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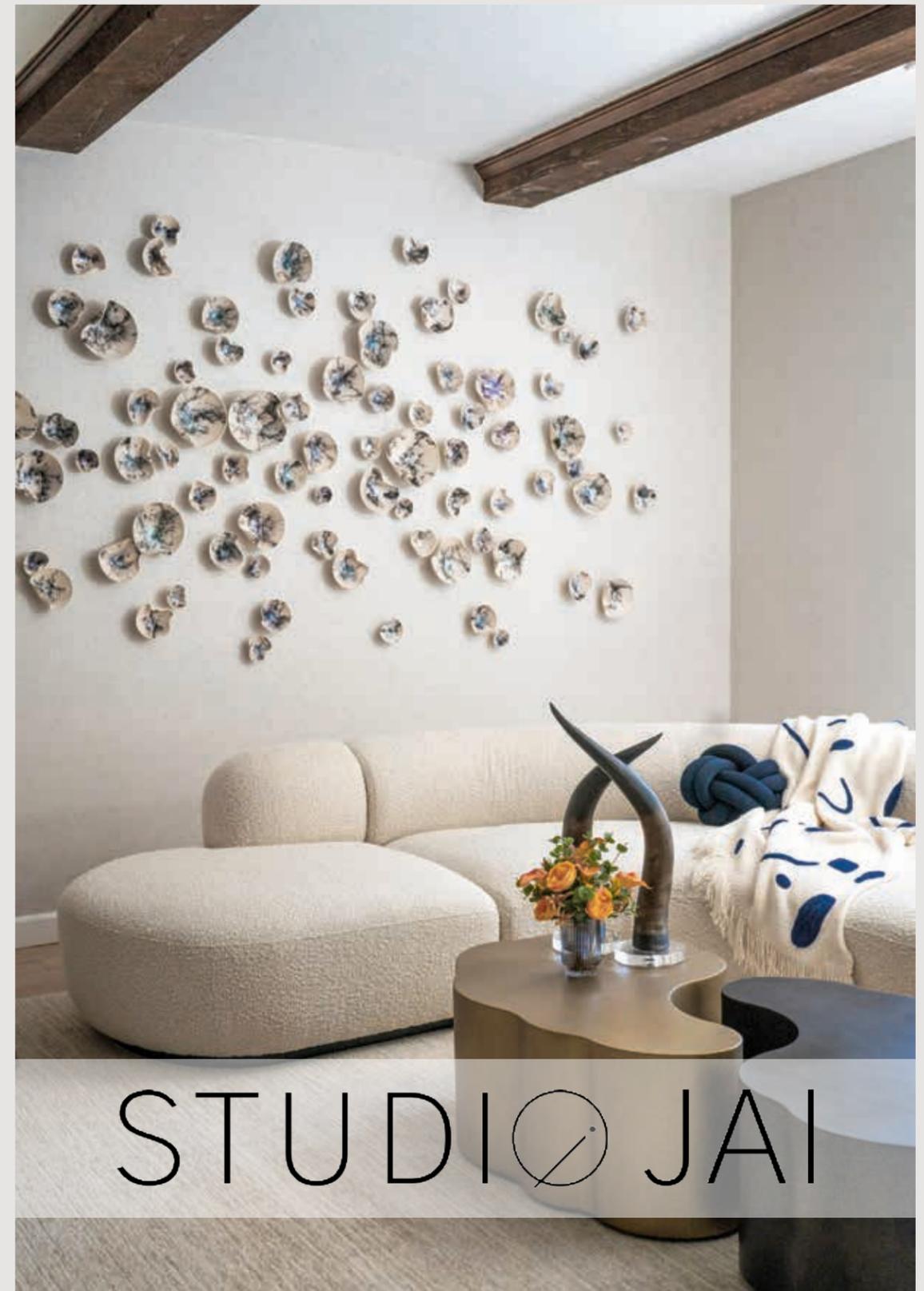
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AUG. 06, 20  
SEP. 03, 17  
OCT. 01, 15  
NOV. 05, 19  
DEC. 03, 17  
JAN. 07, 21, 2026

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2024 Top Office Agent Units & Volume

2024 Top Company Producer

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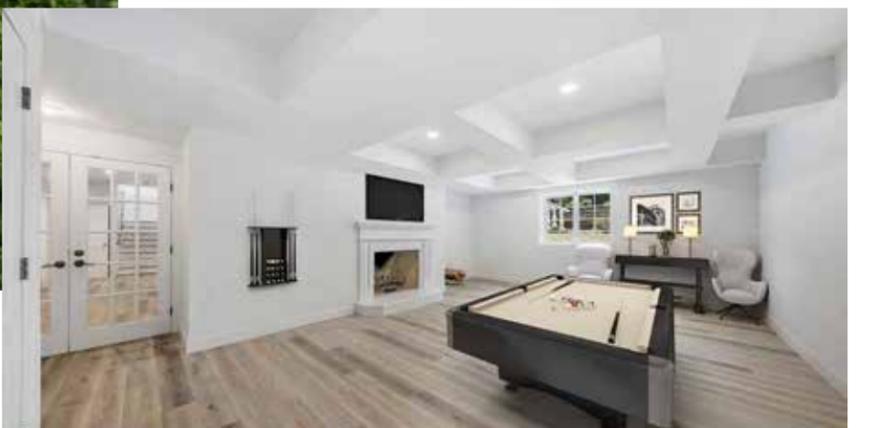
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# Chorizo-Stuffed Zucchini

*This delicious dinner is only five ingredients!*

**YIELDS:** 4 serving(s)  
**TOTAL TIME:** 35 mins  
**CAL/SERV:** 250

## Ingredients

- 4 zucchini (about 6 oz. each)
- 3 tsp. oil, divided
- 2 small links fresh chorizo sausage (about 6 oz. total)
- 2 scallions, thinly sliced
- 3 oz. Monterey Jack cheese, coarsely grated
- 1/2 cup cilantro, chopped, plus more for sprinkling
- Kosher salt and pepper

## Instructions

**Step 1** Place rimmed baking sheet in oven and heat to 450°F. Cut zucchini in half lengthwise and, using teaspoon, hollow out each zucchini half. Brush cut sides with 1 teaspoon oil, then place, cut sides down, on heated baking sheet. Roast 5 minutes.

**Step 2** Meanwhile, heat 2 teaspoons olive oil in large skillet on medium-high. Add sausage and cook, breaking up, until no longer pink, 3 to 4 minutes. Using slotted spoon, transfer to bowl.

**Step 3** Add scallions to chorizo and toss to combine.

**Step 4** Fold in Monterey Jack cheese and cilantro. Turn zucchini cut sides up and season with 1/4 teaspoon each salt and pepper. Divide chorizo mixture among zucchini halves (about 1/4 cup per half) and roast until zucchini are just tender, 8 to 10 minutes more. Sprinkle with cilantro if desired.

# Summer Fashion Trends

VANESSA BARRERA

**HELLO, FASHION AND BEAUTY LOVERS!**

Welcome to my Style Fashion file! Summer is finally in full effect! Let's embrace the stylish trends of July 2025, where fashion trends in Alpine are as vibrant as the women who wear them. The fashion scene gleams with the promise of new beginnings and timeless elegance. As the sun graces Alpine with its golden touch, let's embrace styles that echo summer fun with a touch of sophistication. This July, fashion isn't just a statement, it's an experience, a blend of comfort and opulence that mirrors both the warmth of the season and the chic simplicity, luxurious spirit and elegant charm of our town.

From the rustic allure of farm-to-table aesthetics to the refined charm of Riviera-inspired outfits, this season's trends are set to redefine elegance with a fresh, vibrant twist. Whether you're planning a sun-kissed brunch or a glamorous garden party, the right ensemble can transform any occasion into a memorable event.

**1. Polka Dots:** A timeless classic- Reinvigorated colors, silhouettes, and details that challenge what a classic polka dot can be. Think bubble-shaped dots, draped and twisted interpretations, abstract takes or even tried and true white and black polka dot combinations. Posse's strappy dress comes in a bright red, great for the beach, while Zara's graphic maxi is fit for a sophisticated summer soirée, where dancing is aplenty. For tried-and-true black and white combinations, look to the high-end brands, like Saint Laurent and Zimmermann.

**2. Raffia and Fringe Trend:** Perfect for the summer, raffia accessories bring a touch of the exotic while maintaining an elegant edge. Whether it's a woven handbag or



chic sandals, these pieces are a must-have for any outdoor gathering.

**3. Color Trends - White, Butter Yellow, Red, and Baby Blue:** These colors rule the scene, offering a palette that's as refreshing as a summer breeze. Opt for tailored white linen suits or butter yellow sundresses to capture the essence of sophistication.

**4. Linen Trend:** Breathable and lightweight, linen is the fabric of choice this season. Its natural texture complements both casual and formal occasions, making it a versatile addition to your wardrobe.

**5. Old Money Riviera Fashion:** Channel the timeless elegance of the French Riviera with nautical stripes, wide-brimmed hats, and vintage sunglasses. This trend is all about understated luxury and classic appeal.

**6. Polka Dots:** A timeless classic- Reinvigorated colors, silhouettes, and details that challenge what a classic polka dot can be. Think bubble-shaped dots, draped and twisted interpretations, abstract takes or even tried and true white and black polka dot combinations. Posse's strappy dress comes in a bright red, great for the beach, while Zara's graphic maxi is fit for a sophisticated summer soirée, where dancing is aplenty. For tried-and-true black and white combinations, look to the high-end brands, like Saint Laurent and Zimmermann.

With these trends in your sartorial arsenal, you're set to turn heads at every summer soirée. Remember, fashion is an extension of your personality—let it speak volumes.

Summer has just begun, and with its arrival, we're ready to dive headfirst into these scorching trends. As temperatures rise, so does our desire for outfits that feel effortless but still deliver on polish. A sleek lineup of wardrobe staples will help you get the job done, with pieces designed to take you from sweltering commutes to casual outings to after-hours outdoor dinners without missing a beat.

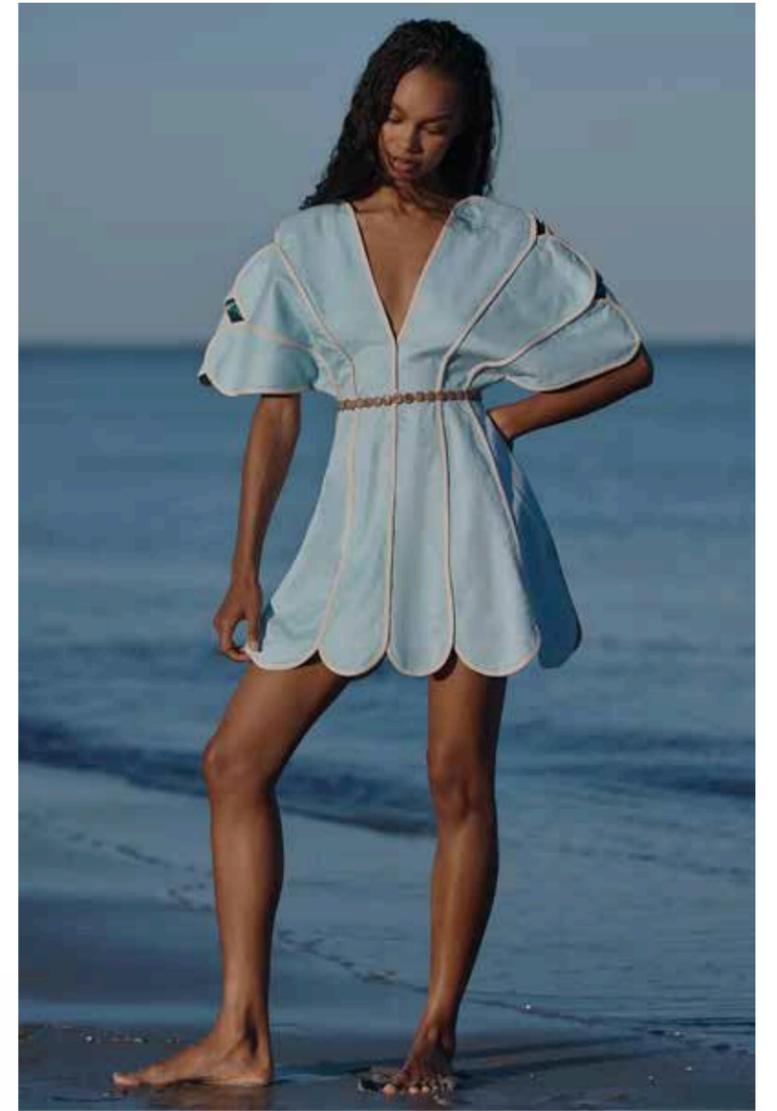




**These are 5 of Vogue's Favorite Summer-in-Alpine Staples:**

- **The Butter Yellow Set:** Deiji Studios 03 set, \$292
- **The Runway-Approved:** Chloé ruffle silk gauze dress, \$3,890
- **The Hand-Crocheted Skirt:** Khaite Iori skirt, \$3,400
- **The Vintage-Inspired Dress:** Posse Lori dress, \$430
- **Minimalist Dress:** Esse Studios dress, \$995

Some of our favorite pieces this season, like fluid satin trousers, minimalist maxi skirts, tailored shorts, and retro-chic capris, are elevated takes on your typical warm-weather staples. A sleek T-shirt dress or slouchy summer suit (worn with chic flip-flops, emphasis on chic of course) make for the kind of unfussy elegance the season demands. The best part? These pieces are endlessly versatile, great for mixing and matching for whatever the summer throws your way. Below, shop 11 looks to help you take on the summer in Bergen-worthy style.



**These pieces are endlessly versatile, great for mixing and matching for whatever the summer throws your way.**



summer dressing. Below, our favorite strappy heeled sandals to shop for summer and match any outfit stylishly.

**Vogue's Guide to the Sleekest Strappy Heeled Sandals:**

- The Beige Beauty: Aeyde Maeve kitten heel sandals, \$445
- The Catwalk-to-Closet: Khaite Loop kitten heel sandals, \$890
- The Red-Hot: Jil Sander leather sandals, \$990
- The Metallic Sandal: Manolo Blahnik strappy metallic slide sandals, \$754
- The Bare Sandal: Saint Laurent Jaspe sandals, \$990

So, Neighbors, I hope that you enjoyed my Style File. Stay tuned for my next article in September where I will continue to share fun fashion trends and style tips.

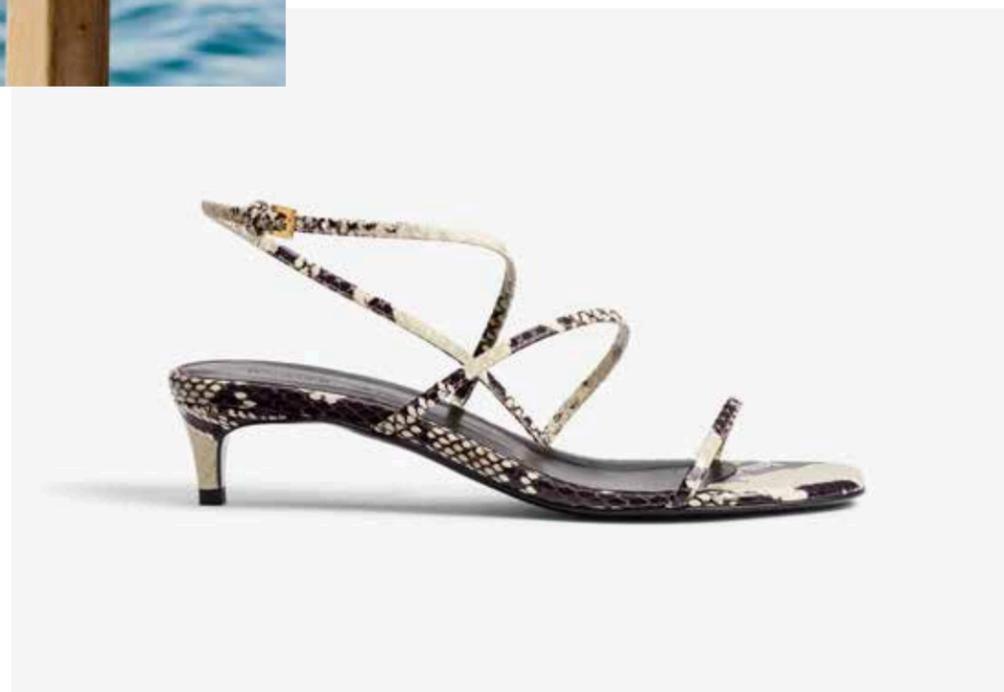
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Fashion & Beauty Writer



**Five Sleek Sandal Trends Taking the Runways (And Our Shopping Carts!) by Storm**

This summer, we're loving slim, retro sneakers à la Dries Van Noten and Loewe and cool-girl clogs courtesy of Chloé and Miu Miu, but many of last summer's trends are still going strong as well.

Among them are seriously sleek pairs of strappy kitten-heeled sandals. Trust us, you won't be disappointed! For another take on the trend, look to boldly colored styles from Prada or Jimmy Choo. Options in classic neutrals are timeless, of course, with styles from The Row to Loeffler Randall making for easy minimalist



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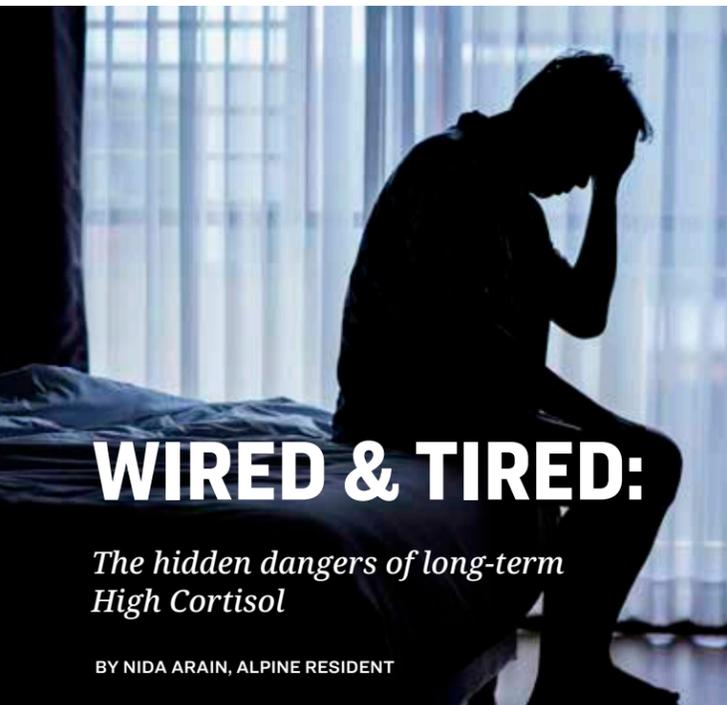
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*The hidden dangers of long-term High Cortisol*

BY NIDA ARAIN, ALPINE RESIDENT

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inflamed. We may also be feeling pain and inflammation in our body, auto-immune conditions or experience brain fog. For many of us this seems to be a normal day in our hectic lives. Our culture glorifies hustle, and not enough time is left for sleep, nourishing food and relaxation.

**What is the purpose of Cortisol?**

In a stressful situation, your body activates the sympathetic nervous system (the classic fight-or-flight response). This leads to a surge of adrenaline (epinephrine) for an immediate reaction - like a racing heart, quick breathing, and a burst of energy. Cortisol is released a bit later. It helps sustain the stress response over a longer period and regulates things like:

- Blood sugar levels (for energy)
- Blood pressure
- Inflammation
- Immune function

Adrenaline is the sprinter, and cortisol is the marathon runner helping your body cope with prolonged stress. Cortisol is part of the fight-or-flight system, but it plays more of a long-term regulatory role rather than triggering the immediate reaction. When stress becomes chronic with poor sleep, processed food, long work hours then cortisol production can stay elevated and cause the symptoms listed below.

**Symptoms of high Cortisol are:**

- Unexplained weight gain
- Constant fatigue despite rest
- Puffy face, acne or thinning skin
- Anxiety or panic attacks
- Difficulty falling or staying asleep
- Frequent colds or low immune response

**Here are some ways you can reduce Cortisol and bring your body back into balance:**

- Gentle exercise, walks, Yoga and Pilates
- Lifestyle changes with rest, breathing techniques and boosting endorphins
- Adding in more omega 3 rich foods, magnesium packs pumpkin seeds and leafy greens, anti-inflammatory foods like turmeric, ginger and berries
- Prioritize balanced meals with protein, fiber and healthy fats to keep blood sugar stable

**Some Cortisol lowering supplements that may be effective:**

- Ashwagandha, Holy Basil, Rhodiola Rosea, Magnesium Glycinate, Phosphatidylserine, B vitamins and Reishi Mushrooms

This is not medical advice. Please consult a practitioner or doctor to make sure the supplements do not interact with your medications or if there are any other underlying reasons for your symptoms.



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## Promising Study Nose How to Help Long Covid

BY DAVID FOLK, MD



A recent study performed by surgeons at University College London Hospitals piqued my attention, as it focuses on a difficult disorder with few successful prior treatments. Many patients with COVID recover with no long term consequences, however approximately six in every 100 people develop long COVID—a condition that refers to one of a multitude of long term disorders thought to be related to the initial infection. A common symptom of COVID is the loss of smell and taste, which can persist and has become a chronic condition in many with long COVID worldwide. When this does persist long after the initial infection, it can be challenging to treat. I have treated patients with smell training and steroid treatment, with minimal success in restoring smell back to normal. Now, surgeons in London have reported curing a dozen patients who experienced loss of smell long after COVID infection. This is particularly exciting because these results are achieved after a common and widely established surgical procedure—one that I routinely perform in my practice as well. In this study,

surgeons performed a procedure called functional septorhinoplasty—which is commonly performed to increase the size of the nasal airways by correcting a deviated septum or other nasal airway blockages. During this surgery, nasal airflow was increased by about 30% which in turn allowed more airflow to the olfactory area, where odorants signal smell senses to our brains. In long COVID, the theory is that the virus causes inflammation and damage to the olfactory area in the nose, so perhaps increasing the airflow and smell stimulus in this way leads to the restoration of smell. All twelve of the study participants who underwent the surgery reported improved sense of smell compared to a group of patients with long COVID who were only treated with smell training. Although more work needs to be done, these encouraging results show that nobody “nose” what the future holds with treatment advances.

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

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In the dynamic landscape of real estate investment, Bergen County, NJ, emerges as fertile ground for investors aiming to build substantial wealth. As a seasoned real estate agent and investor with Compass in NJ, I have seen firsthand how strategic real estate investments can pave the way to significant wealth. For savvy investors, understanding local market dynamics is crucial for capitalizing on opportunities that can lead to substantial returns. I'm excited to share insights that can guide both new and seasoned investors toward financial success.

The key to building wealth lies in identifying the right properties and employing strategic investment techniques. For example, focusing on multifamily properties often provides more stable cash flow than single-family homes. With the rising demand for rental units, investing in multifamily real estate offers a consistent income stream and potential property appreciation over time. This approach allows investors to leverage financing, increasing purchasing power and maximizing returns.

Staying informed about market trends is essential. Urban centers are highly sought after for their accessibility and amenities, attracting renters and homebuyers. By targeting properties in these high-demand areas, investors can capitalize on appreciation and rental income potential.

Another effective wealth-building strategy is pursuing value-add opportunities, which involve purchasing properties that require renovations or improvements. By enhancing a property's appeal and operational efficiency, investors can significantly elevate its value and rental income, resulting in higher returns.

Partnering reputable real estate investment firms can provide invaluable insights. Companies like GODWINN

Capital exemplify how strategic acquisitions and developments can lead to successful investments. They focus on identifying market inefficiencies and developing properties that meet current demand while anticipating future shifts.

GODWINN Capital specializes in multifamily acquisitions and luxury home developments. Their approach emphasizes scalable operations that exploit market trends, enabling proactive responses to market demands and ensuring sustained growth. Their disciplined risk management and strategic liquidity offer flexibility and robust returns.

Targeting high expected ROI, they often outperform traditional investment options, with a proven track record of consistent investor returns, quarterly payouts, and attractive tax benefits.

To succeed in real estate investment, understanding various property types and aligning them with specific investment goals is crucial. Engaging with local experts and forming strategic partnerships can provide essential support and guidance for making informed decisions. By focusing on these strategies, investors can effectively navigate the vibrant landscape of Bergen County real estate and secure financial success.



Alpine Resident – Compass Real Estate Realtor



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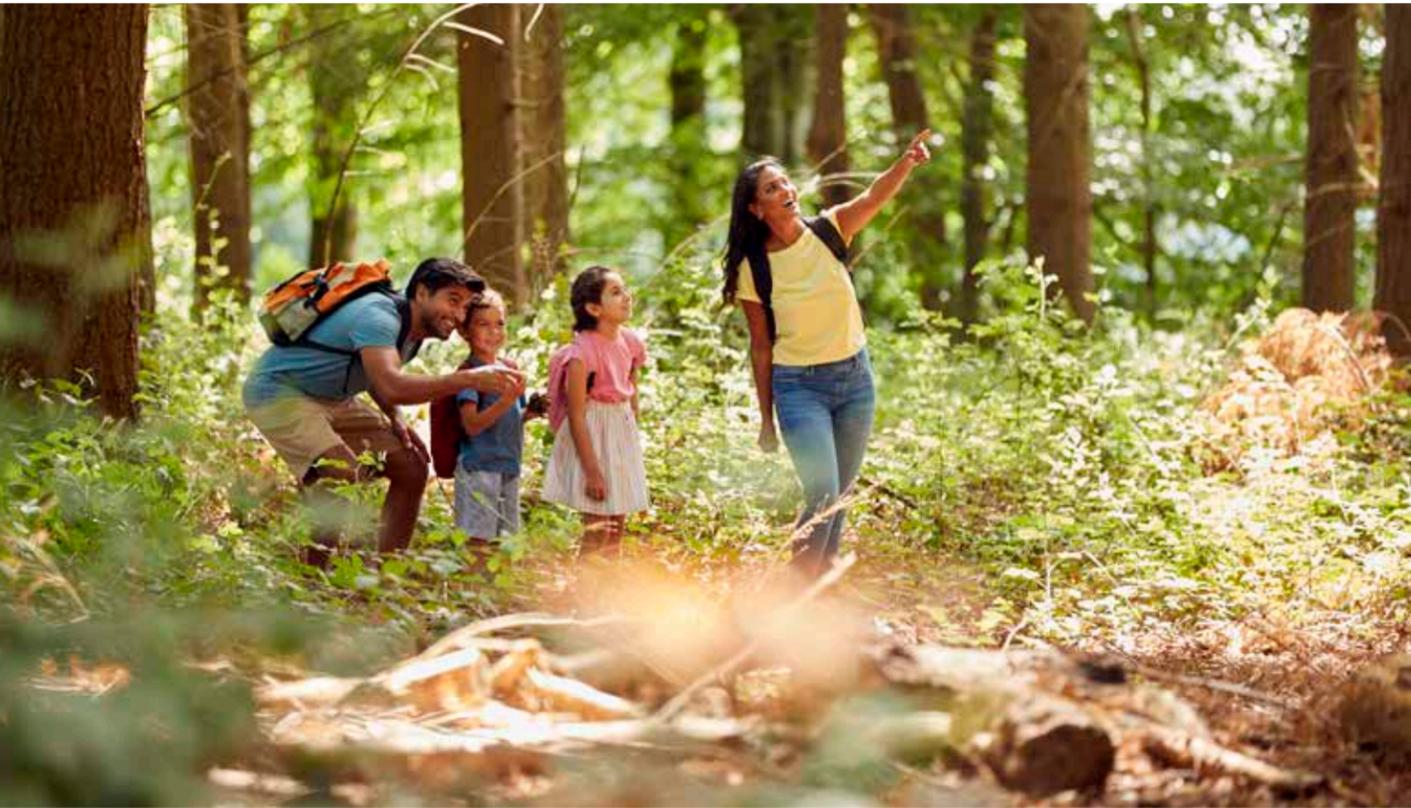


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## SUMMER ACTIVITIES FOR FAMILIES

NATALIE PEREZ

Summer is the perfect season for families to spend quality time together, enjoy the outdoors, and create lasting memories. There are a wide variety of family-friendly activities that cater to all ages and interests, making it easy to plan fun-filled days without traveling far or spending a lot of money.

**Outdoor Adventures:** One of the most popular summer activities is visiting local parks for picnics, hiking, or playing sports like soccer, frisbee, and tag. Families can explore nature trails, birdwatch, or try geocaching—a modern treasure hunt using GPS. Beaches and lakes offer swimming, sandcastle building, and paddle boating, while national parks provide opportunities for camping and learning about wildlife.

**Water Fun:** When the weather heats up, water-based activities become favorites. Community pools, splash pads, and water parks are great for cooling down and letting kids burn off energy. Backyard water games—like sprinklers, water balloon fights, or slip-and-slides—can provide hours of entertainment with minimal setup.

**Educational Outings:** Museums, aquariums, and science centers often have interactive exhibits and summer programs for kids. Zoos and botanical gardens also offer educational fun,

helping children learn about animals and the environment while enjoying the outdoors.

**Creative Projects and Events:** Craft days at home or local libraries and community centers let children express their creativity. Families can also enjoy summer fairs, outdoor concerts, or movie nights in the park. Many towns host free events, farmers markets, and festivals that are fun and engaging for all ages.

**At-Home Fun:** Not every activity requires going out. Backyard camping, stargazing, cooking new recipes together, or organizing family game nights can make summer evenings special and relaxing.

With so many options, summer provides the ideal backdrop for families to connect, explore, and enjoy the season together—indoors and out.



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. Certified Montessori educator in Manhattan with 10 years of experience.

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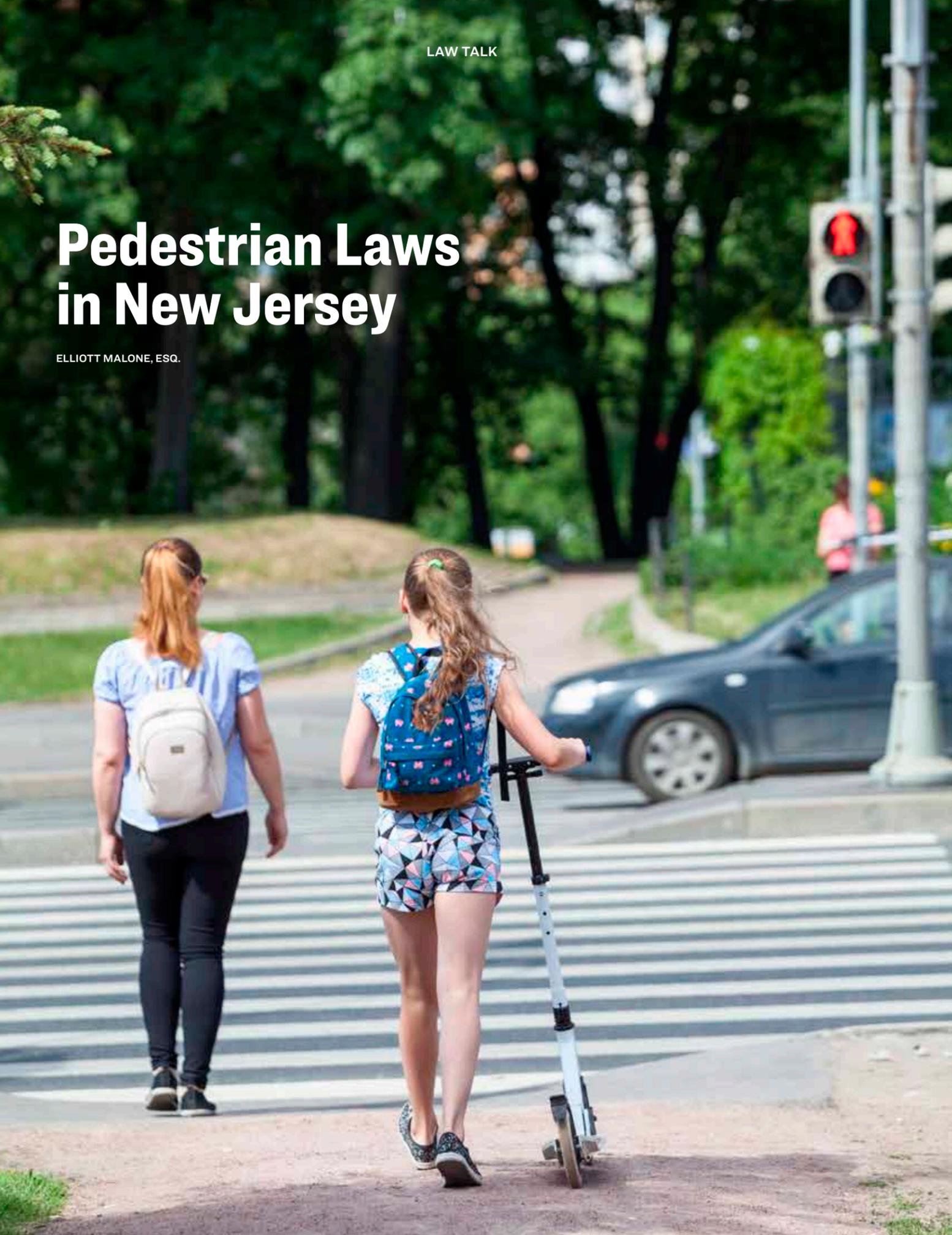
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# Pedestrian Laws in New Jersey

ELLIOTT MALONE, ESQ.



The Highway Safety Association's analysis of preliminary data provided by State Highway Safety Offices found that while pedestrian deaths during the first six months of 2024 fell slightly from the year before, they are 12% higher than 2019 and up a shocking 48% since 2014. Over the last decade, deaths of people on foot have risen at a pace nearly seven times higher than U.S. population growth (7%).

In New Jersey, road safety is a shared responsibility. Whether you are driving, walking, or using a bike or scooter, knowing the rules can help prevent accident and save lives.

To better protect vulnerable road users, including pedestrians, cyclists, scooter riders, and people using wheelchairs, New Jersey passed the Safe Passing Law (A5570/S2208). This law outlines exactly how drivers must behave when approaching people traveling outside of motor vehicles.

New Jersey's new Safe Passing Law went into effect on March 1st, 2022. With one of the strongest and most comprehensive safe passing laws in the country, New Jersey can now better protect vulnerable road users. The new law aims to prevent the near misses, injuries, and deaths that often occur on our streets.

The law recognizes that we can make our streets safer by reinforcing the right to the road for people outside of vehicles, changing our driving habits, and normalizing car-free travel. The law underscores the responsibility of all drivers to use caution around vulnerable road users, especially those driving fast, heavy vehicles.

Lastly, the law is an opportunity to build awareness among drivers that road users not in cars are also friends, family, colleagues, or neighbors, and help ensure their safety by passing them with room to spare.

Drivers in New Jersey are now required to approach and pass vulnerable road users with "due caution." "Due caution" means both slowing down and giving the other user plenty of space when passing:

- Drivers must follow all current no-passing, no speeding laws and move over a lane if there is one to move into.
- On a single-lane road, drivers must allow at least a 4-foot safety zone when they pass.
- If 4 feet is not possible on a section of road, drivers must slow to 25mph and be prepared to stop until they can pass safely without endangering those sharing the road.

Violating these guidelines will result in a driver receiving a fine of \$500 and two motor vehicle points, if bodily harm is caused. If no injury occurs, the fine is \$100.

## PEDESTRIANS:

- Follow the rules of the road and obey signs and signals.
- Walk on sidewalks whenever they are available.
- If there is no sidewalk, walk facing traffic and as far from traffic as possible.

- Cross streets at crosswalks or intersections. Look for cars in all directions, including those turning left or right. If a crosswalk or intersection is not available, locate a well-lit area where you have the best view of traffic. Wait for a gap in traffic that allows enough time to cross safely; continue watching for traffic as you cross.
- Watch for cars entering or exiting driveways or backing up in parking lots.
- Remember: alcohol and drugs can impair your abilities and your judgment.
- Wear reflective clothing when walking at night.

## DRIVERS:

- Remember to always look out for people crossing the street while you drive.
- Stop for pedestrians in marked crosswalks and at intersections.
- Stop and look for pedestrians and bicyclists before turning.
- Pay extra attention when exiting driveways or backing up in parking lots, especially when crossing a sidewalk.
- Do not pass vehicles stopped for people crossing in crosswalks and at intersections.
- Do not block or park in crosswalks.
- Allow 4 feet when passing other vulnerable road users. See the New Jersey Safe Passing Law for more information.
- Eliminate all distractions and drive sober.

## BICYCLISTS:

- Yield the right of way for pedestrians in marked and unmarked crosswalks and at intersections.
- Look for pedestrians and other vulnerable road users before turning right on red.
- Do not pass vehicles or bicycles that have stopped to yield to a pedestrian.
- Do not block or park on crosswalks.
- While New Jersey state law does not outlaw riding on the sidewalk, some municipalities have passed ordinances that prohibit doing so. Bicycles are vehicles and belong in the street, with an exception made for small children.

In our area there are many bicycles and riders are supposed to follow motor vehicle laws. Drivers are supposed to pay attention and share the road.

In summary, pedestrians should obey laws and put their phones down when sharing the road with cars and trucks. Drivers should watch for pedestrians.



Law Offices of Elliott Malone, Esq. LLC  
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# Farmers' Markets in New Jersey

ELLIOTT MALONE

For those of us who live for local food, farmers' market season is the best time of year. Over 120 farmers' markets are happening across the Garden State this summer. You'll find Jersey Fresh produce along with baked goods, pastured meats, artisan cheeses and the spirit and flavor of the Garden State's local communities.

The New Jersey Department of Agriculture says that Community Farmers' Markets are more popular today than ever because exceeding numbers of consumers are becoming interested in buying their fresh produce directly from local farmers. People enjoy the wholesome experiences of talking to farmers about produce, seeing their neighbors or friends out in the open air while enjoying the sights and smells of market day.

Many farmers who attend these Community Farmers' Markets are Certified Farmer Vendors in the WIC & Seniors Farmers' Market Nutrition Programs (FMNP). These programs provide an opportunity for the State's farmers to direct market their locally grown fresh fruits, vegetables and herbs to nutritionally at risk pregnant, breast-feeding, post-partum women, children 2-5 years old as well as eligible seniors 60 years of age and older. Participants in the FMNP receive \$5 vouchers valid June 1st through November 30th to purchase locally grown produce.

Many also now offer prepared foods as well. To comply with New Jersey health regulations under Chapter 24, such foods must be prepared in licensed, inspected kitchens and meet other requirements, which vary depending on the type of food being offered.

Beneficial for both farmers and consumers, these markets allow framers to earn money by selling products directly to the end consumers.

New Jersey's diverse agricultural commodities enable the state to be known as one of the largest fruit, vegetable, and nursery-stock producing states in the United States.

Each year New Jersey is a top producer of cranberries, blueberries, peaches, bell peppers, spinach, and tomatoes.

**The following is a list of the nearest seasonal open-air Farmers Markets:**

**DUMONT:**  
A market offering fresh and organic products, frozen raviolis, fresh mozzarella, breads, sweets and treats and more, located at Sorosis Park at West Quackenbush and Park Avenue in Dumont, New Jersey

**Dates: Saturdays, 10am - 3pm, May - October**

**ENGLEWOOD:**  
Open Fridays, 6/7 - 10/25  
Fridays, 12:00 AM - 6:00 PM Veteran's Park, corner of Dean Street & Depot Square South Englewood, New Jersey

**CLOSTER:**  
Open Friday - Sunday: 11am - 2pm  
681 Closter Dock Rd, Closter, NJ

**RAMSEY:**  
A market offering organic and responsibly grown vegetables and fruit, gluten free baked items and prepared foods, homemade pasta, jams, sauces, and chili, hummus, fresh fish, artisan cheese, pastured meats and eggs, olive oils, balsamic vinegar, and more, located at Ramsey Main Street Train Station, Erie Plaza off Main Street.

## The peach picking season in the Garden State really gets going in mid-July and carries on through August and early September at some farms.

Celebrating its 15th anniversary and stronger than ever with over 50 dedicated farmers, food purveyors, and more year-round.

**Open: Daily 9am - 2pm, June-November, year-round Dec.-April, 10am-1pm**

**RIDGEWOOD:**  
Open Sundays, June 23 -October 27  
Sundays, 8:30 AM - 2:00 PM  
West Side Train Station Lot, Ridgewood, New Jersey

Also, one of the great joys of summer is Pick-Your-Own New Jersey Strawberries, Sour Cherries, New Jersey Peaches, Nectarines, New Jersey Apples, and Pumpkins. New Jersey has several Pick-Your-Own farms.

The peach picking season in the Garden State really gets going in mid-July and carries on through August and early September at some farms. You might also be able to pick strawberries which are available at many farms through the middle of June and blueberries, which are available at many farms through the end of July. Before you go, call ahead or check the farm's website to make sure crops are still plentiful and what, specifically, is available on any given day.

**Pick-Your-Own Farms in New Jersey:**  
**DEMAREST FARMS – HILLSDALE:**  
Pick your own peaches here with a reserved online time slot. General Admission: \$5 per person (Age 2 and over), includes Free Parking and Entrance to the Peach Orchard +\$18 for a Bag to Hold the Peaches that You Pick! (Peach Bag holds approximately 10-12 lbs.)

**Children under 2 – FREE**

**STONEFIELD ORCHARD – BELVIDERE:**  
Open for pick-your-own from June through October. No reservations needed. Pick your own strawberries, plums, peaches, apples, pears and cherries. Check its Facebook page for daily updates or call ahead. No credit cards are accepted here, so be sure to bring cash or check.

**ALSTEDE FARMS – CHESTER:**  
Pick Your Own Admission Hours: Pick Your Own is now open every day from 9AM with last admission at 4:30PM. Fields close promptly at 6PM. You must arrive in that 30-minute window, but can stay for picking as long as you like until closing.

What's Included in PYO Admission: Pick Your Own (PYO) admission includes the container to hold fruits/vegetables and

cost of produce picked. Admission also includes scenic hay wagon rides around our farm, access to our farm mazes/trails (season dependent), and access to our giant hay pyramid.

Check the farm's "what's picking now" tab for the best peach picking days.

New York State also has many options for Farmers' Markets and Pick-Your-Own.

**Here are some recent sales in the area during April 2025 (from NJMLS):**

**ALPINE:** 1 Sale  
35 Timberline Drive \$4,400,000

**CLOSTER:** 3 Sales ranging from \$493,766 to 4,888,000  
380 Durie Avenue \$493,766  
67 Hickory Lane \$4,888,000

**GRESSKILL:** 7 Sales ranging from \$745,000 to \$3,500,000  
342 Brookside Avenue \$745,000  
4 Adams Drive \$1,550,000  
268 E Madison Avenue \$3,500,000

**DEMAREST:** 2 Sales  
15 Lois Avenue \$900,000  
1 Stratford Court \$1,710,000

**ENGLEWOOD CLIFFS:** 4 Sales ranging from \$1,450,000 to \$3,300,000  
26 Stephen Drive \$1,450,000  
154 Wood Road \$3,300,000

**TENAFLY:** 6 Sales ranging from \$680,000 to \$2,050,000  
229 Hickory Avenue \$680,000  
1 S Lyle Avenue \$1,620,000  
156 Elm Street \$2,050,000

**UPPER SADDLE RIVER:** 7 Sales ranging from \$955,000 to \$2,800,000  
9 Stone Ledge Rd \$955,000  
85 Oak Drive \$1,799,000  
6 Primrose Court \$2,800,000



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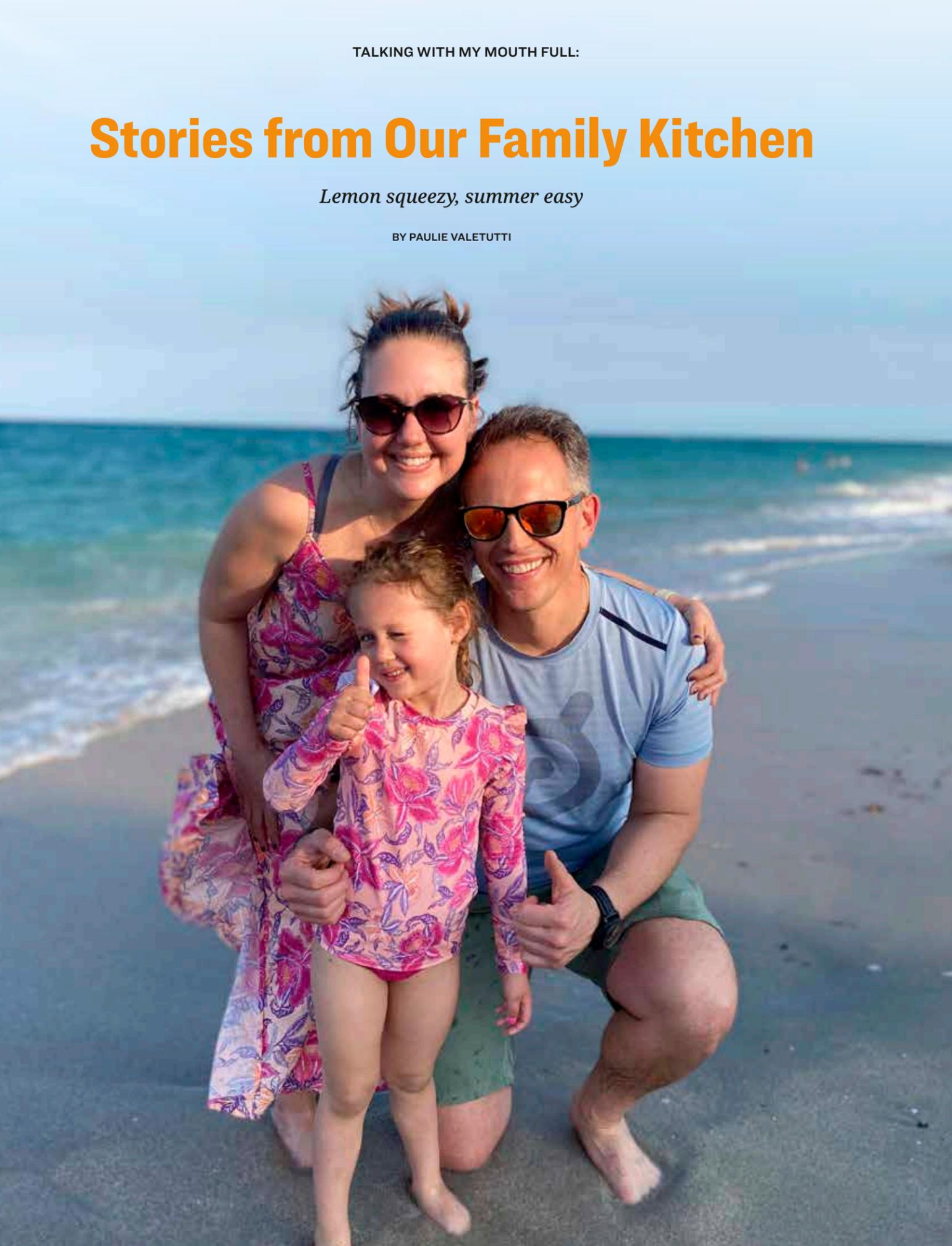


TALKING WITH MY MOUTH FULL:

# Stories from Our Family Kitchen

*Lemon squeezy, summer easy*

BY PAULIE VALETUTTI



The summer heat is on and that means: days at camp, lounging by the pool, trips to the beach, and quick yet nutritious meals. With so much going on, it's essential to stay organized and prepared for the summer's long hot days. What's in your cooler?

#### **HYDRATION**

We like to make sure we are hydrated with electrolytes. Water is great, but water alone can dilute the nutrients in your body, combined with sweating in the summer heat, can leave you dehydrated and fatigued faster than you think. We enjoy the many flavors of LMNT brand electrolyte packs. You will always find one of these in our bags, ready to help with a late afternoon summer headache or sweaty beach day.



#### NUTRITION

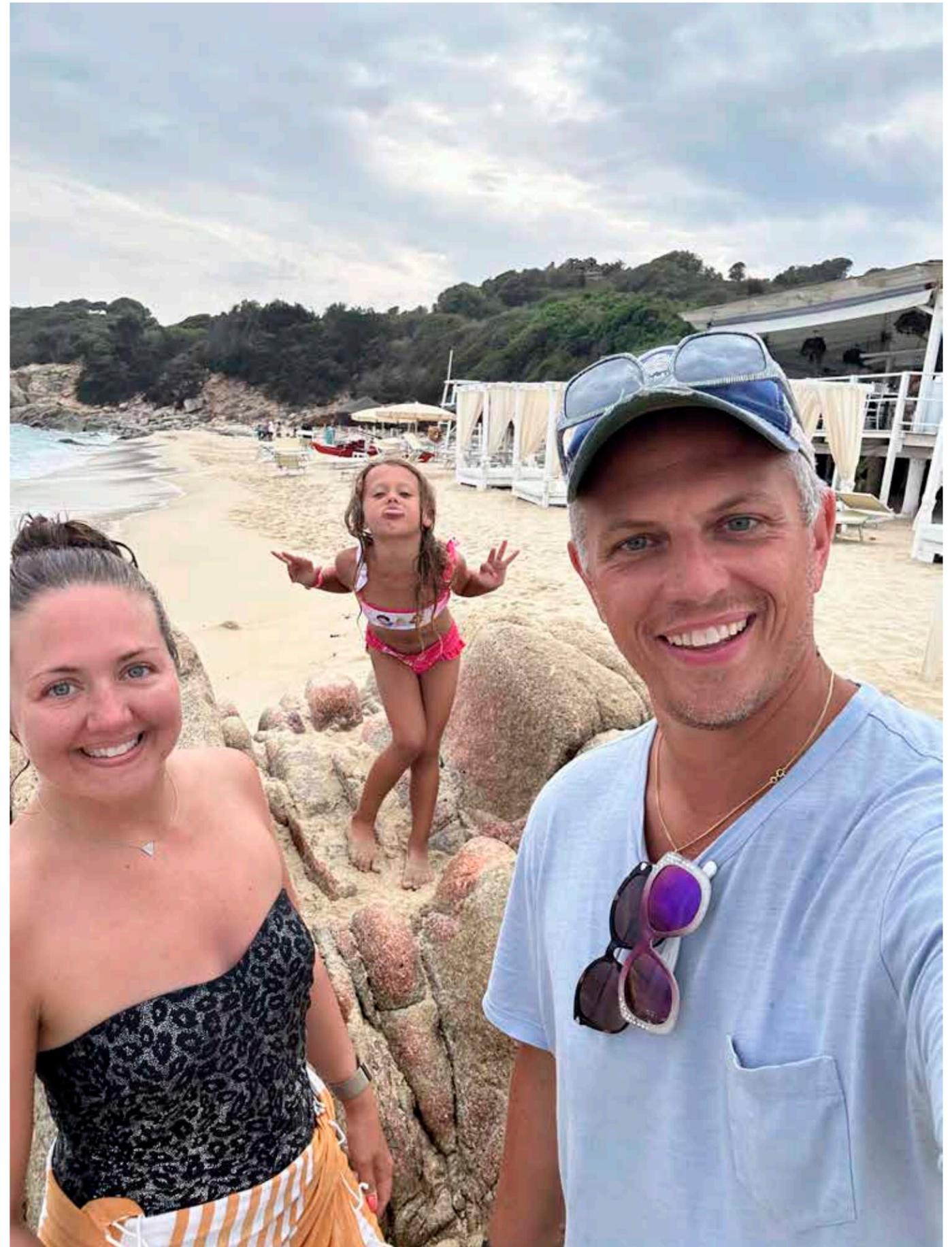
In our house we like to focus on proteins and build our meals out from there. Lately we've been roasting a whole top round or cooking a chuck roast sous vide. Once cooked and cooled, they are great for thin slicing for roast beef and putting in a sandwich, rolling around cheese, or topping a salad. Once cooked, the meat can be used for the whole week...if it lasts that long. Next time you fire up the grill for the evening, throw a couple extra chicken thighs, or burgers on for the next day's lunch. You can top your salad or favorite grain (quinoa, wheatberry, white rice) and make a delicious "beachable" snack.

Why not tackle both hydration and nutrition at the same time by slicing and dicing some of summer's melon bounty. There are so many melons to enjoy, why not try them all! Pink, orange, green, yellow, melons can really help you taste the rainbow.

#### NOSTALGIA

When was the last time you stopped at a little kid's lemonade stand? They used to be everywhere, those little entrepreneurs were out there trying their hardest to entice bikers, cyclists, and motorists to stop at their homemade stands. Maybe the modern age kids take venmo? Either way, support your local lemonade stand!

Enjoy Summer Everyone!





## LEMON HERB GRILLED CHICKEN WITH LEMONY COUSCOUS SALAD

**Serves: 4**  
**Total Time: 40 minutes**

### Ingredients

#### For the Chicken:

- 4 boneless, skinless chicken breasts/thighs
- 3 tablespoons olive oil
- Zest of 1 lemon
- Juice of 1 lemon
- 2 cloves garlic, minced
- 1 teaspoon dried oregano (1 Tablespoon Fresh)
- Salt and freshly ground black pepper

#### For the Couscous Salad:

- 1 cup couscous
- 1 1/2 cups boiling water
- Zest of 1 lemon
- Juice of 1 lemon
- 2 tablespoons olive oil
- 1/2 cup cherry tomatoes, halved
- 1/4 cup crumbled feta cheese
- 1/4 cup chopped fresh parsley
- Salt and pepper to taste

### INSTRUCTIONS

#### 1. Marinate the Chicken:

In a bowl, combine olive oil, lemon zest, lemon juice, garlic, oregano, salt, and pepper. Add the chicken breasts and toss to coat. Cover and refrigerate for at least 20 minutes (up to 2 hours).

#### 2. Prepare the Couscous Salad:

In a medium bowl, pour boiling water over couscous. Cover and let stand for 5 minutes. Fluff with a fork. Add lemon zest, lemon juice, olive oil, tomatoes, feta, and parsley. Season with salt and pepper and toss gently.

#### 3. Grill the Chicken:

Heat a grill or grill pan over medium-high heat. Remove chicken from marinade and grill for 6-7 minutes per side, or until cooked through and nicely charred.

#### 4. Serve:

Slice the chicken and serve over a generous scoop of the couscous salad. Garnish with extra parsley and lemon wedges.

- Use fresh herbs like basil or mint for a twist.
- Add grilled zucchini or asparagus to the couscous for extra summer veggies.
- Serve with a cold glass of homemade lemonade



### Husband, Dad, Chef

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



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