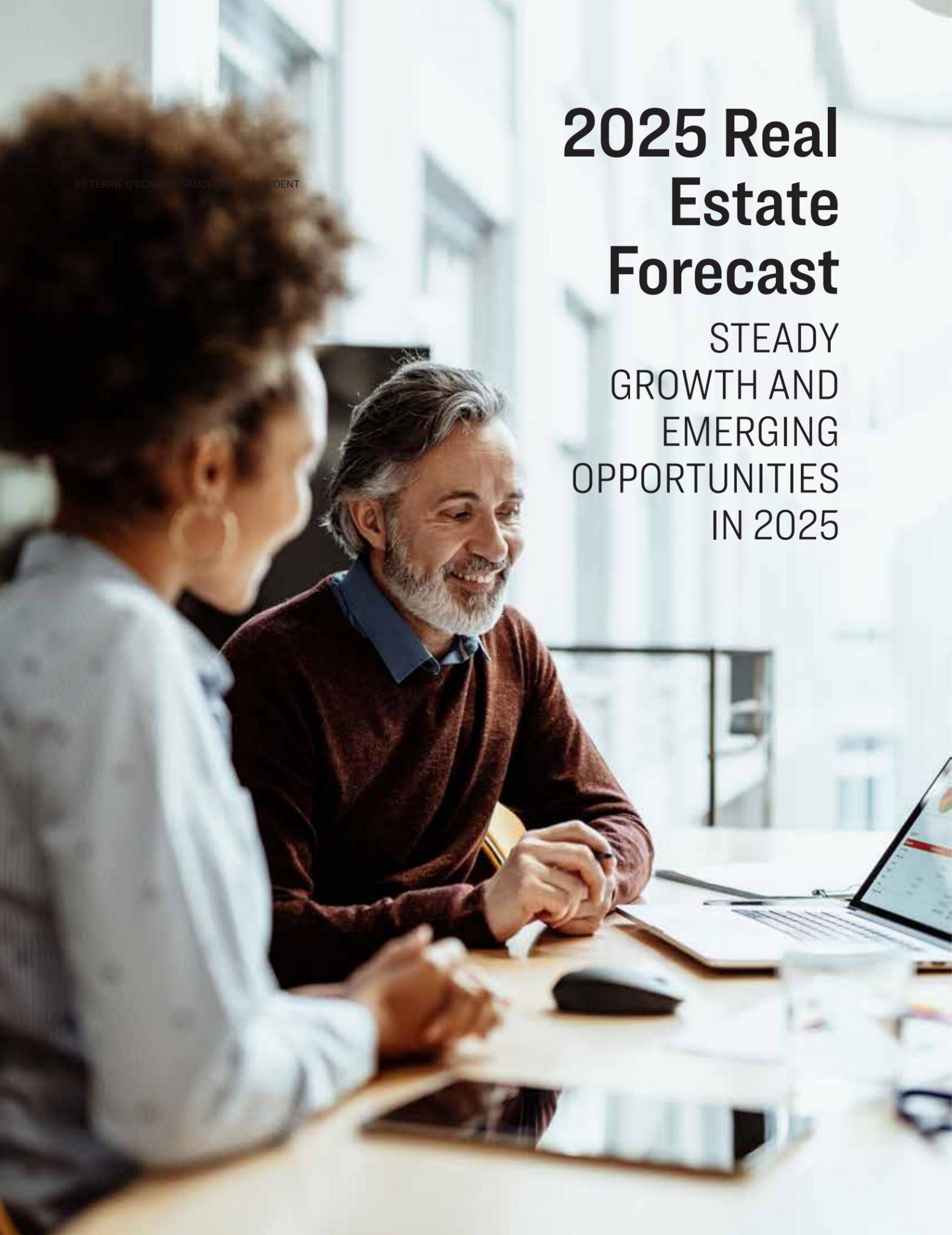
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2025 Real Estate Forecast

STEADY GROWTH AND EMERGING OPPORTUNITIES IN 2025

BY TERRIE O'CONNOR, SADDLE RIVER RESIDENT



Thanks to climbing home prices, low inventory and high mortgage rates, it's been a tough few years for the housing market, leaving many hopeful homebuyers on the sidelines. However, the worst of the housing inventory shortage is coming to an end, according to National Association Of Realtors (NAR) Chief Economist Lawrence Yun, as mortgage rates are stabilizing and job additions are continuing.

Market conditions are impacted by many different factors including the economy, mortgage rates, price growth and housing supply. Whether you're a buyer, seller or investor, understanding the market dynamics will be key to making informed decisions in the coming year. Here's what to expect:

• MODERATE PRICE GROWTH:

After the rapid price increases of previous years, 2025 will likely bring more balanced growth. Mike Simonsen, President of Altos Research predicts 4% price gains nationwide where normal appreciation is generally 5%. In New Jersey, Simonsen notes because we have had much stronger appreciation in recent years, he expects average home prices are expected to rise by 3-3 1/2%. However, this will be influenced by sustained demand and limited inventory in sought-after areas like Bergen, Essex, and Morris counties.

• INCREASED INVENTORY IN SELECT AREAS:

New construction projects and rezoning efforts in suburban and urban hubs like Jersey City and Montclair are set to expand the housing inventory, offering more choices for buyers. However, this may be tempered by what the new administration warrants will be done with tariffs and deportation. Significant tariffs would increase the price of materials and a large increase in deportation will affect the labor supply in the construction industry.

At the same time, NAR's chief economist Yun points out that household equity in real estate is at a record high. This means there has been a huge increase in wealth which sits mostly among Baby Boomers who are reaching the age of 65 in record numbers. While this group has been sitting with most of the housing inventory, they are reaching an age that it becomes advantageous to move to more suitable housing to enjoy their senior years. Housing inventory had a 2.8% increase in 2024 over 2023. Altos Research predicts another modest increase if rates stay around 6% in 2025... and will slowly get closer to pre-pandemic numbers.

• INTEREST RATES AND FINANCING:

Mortgage rates remain a pivotal factor. The Federal Reserve's monetary policies indicate rates may stabilize or slightly decline in 2025, providing relief to buyers who faced higher costs in 2024. However, Marci Rossell, Chief Economist for Leading Real Estate Companies Of The World warns that again tariffs and deportation legislation could affect where interest rates go as we get further into the year. Locking in rates early might prove advantageous as the year progresses.

At their December meeting, the Fed cut rates by a quarter point but projected just two rate cuts in 2025. While inflation has stalled in recent months, it still hovers above the 2% that has been targeted causing concern over getting too aggressive with rate cuts. Based on the outcome of the latest meeting of the Federal Reserve, Lawrence Yun, NAR's chief economist commented, "Mortgage rates will modestly trend lower. Given that mortgage rates have stayed above 6% for more than two years, consumers are getting used to the new normal, especially considering that the 50-year average for rates is 7.7%."

As we step into 2025, the residential real estate market in Northern New Jersey is poised for an intriguing year of opportunities and challenges. We especially see growth in these emerging hot spots:

- **Jersey City and Hoboken:** With improved transportation infrastructure and vibrant urban living, these areas continue to attract professionals and young families.
- **Western Suburbs:** Towns like Randolph and Rockaway offer affordability and space, drawing families seeking alternatives to pricier neighborhoods closer to Manhattan.
- **Luxury Market:** High-end homes in areas like Saddle River and Alpine may become quite strong, as high end buyers take advantage of the extended tax cuts that are proposed and deregulation continues to fuel the stock market.

At the same time, we will be keeping a close eye on some challenges that may affect the market including limited entry level properties and some of the economic uncertainty that comes with a new administration. Whether you're looking to buy, sell, or invest, staying informed is essential. Let's work together to make your real estate goals a reality this year.



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 nine 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. Terrie O'Connor Realtors is a proud member of Leading Real Estate Companies of the World, a network of leading independent real estate brokerages across the country and representing more than 70 countries worldwide, as well as the invitation-only luxury property marketing division, Luxury Portfolio International.

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Helena Zagorski, Dr Barry Kraushaar, Rosemarie Habicht and Helen Kraushaar



President of SRVC, Carolyn Palmer with Dr. Bob Lahita



Saddle River Valley Club Holiday Gala



Saddle River Valley Club



Dr. Barry Jansen and Mark Zagorski



Elizabeth and Dr. Barry Jansen



Kelly Somers and Joe Sicari



Dr. Keith Dockery and Dr. Lisa Kilejian Dockery, Joe and Mary DeMatteo



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David Gross, Patrick Hill, Dr. Jeffrey Liva



Jatti and Anshu Kapur



George and Joann Tashji



Kushi Saran and Jacqueline Von Rohrscheidt Hill



Dorothy, Joanna and Joe Mastropiolo



Manny and Doreen Gonzales

This year, the Saddle River Valley Club had a spectacular turn out for its festive and elegant holiday gala at RP Prime in Ramsey, NJ. Their gala is a cherished tradition that brings together members and friends to celebrate the season in style. Tuxedos were optional, while women wore gowns in keeping with holiday spirit. Club President, Carolyn Palmer gave a warm welcoming message followed by a magnificent evening filled with delicious food, open bar, lively conversation and dancing in a beautifully decorated venue reflecting the warmth and joy of this spirited season.

The Saddle River Valley Club was established in 1938 and invites everyone in the Borough of Saddle River to join. For more information: Saddlerrivervalleyclub3@gmail.com

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Wandell School News

BY RICHARD FREEDMAN, WANDELL SCHOOL INTERIM SUPERINTENDENT/PRINCIPAL



Dear Saddle River School District Parents/
Community Members,

I hope everyone has had a restful and fun winter break and January! A reminder that It is vitally important for all of us as an educational community to recharge as we begin the second half of our school year. I am now entering my sixth month at Wandell School, and as time flies by I continue to find myself inspired and energized by continuing getting to know and growing with our students, staff, and parents.

Saddle River is currently engaged with the process of seeking out a permanent Superintendent of Schools. This is a very exciting process that allows stakeholders to voice their opinions and form a profile of the Superintendent that will work best with this very unique and special community. I look forward to helping with the transition in any way I can to ensure a smooth process and to continue the initiatives that are so special to Wandell. Additionally, we continue to revise and update our instructional practices, with specific work on inclusive classroom practices and a continuously broader student experience, so that this year is one of growth and greater successes. Wandell School prides itself on traditions and there is a long standing following from community members and alumni that often take the time to



Particular interest is being paid to the continuous improvements of the physical plant, so that the most dynamic learning experience is possible and supported by our physical surroundings.



visit us and share their personal experiences of what makes Wandell unique. I am particularly excited to be partnering with the township to explore the rich cultural and historical possibilities that exist right here in Saddle River and create programs that share everything with our school of young and curious learners.

Please know that our doors are always open, and we welcome visitors to come see and explore our beautiful building and campus. Particular interest is being paid to the continuous improvements of the physical plant, so that the most dynamic learning experience is possible and supported by our physical surroundings. The Saddle River Board of Education supports and partners in all of our efforts to continually improve both our academic programming and the overall student experience. It is a gift to have this type of



support and mutual alignment from stakeholder groups as Wandell focuses on its next chapters ahead.

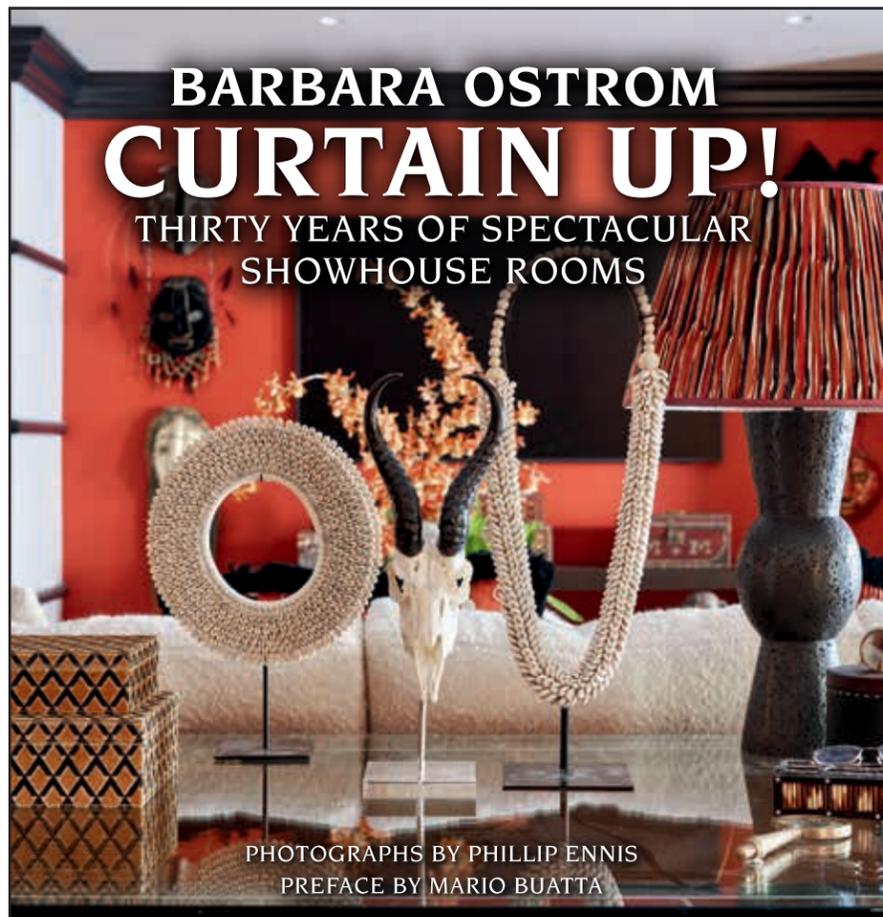
As we start the second half of our school year, let's continue to support one another in every way we can. It is a continuing honor to serve the Saddle River Community as Interim Superintendent of schools as we collaborate to improve upon a solid foundation, collectively, as a focused community. For the latest information, I encourage you to go to our website and check our active calendar for current events and Wandell happenings!

www.wandellschool.org.



All the Best,

Richard Freedman
Interim Superintendent/Principal
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Love is in the Air

How hearing health impacts your relationship

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

Valentine's Day is the perfect time to reflect on the ways we connect with our loved ones. Communication is the cornerstone of any relationship, and hearing plays a critical role in fostering that connection. Yet, for many, hearing loss creeps

“
Hearing aids can transform the way individuals connect with their world—and their loved ones.
”

in gradually, often noticed by loved ones before the individual themselves realizes it.

Does your partner frequently ask you to repeat yourself? Do they seem disengaged during conversations or miss key details? These could be signs of hearing loss. Because hearing loss develops slowly, the person experiencing it may not recognize the subtle changes. Loved ones, however, often notice first—whether it's turning up the TV volume, withdrawing from social activities, or responding inappropriately during conversations.

Untreated hearing loss can lead to frustration, misunderstandings, and feelings of isolation—especially in close relationships. Miscommunication can cause unnecessary tension, as partners may feel unheard or unimportant. But it doesn't have to be this way.

Hearing aids can transform the way individuals connect with their world—and their loved ones. Today's hearing aids are discreet, effective, and designed to enhance the listening experience in all environments. When individuals address their hearing loss, they often report improved confidence, reduced anxiety, and greater joy in social situations. For couples, the ability to fully hear and engage can reignite emotional intimacy and strengthen the bond between partners.

This Valentine's Day, show your love by prioritizing hearing health. If you suspect your partner—or even yourself—might be experiencing hearing loss, consider scheduling a hearing evaluation. Open, clear communication is the best gift you can give to your relationship. After all, love deserves to be heard loud and clear.

Don't let hearing loss become a barrier to your love story. Take the step toward better hearing today!

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Terrie O'Connor, Broker President of Terrie O'Connor Realtors, and Barbara Ostrom of Barbara Ostrom Associates together at the American Cancer Society Diamond Ball

TERRIE O'CONNOR REALTORS

Terrie O'Connor Realtors congratulated our inspiring founder, Terrie O'Connor, on receiving the prestigious 2024 Jody A. Morrow Humanitarian Award from the American Cancer Society!

We were deeply proud that Terrie's unwavering dedication to community service and her tireless support for cancer research were recognized at the 2024 Annual Diamond Ball Gala. This award was a testament to her compassion, generosity, and lifelong commitment to making a positive impact.

We also extend our best wishes to the American Cancer Society for their work to end cancer through research, advocacy and support.

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Chicken Soup for the Winter Soul



promises nourishment and comfort, reminding us of the simple pleasures that winter brings. My wife, always in her blanket sweater, tends to the fire, ensuring that the warmth



Winter is upon us, and with it comes the cold winds, snowy days, and the perfect opportunity to indulge in heartwarming meals that nourish both the body and the soul. Among these comforting dishes, nothing quite compares to a bowl of homemade chicken soup, pressure cooked or simmered slowly to perfection. It's a dish that not only warms our insides but also fills our home with an inviting aroma that beckons us to the kitchen.

One of the key ingredients in our beloved chicken soup is chicken bone broth. This magical elixir is more than just a base for our soup; it's a powerhouse of health benefits. Rich in minerals that support the immune system and packed with gelatin, which is great for joint health, chicken bone broth also promotes a healthy gut and aids digestion. It's no wonder that it has been a staple in kitchens around the world for centuries.

The process of making chicken bone broth is an exercise in patience and love. We start with chicken backs from Goffle Poultry Farm. This is a very cost-effective way to make bone broth because only the bones, with a bit of meat, will be cooked to extract the flavors. As the bones, vegetables, and spices simmer away, the house is filled with a savory aroma that wraps around us like a warm blanket. It's a scent that

PAULIE'S EASY CHICKEN BONE BROTH TURNED SOUP

INGREDIENTS

- 4-6 Chicken backs (can also use 2-3# of chicken feet/wings)
- 2 Medium Onions, halved
- 1 Carrot, peeled and quartered
- 1 T Coriander seeds
- 2 tsp Black peppercorns
- 1 Bay leaf
- 2-4 Garlic Cloves

DIRECTIONS:

Place all ingredients in an Instant-Pot and cover the chicken with water to the max line. Set the pressure to high and power to normal and pressure cook for 45min-1hr (longer for a more intense flavor and color). Let the pressure come down naturally. If the pressure cooker isn't your thing, just slow simmer all the ingredients on the stove or crockpot for about 3 hours. Strain ingredients while hot. This is your bone broth that can be enjoyed just like it is (just add salt), or you can then add shredded chicken, pasta, carrots, etc. to make it soup. We love our broth with some tortellini!



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SADDLE RIVER, NEW JERSEY

Timeless elegance meets unparalleled craftsmanship in this extraordinary estate. The genuine stone exterior and intricate interior millwork establish an air of sophistication, guiding you into a grand gallery entry with a sweeping staircase and sun-drenched custom windows. Inside, the Salerno-designed kitchen flows effortlessly into a banquet-sized dining room and a coffered-ceiling family room with a wood-burning fireplace and French doors opening to a bluestone patio.

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.



CHRISTINE FROSINI
Broker Associate
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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.

AI Advancements in the Saddle River Day Classroom:

ENHANCING LEARNING, TEACHING, AND CURRICULUM INNOVATION

BY ROMAN PAOLUCCI, SRDS
AI SPECIALIST & COMPUTER
SCIENCE TEACHER



By continuously monitoring student performance, these tools offer real-time insights into individual learning trajectories, allowing educators to identify and address knowledge gaps as they arise.

The application of Artificial Intelligence (AI) within the classrooms at Saddle River Day School has ushered in a new era of educational transformation, enhancing both instructional efficiency and student engagement. Through sophisticated AI tools like SRDS.ai, teachers are equipped to streamline daily tasks—lesson planning, grading, and progress tracking—allowing for a shift in focus toward creating a deeply personalized learning experience for each student. This increased efficiency translates into valuable time for teachers to engage with students in ways that enrich comprehension and accelerate mastery.

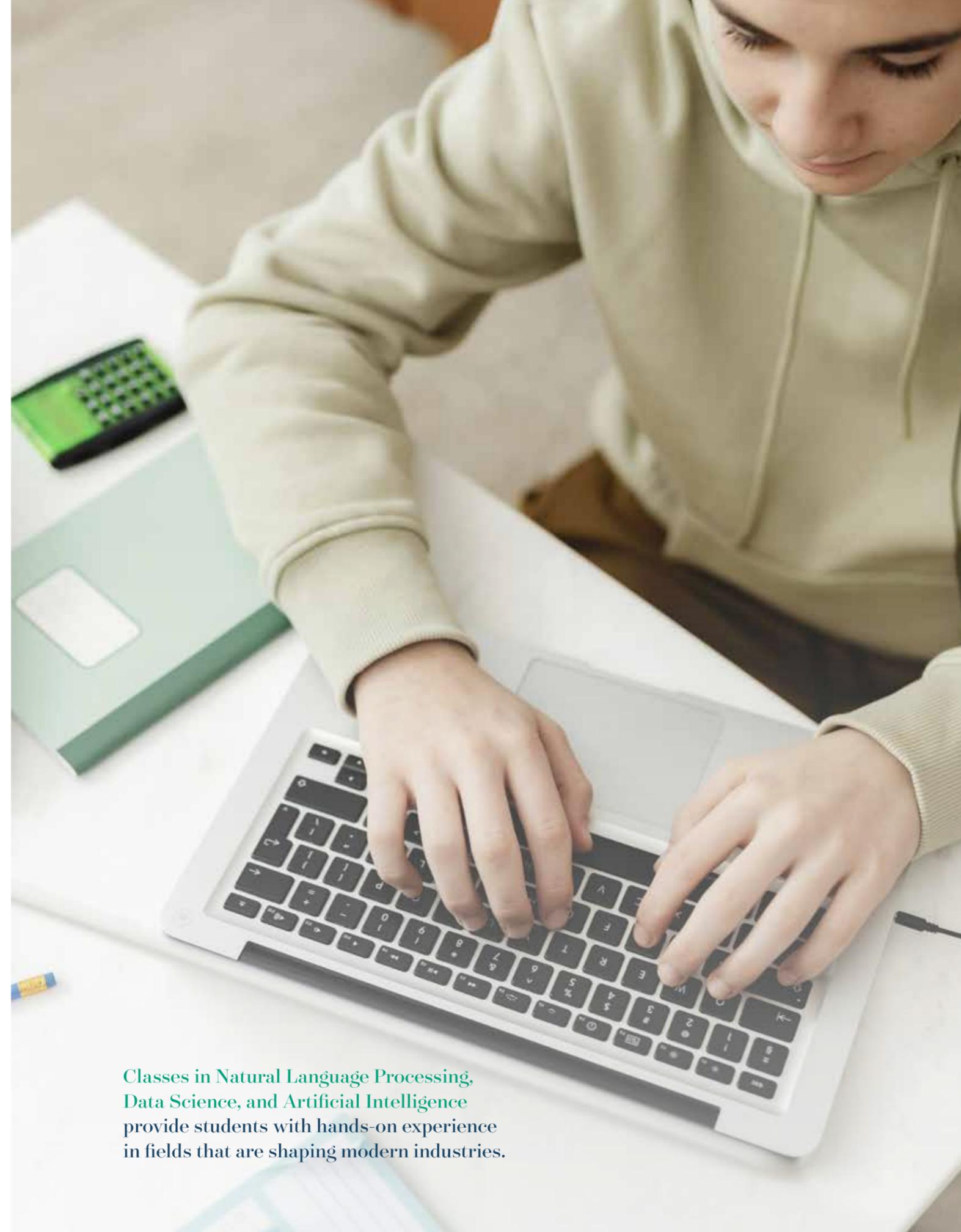
These AI tools enable tailored content that reflects the individual interests and learning styles of each student, creating an adaptable and responsive classroom environment. Lessons and exercises are customized to incorporate familiar, relatable examples, sparking curiosity and enhancing retention. By continuously monitoring student performance, these tools offer real-time insights into individual learning trajectories, allowing educators to identify and address knowledge gaps as they arise. This approach not only deepens foundational understanding but also builds confidence, allowing students to progress toward more advanced concepts with a solid grasp of essential material.

For educators, the implementation of SRDS.ai and other advanced AI resources also presents new avenues for professional development. Teachers at SRDS have access to specialized training in AI integration,

equipping them with the skills to infuse AI into their curriculum creatively and effectively. This training enables educators to enhance their curriculum design, elevate project-based learning, and cultivate a more interactive classroom experience that mirrors real-world applications. By fostering a culture of professional growth, SRDS empowers its faculty to remain at the cutting edge of educational innovation, capable of continually evolving their teaching practices to meet the demands of an AI-enhanced educational landscape.

Complementing this AI-driven instructional model, SRDS offers a suite of advanced computer science courses that extend well beyond the typical high school curriculum. Classes in Natural Language Processing, Data Science, and Artificial Intelligence provide students with hands-on experience in fields that are shaping modern industries. These post-AP courses expose students to complex concepts typically reserved for higher education, preparing them to navigate and contribute to an AI-driven world with a depth of knowledge rarely found among high school graduates.

Through the integration of these sophisticated AI tools and the development of forward-thinking educational practices, Saddle River Day School exemplifies a modern, adaptable approach to learning. This commitment to innovation not only prepares students to thrive in a rapidly changing technological landscape but also positions teachers and students as leaders in AI-enhanced education, creating a lasting impact on the future of learning.



Classes in Natural Language Processing, Data Science, and Artificial Intelligence provide students with hands-on experience in fields that are shaping modern industries.



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Honor Your Heart

BY MARCY VALETUTTI, SADDLE RIVER RESIDENT



MOVEMENT: A Gift to Your Cardiovascular System

Exercise strengthens the heart, regulates blood sugar, reduces stress, and improves circulation. Aim for 150 minutes of moderate activity per week—such as brisk walking, cycling, or yoga—to reduce the risks associated with a sedentary lifestyle.

STRESS MANAGEMENT: The Heart-Brain Connection

Chronic stress triggers hormonal changes that ultimately raise blood pressure and increase inflammation. Mindfulness meditation, deep breathing, and spending time in nature can reduce stress and improve heart health.

SLEEP: The Foundation of Recovery

Sleep deprivation elevates cortisol, increases inflammation, and impairs glucose metabolism. A consistent sleep schedule and a calming bedtime routine are essential for recovery and heart health.

This February, celebrate your heart—not just as the critical organ it is, but as a symbol of vitality and resilience. By embracing a holistic approach to heart health, we honor our bodies' intricate connections and abilities, and take steps toward a healthier life overall.



Marcy Valetutti is a mom, wife, official family recipe taste tester, and a Saddle River Resident who is passionate about creating meaningful experiences and powerful connections. She is the owner of BTDL LLC and a wholesome wellness advocate at the Functional Medicine Center of New Jersey.

February is nationally recognized as Heart Month, which serves as a reminder to reflect on how to nurture and protect this vital organ of ours. Heart disease remains the leading cause of death worldwide, making this month an ideal time to look beyond cholesterol and blood pressure, and identify ways to address other contributors to disease such as inflammation, insulin resistance, and stress.

NUTRITION: Fuel for Your Heart

Prioritize anti-inflammatory omega-3s from sources like wild-caught salmon, walnuts, and flaxseeds while minimizing trans fats. Colorful vegetables, rich in antioxidants, combat oxidative stress—a key player in arterial damage. Spices like turmeric and ginger also provide anti-inflammatory benefits.



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All information deemed accurate but subject to change, errors & omissions.





Wandell School News

2025-26 PRESCHOOL & KINDERGARTEN REGISTRATION NOW OPEN

The Saddle River School District is now accepting registrations for the Wandell Preschool and Kindergarten programs for the 2025-26 school year.

Wandell Preschool Program:

Wandell School is accepting Preschool applications for both residents as well as non-residents on a first-come, first-serve basis. Children must be three years old by October 1, 2025, and fully toilet trained. Program and tuition rates are listed below.

Our Preschool program follows the New Jersey Department of Education (NJDOE) Preschool Guidelines/Standards, and is instructed by a NJDOE certified teacher. Classes are in session five full days per week. In addition to our instructional program, our Preschool students have a comprehensive Wandell School experience by attending the following specials: Art, iSTEAM, Library, Music, Physical Education, and World Language on a weekly basis.

Seats fill up quickly so please visit our website @ www.wandellschool.org to complete our Preschool application.

Our Tentative Preschool Open House will be held on February 25, 2025 @ 3:00 PM. To register for our Open House, please contact Mrs. Forbes at 201-327-0727 ext. 200, or email wandell_info@wandellschool.org.

Wandell Kindergarten Program:

Wandell School is accepting Kindergarten registrations for the 2025-26 school year. To be eligible to attend Kindergarten in September 2025, a child must be five years old on or before October 1, 2025. Non-resident students will be considered on a tuition basis, provided there is capacity.

Please visit the Wandell School website at www.wandellschool.org to register for Kindergarten and visit our Instruction Overview page. As required by the State of New Jersey, all children entering Kindergarten must have a physical examination, all updated immunizations, and have submitted all of the required documentation for enrollment via the website online registration portal.

If you have any enrollment questions, please email wandell_info@wandellschool.org.

PRESCHOOL SCHEDULE
5 Full Days/Week \$15,000

DISCOUNTS AVAILABLE
Early Registration (Now-March 15) & Full Tuition by July 1 = 8% Discount

First Installment Paid by August 1 = No Discount
Second Installment Paid by January 1 = No Discount



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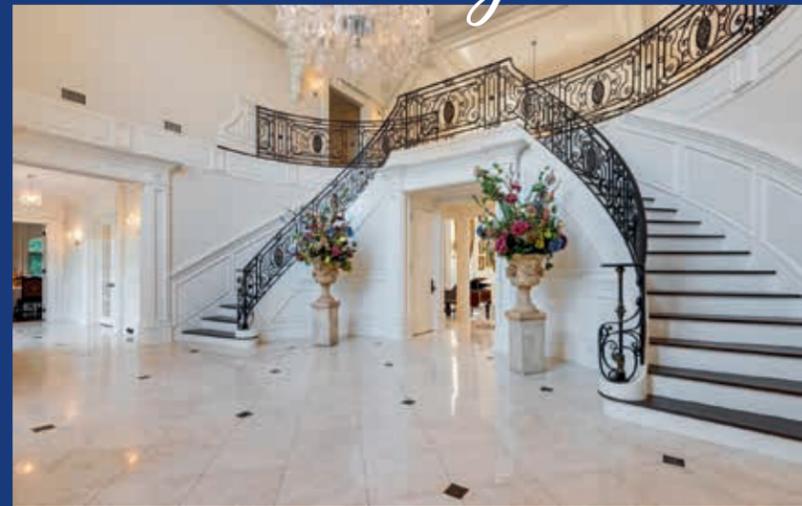
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