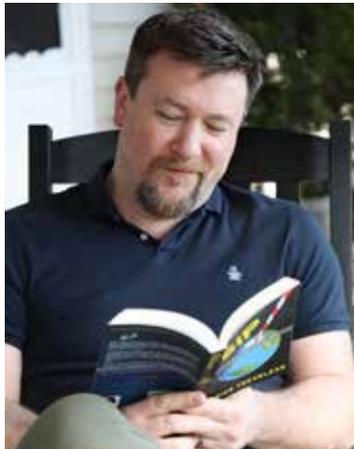


# STROLL<sup>®</sup>

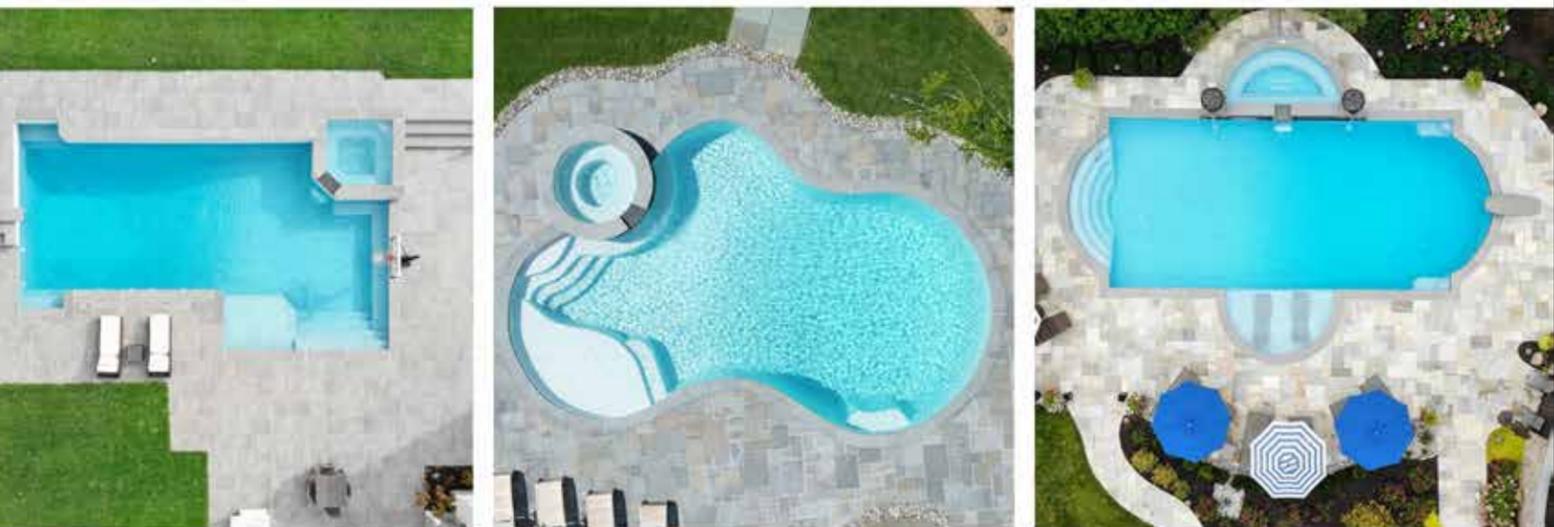
Alpine



Meet Your Neighbors 2024 Year In Review

Maybe it's time to  
stop dreaming.

A one stop shop for your backyard remodel



**AQUASPACE**  
BY **Masterson Pools**

Custom Concrete  
& Vinyl Pools

Renovations • Pavilions • Pool Houses  
Fireplaces • Landscaping • Masonry • Site Work



Scan the QR code below  
to book your consultation.

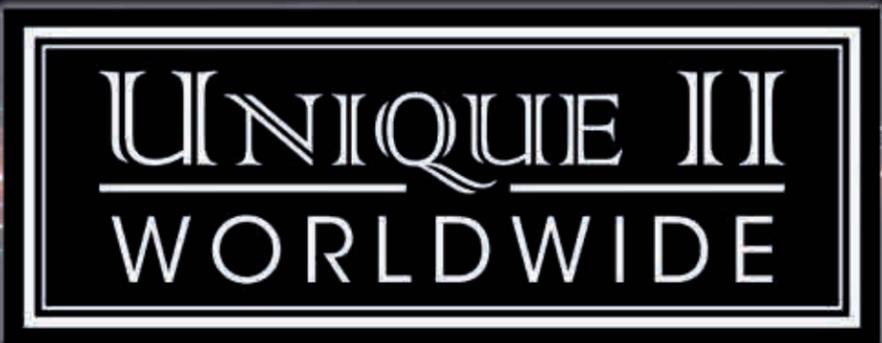
201.642.4400 • [aquaspacebymasterson.com](http://aquaspacebymasterson.com)

*Atelier*  
ON THE HUDSON

The Atelier Ballroom is a waterfront multi-functional event space within the harborside district of Jersey City. The space boasts unparalleled views of the Manhattan Skyline along with an award-winning culinary team.

3 Second Street | Jersey City, NJ 07311  
201-706-3299 | [theateliernj.com](http://theateliernj.com)

HAVE YOU HAD A **BAD**  
RIDESHARE EXPERIENCE  
ON LONGER DISTANCE RIDES?



Premier Chauffeured Services in Over 1200 Cities



IF YOUR ANSWER IS

*Yes!*

WE URGE YOU TO TRY OUR  
CHAUFFEURED SERVICES  
ON YOUR NEXT TRIP!

*You Deserve  
Better!*



Servicing ALL  
Commercial Airports  
In The Tri-State Area  
EWR • LGA • JFK  
HPN • MMU • TEB

MENTION THIS AD  
AND RECEIVE  
\$50 Gift Card  
EXPIRES 12/31/25



SCAN  
HERE



888.777.1820 PRESS 1 FOR RESERVATIONS  
www.uniquetwoworldwide.com  
reservations@uniquetwoworldwide.com



Transporting your most precious cargo since 1989.

www.jetasg.com — 917.346.8305



Management — Jet Card — Charter — Maintenance — Jet Sales

Teterboro / Belmar / White Plains / Farmingdale / Naples / Sarasota / Burbank / Appleton / Chicago

Photo credit: @lindapordonphotography for @tsgbergencounty



### NJ's 1st Boutique Medi Spa has moved to Englewood!

Their meticulous attention to detail, quality and luxury service led by their team of talented board-certified providers allows them to stand out in the aesthetic industry.

#### COSMETIC

- ◆ Botox
- ◆ Dermal Fillers
- ◆ PRP Injections

#### WELLNESS

- ◆ IV Vitamin Therapy
- ◆ B12 + CoQ10 Boosters
- ◆ Accupuncture

#### BEAUTY

- ◆ Laser Hair Removal
- ◆ Hair Restoration
- ◆ Lash Lifts & Tint

#### SKIN

- ◆ Hydrafacial
- ◆ Glass Facial
- ◆ Morpheus

15 S. Dean St, Englewood

201-944-1343

www.dripmedispa.com

@ drip\_medispa

dripmedispa

# PAUL MILLER

331 ROUTE 4, PARAMUS NJ 07652



## ROLLS-ROYCE

MOTOR CARS

PARAMUS



Monday · 9:00 AM - 7:00 PM | Tuesday · 9:00 AM - 7:00 PM | Wednesday · 9:00 AM - 7:00 PM | Thursday · 9:00 AM - 7:00 PM  
Friday · 9:00 AM - 6:00 PM | Saturday · 9:00 AM - 5:00 PM | Sunday · Closed

201-525-8001

# PAUL MILLER

331 ROUTE 4, PARAMUS NJ 07652



## BENTLEY

PARAMUS



Monday · 9:00 AM - 7:00 PM | Tuesday · 9:00 AM - 7:00 PM | Wednesday · 9:00 AM - 7:00 PM | Thursday · 9:00 AM - 7:00 PM  
Friday · 9:00 AM - 6:00 PM | Saturday · 9:00 AM - 5:00 PM | Sunday · Closed

201.525.8000



AMERICAN DREAM.

# Dream the Runway

*Experience the Next Level  
of Shopping & Dining*

## The Avenue

- Alexander Wang
- Anne Fontaine
- Amouage
- Balenciaga
- Canada Goose
- Carpaccio Ristorante
- Cartier
- Couture Kids
- Dolce & Gabbana
- EP Yaying
- Ferrari
- Hermès
- Johnny Was
- Jonathan Adler
- Mulberry
- Rolex
- Saint Laurent
- Saks Fifth Avenue
- Tiffany & Co.
- Watches of Switzerland
- Zadig & Voltaire

**Opening Soon:**

- Gentle Monster
- Gucci
- TimeVallée
- and more...



5.0 Google it  
★★★★★



# PRICE BEAT

# H V A C



## Bringing back normal prices



**Price Beat\_hvac**

PriceBeatHVAC.com

Any time you have a problem Call 888-888-8512 or Email us at HateMyAcGuy@LovePriceBeat.com

# NOW OPEN!



Multi-Award-Winning & Internationally Recognized

Doggie Daycare Luxury Boarding



*We invite you to schedule your tour today!*

**465 Old Hook Road | Emerson, NJ 07630**

201-833-1250 emerson@k9resorts.com

@k9resortsemerson @k9resorts\_emerson



5-Star Experience, Love & Fun Included!

**Looking for a Unique Birthday Party?**  
**Bring Science and Fun Together with a SLIMEE Party!**



**Celebrate Like a Scientist with SLIMEE Birthdays!**

- Every child gets suited up to feel like a true Slimee scientist complete with lab coats and glasses!
- Dedicated Slime Expert
- Personalized with Beads, Charms & Glitter
- Take-Home Slimee Containers
- Stress-Free Set-Up & Clean-Up
- Packages for Every Budget!



**SLIMEE On-the-Go: We Bring the Party to You!**

- Off-Site Birthday Parties at Your Home or Venue

**Beyond Birthdays!**

- Schools-Out Programs
- Private Field Trips and Play Dates
- Special Themed and Holiday Slime Events
- Summer Camps with Science and Fun



**SAVE 10% OFF Any Party Package with Promo Code ALPINE10**

**The Slimee**  
Westfield Garden State Plaza, Paramus, NJ.  
 @theslimeeofficial

201.477.8327  
meg@theslimee.com  
www.theslimee.com



strollmag.com

Delivering Neighborhood Connections  
© 2025 The N2 Company, Inc.

**PUBLISHER** Aaron Klein  
(201) 638-2218  
Aaron.Klein@n2co.com

**ASSISTANT PUBLISHER** Kamni Marsh  
strollalpine@gmail.com

**PHOTOGRAPHER** Andrew Fein

**RESIDENT WRITERS** Igor Beyder  
Anna Brusco  
Rosemarie Campi  
Francesca Casagrande  
Stephanie Dello Russo  
Richard Incontro  
Sami Dussin  
Sharon Kurtz  
Elliott Malone

**SPECIAL CONTRIBUTOR** Vanessa Barrera  
The Alpine School



Follow us on Instagram @strollalpine

## ALPINE LIVING

DISCLAIMER: This publication is also known as *Alpine Living*, is owned by The N2 Company, and is not affiliated with or sponsored by any club, developer, or homeowners association. Articles and advertisements in this publication and opinions expressed therein do not necessarily reflect the views of N2 but remain solely those of the author(s) or advertiser(s). The paid advertisements contained within this magazine are not endorsed or recommended by N2.

We're proud to showcase businesses that share our commitment to fostering local connections. When perusing our pages, keep an eye out for the "Local Sponsor" icon to identify articles highlighting these valuable partners. Please note that businesses profiled may have provided free products and / or services for the review.



## IMPORTANT PHONE NUMBERS

**911** Emergency  
**201-768-0881** Police/Fire  
**201-768-6942** Dept. of Public Works  
**201-666-4344** Buldo Carting (Garbage/Curbside Recycling)  
**201-784-1494** Alpine Postmaster  
**201-784-2900** Borough Hall  
**X219** Borough Clerk  
**X220** Tax Collector  
**X221** Tax Assessor  
**X222** Building Dept.  
**X224** Fire Official  
**X225** Municipal Court Clerk  
**X250** DPW

**PAPER/CARDBOARD ONLY**  
Will be picked up 2nd & 4th Wednesdays

FEB 14, 28  
MAR 13, 27  
APR 10, 24  
MAY 8, 22  
JUN 12, 26  
JUL 10, 24  
AUG 14, 28  
SEP 11, 25  
OCT 09, 23  
NOV 13, 27  
DEC 11, 16  
JAN 2025 8, 22

**COMMINGLED CANS, PLASTIC, GLASS ONLY**  
Will be picked up 1st & 3rd Wednesdays

FEB 7, 21  
MAR 6, 20  
APR 3, 17  
MAY 1, 15  
JUN 5, 19  
JUL 3, 17  
AUG 7, 21  
SEP 4, 18  
OCT 2, 16  
NOV 6, 20  
DEC 4, 18  
JAN 2025 02, 15

**BOROUGH OF ALPINE**  
**2023 CURBSIDE RECYCLING SCHEDULE**  
**WWW.ALPINEJ07620.ORG**

All recycling must be placed at curbside the night before or no later than 6 AM on the morning of pickup.

No recycling pick up on a 5th Wednesday.

Client: Hillary Ospina - Signature Realty NJ  
Size: Full  
Location: Standard



Dog Training.  
Dog Hiking.  
Dog Smiling.

From training to trails, where every wag leads to smiles.



### Services

- Dog Training and
- Dog Hiking

📞 201-272-7352

🌐 www.thedogelement.com

@ info@thedogelement.com

📷 @thedogelement

🎵 @lennyflek

# SPONSOR INDEX

This section is here to give our readers easier access when searching for a trusted neighborhood partner to use. Get to know the businesses that make this magazine possible. Please support them in return and thank them if you get the chance!

- |  |   |   |   |   |
|--|---|---|---|---|
| <p><b>ACUPUNCTURE &amp; WELLNESS</b><br/>Ora Wellness<br/>(201) 741-4196</p> <p><b>AESTHETICS, IV &amp; WELLNESS</b><br/>Drip Medispa<br/>(201) 944-1343<br/>DripMediSpa.com</p> <p><b>AIRCRAFT CHARTER / MANAGEMENT</b><br/>Air Craft Services Group<br/>(973) 864-6200<br/>JetASG.com</p> <p><b>BANQUETS AND CATERING</b><br/>The Atelier<br/>(917) 648-9108<br/>TheAtelierNJ.com</p> <p><b>BRIDAL SERVICES</b><br/>Monafied<br/>(929) 330-9134<br/>MonafiedHair.com</p> <p><b>BUILDER/DEVELOPER</b><br/>Kamson Corp<br/>(201) 871-1055<br/>KamsonCorp.com</p> <p><b>CAR DEALERS</b><br/>Bentley Paramus<br/>(201) 252-8000<br/>BentleyParamus.com</p> <p><b>Rolls Royce Motor Cars Paramus</b><br/>(201) 252-8001<br/>Rolls-RoyceMotorCarsParamus.com</p> <p><b>CHILDREN'S PARTIES</b><br/>The Slimee<br/>(201) 477-8327<br/>TheSlimee.com</p> <p><b>CUSTOM CLOSETS</b><br/>Crazy Closets<br/>(800) 392-7299<br/>CrazyClosets.com</p> | <p><b>CUSTOM CLOSETS, OFFICES &amp; GARAGES</b><br/>Closet Factory<br/>(908) 322-8270<br/>ClosetFactory.com</p> <p><b>CUSTOM WINE CELLARS</b><br/>Design Build Consultants, Inc.<br/>(203) 984-9463<br/>CustomWineCellars.com</p> <p><b>DOG TRAINING &amp; BEHAVIOR</b><br/>The Dog Element<br/>(201) 252-7352<br/>TheDogElement.com</p> <p><b>EAR, NOSE, THROAT &amp; EYE CARE</b><br/>NJ Eye and Ear<br/>(201) 408-4441<br/>NJEyeAndEar.com</p> <p><b>ELECTRICAL CONTRACTOR</b><br/>Triton Electrical<br/>(201) 588-5623<br/>TritonElectricalInc.com</p> <p><b>ELECTRICIAN / GENERATORS / EV CHARGING</b><br/>Charged Up Electric<br/>(908) 935-7200<br/>ChargedUpNJ.com</p> <p><b>ELECTRICIAN/LIGHTING</b><br/>K. Hanrahan Enterprises<br/>(201) 644-0838<br/>855FixLight.com</p> <p><b>EVENT PLANNING</b><br/>Tide and Table<br/>(845) 521-1081</p> <p><b>EVENT SERVICES</b><br/>Metro Party Services<br/>(551) 255-0889<br/>MetroPartyServices.com</p> <p><b>FINANCIAL SERVICES</b><br/>Certified Financial Services<br/>(973) 525-4015<br/>CFSLLC.com/ErinHoffman</p> | <p><b>GRANITE, MARBLE, TILE &amp; STONE</b><br/>Fuda Tile<br/>(201) 825-0900<br/>FudaTile.com</p> <p><b>GUTTERS</b><br/>LeafFilter<br/>National Sponsor<br/>(833) 380-2581<br/>LeafFilter.com/Strollolved</p> <p><b>HEART &amp; VASCULAR SPECIALISTS</b><br/>New Jersey Heart &amp; Vein<br/>(973) 327-5000<br/>NJHeartAndVein.com</p> <p><b>HEATING, COOLING, PLUMBING, &amp; ELECTRICAL</b><br/>Air Group<br/>(800) 545-1020</p> <p><b>HVAC SERVICES</b><br/>Price Beat HVAC<br/>(201) 206-8981<br/>LovePriceBeat.com</p> <p><b>INTERIOR DESIGN</b><br/>Studio Jai<br/>(516) 229-1353<br/>StudioJaiHome.com</p> <p><b>INTERIOR PLANT DESIGN &amp; CARE</b><br/>Moss Acres<br/>(973) 980-8527<br/>ThatMossPlace.com</p> <p><b>LOCAL ATTRACTION</b><br/>American Dream<br/>(833) 263-7326<br/>AmericanDream.com</p> <p><b>LUXURY PET RESORT &amp; SPA</b><br/>K9 Resorts<br/>(646) 296-0750<br/>K9Resorts.com</p> | <p><b>MEDICAL PRIMARY CARE AND SPECIALTIES</b><br/>All Health Medical Group<br/>(551) 309-3555<br/>AllHealthMedGroup.com</p> <p><b>MOBILE PET GROOMING</b><br/>Zoomin Groomin Englewood<br/>(845) 825-4544</p> <p><b>PHYSICAL THERAPY / WELLNESS</b><br/>Equilibrium<br/>(201) 461-9333<br/>EquilibriumNJ.com</p> <p><b>PREMIER CHAUFFEURED SERVICES</b><br/>Unique II Worldwide<br/>(888) 777-1820<br/>UniqueTwoWorldwide.com</p> <p><b>PROFESSIONAL ORGANIZING/UNPACKING</b><br/>Done Neatly<br/>(646) 983-5342<br/>DoneNeatly.com</p> <p><b>REAL ESTATE</b><br/>Hillary Ospina - Signature Realty NJ<br/>(908) 342-5884</p> <p>Linda DeSantis</p> <p>Maryanne Elsaesser<br/>(551) 284-0175<br/>CompassOfNJ.com</p> <p>Prominent Properties Sotheby's<br/>(201) 741-9939<br/>ProminentProperties.com</p> <p>Taryn Byron - Corcoran Properties<br/>(732) 362-1523<br/>TarynByron.com</p> <p>The Adamo Group - SERHANT.<br/>(201) 767-0550 x4800<br/>AdamoRealtyGroup.com</p> | <p>Yvonne Chung - Hudson One Realty<br/>(201) 220-2207<br/>YvonneChungPropeties.com</p> <p><b>RESTAURANT</b><br/>Sofia<br/>(201) 541-8530<br/>SofiaEnglewood.com</p> <p><b>ROOFING, SIDING, WINDOWS, REMODELING</b><br/>Above Beyond<br/>(908) 588-9575<br/>AABRoof.com</p> <p><b>SENIOR CARE SERVICES</b><br/>Jewish Home Family<br/>(201) 250-0524<br/>JewishHomeFamily.org</p> <p><b>SENIOR PLACEMENT SERVICES</b><br/>Veramazo<br/>(201) 474-5030<br/>Veramazo.com</p> <p><b>SPINE AND PAIN MANAGEMENT</b><br/>North American Spine &amp; Pain Institute<br/>(844) 666-2774<br/>NASPinstitute.com</p> <p><b>SWIMMING POOL BUILDER</b><br/>AquaSpace by Masterson Pools<br/>(201) 642-4400<br/>AquaSpaceByMasterson.com</p> <p><b>TRANSPORTATION/ LIMOS/PARTY BUS</b><br/>BBZ Limosine &amp; Livery Service<br/>Jason Messinger<br/>(201) 501-0615<br/>BBZLimo.com</p> <p><b>WELLNESS</b><br/>Momentum Wellness<br/>(973) 800-9358</p> |
|--|---|---|---|---|

**FULL SERVICE EVENT AND DESIGN SERVICES**

The holiday season is practically knocking at your door! T&T is here to sprinkle some magic with event and production assistance, customized just for you and your budget! ✨

## TIDE & TABLE

EVENT DESIGN & PRODUCTION

**PLANNING IS ALWAYS A GOOD IDEA!**

- Comprehensive Wedding Services
- Mitzvah Celebrations
- Daring Birthday Parties
- Stylish Holiday Decor (Both Interior & Exterior)
- Distinctive Rentals
- Exquisite Handmade Stationery
- Plus, a wide array of additional offerings!

Searching for party inspo? @TideandTableCo
Book a Free Consultation!
Tideandtableco@gmail.com

**WE GO ABOVE & BEYOND CUSTOMER EXPECTATIONS**

**Specializing in**  
James Hardie  
Slate  
Shake  
Spanish Tile

**Roofing | Siding | Windows**

**CALL US TODAY**  
908-588-9575 | aabroof.com

# RESIDENT WRITERS



Jessica McKeever  
Healthy Living



Tanya Ryno  
Featured Guest Writer



Yasemin Kilical, DDS  
Tooth be Told



Sami Dussin  
Home Matters



Gina Toddings  
Parenting Tips



Vanessa Barrera-Arciniegas  
The Style File



Natalie Perez  
Nat's Nook



Elliott Malone, Esq.  
Law Talk and  
Real Estate Update



Angelique Santana  
Resident Recipe



Dr. David Folk



Maryana Olsh



Karina Malysheva



Sandra Garcia

**LOOKING FOR A WHOLE HOME GENERATOR?**  
*Generators in Stock!!!*

**GENERAC**  
Guardian Series

**GENERAC**  
AUTHORIZED DEALER

Call the Generator experts for your **FREE ESTIMATE!**

**K Hanrahan Enterprises, INC.**  
Licensed Electrical Contractor.

Toll Free: 1-855 FIX LIGHT Local: 201-644-0838

Fair Lawn, NJ [www.855FIXLIGHT.com](http://www.855FIXLIGHT.com) LIC #: 6215a

**GENERAC**  
AUTHORIZED DEALER



## THE WOODLANDS

BERGEN COUNTY'S MOST EXCLUSIVE NEW TOWNHOME COMMUNITY  
A COLLECTION OF 24 TOWNHOMES DEMAREST, NJ | INQUIRE FOR PRICING  
EXCLUSIVE SALES & MARKETING BY TARYN BYRON

**Taryn**  
BYRON

BROKER ASSOCIATE  
LICENSED IN NJ & NY

PLATINUM LEVEL  
NEW JERSEY REALTORS  
Circle of Excellence  
Sales Award  
2023

BERGEN COUNTY'S  
TOP REAL ESTATE AGENTS  
2024

TOP 1%  
BERGEN COUNTY REALTORS

cell: 732.362.1523  
tarynbyron@gmail.com

A broker aligned with your level of *excellence*

**corcoran**  
INFINITY PROPERTIES

©2024 CORCORAN INFINITY PROPERTIES, LLC. ALL RIGHTS RESERVED. CORCORAN AND THE CORCORAN LOGO ARE REGISTERED SERVICE MARKS OWNED BY CORCORAN GROUP, LLC. CORCORAN GROUP, LLC IS A  
SUPPORTS THE PRINCIPLES OF THE FAIR HOUSING ACT AND THE EQUAL OPPORTUNITY ACT. EACH FRANCHISE IS INDEPENDENTLY OWNED AND OPERATED. TOP 1% BASED ON THIRD PARTY DATA.  
COLLECTION SERVICE DATABASE

Stroll through the pages as we revisit some of the stories and events covered in 2024. Enjoy!

# THE STORIES YOU TOLD

## FEBRUARY



**1 / Cover Story: Luxury on the Avenue Fashion Show and Networking Event at American Dream Mall**  
Our "Luxury on the Avenue" fashion event took place in the beautiful luxury wing of American Dream on December 6th, with over 175 guests. Guests were treated to champagne, a grazing table by Chickie's, live music by the guitar and saxophone duo of The Suyat Band, and a gift bag filled with delightful surprises.

**2 / Resident Recipe: Lobster Ravioli with Champagne Vanilla Sauce**  
*Imagine* a romantic encounter between a ramekin of the finest lobster bisque crowned with a quenelle of vanilla bean ice cream, a match made in heaven! This tried-and-true easy Champagne Vanilla Sauce recipe served over heart shaped lobster ravioli will take you less than 20 minutes to prepare and is sure to WOW your sweetheart this Valentine's Day.

**3 / Talking With My Mouth Full: Stories From Our Family Kitchen: Chilly Chili**  
Winter weather is here, and we are choosing to embrace it! Skiing, snowmobiling, tubing, snowball fights and just playing in the snow! Winter weather has a way of influencing our tummies to request certain dishes to warm up our bodies. Sometimes it calls for soup, others hot tea, but lately it has been chili on the speed dial. Oh chili, who doesn't love a good bowl of chili?

**4 / Home of the Month: 915 Closter Dock Road**  
Unique French inspired concrete stucco colonial with steep pitched slate roof and lead copper gutters and leaders built in 2009. Multiple turrets pay tribute to a bygone era of character and charm with staircases that lead to mezzanine levels and reading alcoves. This is not a typical colonial.

# MARCH



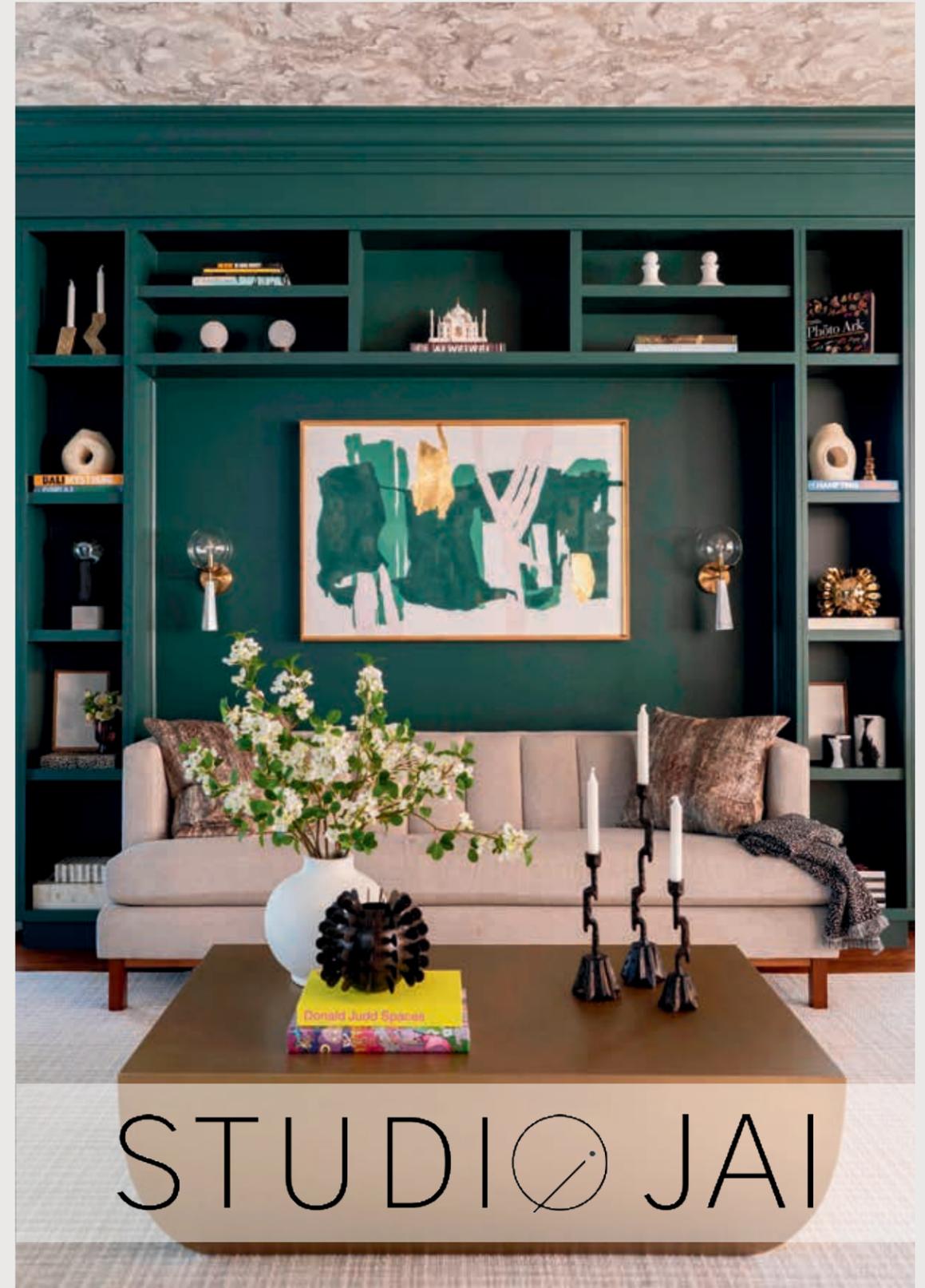
**1 / Home of the Month: Stone Tower Drive**  
The Quintessential Alpine estate is the essence of luxury living. Majestically set on 4 gated acres in Rio Vista, this home is a complete resort featuring pool, cabana, tennis court.

**2 / Talking With My Mouth Full: Stories From Our Family Kitchen: Ski Snacks**  
The days are starting to get a bit longer, the air is chilly, and the snow gods have been calling us to the mountains. Skiing is a winter sport

that we enjoy in our family and there really is something for everyone: nature, exercise, community, alone time, and of course, *hot chocolate!*

**3 / Cover Story: Botox and Bubbly at b Dental Spa**  
The champagne was flowing at b Dental Spa's Norwood office at 455 Livingston Street on January 30th. Many Alpine residents joined Dr. Sultan Sherzoy, DDS, and his team for delicious appetizers, free-flowing bubbly, and discounted Botox injections and fillers.

**4 / May the Leprechauns Be Near You: An Irish Blessing on St. Patrick's Day**  
They say there are no strangers in Ireland, just friends you haven't met yet. Each year on March 17th we gather together as "Commemorative Irish" for the day as we celebrate the feast and religious services of St. Patrick, the patron Saint of Ireland known for his escape from slavery and devotion to Irish Christianity. Traditional Sheppard's Pie and Corned Beef and Cabbage.



STUDIO JAI

Interior Design Services  
hello@studiojaihome.com  
516.229.1353

Scan the QR code or visit  
studiojaihome.com



APRIL

# Residential and Commercial Electric



Certified & Insured  
Any & All Electrical Services

201-588-5623



**1 / Cover Story: Deaclan Meehan Makes an Impact with Good Deed Basket**

Witnessing all of the shutdowns during the COVID-19 pandemic, Deaclan and his older brother Kolin saw first-hand what a devastating economic impact the pandemic was having on local businesses and on community members. They wanted to do something to help out.

**2 / Home of the Month: 46 Overlook Road**

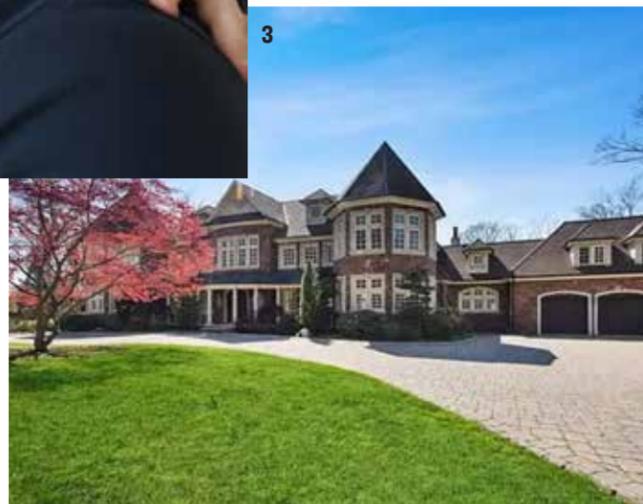
Welcome to this charming Mid Century Modern ranch nestled on over 1.33 acres in a secluded cul-de-sac. This inviting home boasts an airy open layout with abundant natural light streaming through skylights and expansive windows that overlook the pool.

**3 / Neighbors Night Out: Strolls & Rolls**

Bentley/Rolls-Royce Motor Cars on Route 4 West in Paramus was transformed into a Vegas Casino on February 29th for an upscale evening for a worthy cause. *Stroll Magazine* and Aaron Klein Productions teamed up with the luxury car dealership to have a fun night out for our readers and advertising partners to raise money for Rare is Beautiful.

**4 / Resident Recipe: Easy-peasy Cheesy Scaccia Ragusana**

This easy-peasy cheesy tomato pie is a real crowd pleaser to be enjoyed in good health and bright new beginnings!



**1 / Cover Story: Richard Cunningham:  
Writing His Way into Alpine's History**

“When an enormous red and white striped drinking straw appears in the Atlantic Ocean and sucks up his dad’s naval battleship, twelve-year-old Jim Moss is left with no choice but to face his fear of water and search for his father.” That is the premise for Alpine resident Richard Cunningham’s new book, due out June 6th and available on Amazon.

**2 / Resident Recipe: April Showers  
Bring May Flowers...or Flours:**

Roasted Beet Hummus and Creamy Asparagus Souffle

**3 / Home of the Month: Elegant Colonial Manor**

Nestled amidst scenic surroundings, this Colonial stone manor stands as a testament to timeless elegance and grandeur, boasting approximately 16,000 square feet of meticulously crafted living space.

**4 / Talking With My Mouth Full: Stories From  
Our Family Kitchen: Pre-Summer Party!**

Memorial Day is next week and we cannot wait to fire up the grills, jump in a (hopefully heated) pool, or get out on the links! The weather this time of year can be a tease with hot days and very cool nights, but that will not discourage us from lighting up the fire pit and begin the season of outdoor cooking.



BERGEN COUNTY'S MOST EXCLUSIVE NEW TOWNHOME COMMUNITY

THE  
**WOODLANDS**

EMBRACE LUXURY, LIVE EXCEPTIONALLY

Discover The Woodlands—Situated amidst 15 serene wooded acres with breathtaking views of the esteemed Alpine Country Club, this exclusive, gated enclave of 24 newly constructed townhomes is perfectly appointed with resident clubhouse, fitness center and private pool. Here, luxury living and natural beauty come together in an unparalleled setting designed for those seeking the finest lifestyle.

THEWOODLANDSNJ.COM



*Taryn*  
BYRON

*corcoran*  
INFINITY  
PROPERTIES

M: 732.362.1523 | O: 201.768.6868 | tarynbyron@gmail.com

©2024 CORCORAN GROUP LLC. ALL RIGHTS RESERVED. CORCORAN® AND THE CORCORAN LOGO ARE REGISTERED SERVICE MARKS OWNED BY CORCORAN GROUP LLC. CORCORAN GROUP LLC FULLY SUPPORTS THE PRINCIPLES OF THE FAIR HOUSING ACT AND THE EQUAL OPPORTUNITY ACT. EACH FRANCHISE IS INDEPENDENTLY OWNED AND OPERATED. CORCORAN INFINITY PROPERTIES | 1018 CLOSTER DOCK ROAD, APLINE, NJ 07603. WWW.CORCORAN.COM

# FUDA TILE

premier dealer of Raphael Porcelain, large format tile and porcelain slab specialists with latest looks used today for beautiful walls and floors in baths, kitchens, and foyers!



GRANITE MARBLE QUARTZ PORCELAIN SLABS



We are expert fabricators of custom stone including Granite, Marble, Quartz, Porcelain Slabs . We are able to offer the Best Competitive Pricing installed because we have our own direct onsite factory and indoor slab yard.

455 ROUTE 17 SOUTH  
RAMSEY, NJ  
(201) 825 - 0900

119 ROUTE 46 WEST  
LODI, NJ  
(201) 292 - 3838

1401 ROUTE 23 SOUTH  
BUTLER, NJ 07405  
(973) 838-3988

WWW.FUDATILE.COM

## JUNE



1

**1 / The Alpine Gatsby: Community Spirit Shines at Alpine School Fundraising Gala**  
The event was filled with excitement, and it was wonderful to watch people of all ages enjoying themselves and connecting with one another. Beyond the fun and camaraderie, an impressive \$120,000 was raised.



2

**2 / Home of the Month: Modern Luxury Awaits**  
Situated at the pinnacle of modern luxury on a private double cul-de-sac road, with a view of rolling hills, the ultimate oasis awaits. This over 13,000 square foot home is wrapped in White Limestone and offers endless amenities.



3

**3 / Recipe of the Month: Pulled Pork Sandwiches**  
**4 / Talking with My Mouth Full: Father's Day Food and Outdoor Adventures with Dad**  
As Father's Day approaches, it's time to honor the heroes in our lives—the dads who have been our guiding stars, our protectors, and our partners in adventure. This year let's make Father's Day extra special by combining two things that dads truly appreciate: delicious food and quality time outdoors.

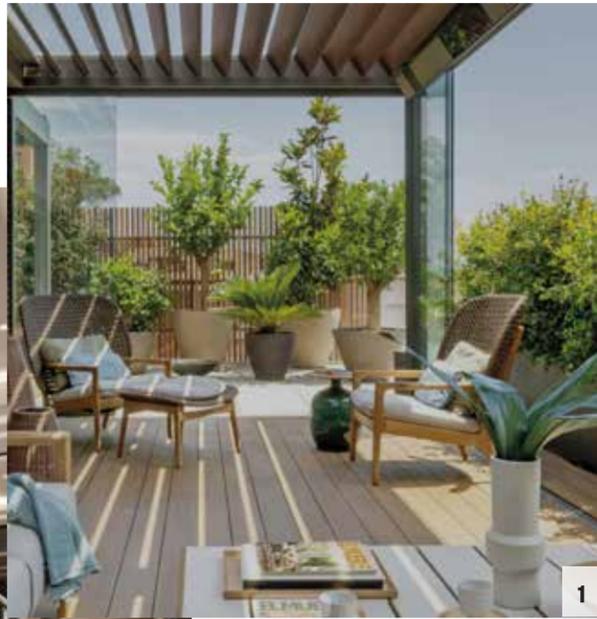


4

**5 / Alpine School Happenings: The Magical Land of Oz**  
The Alpine School Musical took place on April 4th and 5th- "The Magical Land of OZ."



5



**1 / Cover Story: Interior Design trends for Summer 2024**

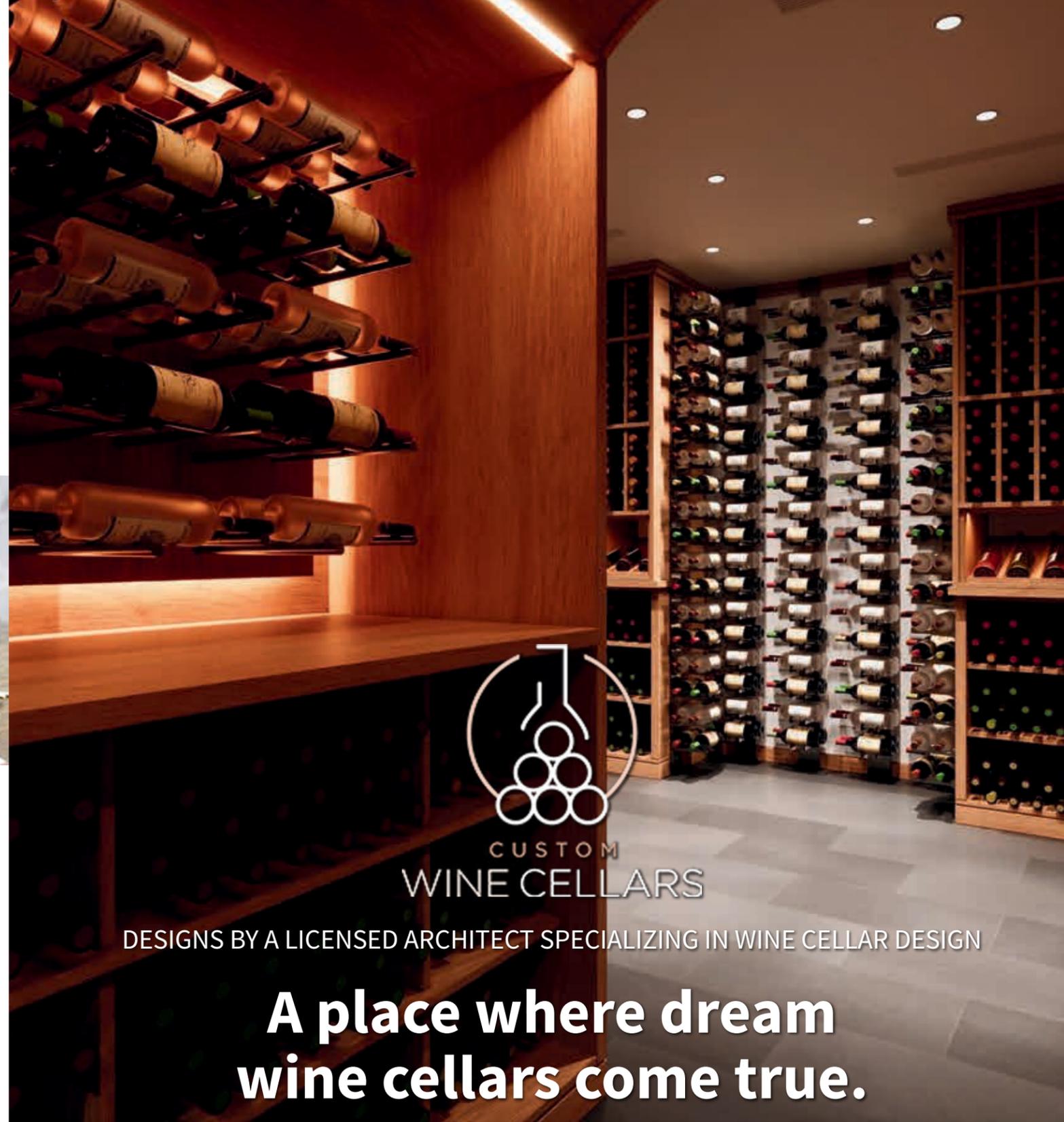
It is all about creating spaces that are beautiful, functional, and sustainable. By embracing nature-inspired elements, bold colors, and innovative designs, homeowners can craft interiors that are both stylish and mindful of the environment.

**2 / Recipe of the Month:**

Easy Summer Desserts: Red, White and Blueberry Trifle

**3 / Home of the Month: 11 Margo Way**

Experience timeless elegance and unparalleled luxury in this quality-crafted, gated masterpiece. Featuring a stately slate roof and a sweeping circular driveway, this home exudes sheer refinement.



CUSTOM WINE CELLARS

DESIGNS BY A LICENSED ARCHITECT SPECIALIZING IN WINE CELLAR DESIGN

**A place where dream wine cellars come true.**

**Quality Second to None.**

Seamless Integration of Technology, Craftmanship, Design & Engineering

**203-984-9463 • customwinecellars.com**



# AUGUST



## 1 / Cover Story: Healthy Snacks for Kids: End of Summer and Back-to-School Essentials

Angelique Santana, Alpine Resident and vegan chef: As the end of summer approaches and the back-to-school season looms, parents everywhere are gearing up for the shift in routines. One important aspect of this transition is ensuring that kids have access to healthy, delicious snacks that can keep them energized and focused throughout their busy days.

## 2 / Recipe of the Month: Balsamic Bruschetta

Bruschetta is a classic Italian appetizer that is easy to make at home especially this time of year with all those fabulous Jersey tomatoes and fresh basil available. Toasted bread is topped with a mixture of juicy tomatoes, garlic, Parmesan cheese, fresh basil, and balsamic.

## 3 / Talking With My Mouth Full: Stories From Our Family Kitchen The Dog Days of Summer

The term "Dog Days" traditionally refers to a period of particularly hot and humid weather occurring during the summer months of July and August in the Northern Hemisphere. Lakes offer refreshing relief from the summer heat. The cool water beckons, inviting you to swim, kayak, or paddle board.



Untap your true potential, **be pain free.**

**Functional Manual Therapy -**

A hands-on approach addressing the root cause, so you can live your best life

ONE PATIENT  
ONE CLINICIAN  
ONE HOUR



EQUILIBRIUM



201-461-9333 • equilibriumnj.com • info@equilibriumnj.com  
158 Linwood Plaza Suite 308 Fort Lee, NJ 07024

**MONAFIED**  
*by Roseanna Alvarez*  
**LOVE**  
*is in the*  
**HAIR**

**GRAND OPENING April 11**

Master hair extensionist • Keratin specialist • Color curator  
Weddings & special events hair • Expert hairstylist/cuts

**HAIRCARE LINE BY MONAFIED**

*A complete line of clean and vegan hair products.  
Organically safe for people of all ages.*

26 Bergen St Englewood NJ 07631  
monafiedhair@gmail.com | Monafiedhair.com  
929-330-9134 | @monafiedhair



**1 / Meet Your Neighbors:  
Sandra Garcia Introduces  
Her Family and Offers  
Advice on the Real  
Estate Market**

Born and raised in Colombia, South America, Sandra Garcia always knew that she wanted to live, study, and raise her family in the United States. At the young age of 16, she left everything behind and emigrated to the US by herself a few months after graduating high school. "It was not easy at all," she recalls, "but I always found my path to success, with a tremendous focus and dedication, and

taking advantage of all the opportunities I could.

**2 / Recipe of the Month:  
Burrata Baked Ziti  
with Extra Veggies**

This burrata baked ziti is such a satisfying dish! Loaded with garden vegetables, marinara and melty burrata cheese, it's perfect for dinner or even a potluck or dinner party.

**3 / Home of the Month:  
16 Dogwood**

16 Dogwood is really unique, rarely do you get to see an artful blend of

a master builder, master architect, and a master design team to combine their talents and skills on a single-family residence.... For starters, the whole thing is clad in limestone.

**4 / Making a Difference:  
BVMi Anniversary Gala**

Your fellow neighbor, myself, am honored to be the Chair of this year's BVMi Anniversary Gala, celebrating 15 years of high quality free primary care for working residents of Bergen County, NJ. I invite you to join us for

an unforgettable evening dedicated to transforming lives and strengthening our community  
—*Karina Malysheva*

**5. Thank You to Our  
Sponsors: Client  
Appreciation Luncheon**

To thank all of our wonderful clients who make Stroll, Bergen County Real Producers, and BeLocal what they are, Aaron Klein Productions held a Client Appreciation Luncheon on Thursday, July 25th from 11:30-1:30pm at Grand Lux Venue in Teaneck.

**WESTWOOD PRIMARY**  
223 Old Hook Road, Westwood, NJ 07675



PRIMARY CARE · CARDIOLOGY · OB-GYN  
NEUROLOGY · WEIGHT LOSS · AESTHETICS

**551-309-3555**



**WESTWOOD SPA**  
245 Old Hook Road, Westwood, NJ 07675

**BBZ**  
LIMOUSINE & LIVERY SERVICE

**OUR PROFESSIONAL CHAUFFEURS, LUXURY VEHICLES, AND DEDICATION TO CUSTOMERS WILL GET YOU THERE ON TIME AND IN STYLE.**

SPECIAL OCCASIONS | PARTY BUSES  
POINT TO POINT TRANSFERS | CORPORATE | NIGHT OUT  
1-800-815-5466 | [BBZLIMO.COM](http://BBZLIMO.COM)

Prominent Properties | Sotheby's INTERNATIONAL REALTY

# 2025

May the new year bring you happiness, health and prosperity!

I am truly grateful for my clients, friends and family. Thank you for trusting me and allowing me to be a part of a very exciting time in your life.

I look forward to the opportunity to work with you in the new year.

**ROSEMARIE CAMPI**  
Broker Associate  
c. 201.741.9939 o. 201.768.9300  
[rosemarie.campi@sothebysrealty.com](mailto:rosemarie.campi@sothebysrealty.com)

1022 Closter Dock Road | Alpine, NJ 07620  
[prominentproperties.com](http://prominentproperties.com)

© 2024 Sotheby's International Realty. All Rights Reserved. Sotheby's International Realty® is a registered trademark and used with permission. Each Sotheby's International Realty office is independently owned and operated, except those operated by Sotheby's International Realty, Inc. The Sotheby's International Realty network fully supports the principles of the Fair Housing Act and the Equal Opportunity Act.

## OCTOBER



### 1 / Fall Design Trends, Warm, Cozy, and Natural

As we transition into the cooler months, fall 2024 design trends are all about creating warm, inviting spaces that feel like a cozy retreat.

### 2 / Home of the Month: A Home for All Seasons!

This home is a true sanctuary offering luxury, comfort and tranquility. This exquisite residence showcases approximately 12,000 square feet of luxurious living space with 15 rooms, 6 bedrooms and 5.5 baths.

### 3 / Talking With My Mouth Full: Stories From Our Family Kitchen: October Delights

As the crisp autumn air settles in and the leaves turn vibrant shades of red and gold, October becomes the perfect month to indulge in seasonal activities and comforting foods.

### 4 / Recipe of the Month: Halloween Charcuterie Board

# There's *always* a solve!

*Full Service Organizing*  
Home & Commercial  
Decluttering & Downsizing  
Move Management & Unpacking  
Holiday Install & Takedown

**DN**  
*done neatly*  
**DN**

646-983-5342  
[@done.neatly](https://www.doneneatly.com)  
[doneneatlyorganization.com](http://doneneatlyorganization.com)



# NOVEMBER

## 1 / Home of the Month: The Cambridge Estate

This exceptional estate is truly one of a kind; balancing the serenity of the gorgeous Alpine landscape with a central location near New York City, while satisfying the desire for a sleek, modern, expansive living space.

## 2 / Talking With My Mouth Full: Stories From Our Family Kitchen: The Magic of Fall: A Celebration of My Wife's Favorite Season

As the leaves display their full array of color and the air takes on a crisp, refreshing chill, my wife's excitement for fall becomes palpable.

## 3 / Recipe of the Month:

Turn Your Thanksgiving Leftovers into a Hot Pocket



**CREATING SPACES THAT  
Breathe, Thrive, and Inspire.**

Join the elite circle of New Jersey's finest homes and businesses who have embraced the allure of biophilic design. Moss Acres is more than a design studio; it's a gateway to an elevated lifestyle.

**Moss Lawn & Garden Installations**

Elevate your property's allure with a trendsetting, eco-friendly alternative to traditional lawns, offering unparalleled beauty and low maintenance. Experience the prestige of a lush moss lawn - the epitome of opulence and sustainability.



**James Fucetola  
FOUNDER**



**785 Totowa Rd. Totowa, NJ**  
**ThatMossPlace.com • 973.518.3089**  
**Jim@mossacres.com**

Corporate Event Staffing  
 Bartenders · Servers  
 Wedding Event Staffing  
 Engagement Party Staffing  
 Mixologists · Captains/Host

**METRO PARTY SERVICES**  
 (551) 255-0889  
 metropartyservices@gmail.com

551-255-0889  
 info@metropartyservices.com  
 metropartyservices.com

# CRAZY CLOSETS

Redefining space since 1994

www.crazyclosets.com



## DECEMBER



1

**1 / Home of the Month: 887 Closter Dock Road**  
One of the great estates in Alpine, set majestically on an 8 acre knoll overlooking courtyards and manicured grounds.



2

**2 / Grand Opening:**  
Renowned Restaurateurs Jeremy Casilli and Michael Besen Unveil DRIFT Restaurant & Bar in Weehawken, New Jersey

**3 / Meet Your Neighbors: A star takes the stage at the Alpine School**  
The AHSA had Kate McKinnon, Emmy award-winning SNL comedian actress, and now author visit the Alpine School to debut her new book 'Millicent Quibb's School of Etiquette For Young Ladies Of Mad Science' and what a fun time was had.

**4 / Talking With My Mouth Full: Stories From Our Family Kitchen: Saddle River Sparkles with Holiday Magic**  
As the holiday season blankets Saddle River in a crisp, festive atmosphere, our charming town transforms into a wonderland of twinkling lights and heartfelt joy.



3



4

## Trust Your Face to a Facial Plastic Surgeon

Bergen County's  
Castle Connolly Top Facial Surgeons

- Double Board Certified
- Facial Plastic Surgeons
- Blepharoplasty
- Hair Restoration
- Hair-Line Lowering
- Cosmetic Injections
- Lip Enhancements
- Rhinoplasty

CALL:  
**(201)408-4441**

NJ EYE AND EAR



Englewood  
and Clifton, NJ



Laurence Milgrim, M.D.

@lmlgrimmd



Kevin Ende, M.D.

@drkevinende

© NJ Eye And Ear | ALL RIGHTS RESERVED | TERMS AND CONDITIONS | NJ Eye and Ear is not affiliated with www.nj-eye-and-ear.com Infirmity of Mount Sinai

MAKE  
FINANCIAL DECISIONS  
THROUGH  
EDUCATION & EVIDENCE

How are you  
avoiding the  
risks that can  
ruin your  
wealth?

Begin Planning



Rebecca Novin-Cannon J.D., CFP®  
Financial Advisor

Erin Hoffman  
Financial Advisor

NCFinfo@novincannonfinancial.com | (862) 345-7705 | www.novincannonfinancial.com



Rebecca Novin-Cannon and Erin Hoffman are Registered Representatives and Financial Advisors of Park Avenue Securities LLC (PAS). Securities products offered through PAS, member FINRA, SIPC. Financial Representatives of The Guardian Life Insurance Company of America (Guardian), New York, NY. PAS is a wholly-owned subsidiary of Guardian, Certified Financial Services, LLC and Novin Cannon Financial Group LLC are not affiliates or subsidiaries of PAS or Guardian. Hoffman CA Insurance License #4029326. Rebecca Novin-Cannon is not practicing ID for Guardian or its subsidiaries or affiliates. CA Insurance License #3M69988. 2024-10-28 Exp. 02/26.

THE YEAR IN COVERS



**FROM OUR HEARTS,  
TO YOURS**

Helping to Build a Healthy Community



**Compassionate and Cutting-Edge Cardiac Care  
for Optimal Heart Health**

- Echocardiography
- Carotid Disease
- Stress Testing
- Peripheral Artery Disease
- Rhythm Monitoring



**Dr. Joseph A. Daibes, DO**  
855 Valley Road Suite 112B  
Clifton, NJ 07013

**(973) 327-5000**  
[njheartandvein.com](http://njheartandvein.com)



**New Jersey  
Heart and Vein**

# Hello, Fashion and Beauty Lovers!



Welcome to my Style Fashion file!

January is shaping up to be an exciting month for fashion! If you're like me than it's all about that "new year, new you" fashion motto. Whether you're doing a wardrobe haul or sprinkling some new trending pieces into your closet, I've got the deets on what you'll love to wear.

Classic is everlasting and you will see plenty of classic silhouettes with a reimagined take like deconstructed pieces, exaggerated effects, and unexpected pairings. Expect to see oversized hoodies, jackets, and layered pieces styled in increasingly experimental ways—blurring the lines between casualwear and high fashion. Streetwear's evolution is a testament to how Gen Z and Millennials redefine comfort and style on their terms with an emphasis on comfort.

The trends highlighted by Vogue Editors present a wonderful mix of luxury items and accessible styles, appealing to a wide audience.

## STYLE FILE

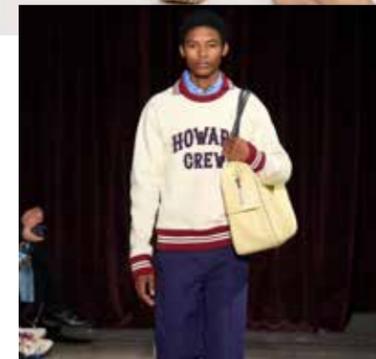


### The Top Trends, According to Vogue Editors

- **The Collarless Blazer:** Toteme wool-blend grain de poudre jacket, \$1,040
- **The Field Jacket:** Madewell leather collar flap-pocket field jacket, \$358
- **The Fair Isle Knit:** Alex Mill Louie Fair Isle cardigan, \$275
- **The Sequin Skirt:** Róhe paillette-embellished midi skirt, \$740
- **The Winter White Shearling:** Stand Studio Hilma faux-fur coat, \$675
- **The Scarf Detail:** Carven scarf-detailed silk shirt, \$960
- **The Leopard Print Bag:** Prada medium printed leather top-handle handbag, \$3,600
- **The Dark Brown Jean:** Frame Le Slim Palazzo Bardot jeans, \$278
- **The Leather Trench:** Mackage Gael belted trench coat, \$1,850
- **The Cashmere Crewneck:** J.Crew cashmere crewneck sweater, \$198
- **The Suede Jacket:** Zara suede leather blazer, \$349



Since January is known as the workout resolution month, let's focus on what you'll be wearing to the gym or not- but one thing certain is that you'll not only look but feel comfortable and chic. In 2025 Atleisure-wear meets high fashion. It's about incorporating sustainable materials, versatile designs with polarizing bold or minimal aesthetics.



YOUR CLOSET IS A CANVAS

# Reinspire

## closetfactory

the art of organization

---

Call for a free Virtual or Hybrid Design Consultation and estimate today!

(908) 322-8270

www.closetfactory.com

© 2020 Closet Factory, All rights reserved. 131 1011001-43000

WALK-IN CLOSET

CLOSETS • GARAGES • HOME OFFICES • ENTERTAINMENT CENTERS • WALL BEDS • WALL UNITS • LAUNDRY ROOMS • PANTRIES • CRAFT ROOMS • MUD ROOMS • WINE ROOMS



For 2025, we're seeing colors we know and love like silver, ox blood navy blue and the ever present black. But on the other hand, there are exciting new additions like cherry red. Pastel hues are back and here to stay, and if you're planning to be ahead of the curve this year—listen up for all the colors to keep on your radar.

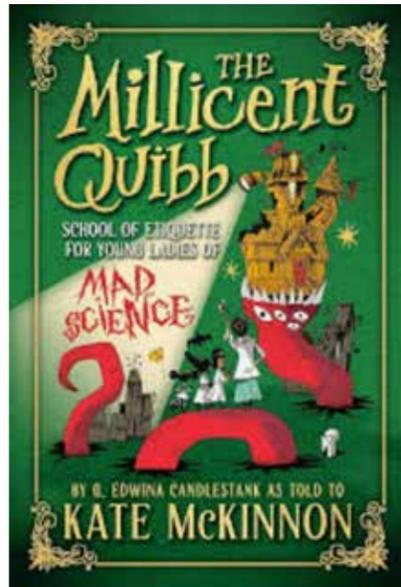
- Sea foam green
- Dreamy lavender
- Butter yellow
- Navy blue
- Bubblegum pink

So neighbors, I hope that you enjoyed my Style File. If you need tips on how to style any of these trends, feel free to ask and stay tuned for next month's issue where I will continue to share fun fashion trends and style tips.

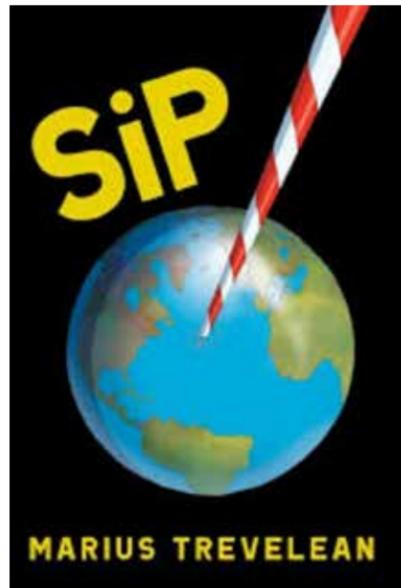
Xoxo,  
 Vanessa Barrera  
 @vanessabarci  
 Fashion & Beauty Writer  
 Alpine Resident

# New Year, New Adventures: Top 10 Book Picks for Kids for 2025!

Hey there, fellow book lovers! As we kick off this brand new year, we thought it would be super cool to share our favorite books that are perfect for kids from kindergarten all the way to eighth grade. Whether you like funny stories, exciting adventures, or magical worlds, there's something here for everyone! So grab a cozy blanket and your favorite snack, and let's dive into our top 10 book suggestions!



**1. "Millicent Quibb School of Etiquette for Young Ladies of Mad Science" by Edwina G. Candlestank as told by Kate McKinnon (Friend to Alpine School)**  
If you love quirky adventures with a twist of science, this book is for you! Millicent Quibb is scientist in a school that teaches etiquette with a mad science flair. This is the most incredible story ever written but never before told about the Porch sisters, a Kyrgalops, a nefarious villain and a smart adventure. It's funny, imaginative, and full of surprises!



**2. "SiP" by Marius Trevelean (Alpine Resident)**  
SiP is a sci-fi adventure for tweens combining humor and action with an original take on the issue of environmental pollution. Planet Earth has been turned into a juice box! Take to the high seas in a sci-fi comedy filled saga for readers who are thirsty for a good story!

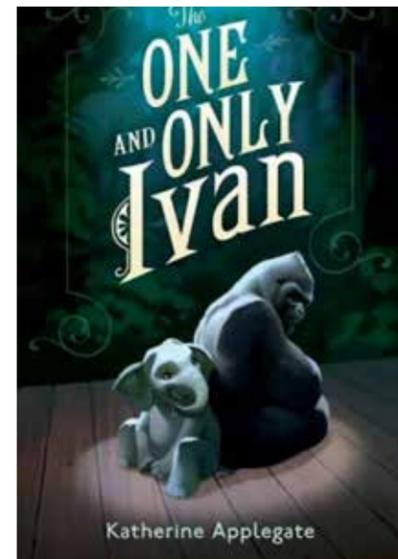


**3."Spike the Spunky Hedgehog" by Shabi Najafov (Alpine Resident)**  
"Spike the Spunky Hedgehog" is an enchanting children's book that follows the delightful adventures of Spike, a cheerful and courageous hedgehog. Living in a vibrant forest, Spike is

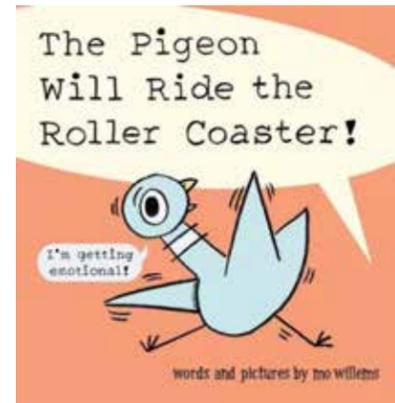
known for his curious nature and determination to explore the world around him. Despite being small and spiky, he demonstrates that bravery comes in all shapes and sizes.



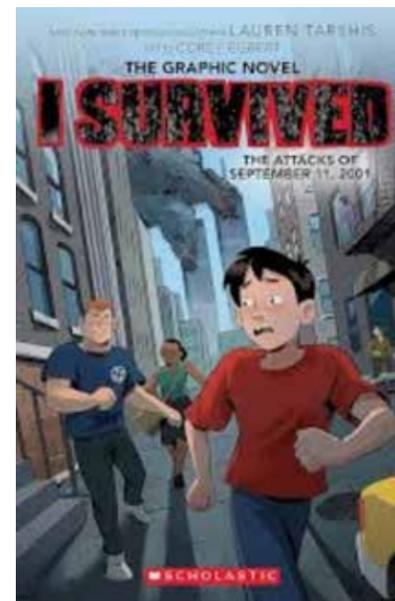
**4. "Dog Man" Series by Dav Pilkey**  
This series is paws-itively hilarious! It's about a part-dog, part-man superhero who fights bad guys and saves the day. The comics are super funny, and we love the silly drawings!



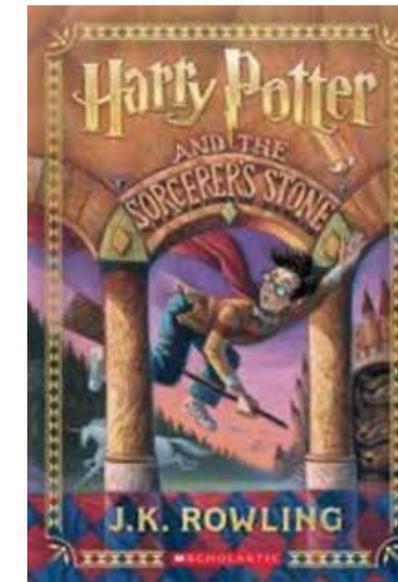
**5. "The One and Only Ivan" by Katherine Applegate**  
This book is about a gorilla named Ivan who lives in a mall. It's full of heart and teaches us about friendship and hope. We cried (happy tears!) and laughed too!



**6. "The Pigeon Will Ride the Roller Coaster!" by Mo Willems**  
Mo Willems makes us giggle with his funny stories! In this one, the pigeon really wants to ride a roller coaster, and we can't stop laughing at his silly antics.



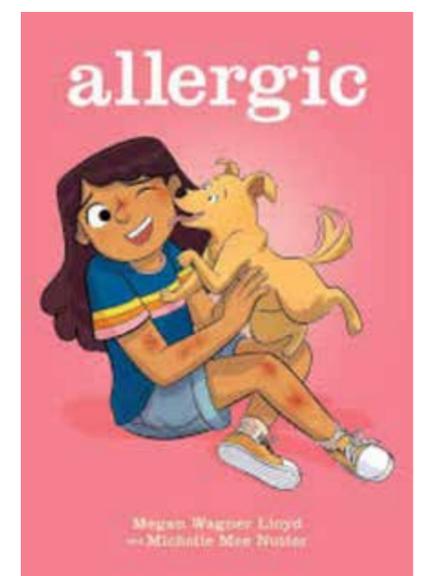
**7. "I Survived: 9/11" by Lauren Tarshis**  
This book tells a gripping story of a boy who experiences the events of September 11th. It's powerful and educational, showing bravery and resilience. We think it's an important read!



**8. "Harry Potter and the Sorcerer's Stone" by J.K. Rowling**  
The beginning of Harry's magical journey at Hogwarts is a classic! We love the spells, the friends he makes, and the exciting adventures. It's the perfect place to start if you want to dive into the wizarding world!



**9. "The Wild Robot" by Peter Brown**  
This story is about a robot named Roz who ends up on a deserted island. She learns to survive and makes friends with the animals. It's a beautiful tale about nature and belonging.



**10. Allergic" by Megan Wagner Lloyd**  
This graphic novel tells the story of a girl who discovers she has allergies just when she wants a puppy. It's funny and relatable, showing how she navigates her new world while dealing with her allergies.

We hope you find something you love on this list! Reading is like going on an adventure without leaving your room, and we can't wait to hear about your favorite stories. Happy reading and have an awesome year ahead!



Valerie & Sofia Arciniegas  
Lifelong Alpine Residents  
Alpine School Honor Roll Inductees  
Members of the Alpine Social Club  
"We like big books and we cannot lie"



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

learn to interpret the needs and emotions of their animals, which can translate into greater compassion for others.

**3. Enhanced Social Skills and Confidence**

Pets can also play a crucial role in improving a child's social skills. For shy or introverted children, pets act as social bridges, facilitating interactions with peers. For example, a child walking a dog at a park may be approached by other children, leading to conversations and friendships. Pets can also boost a child's confidence. Successfully training a pet or mastering tasks related to pet care can foster a sense of accomplishment, which enhances self-esteem.

**4. Physical Health and Activity**

Another key benefit of having pets is the promotion of physical activity. Dogs, in particular, encourage children to engage in outdoor activities such as walking, running, or playing fetch. These activities contribute to better physical health, helping to combat sedentary lifestyles and reduce the risk of childhood obesity. Moreover, interacting with pets has been linked to improved immune function. Exposure to pet allergens and microbes in early childhood can strengthen a child's immune system and reduce the likelihood of developing allergies and asthma later in life.

**5. Educational Benefits and Cognitive Development**

Pets can also enhance cognitive development by stimulating curiosity and learning. Children often ask questions about their pets' behavior, biology, and needs, which can spark an interest in science and nature. Additionally, reading to pets is a common activity that can improve literacy skills. The non-judgmental nature of pets makes them ideal listeners, encouraging children to practice reading aloud without fear of criticism.

**Conclusion**

In summary, the benefits of having pets for young children are multifaceted, encompassing emotional, social, physical, and cognitive development. Pets provide unconditional love and companionship, foster responsibility and empathy, boost confidence, encourage physical activity, and even support educational growth. For families considering adding a pet, the rewards for children are both immediate and lasting, helping to nurture well-rounded, compassionate, and confident individuals.

## The Benefits of Pets for Young Children

Pets have long been cherished members of the family, offering companionship and joy to people of all ages. However, the positive impact pets can have on young children is particularly profound. From emotional development to physical health and social skills, the benefits of having a pet during childhood extend beyond simple play. This essay explores how pets contribute to a child's well-being, including emotional support, the development of responsibility, enhanced social interaction, and improved physical health.

**1. Emotional Support and Mental Well-being**

One of the most significant benefits of having a pet is the emotional support they provide. For young children, pets can be a source of comfort during stressful or uncertain times. The unconditional love and companionship pets offer help children feel secure and valued. Studies have shown that interacting with pets can reduce anxiety and increase levels of serotonin and dopamine, which are associated with feelings of happiness. Additionally, pets can help children process complex emotions, such as sadness or anger, by providing a non-judgmental presence that encourages calmness and emotional regulation.

**2. Development of Responsibility and Empathy**

Caring for a pet teaches children essential life skills such as responsibility, empathy, and patience. Tasks like feeding, grooming, and walking a pet instill a sense of accountability, as children learn that the well-being of another living being depends on their actions. These daily responsibilities help children develop a routine and understand the importance of consistency and care. Furthermore, children who care for pets often exhibit higher levels of empathy, as they

**"THE TOWNE CENTRE" 695 ANDERSON AVENUE~CLIFFSIDE PARK~NJ**

Welcome to the state-of-the-art surgical center and med spa. Valley aesthetics medical management group is the medi spa industry that is innovative, holistic, and specialized with a particular focus on regenerative medicine. VAMG is looking for entrepreneurial doctors, surgeons and collegial estheticians and other therapists whose main goal will be to treat their client population in collaboration with physicians using the latest in technology and cellular therapeutics at their disposal.

**COME TOUR OUR GRAND OPENING CELEBRATION JANUARY 11TH AND 12TH 2025.**

Contact us for leasing and pricing information

**TERRIE O'CONNOR**  
COMMERCIAL

**Linda DeSantis, Sales Associate**  
Residential-Commercial-Sales-Leasing  
75 West Allendale Ave. Allendale, NJ 07401  
M: 201-923-6095 • O: 201-825-0500

# Plastic Surgery Trends of 2025

BY DAVID FOLK, MD

I RECENTLY CAME ACROSS an article in a major fashion and beauty magazine that forecasts its predictions for the biggest upcoming trends in plastic surgery this year. I agree with many of the conclusions, and I'd like to share my input here so as to save you the additional research as well.

The driving force behind many of the new trends is the population referred to as "Gen X." If you have as much difficulty as I do keeping track of demographic monikers, this group comes after baby boomers and before Millennials, thus including those usually born between 1965-1980. Gen Xers are now reaching menopause age, and they are acting accordingly in order to avoid appearing like their more mature parents. Indeed, prior generations did not focus on cosmetic surgery as much, and technologies and techniques were clearly less advanced in the past. However, appearing natural is always the key consideration. Some procedures they are signing up for include breast lifts or implant removal. This reflects a focus on a natural appearance and subtlety that doesn't scream plastic surgery. Implant removal is not always followed by a new



implant exchange these days, rather fat grafting is sometimes requested to use the body's own material rather than a foreign object. Speaking of fat grafting, its popularity has risen recently in concert with that of injectable weight loss medications, and it is also one of the rising trends noted this year. In a prior article, I discussed "ozempic face," or the loss of facial fat volume that occurs with overall weight loss. Fat grafting to the face, therefore, is a nice treatment for people who have lost significant weight but want to restore some volume to the face. Another trend we have noted is the desire to "reverse" or dissolve fillers placed previously in the face. This is consistent with the more natural overall aesthetic, which is one that I always applaud and encourage. In terms of Botox treatments, I see no abatement in its desire or popularity moving forward as it is one of the most natural anti-aging treatments—especially when performed well.

As always, please feel free to connect and follow @drdavidfolk or www.drdavidfolk.com!

*Sit. Stay.*

We're On Our Way!



845-572-0003  
 FancyPaws@zoomingroomin.com  
 zoomingroomin.com  
 @zoomingroominenglewood  
 Google ★★★★★



**North American Spine and Pain Institute** helps patients get back to an active lifestyle through an individualized plan of action and multi-specialty approach.

**AREAS WE TREAT**

Spine | Neck | Knee  
 Foot & Ankle | Hand & Finger  
 Shoulder | Hip | Elbow | Wrist

**SERVICES:**

Spine Surgery | Pain Management  
 Foot & Ankle Surgery | Rehabilitation  
 Sports Medicine | EMG | IME  
 Regenerative Joint Therapy  
 Personal Injury Cases



**Daniel M. Dorri,**  
 MD, FABPMR  
 Pain Management &  
 Interventional Spine Physician



844-666-2774 | www.naspinstitute.com  
 505 Goffle Road Suite 101 Ridgewood NJ  
 LOCATIONS IN CLIFTON, NORTH BERGEN,  
 SECAUCUS, NEWARK, ELIZABETH, BRUNSWICK,  
 QUEENS, BROOKLYN



Plug In Today

- RESIDENTIAL
- COMMERCIAL
- EV CHARGING

REQUEST A FREE ESTIMATE

LIGHTING, SERVICE UPGRADES, GENERATORS, EV CHARGING STATIONS & MORE!



908-935-7200  
 WWW.CHARGEDUPNJ.COM  
 INFO@CHARGEDUPNJ.COM



Improve your health:  
**Aquatic Therapy at the Jewish Home**

Warm water exercise can enhance recovery, increase flexibility, improve balance and so much more. From mobility issues to neuromuscular diseases, aquatic therapy can help you get stronger and build your endurance. Exercise in our therapy pools benefits body as well as mind and spirit. Come find out how aquatic therapy can help you move better and feel better!



**CENTER FOR REHAB EXCELLENCE**  
 10 Link Drive, Rockleigh, New Jersey, 07647  
 For more information, please call 551-217-7895  
 or email Rehab@JewishHomeFamily.org

# THE FUTURE OF BERGEN COUNTY

## Emerging Trends in Real Estate Investment

BY SANDRA GARCIA, ALPINE RESIDENT - COMPASS REAL ESTATE, REALTOR®



### 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.

### 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.

### 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.



- Acupuncture
- Coaching
- Cryotherapy
- Massage
- Nutritionist
- Past Life Regressions
- Personal Training
- Physical Therapy
- Stretch
- Thermograms

### Classes Offered

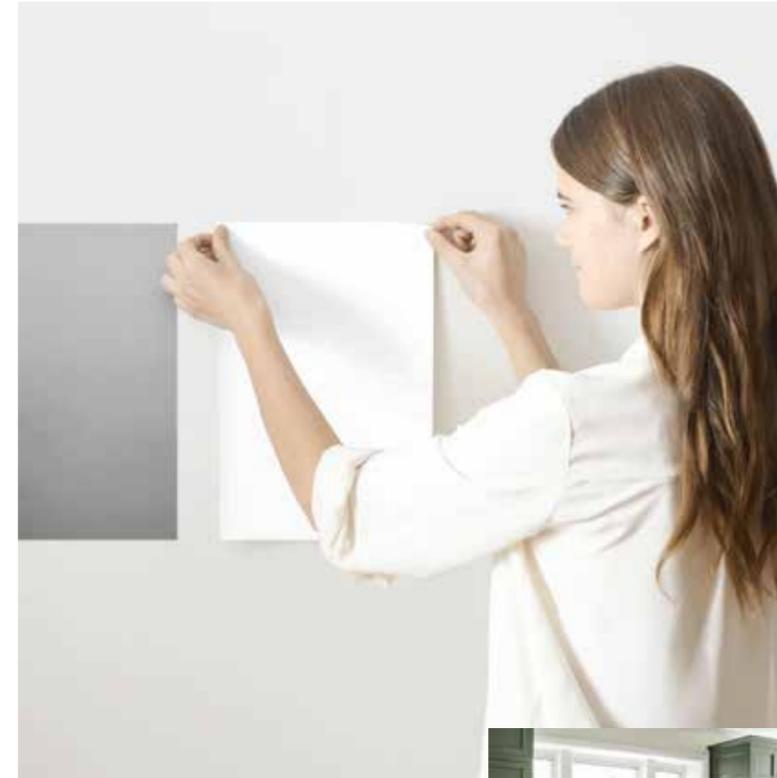
- Yoga
- Meditation
- Full Moon/New Moon Circles
- Women's Circles

### Workshops

- Mala bracelets
- Vision Boards
- Feng Shui
- Crystal Grids
- Pendulum



5 Atwood Avenue, Tenafly, New Jersey 07670  
info@oraintegrativewellness.com • 201-741-4196



# 2025 Colors of the Year Trends in Interior Design

BY SAMI DUSSIN, ALPINE RESIDENT



As we step into 2025, the interior design world is buzzing with a refreshing palette of colors that reflect a balance of sophistication, nature, and creativity. The colors of the year are rooted in themes of sustainability, serenity, and individuality, providing endless inspiration for transforming spaces.

One of the standout hues is **Verdant Green**, a deep and earthy tone that pays homage to nature. This color is ideal for creating calming interiors, whether used as an accent wall in a living room or integrated into cabinetry and furniture. It brings a sense of harmony and is especially effective when paired with natural materials like wood and stone.

Another popular choice is **Saffron Glow**, a warm, golden hue that exudes optimism and energy. This color works beautifully in kitchens and dining spaces, adding a vibrant yet sophisticated touch.

Pair it with neutral shades or muted blues for a balanced look.

For those seeking a softer aesthetic, **Ocean Haze**, a muted teal-gray, has emerged as a favorite. This versatile color evokes a sense of tranquility, making it perfect for bedrooms, bathrooms, or even open-concept living spaces. It complements both modern and vintage design styles.

Complementing these main hues are **Soft Lavender** and **Clay Beige**—subtle, versatile tones that act as grounding neutrals or gentle accents. These colors are perfect for creating layered, textured interiors and pair well with bolder colors or metallic finishes.

In 2025, the emphasis is on creating spaces that are personal sanctuaries, embracing natural elements and bold accents. Whether you're planning a complete overhaul or just adding a fresh coat of paint, these trending colors offer endless possibilities to rejuvenate your home.

Xoxo Sami Dussin

Sami Dussin is an Alpine Resident train in Architecture, Urban Design and Interior Design.

Home is where our stories are written. Let's be creative!





**MOMENTUM  
WELLNESS**

20+ Years Experience  
Outstanding Results



**ACHIEVE  
HEAL.  
FLOURISH**

Specializing in providing exclusive Concierge Service (we come to your home, office, or any setting of your choice) and a personalized self-improvement plan to improve your health, relationships, career goals, parenting, overall life satisfaction, or any goals you choose.



Gary Pignatello MSW, Ph.D.  
Director  
973-714-9433  
Momentumahf.com  
momentumwellness4@gmail.com

sofia

**FARM TO TABLE ITALIAN STEAKHOUSE & LOUNGE**

offering elevated plates & creative cocktails



**STAY AHEAD OF THE  
COLD THIS SEASON**  
WITH A HEATING SYSTEM TUNE-UP

**SCHEDULE  
YOURS TODAY!**



**973.929.2080**

LOCAL FAMILY OWNED  
AND OPERATED SINCE 1965

**AIRGROUPLLC.COM**

STATE LICENSE #13VH00669000 | MASTER HVACR CONTRACTOR LICENSE #1955 | NJ PLUMBING LICENSE #12297 | NJ ELECTRICAL LICENSE #4474

Serving lunch & dinner  
seven days a week

201-541-8530  
sofiaenglewood.com

36 Engle Street  
Englewood

# COMPASS SPORTS ENTERTAINMENT

Access to a database of luxury furnished rentals and off-market listings nationwide.

A successful track record working with industry gatekeepers-managers, advisors, lawyers-and an in-depth grasp of the nuances of celebrity transactions.

Targeted advertising to a discreet audience matched with in-person communications.

Proprietary technology to inform and enhance the client experience.

Discover your next property discretely with my expert guidance throughout the country. Let's discuss your needs.



**Maryanne Elsaesser**

M: 551-206-9264

O: 551-284-0175

E: [Maryanne.Elsaesser@Compass.com](mailto:Maryanne.Elsaesser@Compass.com)

1 Franklin Ave Suite 2 & 3  
Ridgewood, NJ 07450



Compass RE is a licensed real estate broker. All material is intended for informational purposes only and is compiled from sources deemed reliable but is subject to errors, omissions, changes in price, condition, sale, or withdrawal without notice. No statement is made as to the accuracy of any description or measurements (including square footage). This is not intended to solicit property already listed. No financial or legal advice provided. Equal Housing Opportunity. Photos may be virtually staged or digitally enhanced and may not reflect actual property conditions.