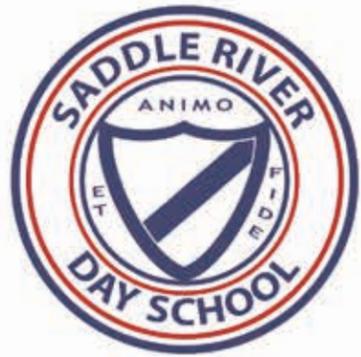


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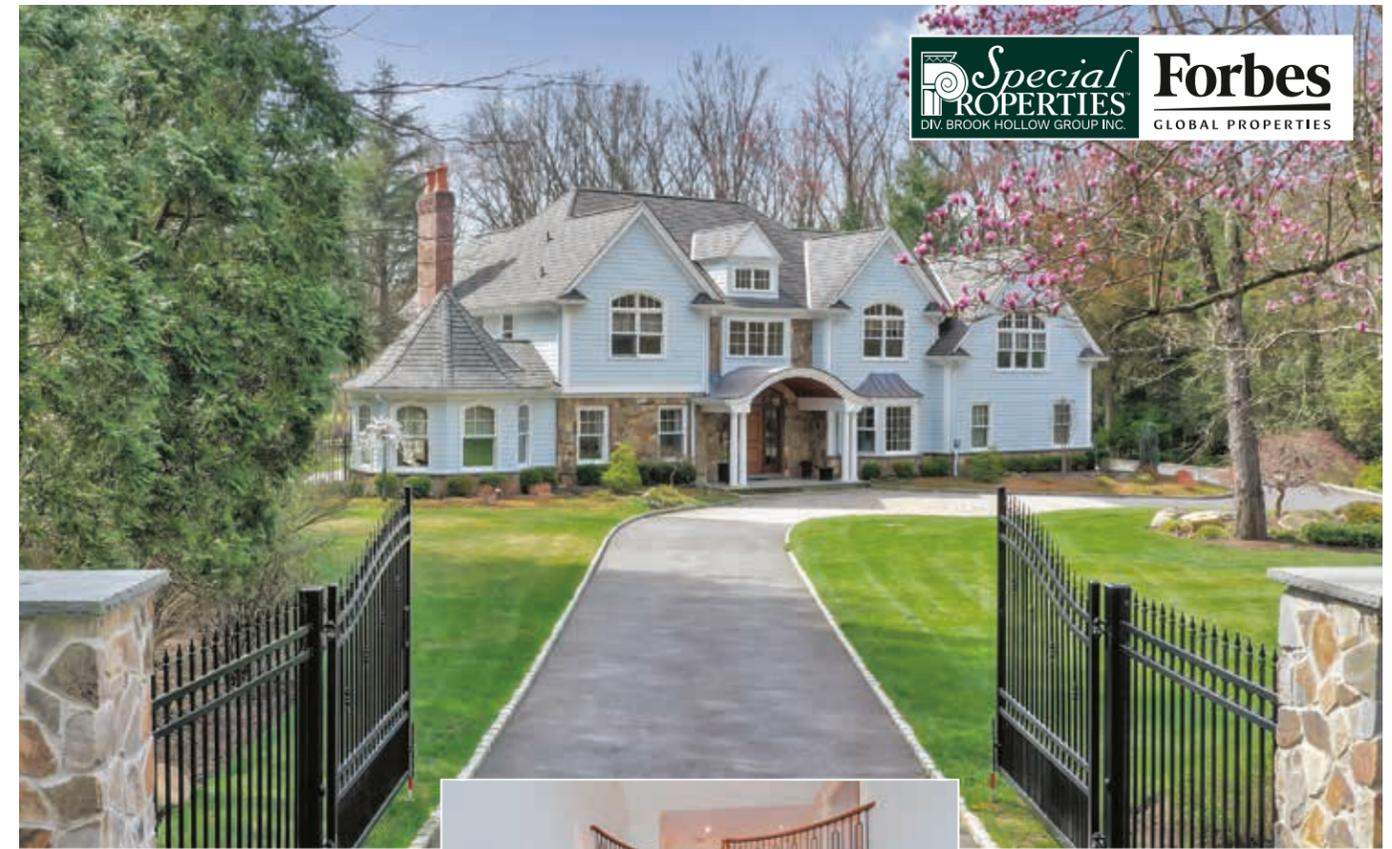
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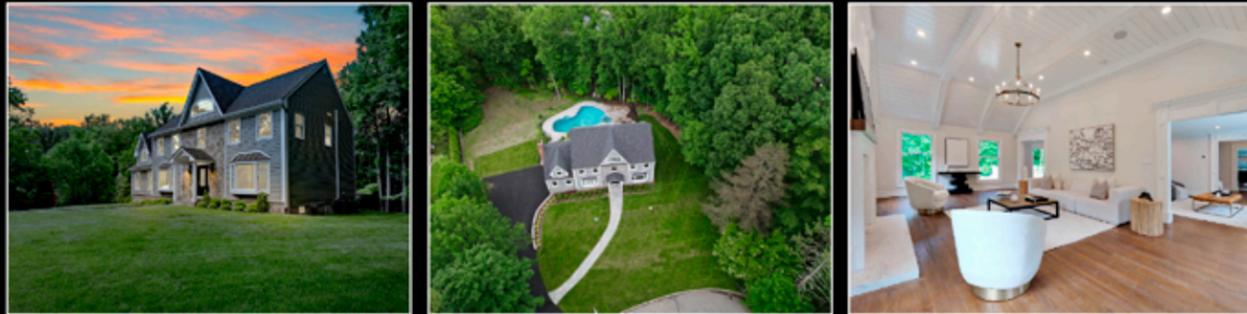
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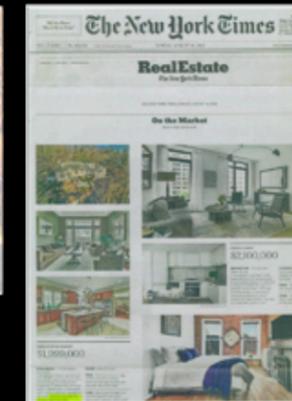
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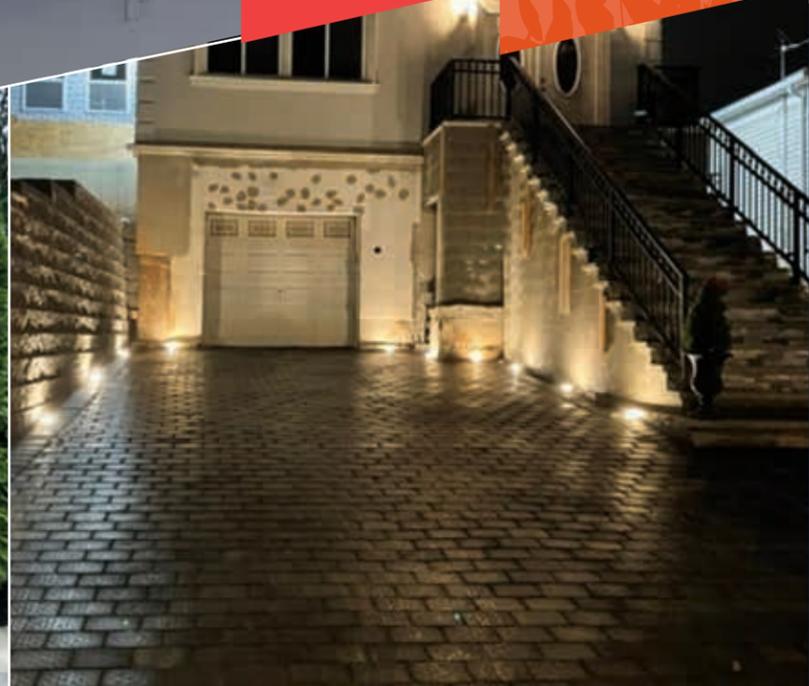
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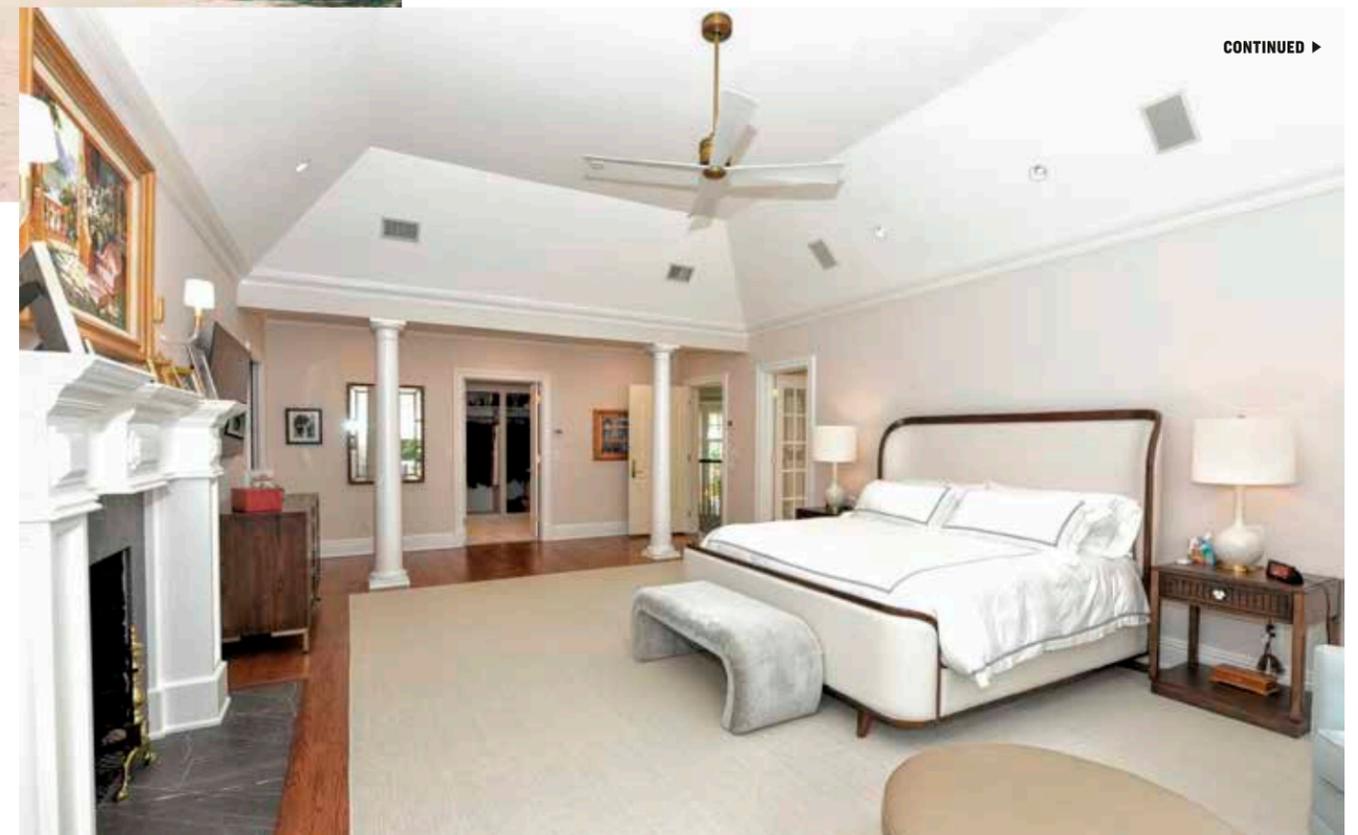
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The newly updated chef's kitchen is a culinary dream, outfitted with a 48" Sub-Zero refrigerator and freezer, a 24" beverage refrigerator, and four Wolf ovens—both wall and range—ideal for grand-scale entertaining. The fully finished lower level offers a private theater, state-of-the-art fitness center, wine cellar, bar and second kitchen, and a guest suite with full bath.

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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.

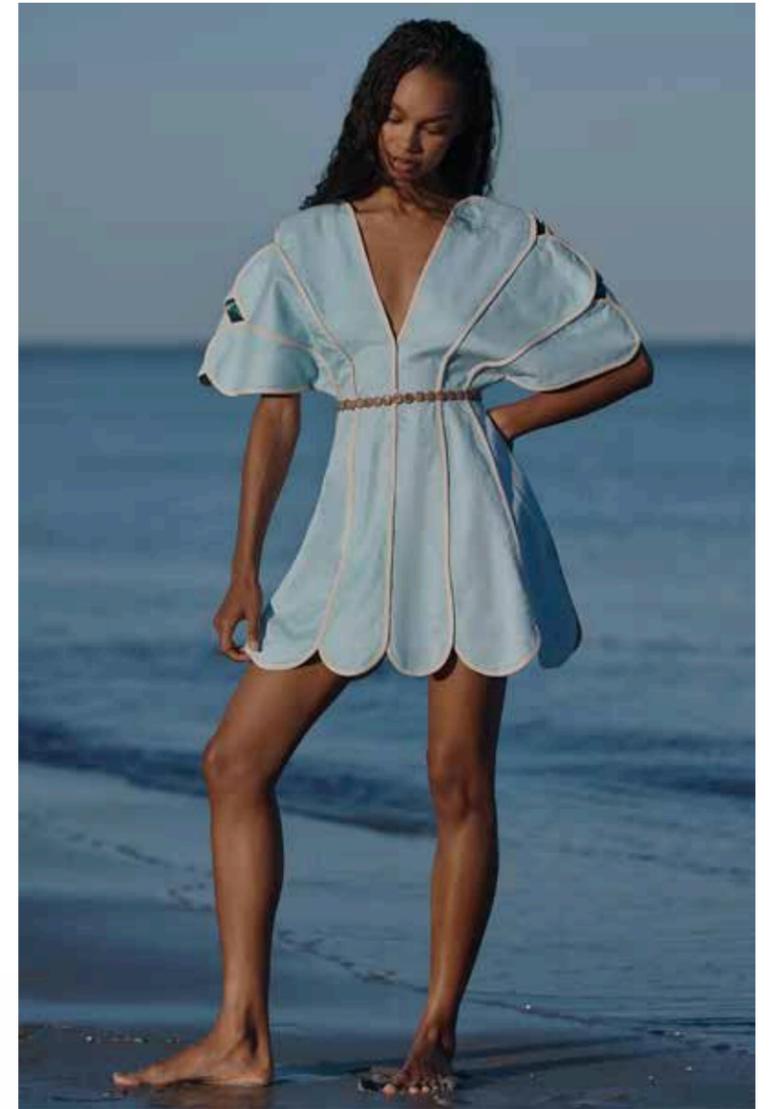




These are 5 of Vogue's Favorite Summer-in-Alpine Staples:

- **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.



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 Jaspé 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.



XO,
Vanessa Barrera
@VanessaBarci
Fashion & Beauty Writer



Five Sleek Sandal Trends Taking

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 summer dressing. Below, our favorite



WANDELL SCHOOL EDUCATION FOUNDATION

Annual Gala at the Saddle River Inn

SUBMITTED BY GRAZIELLA BARATTA VENTURA,
SADDLE RIVER RESIDENT

Antonio Ventura, Graziella Ventura



On May 15, 2025, the Wandell School Education Foundation of Saddle River held its highly anticipated annual gala at the iconic Saddle River Inn. The event brought together a vibrant and supportive group of local leaders, including Saddle River Mayor Albert Kurpis, newly appointed Wandell School Superintendent Jennifer Macones, members of the Board of Education, town council members, and an array of dedicated community advocates and parents.

The elegant evening featured a gourmet dinner, a lively live auction, and an extensive silent auction—all thoughtfully curated to benefit the Foundation's mission of enriching the educational experience of every student at Wandell School. Local businesses also played a meaningful role, contributing generously through sponsorships, donations, and auction items, further reinforcing the strong bond between the school and the wider Saddle River community.

A highlight of the evening was the introduction of the Foundation's newest initiative: the Fine and Performing Arts Fund. Presented by Foundation President Graziella Ventura, the fund was created to expand access to arts education and provide students with meaningful exposure to music, theater, dance, and visual arts. Ventura, who spearheaded the effort, noted that while the Foundation has long supported general academic advancements at Wandell School, it became increasingly clear that a dedicated arts fund was necessary to ensure programs like the annual musical are a mainstay at Wandell, along with a wider variety of arts programming. In most school systems, fine and performing arts programs are often among the first to face budget cuts, despite their vital role in fostering creativity, confidence, and critical thinking in young learners.

The initiation of this fund was made possible in part by a single, generous donor who kicked off the initiative with a substantial gift. Their philanthropic spirit set the tone for the



Patty Nazzaro, Mayor Albert Kurpis, Irena Holiat

Bahara Alendarova, Carly Aly, Jenny Kim, Veronica Kanter, Katie Swierk, Graziella Ventura, Donny Chao, Elizabeth Kurpis, Laura Boyajian, Brianne Angerame, Jodi Bass, Jennifer Jarmark, Fawn Fleissig, Annie Greenberg



Nicole Anderson, Frank Ciminello

“

The elegant evening featured a gourmet dinner, a lively live auction, and an extensive silent auction.



Annie Greenberg, Brianne Angerame, Bahara Alendarova, Jenny Kim

Michael Postow, Krysten Musich, Carrie Packin, Brian Packin



Ross Dietz, Veronica Kanter, Piper Pope, Jeff Pope

“The gala was more than just a fundraiser—it was a celebration of community, collaboration, and shared vision.”



Jon Kurpis, Elizabeth Kurpis



Jennifer Macones, Elizabeth Salazar



Carrie Packin, Jenny Kim



Yasmin Elshami, Emily Kaufman



Jean Holden, Doug Holden

evening and inspired further contributions from attendees who recognized the importance of preserving and expanding arts opportunities within the school. This dedicated fund will complement the Foundation’s ongoing support for general academic initiatives at Wandell School.

The gala was more than just a fundraiser—it was a celebration of community, collaboration, and shared vision. Attendees left the evening not only uplifted by the festivities but deeply connected to the Foundation’s mission and future goals. With the continued dedication of its board members, volunteers, donors, and community partners, the Wandell School Education Foundation remains committed to investing in the programs that inspire innovation, nurture talent, and ensure that every Wandell student has the tools they need to thrive- whether through the arts, iSTEAM, literacy, or other vital areas that shape well- rounded, curious and lifelong learners.



Dior Vass, Whitney Vass



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.

DOES IT MAKE SENSE TO SPEND MONEY FOR FUTURE ENERGY COST SAVINGS?

TERRIE O'CONNOR



With an incredible range of new and much improved energy systems, homeowners now have a great deal of options that can make sense to spend money now in order to save on future energy costs that will significantly offset their initial investment.

By implementing energy-efficient measures like better insulation, upgraded appliances, or high-efficiency HVAC systems, you can significantly reduce your monthly utility bills, resulting in substantial savings over the life of the equipment. In addition, many government programs and utility companies offer rebates and tax credits to encourage people to invest in energy-efficient upgrades, further reducing the upfront cost.

Besides cost savings, energy efficiency improvements can also enhance your home's comfort level by regulating temperature more effectively while contributing to a smaller environmental footprint. Relatively low cost upgrades to

consider include switching to LED light bulbs, replacing appliances with new energy-efficient ones, installing smart thermostats, replacing old windows and doors with new Energy Star versions and improving your insulation.

One of the greatest questions homeowners have with regard to saving on energy costs is the large investment to install solar panels. According to AARP, rooftop systems run from about \$15,000 to \$25,000 with storage batteries adding another \$12,000 nationwide. Although the price of installation will depend on your home, location and the size of the system, Investopedia spells out a number of other costs you might expect:

- **Upfront costs:** At the time of installation, you'll pay not only for the solar energy system itself but also the labor and installation fees, permits, and paperwork necessary to install the system, as well as dealer fees. You may also need to pay for other

equipment required to operate the solar system, including metering equipment, inverter, and battery storage.

- **Long-term costs:** Most solar panel setups are designed to last for 20 to 30 years without requiring significant updates, but there will likely be some maintenance needed due to regular usage, including occasional cleaning, that might incur additional costs after installation if you decide to outsource.

Homeowners investing in a solar power system for their homes will expect there to be potential for return on their investment. While there is no guarantee that a solar panel setup will recoup costs, you might expect these systems to return about 10% on average.

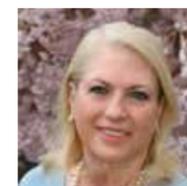
If you are thinking of moving toward green energy by investing in a solar power system for your home, you'll want to be sure you're factoring in a variety of considerations, including the suitability of your house, the kinds of incentives and rebates that may be available to you to keep costs down, and what you'll need to do after the installation is complete. Most solar installation companies will review your energy usage and estimate your return on investment.

In addition, they will help you become well-versed and apply for all available federal and state government incentives and rebates that can significantly lower the cost and potentially increase the financial benefits of solar panels. Your electric utility company may also provide a subsidy in exchange for installing a solar energy system.

Before investing in any new energy systems, make sure the cost will be offset by the savings for your property:

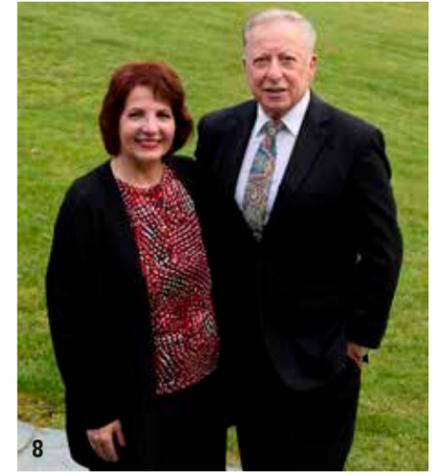
- **Conduct an energy audit:** Get a professional assessment of your home's energy usage to identify areas where improvements can have the most significant impact.
- **Calculate ROI:** Compare the upfront cost of upgrades with the projected energy savings to determine the payback period and ensure the investment is worthwhile.
- **Consider your lifestyle:** Choose upgrades that align with your needs and usage patterns and will pay for themselves in the time you plan to live in your current home.

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Saddle River Valley Club Spring Soiree



THE SRVC HELD THEIR Spring event on May 29th at The Tuxedo Club in Tuxedo Park, NY.

Members and friends gathered in the Grand Ballroom with doors opened to the patio where many strolled around to enjoy the scenic views of the lake.

Club President, Carolyn Palmer welcomed the crowd to a special evening by introducing her new VP, Terrie O'Connor.

Terrie's bright personality not only brings a fresh excitement to the club but she even introduced her talented pianist friend and singer who played a wide variety of songs for everyone to enjoy. The night was simply wonderful and certainly one to remember!

If you're a Saddle River Resident and interested in joining our club please contact: SaddleRiverValleyClub3@gmail.com

1. Barbara and Roy Ostrom
2. Dr. Barry Jansen and Mayor Al Kurpis
3. Joyce Frank and Evelyn Berry
4. Steven and Oleysa Dane
5. Left to Right- Steven and Oleysa Dane, John Cory, Joseph, Dorothy and Joanna Mastropaolo, Barbara and David Gross, Diana and Frank Hughes
6. Dr. Bob Lahita and Club President, Carolyn Palmer
7. David Gross, Marc and Helene Richin, Jacquie and Patrick Hill
8. Joann and George Tashji
9. Rose Marie Habicht, Dr. Jodi and David Cohen
10. Dr. Bob Lahita, Neil and Kathy DeAngelisjg
11. Michael O'Connor, Club VP Terrie O'Connor, Mayor Al Kurpis

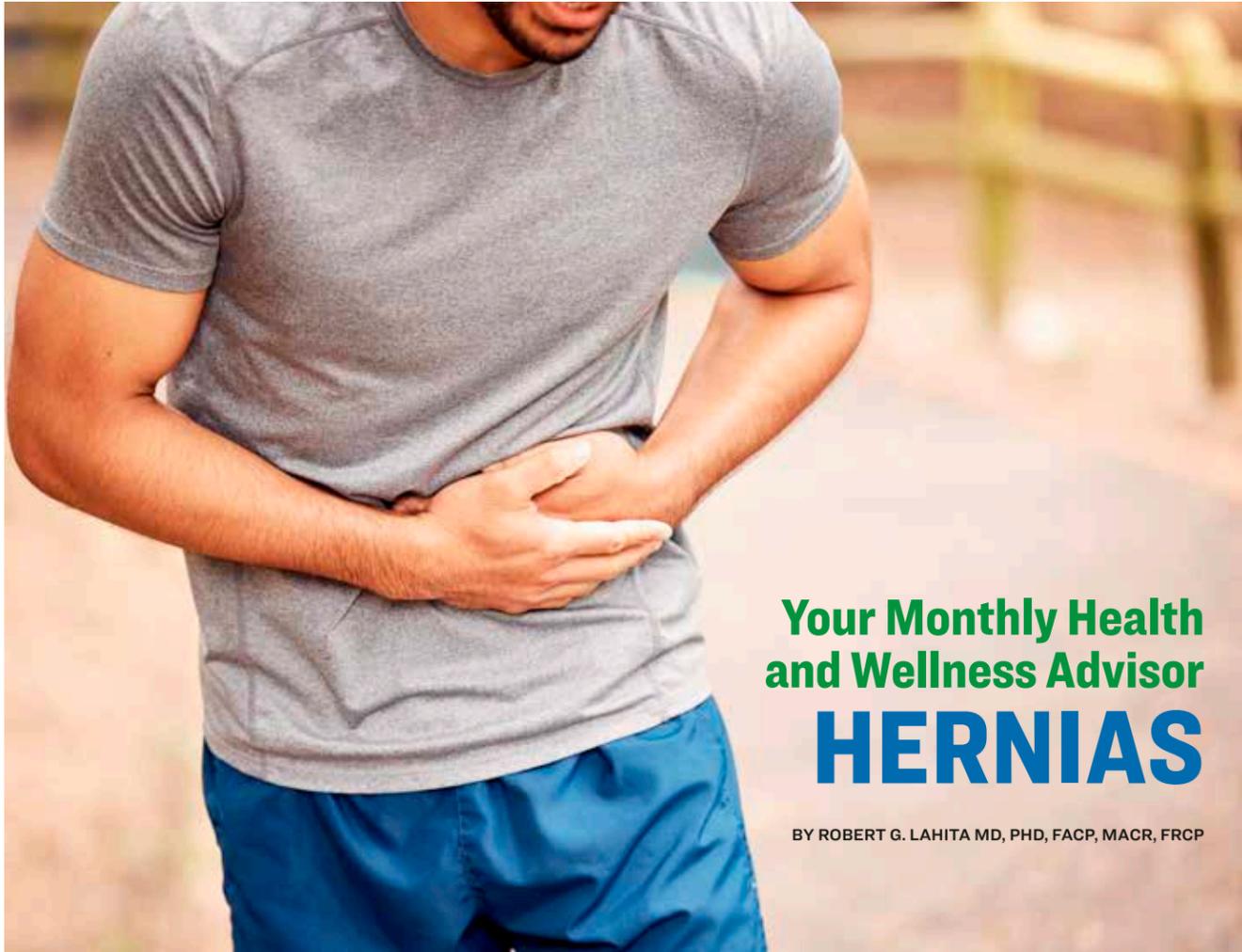
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HERNIAS

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

This month, I have chosen an essential topic for everyone: hernias. Hernias occur when an organ or tissue protrudes through a weak spot in the muscle or surrounding tissue wall. They can develop in various parts of the body and vary in type and severity. I will explore the different hernias, their symptoms, causes, and treatment options. Several residents of Saddle River have asked about this topic.

What are some types of hernias? Inguinal Hernia

An inguinal hernia occurs in the groin area, where part of the intestine protrudes through a weakness in the abdominal muscles. It is the most common type of hernia, particularly in men. Physicians look for this hernia when they place their fingers in the inguinal ring and ask a guy to “cough.” Symptoms may include pain or

discomfort in the groin, especially when bending over or lifting heavy objects. Surgery is often required to repair the hernia. In fact, a hospital in Canada does nothing but inguinal hernias.

1. Femoral Hernia

Femoral hernias occur just below the ligament in the upper thigh, called the inguinal ligament. They are more common in women and may be mistaken for inguinal hernias. Symptoms include a bulge in the upper thigh and discomfort. Like inguinal hernias, femoral hernias often require surgical intervention to prevent complications such as strangulation. The latter is when the bowel becomes lodged in the hernia and has poor blood flow.

2. Umbilical Hernia

A bulge near the navel caused by a part of the intestine protruding through

the abdominal muscles characterizes umbilical hernias. Another name for this is “belly button” hernia. They are common in infants, but can also occur in adults. In infants, these hernias often close independently by age 1 or 2. Surgical repair may be necessary in adults, especially if the hernia becomes painful or enlarges.

3. Incisional Hernia

Incisional hernias develop at the site of a previous surgical incision in the abdomen. They occur when the muscle tissue weakens, allowing the intestines to push through. Risk factors include obesity, pregnancy, and strenuous activity post-surgery. Treatment typically involves surgical repair to reinforce the weakened area.

4. Hiatal Hernia

A hiatal hernia occurs when part of the stomach protrudes through the diaphragm into the chest cavity. This type of hernia is associated with gastroesophageal reflux disease (GERD), leading to symptoms such as heartburn, chest pain, and difficulty swallowing. Treatment may include lifestyle changes, medications, and, in severe cases, surgery to reposition the stomach. Hiatal hernias are very common and with reflux of acid, chest pain, and chronic cough.

5. Epigastric Hernia

These are very rare, and frankly, I have never seen one. Epigastric hernias occur between the navel and the lower part of the ribcage, where fat tissue pushes through the abdominal muscles. They are often small and may not cause symptoms, but larger hernias can lead to discomfort and require surgical repair.

6. Spigelian Hernia

Spigelian hernias are rare and occur along the edge of a muscle in the belly called the rectus abdominis muscle. These hernias may not produce a noticeable bulge and can be difficult to diagnose. Symptoms may include pain and tenderness in the affected area. These hernias can incarcerate, thus cutting off circulation to a bowel part trapped within. Doctors recommend surgery to repair Spigelian hernias.

Causes and Risk Factors

Many of us have hernias and don't even know it until something happens. Hernias can result from a combination of muscle weakness and strain. Risk factors include:

- **Age:** Muscles weaken with age.
- **Physical activity:** Heavy lifting or strenuous exercise can cause strain.
- **Obesity:** Excess weight puts pressure on abdominal muscles.
- **Pregnancy:** Increased abdominal pressure during pregnancy can lead to hernias.
- **Chronic coughing:** Persistent coughing can weaken muscles.
- **Previous surgeries:** Incisional hernias can develop at surgical sites.

Diagnosis typically involves physical examination, imaging tests such as ultrasound or CT scans, and most importantly, the patient's history.

What are some symptoms of hernias?

Common symptoms of hernias include:

- **Visible bulge:** A noticeable lump or swelling at the site of the hernia. Most people are aware of a large bulge in the abdomen of a man or a woman.
- **Pain or discomfort:** Especially during physical activity, like lifting weights in the gym or in the garden or when coughing.
- **Nausea or vomiting:** In cases where the hernia obstructs the intestines.
- **Feeling of heaviness:** A sensation of pressure or fullness in the abdomen.
- Besides being tender, incarcerated hernias can get infected and cause fever and many times sepsis, or bacteria infection of the bloodstream.

How does the doctor diagnose and treat the hernia?

Diagnosis typically involves physical examination, imaging tests such as ultrasound or CT scans, and most importantly, the patient's history. Treatment options vary depending on the type and severity of the hernia. If you believe that you have a hernia, you need to see a doctor ASAP.

Sometimes, lifestyle changes and medications may help manage symptoms, particularly for hiatal hernias. These may include dietary changes: avoiding foods that trigger heartburn, weight management to relieve pressure. And medications like antacids or medications to reduce stomach acid.

Surgical Treatments

Surgery is often required to repair hernias and prevent complications. Surgeons use open surgery, making an incision to reposition the protruding tissue and reinforce the muscle wall. There are other kinds of surgery more common today, like laparoscopic surgery involving minimally invasive surgery using small incisions and a camera to guide the repair. Lastly, a surgical mesh is used to strengthen the weakened area and prevent recurrence.

Prevention

While it's not possible to prevent all hernias, certain measures can lower the risk. Maintaining a healthy weight reduces pressure on abdominal muscles. You should avoid heavy lifting: Using proper techniques and avoiding excessive strain. To strengthen core muscles, I recommend regular exercise to keep abdominal muscles strong. Finally, managing chronic coughing by treating underlying conditions that cause persistent coughing.

Hernias are a painful and potentially serious condition, but with proper diagnosis and treatment, healthcare professionals can successfully manage most hernias. If you suspect you have a hernia, consult a healthcare professional for an accurate diagnosis and treatment plan.

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

It's free, and it's for patients. You can also ask me questions through our new email: askdrbob@healthfrontierspod.com



Director of St. Joseph's Institute for Autoimmune and Rheumatic Diseases, Professor of Medicine at Hackensack Meridian School of Medicine. Clinical Professor of Medicine, Rutgers, New Jersey Medical School, and Saddle River Resident. Phone: 973 754 4175



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WHY WAIT? The Life-Changing Benefits of Hearing Aids

BY DR. ANN MARIE OLSON

IF YOU'VE BEEN PUTTING OFF getting hearing aids, you're not alone. Many people in New Jersey and across the country delay treatment—often for years—before addressing hearing loss. But the reasons for waiting are rarely stronger than the benefits of acting now.

One of the most common concerns I hear is about cost. Yes, hearing aids can be a financial investment—but so is your quality of life. Hearing aids are typically not covered by most insurance plans, including traditional Medicare. This often leads people to delay treatment, not realizing that untreated hearing loss can contribute to social isolation, depression, and even cognitive decline. When you consider the impact of hearing on your relationships, work, and overall well-being, the value of treating hearing loss becomes clear.

Stigma is another major hurdle. Many worry that hearing aids will make them “look old.” But in reality, struggling to follow conversations—or frequently asking others to repeat themselves—is far more noticeable. Modern hearing aids are discreet, stylish, and often barely visible.

Denial also plays a role. Hearing loss often happens gradually, so it's easy to dismiss signs like turning up the TV or misunderstanding words in noisy restaurants. But hearing loss won't improve on its own—and addressing it early helps your brain stay better connected to sound and speech.

Some people think hearing aids won't make a difference. But today's technology is nothing like the bulky, whistling devices of decades past. Modern hearing aids use digital processing, background noise reduction, Bluetooth streaming, and even an app for your smartphone. Most of my patients say they wish they would have done it *sooner*.

Modern hearing aids use digital processing, background noise reduction, Bluetooth streaming, and even an app for your smartphone.

Finally, relying on others to “fill in the gaps” may seem harmless—but it takes a toll on relationships and independence. Hearing well allows you to reconnect with family, participate fully in conversations, and enjoy the world around you.

If you're ready to hear life more clearly, don't wait. The first step is to schedule an appointment for a hearing test. If hearing loss is present then the benefits of hearing aids go far beyond sound—they help restore connection, confidence, and joy.

Dr Ann Marie Olson
Sophisticated Hearing



Owner & audiologist at Sophisticated Hearing – Ridgewood, NJ, and Saddle River Resident
Ann Marie Olson, Sc.D., CCC-A
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BUZZ WORTHY

Backyard beekeeping isn't for everyone, but for those with enough time and curiosity, it's a small but powerful way to nurture our bee friends and enjoy the delicious reward of home-harvested honey.

BY SHAUNA OSBORNE, NATIONAL EDITOR

BACKYARD BEEKEEPING is more than a sweet hobby — it's a hands-on way to support pollinators and foster healthier, more diverse outdoor spaces. As interest grows, many homeowners are adding hives alongside raised beds and flower patches. But before diving in, it's important to understand what's involved. Bees are low-maintenance compared to other backyard animals, but they still require thoughtful care, the right equipment, and attention to local ordinances.

Bare necessities

New beekeepers need a few basics: a hive (Langstroth is most common), protective gear, and a smoker to calm the bees during inspections. Expect to spend around \$1,000 for a starter setup with two hives and essential tools. Colonies are typically established with

a nucleus colony, a small starter group that includes a queen, workers and a few frames of brood and honey to jump-start the hive. Plan to spend about an hour each week managing the bees and monitoring for pests or signs of stress.

Location matters

Choose a quiet, sunny spot with good airflow and access to water, but avoid patios, play areas or other high-traffic zones. A wind-sheltered location is ideal, and placing hives at least 10 feet from property lines helps minimize disturbances. A nearby fence or hedge encourages bees to fly upward and out of walking paths. For an early start to the day's foraging, orient hive entrances to face south or east to catch the morning sun.

Follow the rules

Before setting up, check local ordinances and neighborhood guidelines; some areas require permits or have distance restrictions. It's also a good idea to talk with neighbors, especially if anyone nearby has an allergy. Offering a future jar of honey can go a long way in easing concerns. Joining a beekeeping club or taking a beginner class is another smart step toward building confidence and community.

Bee-friendly (even without the hive)

Not quite ready for your own colony? You can still help bees thrive by planting native flowers, skipping pesticides, and setting out shallow water dishes with stones or marbles for safe landing. Even small changes make a difference — and who knows, you might be inspired to welcome your own hive next season!

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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

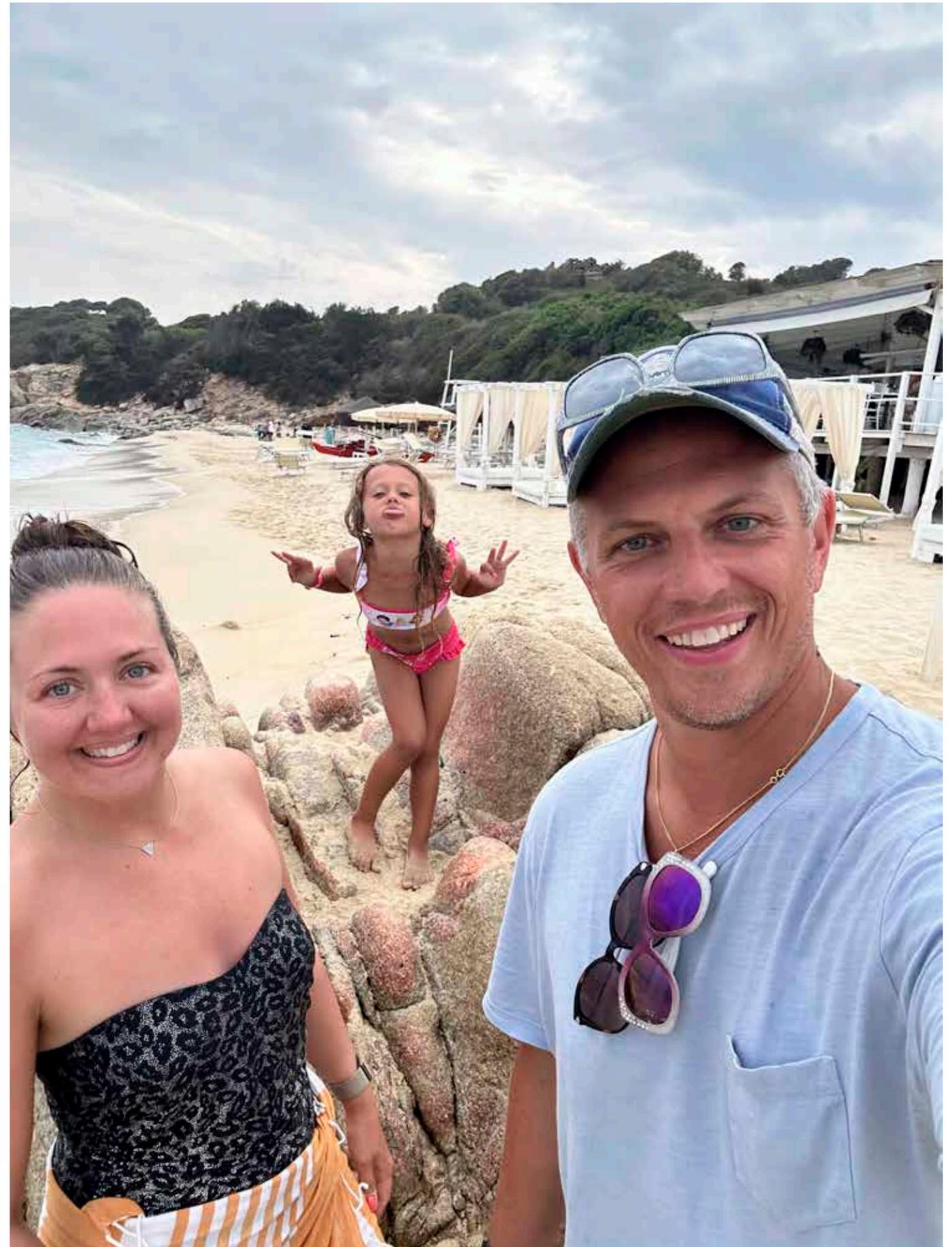
In our house we like to focus on proteins and build our meals out from there. Lately we've been roasting a whole top round or cooking a chuck roast sous vide. Once cooked and cooled, they are great for thin slicing for roast beef and putting in a sandwich, rolling around cheese, or topping a salad. Once 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



Saddle River Resident, Husband, Dad, Chef

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



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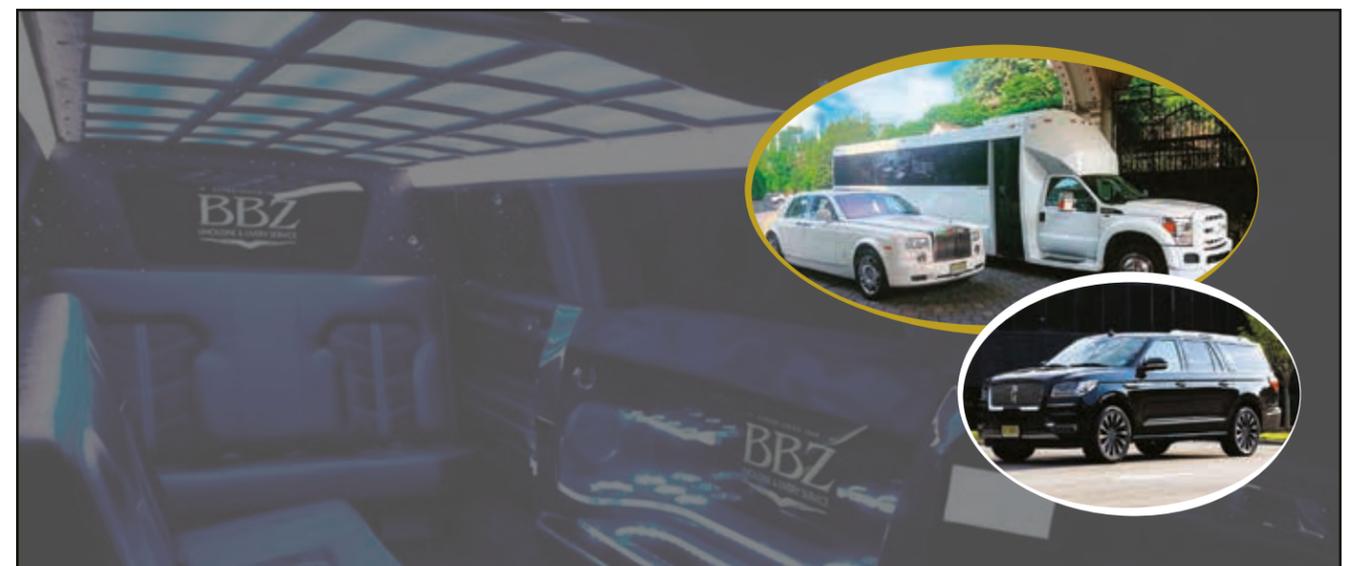


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