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2025 CURBSIDE RECYCLING SCHEDULE
CONTAINERS ONLY - NO GARBAGE BAGS

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

JAN 08, 22
FEB 12, 26
MAR 12, 26
APR 09, 23
MAY 14, 28
JUN 11, 25
JUL 09, 23
AUG 13, 27
SEP 10, 24
OCT 08, 22
NOV 12, 26
DEC 10, 24
JAN 14, 28, 2026
WED, JAN 28, 2026

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Will be picked up 1st & 3rd Wednesdays

Feb. 05, 19
Mar. 05, 19
Apr. 02, 16
May 07, 21
Jun. 04, 18
Jul. 02, 16
Aug. 06, 20
Sep. 03, 17
Oct. 01, 15
Nov. 05, 19
Dec. 03, 17
Jan. 07, 21, 2026

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

NO RECYCLING PICK UP ON A 5TH WEDNESDAY

USED CLOTHING BINS Clothing may be deposited in the bins on Hilltop Lane (entrance to the DPW & Swim Club).

ELECTRONIC ITEMS may be dropped off behind Borough Hall.

2025 PERSONAL DOCUMENT SHREDDING DAY May 03 9 AM-1 PM (rain or shine) Behind Borough Hall - Residents Only - Sponsored by BCUA

2025 HOUSEHOLD SPRING CLEANUP DATES
• May 05 & May 06- South of Closter Dock Rd.
• May 07 & May 08-North of Closter Dock Rd.

2025 BULDO CARTING SCHEDULE
• Garbage pickup south side of Closter Dock Road - Monday & Thursday
• Garbage pickup north side of Closter Dock Road - Tuesday & Friday
• Holidays - New Years Day, Memorial Day, July 4, Labor Day, Thanksgiving, and Christmas. Pickup resumes next regular pickup day.

2025 AUTUMN LEAF COLLECTION
• Leaf Collection starts October 10th
• Advise Your Landscapers: Last Day for Residents to Put Leaves on Roadway is December 7th
• No Brush Pickup October 3rd - May 1st

2025 HOUSEHOLD HAZARDOUS WASTE DISPOSAL DAYS
Call the BCUA hotline at 201-807-5825 or visit the bcua.org website for information, dates, and locations.

ALPINE LIVING

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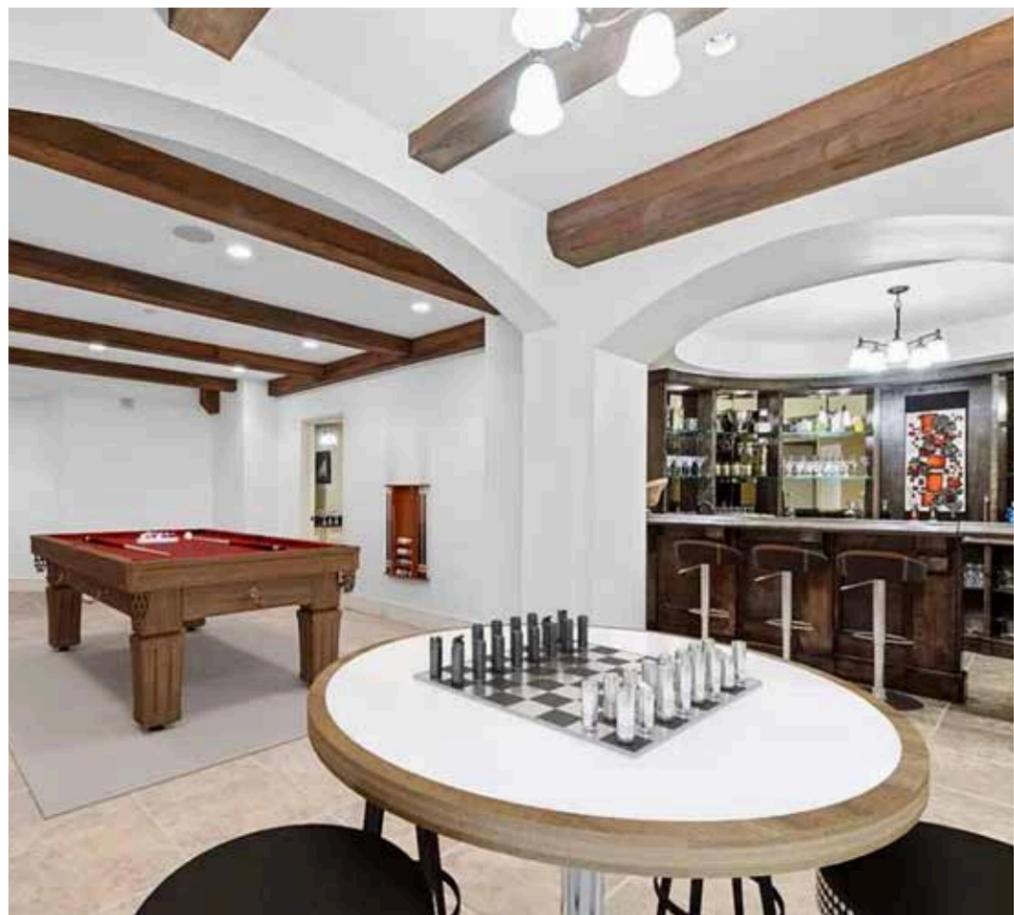
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Chateau-Style Estate

Nestled in the serene community of Alpine, this French chateau-style estate exudes European-inspired elegance and timeless architectural beauty. Built in 2008 and gracefully situated on a private, tree-lined one-acre lot with generous setbacks, the residence offers approximately 8,000 square feet of refined living space spread across three meticulously designed levels, not including the attached three-car garage. The home features six spacious bedrooms, five full bathrooms, and three half baths, all enhanced by exquisite details such as a slate roof, copper gutters, arched doorways, vaulted ceilings, and Venetian plaster walls. At the heart of the home, the open-concept kitchen and family room boast high-end Wolf and

Thermador appliances, a walk-in pantry, and seamless flow into the sun-drenched dining room, where oversized windows and glass doors invite natural light and open to a charming alfresco dining area. A four-season sunroom provides a cozy retreat year-round, while the luxurious primary suite offers a vaulted ceiling and two expansive custom walk-in closets. The lower level is thoughtfully designed for both relaxation and entertainment, featuring a private guest suite, fully equipped gym, wine alcove, wet bar, and a spacious recreation room. Outdoors, a heated gunite pool, full outdoor kitchen, and a stone fireplace create an idyllic setting for entertaining, all surrounded by mature landscaping that ensures complete privacy and tranquility.





Fashionable Fathers.

BY VANESSA BARRERA, @VANESSABARCI
FASHION & BEAUTY WRITER, ALPINE RESIDENT



Marco Bicego 18K Uomo mixed quilt open chain link 8m



Bottega Veneta Intrecciato 20 Tourbillon backpack



Brunello Cucinelli Linen wool and silk full zip blousón jacket



Gucci tag tie bar



Derek Rose Verona silk Jacquard robe



Moncler Meidassa wind resistant jacket



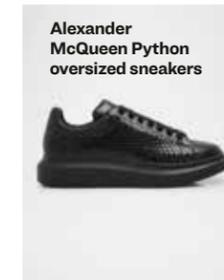
Moncler Meidassa wind resistant jacket



Steffano Ricci silk quatre foil print handkerchief



Loro Piana storm system Cashmere baseball hat



Alexander McQueen Python oversized sneakers

Hello, Fashion and Beauty Lovers!
Welcome to my Style Fashion file!

During the Father's Day Season, it's time to celebrate the incredible dads in our lives with gifts that go beyond the ordinary. This year, I've curated the ultimate Father's Day gift list featuring the top 20 most fashionable items that will elevate any dad's style game. Whether he's a trendsetter, a classic gentleman, or someone who enjoys the finer things in life, this carefully selected collection ensures that you'll find something perfect for him. From sleek accessories to statement pieces, each item has been chosen not just for its aesthetic appeal, but also for the way it reflects the unique personality of today's modern father. Join me as we explore these must-have gifts that promise to make this Father's Day both stylish and memorable.

GIFT LIST:

- Tumi 3-pack golf club cover set \$250
- Tumi golf divot tool \$125
- Moncler Meidassa wind resistant jacket \$1290
- Wolf access triple watch Winder with Storage \$1431

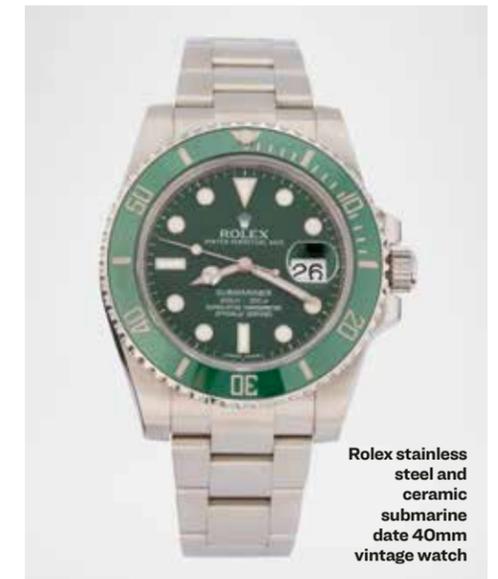
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Tumi 3-pack golf club cover set



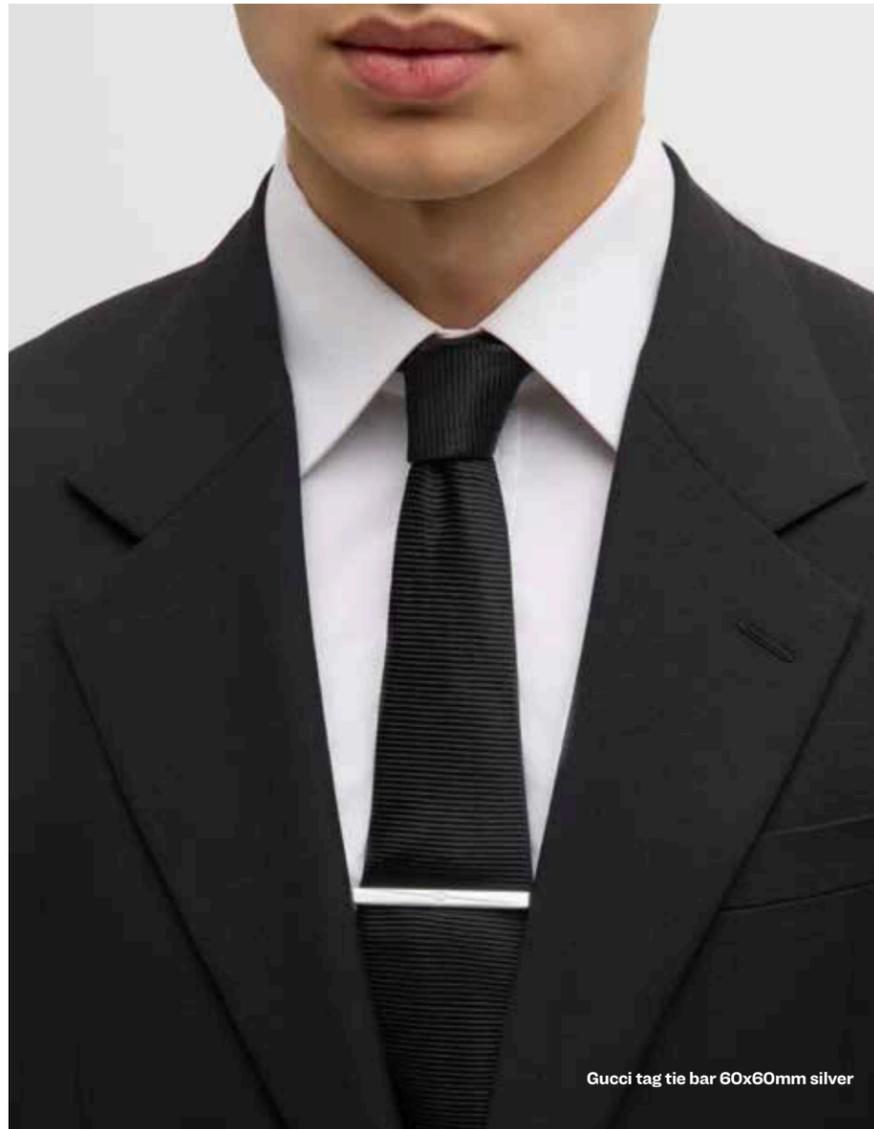
Versace twill Baroque Coupe Des Dieux camp shirt



Rolex stainless steel and ceramic submarine date 40mm vintage watch



Ferragamo Gancini reversible leather belt



Gucci tag tie bar 60x60mm silver

- Versace twill Baroque Coupe Des Dieux camp shirt \$1595
- Christian Louboutin Rantulow suede low top sneakers \$845
- Brunello Cucinelli Linen wool and silk full zip blousón jacket \$3900
- Stefano Ricci silk quatre foil print handkerchief \$250
- Alexander McQueen Python oversized sneakers \$1490
- Rolex stainless steel and ceramic submarine date 40mm vintage watch \$26,000
- Lagos Sterling silver 18 carat gold anthem double link caviar chain necklace 9.5m / 24 inch \$1550
- Ferragamo Gancini reversible leather belt \$495
- Loro Piana storm system Cashmere baseball hat \$595
- Tom Ford T line python effect leather bifold card holder \$570
- Bottega Veneta Intrecciato 20 Tourbillon backpack \$4400

Christian Louboutin Rantulow suede low top sneakers



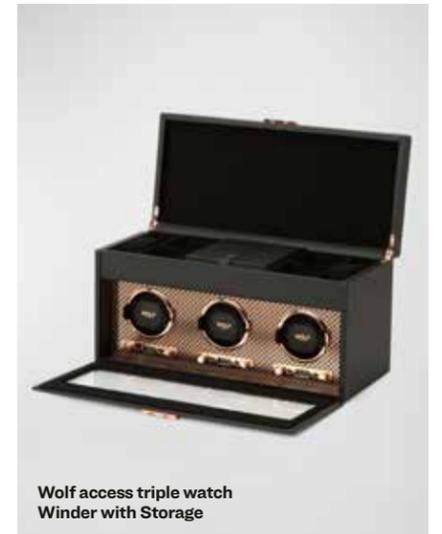
- Derek Rose Verona silk Jacquard robe \$1550
- Palm Angels classic logo track pants and jacket set \$1185
- Marco Bicego 18K Uomo mixed quilt open chain link 8m \$2550
- Amiri bone appliqué cardigan \$1190
- Gucci tag tie bar 60x60mm silver \$410

As we wrap up our Father's Day gift list, remember that the best gifts are those that reflect the unique bond you share with your dad and that come from the heart. Whether you choose a timeless accessory or a trendy piece, each item on this list is a celebration of his style and personality. This Father's Day let's honor the fathers who inspire us every day by giving them gifts that not only elevate their wardrobe but also show our love and appreciation.

Happy gifting!



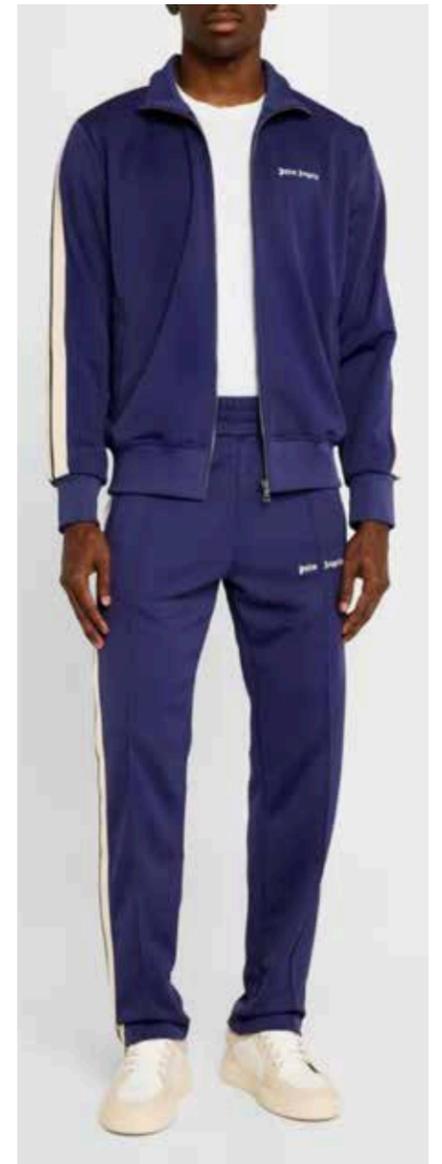
Amiri bone appliqué cardigan



Wolf access triple watch Winder with Storage



Lagos Sterling silver 18 carat gold anthem double link caviar chain necklace



Palm Angels classic logo track pants and jacket set



Tom Ford T line python effect leather bifold card holder



Marco Bicego 18K Uomo mixed quilt open chain link 8m



Tumi golf divot tool

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**THE
INSPIRING
LIFE OF**

ALKA CHANDRA

PHOTOS BY ANDREW FEIN, GALA PHOTOS
BY KATRINA GOLDBURN PHOTOGRAPHY



Alka Chandra's journey is a vivid example of resilience, success, gratitude, and giving back—a true testament to the enduring spirit of immigrants who plant deep roots while blooming in new soil.

Born and raised in India, Alka's life took a global turn early on. After marrying Naveen Chandra, an engineer from one of India's prestigious Indian Institutes of Technology, the couple spent five years in Iran before moving to the United States in 1981. Their next chapter began in Philadelphia, where both pursued studies at the Wharton School of the University of Pennsylvania. "I

graduated with a bachelor's degree in English Literature from India, and a Bachelor's in Finance from the Wharton Evening School," Alka recalls. "I studied and looked after my 3 year-old son during the day and went to school at night when my husband could take over the child care... money was in short supply. Since my husband graduated six months before I did, he commuted every day from Philadelphia to New York City to keep the family intact. Those were very tough years!!" Alka graduated Magna Cum laude from the Wharton School. Armed with her Degree, she went to work on Wall Street for five years. At

that time, in the early 80's, there were not many women bankers. The hours were very long and the commute by bus to Wall Street was exhausting. On top of that she had a young child at home to look after with no help.... family or otherwise. "Those were backbreaking years, but helped shape the person I am today. They gave me the confidence that I can do anything I set my mind to. I am very grateful for the opportunities I had."

Once, financially stable, when to her delight, Alka found herself pregnant after 11 years, she dedicated herself to raising her family. "I enjoyed my daughter's growing-up years and



We are low-key, down-to-earth people who believe in family, hard work, and giving back to the community."



volunteered a lot around her activities. I was also now able to be actively involved in my son's academic journey and high school years. I enjoyed those years immensely and remain so grateful that I had the opportunity to do so.

Naveen is the President of a Chemical Trading company. He has been doing international Trading in bulk petrochemicals for some years and travels globally and quite often.

Family remains central to Alka's world. Both of her children now work in the financial sector—her son in London and her daughter in New York City. "Our son has two daughters. Our daughter has an 18-month-old boy," she shares. Despite the distance, family reunions are a treasured tradition. "At least twice a year, if not more, the whole family gets together at our home in Alpine for two weeks. We cook together, eat together, laugh a lot, catch up with what's happening in each other's lives, and build beautiful memories with our grandchildren."

Travel is another shared passion. "Our family loves to travel together. In May, the whole family will be going to Porto to celebrate my husband's birthday," she says with excitement.

At home in Alpine, New Jersey, where they've lived for 14 years (and over 35 years in the area), Alka finds peace in her garden. "I love to take early morning walks on the soft carpeting of my tennis court...with the fresh air and the smell of flowers," she says. Her garden, a source of tranquility and pride, even draws admiration from passersby. "In July and August, people stop their cars outside our gate to admire the flowers."

Alka also enjoys cooking and is known among friends for her culinary specialties. "My black chickpea salad... and bhel puri are famous," she says. Her other passions include reading, music, and karaoke. A

CONTINUED ►

former avid tennis player, she once captained a local team at Longwood Racquet Club in Old Tappan.

“On Sunday, April 27th, we held a Gala for our Temple at the Il Tulipano Banquet Hall in Cedar Grove. It was a fundraiser and a celebration to honor me.”

Yet, it is her deep commitment to service and community that defines much of her legacy. Alka is the Chairperson of the Board of Trustees at Arya Samaj of New Jersey, a spiritual and cultural organization she and her family discovered shortly after settling in the area. “When we moved to New Jersey, we were looking for a spiritual home for our two kids, where they would be exposed to our religion, culture, and traditions,” she explains. “Our family has gained a lot from this organization—lifelong friends, and a way for our children to learn our religion and values growing up in America.”

Her decades-long dedication, teaching the children religion and culture, community outreach, and raising funds for the temple culminated recently in a grand recognition. “On Sunday, April 27th, we held a Gala for our Temple at the Il Tulipano Banquet Hall in Cedar Grove. It was a fundraiser and a celebration to honor me,” she says humbly. The event raised record-breaking funds for our temple, for renovations, and for children’s classes and activities. “This could not have happened without the support of our friends and the community at large. They came out and supported very generously to make it the grand success that it was. I am truly humbled and grateful for their support and treasure these deep friendships.”





“Our family has gained a lot from this organization—lifelong friends, and a way for our children to learn our religion and values growing up in America.”

Alka and Naveen remain active in interfaith and neighborhood initiatives. During the pandemic, she launched the Timberline WhatsApp group to foster connection among neighbors. “We meet now and then in each other’s houses for potlucks or other events. The group also serves as a watchdog...we look out for each other and post online about any strange happenings.”

Their approach to life is simple yet profound. “We are low-key, down-to-earth people who believe in family, hard work, and giving back to the community,” Alka says. As for their home in Alpine, it continues to be a haven. “Alpine provided the perfect compromise—proximity to New York City and greenery. It’s quiet, peaceful, and beautiful. We love living here.”

Alka’s story reflects the essence of the American dream—immigrants who come with hope, build with determination, and give with heart. “We are immigrants. Self-made. Have lived and worked in this country since 1981—over 43 years,” she says proudly.

Indeed, Alka Chandra embodies the values of perseverance, success, grace, and service. Whether through her devotion to her family, her garden, or her community, her story is one of flourishing roots and generous branches—nurturing not only her own life but also enriching the lives of those around her.





Do Not DIY Your Face or Body

BY DAVID FOLK, MD

AN INTERESTING ANECDOTE in this month's edition of a beauty magazine recently caught my attention. It involved an informal survey performed at a recent conference of facial plastic surgeons in which this question was posed: Have you seen patients who have done their own injectables at home? Among the audience, consisting of practicing surgeons, almost every hand went up. Indeed, I have also observed this in my own practice. There is surely a dark, largely unregulated, aesthetics black market of sorts that rears its head occasionally in the news or press when a massive adverse event or criminal bust occurs. One instance that comes to mind is a Queens, NY patient who, about a month ago, lost her life immediately after she underwent a cosmetic treatment in the "office" (living room) of an unlicensed "doctor" who actually had no formal medical training whatsoever. Unfortunately, in these cases, it can be difficult to assign relative blame. While the imposter is clearly at fault—portraying himself as a licensed doctor on social media and advertisements, there can be no market for such dangerous fraud without its consumers. The allure for pursuing alternative routes to cosmetic procedures is clear—the cost can often be substantially lower. In the case of consumers injecting themselves at home, as with much of society's malaise, I believe social media is to blame. There is a plethora of content with video tutorials, DIY advice, and likely links to online marketplaces where one can purchase injectables with which they can experiment at home. My advice, obviously, is to avoid such behavior at all costs. The risks of doing procedures on oneself (infection, skin loss, blindness, paralysis, etc) far outweigh the benefit (cost savings). It is always recommended to seek out a board-certified surgeon in your area of interest.

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

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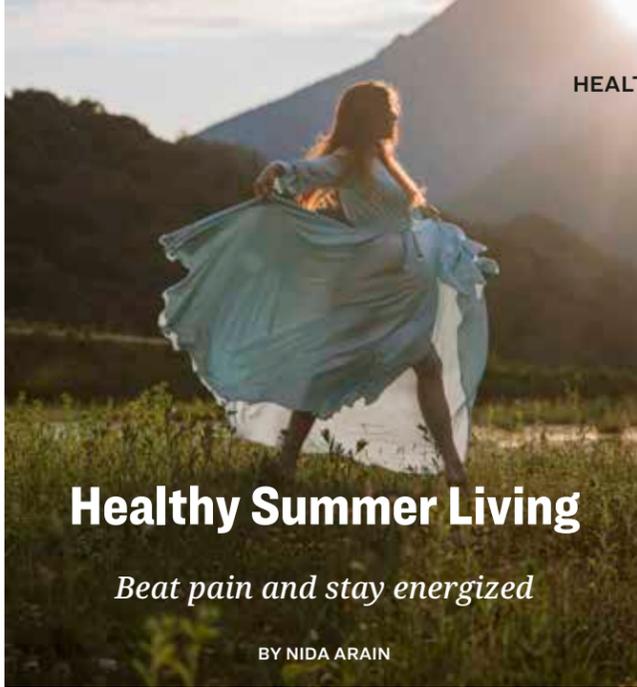
This path is available to everyone. Whether you need help getting approved for your first home or you are ready to buy your dream home right now, I am here to help. More than that, I will help you leverage your current homes into a Real Estate Portfolio.



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HEALTHY LIVING



Healthy Summer Living

Beat pain and stay energized

BY NIDA ARAIN

Inflammation is the innate immune response to an injury or infection. While inflammation can be helpful and is essential to survival. But when it lingers, it becomes chronic, setting off a chain reaction of discomfort, stiffness, and even long-term joint damage. When your body thinks it's under constant attack because of diet, stress, toxins, or poor sleep it stays in a low-grade state of inflammation. That's when problems start. Over time, this can lead to pain, fatigue, an increased risk of health conditions like arthritis, heart disease, and autoimmune disorders.

Common triggers may include:

- Highly processed foods (sugar, refined carbs, trans fats)
- Lack of movement or too much sitting
- Chronic stress
- Poor sleep
- Environmental toxins
- Hidden infections or gut imbalances

Here are some Natural Ways to Calm Inflammation

- Eating Anti-Inflammatory Foods
- Daily Gentle Movement, Walks and Exercise
- Daily Anti-Inflammatory Supplements

Key anti-inflammatory picks:

- Fatty fish (salmon, sardines)
- Leafy greens (spinach, kale)
- Berries, avocados, nuts
- Olive oil, turmeric, ginger
- Electrolytes to stay hydrated

Top Picks Anti-Inflammatory Supplements

- Turmeric high in Curcuminoids
- Omega 3 Fish Oils that are high in EPA
- Boswellia
- Quercetin
- Magnesium Glycinate

Here is a great recipe for a natural electrolyte drink to keep you hydrated this summer! This drink will help give you energy, support muscle function, regulate fluid balance and help keep you active!

Natural Electrolyte Drink "Homemade Gatorade"

INGREDIENTS:

- 1 cup **cold water** or **coconut water** (for natural potassium)
- 2 tablespoons **fresh lemon juice** (alkalizing + vitamin C)
- 1 teaspoons **raw honey** or **maple syrup** (natural energy source)
- Pinch (1/16th tsp) **sea salt** or **Himalayan pink salt** (electrolytes like sodium + magnesium)
- **Optional:** a few drops of **magnesium liquid supplement** (for muscle support)

(Combine all ingredients, stir well and serve it chilled!)

Holistic Nutritionist and Co-Owner of Healthway Natural
in Tenafly NJ

WARM WEATHER IS CALLING, but for many, joint pain, stiffness, or chronic inflammation make it tough to get out and move. Spring and Summer is when we like to enjoy more outdoor activities with our family. Unfortunately, with increased physical activity many people also experience a lot of pain, stiffness and aches. Inflammation can be the root cause of many of these uncomfortable symptoms that prevent us from playing pickleball, swimming, riding bikes or hiking.

Client: Healthway Natural
Size: 1/4
Location: Sponsorship



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Freedom to Read Act

ELLIOTT MALONE, ESQ.

In 2023, the American Library Association reported 14 attempts in New Jersey to restrict access to 28 books, while over the same period there were over 1,200 demands to ban over 4,200 book titles nationwide. This data demonstrated a 65% increase in book ban attempts over 2022. While preliminary data for 2024 demonstrates a decline in attempts as compared to 2023, the data reported demonstrates a continued increase in requests compared to 2020. Many of the titles sought to be banned address race, equity, and LGBTQIA+ topics.

In December 2024, a new law, Freedom to Read Act, enacted in New Jersey. The new law will limit how a book can be banned in schools and public libraries, and protect librarians from lawsuits. It specifically prohibits school boards and public libraries from “excluding books because of the origin, background, or views of the material or of its authors,” which many conservative actors have frequently done or attempted to do over the last three years.

As for the specifics of New Jersey’s law, there’s nothing new about book bans. The Pilgrims banned books. In the 1800s, multiple states prohibited the distribution of anti-slavery pamphlets. The Comstock Act, passed in 1873, still prohibits “obscene” or “immoral” articles from being mailed. Book bans are so common that the American Library Association has been observing Banned Books Week since 1982. Some



The law makes clear that censorship does not include “limiting or restricting access to any library material deemed developmentally inappropriate for certain students.”

of the world’s most revered authors, including William Shakespeare, Alice Walker and Toni Morrison have had their works banned.

By passing this bill, New Jersey joins the states of Illinois, Maryland, Minnesota and Washington.

This legislation requires local school boards and governing bodies of public libraries to establish policies for curation and removal of library materials, including a system of review to address concerns over library materials. The Department of Education, the State Librarian, the New Jersey Association of School Librarians, and the New Jersey School Boards Association will support establishing these policies.

The new law prohibits school districts from engaging in censorship of school library materials, and defines “censorship” as any effort to block, suppress, or remove library material based on disagreement with a viewpoint, idea, or concept, or solely because an individual finds certain content offensive.”

The district is specifically prohibited from denying students the right to reserve or check out “diverse and inclusive material,” as long as the material is developmentally appropriate. “Diverse and inclusive material” is defined as “any material that reflects any protected class as enumerated in [the New Jersey] Law Against Discrimination, ... material produced by an author who is a member of a protected class ... and material that contains the author’s points of view concerning contemporary problems and issue, whether international, national, or local; but excludes content that is inappropriate for grades served by the school library.” This provision means that a school district cannot ban access to library materials simply because they contain reference

to specific topics, such as gender identity, sexual orientation, or race.

The law makes clear that censorship does not include “limiting or restricting access to any library material deemed developmentally inappropriate for certain students.” In addition, the law is not intended to “restrict a board of education’s authority to select textbooks and school supplies related to the curriculum.”

School Library Staff Members are specifically protected from civil and criminal liability “arising from good faith actions performed pursuant to ... [The Freedom to Read Act].” The law defines a “school library staff member” as “a school library media specialist, school librarian, any certificated or non-certificated staff member assigned to duties in a school library, or any individual carrying out or assisting with the functions of a school library media specialist or school librarian.”

These new protections build on longstanding protections available that indemnify teaching staff members who are named in civil litigation, see N.J.S.A.

18A:16-6, for actions or omissions arising out of and in the course of employment, with limited exceptions. Indemnity means that the school district is required to defray legal expenses and the cost of any judgment, unless the matter involves a disciplinary action brought by the school district against the employee, OR the matter results in exemplary or punitive damages against the individual. Longstanding law also provides for indemnification in certain criminal actions, see N.J.S.A. 18A:16-6.1, where the action is dismissed or there is a final disposition in favor of the employee.

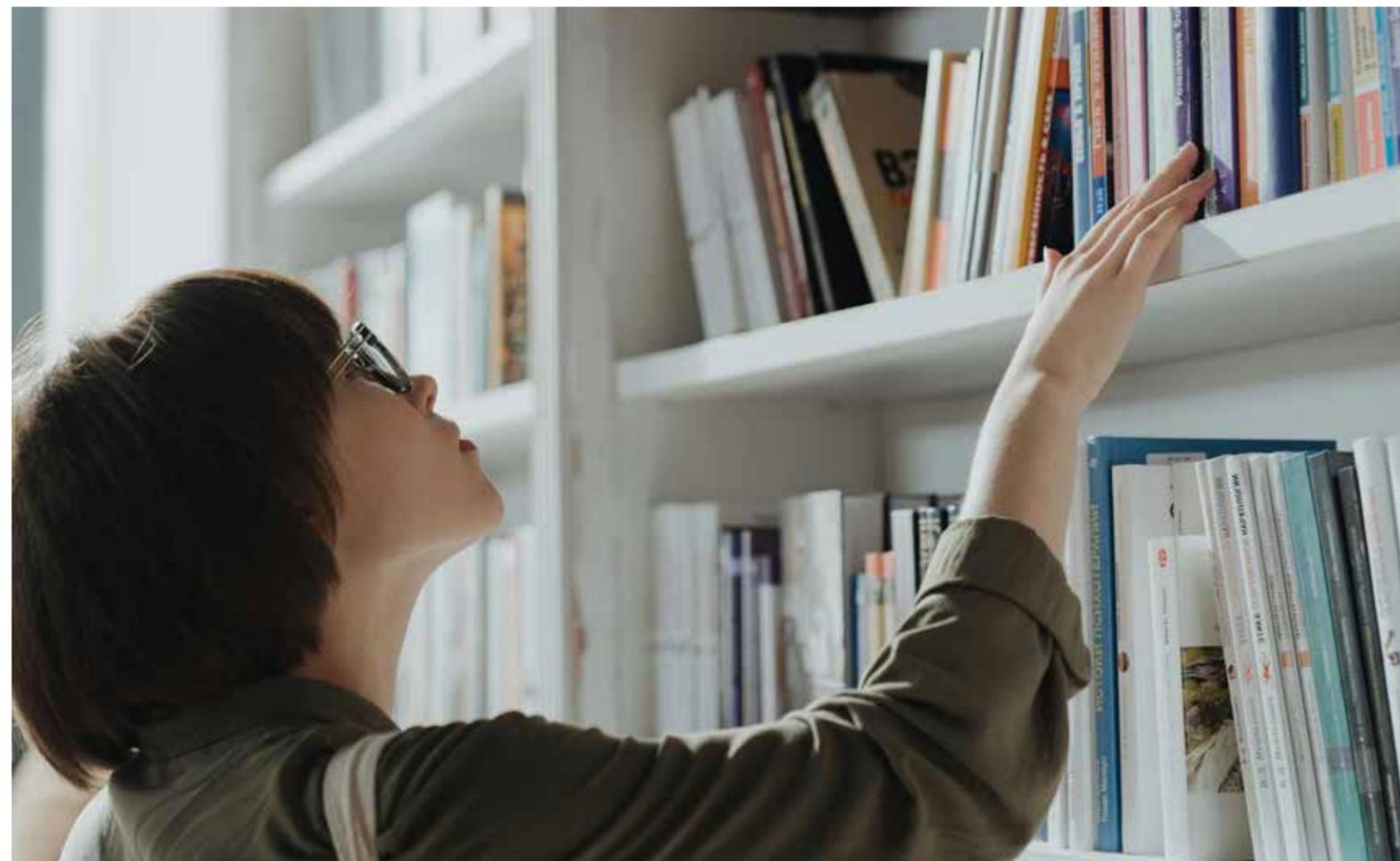
Public education has the potential to expose students to new ideas and points of view, and school libraries in particular are intended to allow students to explore areas of interest that are unique to that student, and should not be unnecessarily limited by others. The Freedom to Read Act provides important safeguards for school districts that seek to ensure students have access to developmentally appropriate material,

while at the same time reducing the potential for rash decisions to be made that result in improper limitations on students’ freedom to read and develop their intellectual curiosity. This, in turn, should ensure that all students continue to have access to diverse and inclusive material.

Of course, school boards retain broad discretion to determine what materials are appropriate to implement the curriculum and to determine what new materials should be secured for school libraries. But that broad discretion should not be turned into rash decision-making for improper political or discriminatory reasons, or simply because the board is not fully informed about the material that is being challenged.



Law Offices of Elliott Malone, Esq. LLC
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Private Real Estate Listings

BY ELLIOTT MALONE

The battle over private and exclusive listings has become the latest fight about the way homes are bought and sold in America.

The fight has potential implications for home buyers and sellers alike, as home buyers could be blocked from seeing certain for-sale listings, and sellers could get less action on their homes.

Compass, one of America's largest real estate brokerages, wants to keep its agents' for-sale listings out of full view of the public by making them private and only viewable to buyers working with Compass agents for a number of days. Zillow and Redfin say that buyers should be able to see all listings. Zillow has threatened to ban Compass's exclusive listings from later appearing on its platform in retaliation.

Compass's move to keep listings private would be a major change from how for-sale homes have been marketed to potential buyers in the digital age.

Under traditional rules in the real-estate world, homes that are for sale typically need to be listed on a multiple listing service within 24 hours of the agent publicly declaring that a home is available.

Those MLS feeds, private databases that brokers enter listings into, are accessible only by real-estate agents licensed by the NAR.

Local MLS databases syndicate their listings to third-party websites via a data exchange, allowing serious buyers and casual browsers alike the chance to see home listings on platforms like Zillow and Realtor.com.

Compass is trying to upend that system. Its goal is to push the industry toward allowing homes to be listed privately.

Why does Compass want to make for-sale listings private, and how does that impact the average buyer and seller?

Compass envisions rewriting the rules so that homes can be listed privately for a set period to test the market before becoming publicly accessible. Compass wants to market a home to its own agents for a few days before the home goes public on Zillow and other portals.

The brokerage's main argument is that their real-estate agents should have the liberty to privately market a seller's property so they can get a better price for it, or get offers more quickly.

Compass says it's only asking for additional time to "premarket" a listing before making it public on Zillow and other platforms via the MLS data feed.

While it doesn't directly prohibit private listings, Zillow said that a home listing that is marketed to consumers must be published to Zillow within one day, or it won't be published at all.

Compass founder and chief executive Robert Reffkin says the MLS system has too much control over how real estate is publicized in the U.S.

Under current rules, if a home is for sale and the sellers want to tell the market, it must go on the MLS, which has control of almost all real-estate listings in the U.S.

Such control is what Reffkin opposes. Current policies are "solely focused on preventing cooperation outside of the MLS," Reffkin said, "because they don't want the MLS to be replaced by an alternative listing system."

Currently, if a for-sale listing doesn't appear on an MLS within a day of the house being available for sale, it can never be publicly marketed and must be kept private, under an NAR policy called Clear Cooperation. This creates less transparency in the system, Reffkin told MarketWatch.

Critics also say the private listing strategy unfairly pushes home sellers to make deals with buyers represented by other Compass agents, resulting in the brokerage collecting a commission from both sides of the transaction.

As of mid-February, approximately 35% of all Compass' listings were listed as "Compass Private Exclusive" or "Compass Coming Soon," CEO Robert Reffkin said on Compass' most recent earnings call.

Compass said 94% of its private listings last year ultimately sold on the public market.

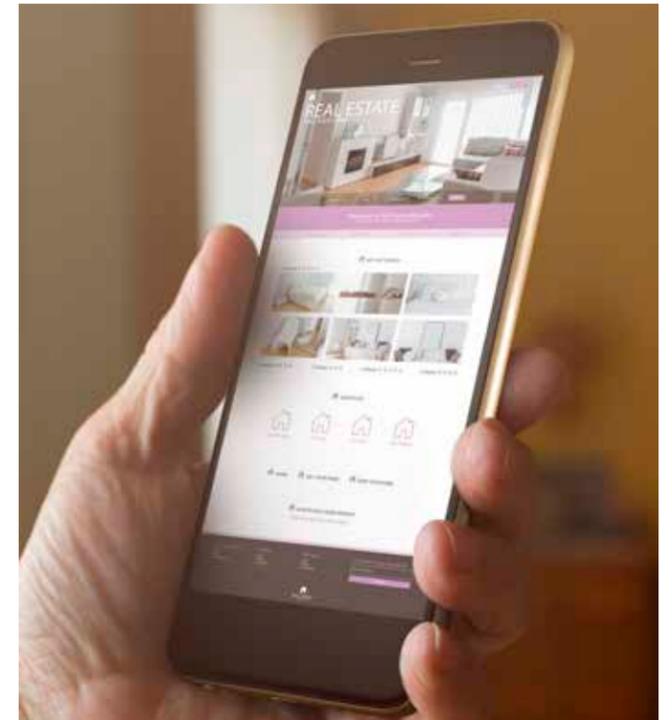
In April, though, Corcoran, another subsidiary of Anywhere Real Estate, rolled out Corcoran Reserve, a private listing network for sellers who want to prioritize "greater privacy and discretion."

Douglas Elliman, a separate brokerage, plans to roll out its own private listing network, though the company because it is just one of multiple selling strategies for home sellers.

While it doesn't directly prohibit private listings, Zillow said that a home listing that is marketed to consumers must be published to Zillow within one day, or it won't be published at all. Beginning in late May, "coming soon" listings that are advertised on other real estate websites will need to be published on Zillow within 24 hours.

Redfin announced a similar policy shortly afterward.

In 2020, NAR implemented a rule for its 1.5 million members that requires agents to put a listing on the MLS within one day after marketing it, meaning that Compass agents had not been allowed to broadcast private listings to other brokerages without triggering the one-day rule. In March, NAR amended its rule, now allowing sellers to list their homes in more private ways, including the option to delay the public marketing of homes on the MLS.



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

ALPINE: 1 Sale:

- 9 Marie Major Drive \$3,675,000

CRESSKILL: 8 Sales ranging from \$600,000 to \$2,390,000

- 126 Grant Avenue \$600,000
- 179 5th Street 12,499,000
- 3 Oxford Place \$2,390,000

DEMAREST: 2 Sales ranging from \$1,520,000 to \$3,600,000

- 8 Glenwood Avenue \$1,520,000
- 48 Meadow Street \$3,600,000

ENGLEWOOD CLIFFS: 1 Sale:

- 180 Middlesex Avenue \$3,675,000

TENAFLY: 4 Sales ranging from \$760,000 to \$3,800,000

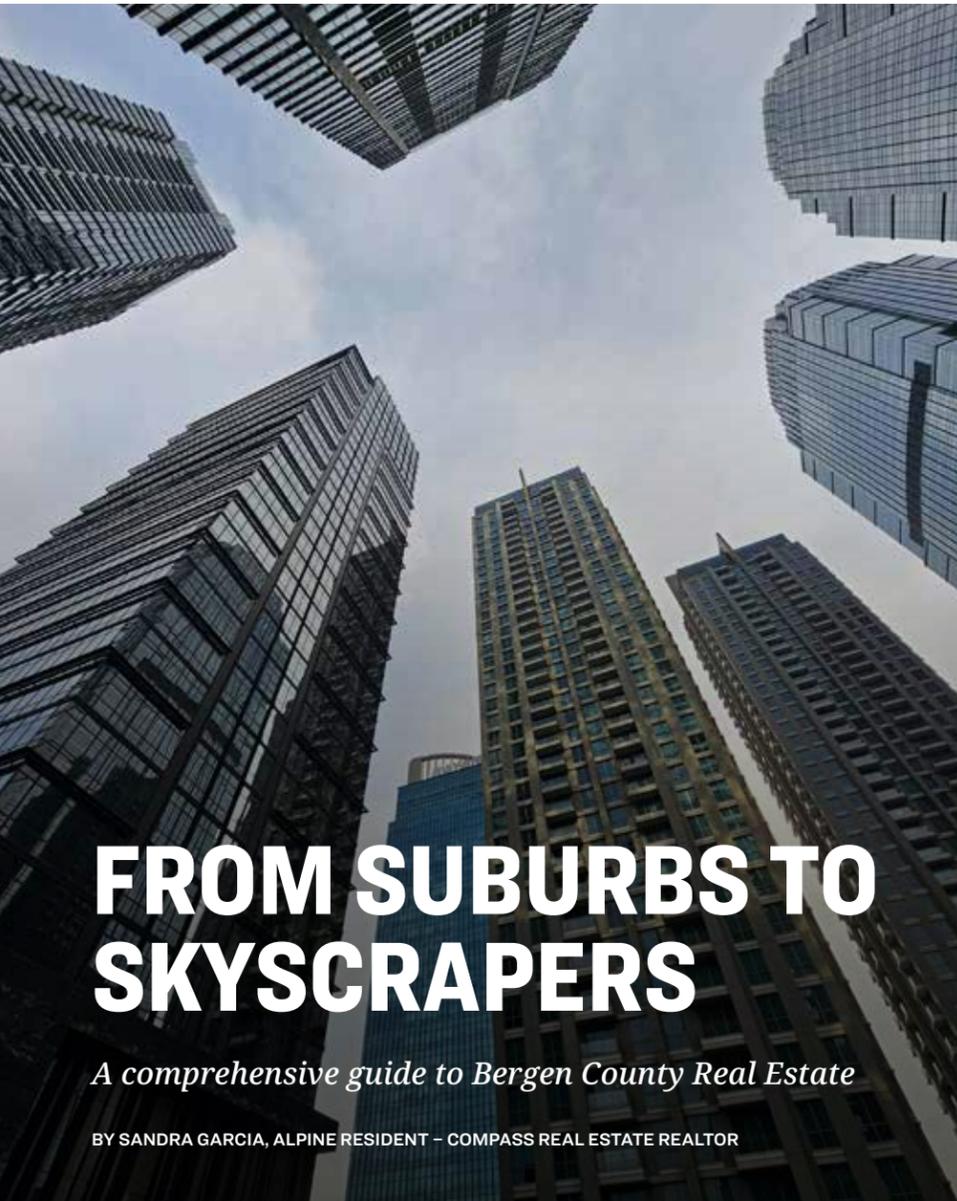
- 22 Elm Street \$760,000
- 19 Peter Lynas Court \$2,100,000
- 63 Leroy Street \$3,800,000

UPPER SADDLE RIVER: 8 Sales ranging from \$865,000 to \$1,975,000

- 36 Carlough Road \$865,000
- 23 Fox Hill Road \$1,200,000
- 8 Canterbury Court \$1,975,000



Alpha Global Realty, LLC
Elliott Malone is a licensed real estate agent



FROM SUBURBS TO SKYSCRAPERS

A comprehensive guide to Bergen County Real Estate

BY SANDRA GARCIA, ALPINE RESIDENT – COMPASS REAL ESTATE REALTOR



Bergen County, New Jersey, is a region that elegantly marries suburban charm with urban sophistication. As an experienced real estate agent and investor, I have had the privilege of witnessing the transformative journey of this vibrant community, where sprawling estates coexist with modern high-rises, creating a dynamic market that appeals to a diverse range of buyers and investors.

Historically known for its picturesque neighborhoods and excellent school systems, Bergen County has been a sought-after destination for families seeking a tranquil lifestyle just a stone's throw

from New York City. Towns like Ridgewood, Tenafly, and Englewood boast tree-lined streets, quaint shops, and a strong sense of community, making them ideal for those prioritizing quality of life. The suburban landscape offers various architectural styles, from classic colonials to contemporary new builds, providing ample choices for discerning buyers.

However, as urbanization spreads, Bergen County has also adapted to the demand for more urban living. The cities of Hackensack, Teaneck, Edgewater and Fort Lee have witnessed a surge in residential skyscrapers, catering to young professionals and empty nesters seeking the convenience of city amenities without sacrificing the serenity of suburban life. These developments often feature luxury condominiums with state-of-the-art facilities, including rooftop gardens, fitness centers, and proximity to public transportation. As a result, they have become increasingly attractive to those who desire a cosmopolitan lifestyle combined with the comforts of home.

For investors, Bergen County presents a wealth of opportunities. The real estate market here is resilient, with property values consistently appreciating over time. Whether you are considering single-family homes in thriving neighborhoods or high-rise apartments in bustling urban centers, the key to success lies in thorough market research and understanding local trends.

As we look towards the future, sustainability and smart development are at the forefront of many real estate discussions. With an increasing focus on eco-friendly buildings and community-oriented spaces, Bergen County is poised to lead in innovative living solutions that resonate with contemporary values.

Whether you are drawn to the serenity of the suburbs or the excitement of city life, Bergen County's real estate landscape offers something for everyone. As an agent with deep local knowledge and a passion for helping clients navigate this complex market, I invite you to explore the rich tapestry of opportunities that await you in this remarkable region.



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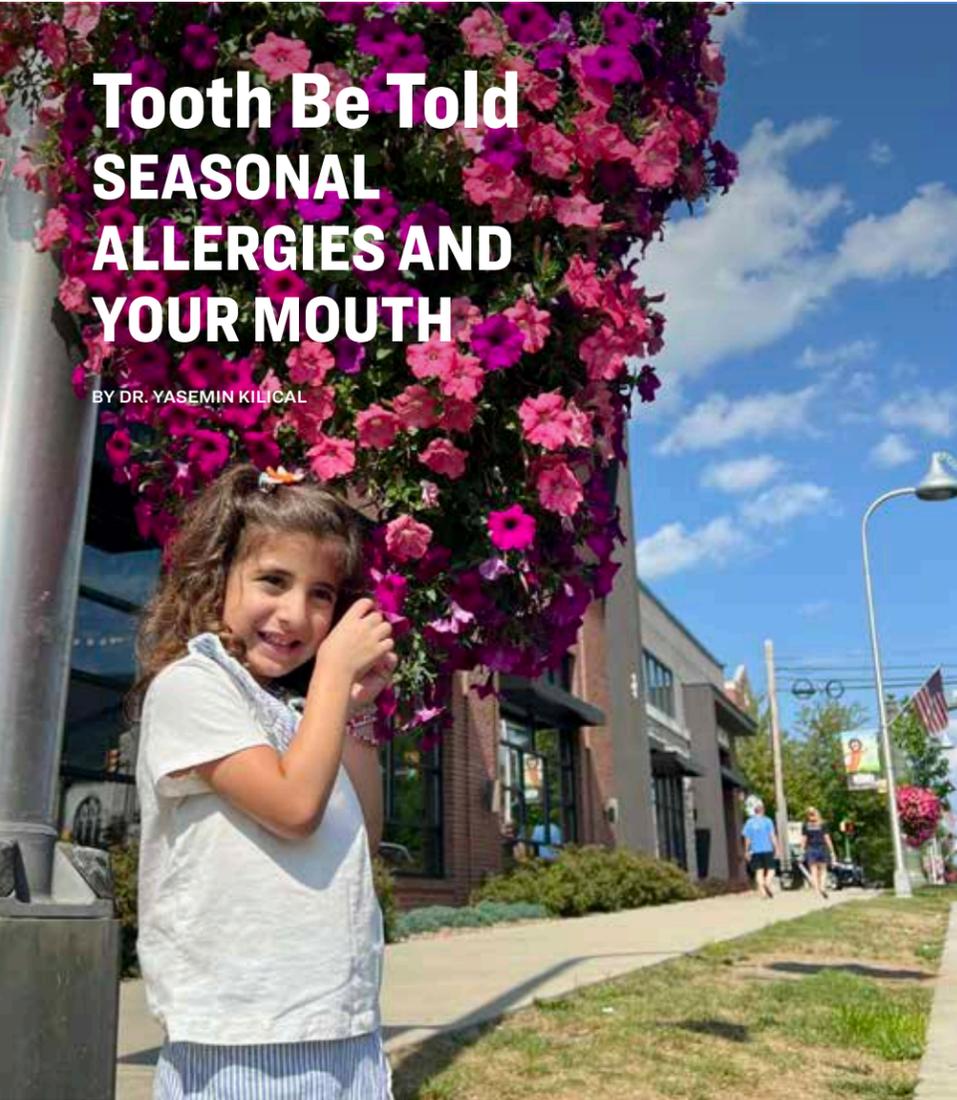
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Tooth Be Told SEASONAL ALLERGIES AND YOUR MOUTH

BY DR. YASEMIN KILICAL



April showers bring May flowers, and for some unfortunately, seasonal allergies as well. Allergy sufferers know all too well the symptoms: nasal congestion, runny nose, post-nasal drip, sneezing, and itchy, red and watery eyes.

Sometimes the sinus pain associated with seasonal allergies also feels like dental pain. The pressure felt in the sinuses by the build up of mucus can result in pain by the upper molars. If the pain shifts when you stand up or lay

down, the pain is most likely not your teeth but the mucus in your sinuses.

Some ways to control triggers for seasonal allergies are staying indoors or venturing outdoors after rain (or other times when pollen counts are low). Also helpful are some medications, such as oral antihistamines, decongestants and nasal spray.

Xerostomia, also known as “Dry mouth” is a side effect of many medications, including antihistamines and decongestants. This is important



as dry mouth can cause your gingiva to become irritated and inflamed. Saliva mechanically washes your mouth but also has antimicrobial activity, and is able to remineralize the teeth with calcium, phosphorus and fluoride. A decrease in saliva results in a perfect storm for the bacteria to create cavities and a multitude of other oral health problems, such as candidiasis, sialadenitis and halitosis.

Not all is lost however. A few simple steps can be taken to prevent oral health issues:

- Drink lots of water. Adults should have 64 ounces per day. For children, a general rule of thumb is that they should drink the number of 8 ounce cups of water equal to their age, with a maximum of 64 ounces of water for children over the age of 8. For example, a five year old should drink five 8 ounce cups of water a day.
- Prioritize your oral health. Brush twice a day and floss. Not flossing your teeth means you haven’t cleansed almost 40% of the surfaces of your teeth.
- Gargle with salt and warm water. This will help loosen the mucus and may alleviate your allergy symptoms.
- Also remember - smoking can aggravate your seasonal allergy symptoms, but worse it can cause oral and lung cancer. If you needed a sign to quit, consider this to be it!

Dr. Yasemin Kilical practices in Toothville Pediatric Dentistry in Fort Lee, NJ. She is board certified (Diplomate) by the American Board of Pediatric Dentistry and a member of American Academy of Pediatric Dentistry. Dr. Kilical attended dental school at Columbia University and completed her Doctor of Dental Surgery in 2009. She lives in Alpine with her husband and three daughters.

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CREATE MOSAIC ART

You or your child may draw an outline beforehand and then your child can get busy on cutting or tearing pieces of paper to glue onto the design. This activity can develop fine motor skills, pattern-recognition and hand-eye coordination.



COLOR SORTING

Save egg cartons, paper towel/toilet tissue rolls and voila! You have yourself different ways of sorting objects and colors. Create a variety of stations and rotate throughout the week. These activities will help with organizational skills, fine motor, gross motor and pincer grip.

CREATE HOME-MADE PLAYDOUGH

Create several batches of home-made play-dough and seal in an air-tight container. Add different color-dye and provide tools and accessories. This activity promotes fine motor, planning skills, hand-eye coordination and appeals to senses.



HOME-MADE PUZZLES

Collect some items / toys from your home and trace them on a piece of paper. Place the objects in a box or basket where your children can access them easily. Another idea is to paint or draw on cardboard and then cut down the center for the children to connect. This activity can promote hand-eye coordination, problem solving and visual discrimination refinement.

ENCOURAGING INDEPENDENT PLAY IN CHILDREN

BY NATALIE PEREZ

Finding a balance between accomplishing daily tasks, completing professional obligations and spending family time can be quite challenging at times – especially during these COVID times. Learning to play independently is a skill that may be overlooked, but is really important for young children to learn how to do, and not just so that you can have time to get things done. Independent play encourages self-confidence and creativity as well.

Quick tips:

1. Use a timer to promote independent play.
2. DO find time to dedicate BOTH in only **watching** your child play and interacting in play.
3. Provide choices.
4. Have child create a mini play/work chart ahead of time (picture schedule / drawn out schedule / written schedule - whichever will work) and prepare the timeline the evening before so that the following day, the tasks and schedule are ready to go and can be completed at their leisure.

Below is a list of some “DIY” activities you may wish to incorporate at your home.

CREATE SENSORY BAGS

These are pretty simple to create and are wonderful for children who may be sensitive to certain textures. Fill your zip-lock bag with water, hair gel, rice, sand (anything!) and add food coloring, sparkles or any crafty item you may have at home. You may wish to use two bags so it does not break easily. Fold tape around the edges of the bag for further support. Create several and keep them in an area where your child can explore on their own.

CREATE PICTURE ALBUMS

You may print photos of family members and/or friends or have your children draw their own versions. Create a few books for them to browse during some “down-time” - This activity will help your child regulate their emotions if they are feeling a certain way about missing friends or family members. It also builds memory skills as they can recall names of objects/ animals/relatives and certain attributes associated with them.

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.

Alka's Kala Chana Salad (Black Chickpea Salad Recipe)

BY ALKA CHANDRA, ALPINE RESIDENT

Kala means black and Chana means chickpeas. Black chickpea salad is a nutritional heaven. Black chickpeas are high in protein, fiber and essential

vitamins and minerals contributing to improved digestion, weight management and overall health. It is an excellent choice for vegetarians and



vegans looking to boost their protein intake. It is simple, easy and zero oil salad recipe.

Kala Chana or black chickpeas are readily available in Indian grocery stores or on Amazon.

INGREDIENTS

- 1 cup black chickpeas
- 1/2 cup red onion diced finely
- 1/2 cup tomato diced finely
- 1-2 green chilies finely chopped (optional)
- 2 TBS. Cilantro leaves finely chopped
- 1 1/2 TBS. fresh lemon juice

SPICES

- 1/2 tsp. red chili powder
- 1 tsp. roasted cumin powder
- 1/2 tsp. black salt (if not available use white salt to taste)
- 1/2 tsp. black pepper

INSTRUCTIONS

1. Thoroughly rinse and soak, one cup of black chickpeas in 3 cups water overnight, so that they cook faster. The chickpeas will double in size when they are soaked. I use the Instant Pot Pressure Cooker (you can also use a traditional stovetop pressure cooker). Pressure cook rinsed and soaked black chickpeas and salt with 2.5 cups of water on high pressure for at least one hour and then let the pressure release naturally. Remove from Instant Pot, drain the water if any left (drink it if you can - full of vitamins and nutrients) and then place the chickpeas on a double layer of paper towels. Leave till all moisture has evaporated so that it is crunchy when eaten.

2. In a large mixing bowl, add the black chickpeas and salad ingredients. Add finely chopped red onions, tomatoes, green chilies and fresh chopped cilantro leaves. Add lemon juice, salt to taste and black pepper. Also, add fresh cumin powder (roast cumin seeds in pan till brown, then blend them to a powder in a blender). Give it all a good mix. You can also garnish with some pomegranate seeds, if you wish. Enjoy your oil free, high protein nutritious salad!!

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TARYN BYRON OF CORCORAN INFINITY PROPERTIES

Leading luxury Real Estate with vision, experience, & heart

TARYN'S PHOTOS BY ANDREW FEIN

In Bergen County's competitive and ever-evolving luxury real estate landscape, few names resonate with the same blend of authority and warmth as Taryn Byron. As a trusted agent at Corcoran Infinity Properties in Alpine, Taryn has built a reputation not only on her proven sales success and deep market knowledge, but also on a genuine ability to connect with clients navigating life's most meaningful transitions.

With more than 20 years in the industry, Taryn has become the go-to advisor for discerning homeowners and developers alike. Her dual expertise — in both luxury residential sales and large-scale new development — makes

her uniquely positioned to serve Bergen County's most sophisticated clientele.

What sets Taryn apart is a foundation steeped in real estate from day one. Raised in a family of real estate professionals, she learned early what it meant to deliver service rooted in integrity and results. That passion eventually evolved into formal studies in architecture and business management, later complemented by hands-on experience in construction management in Northern California's wine country — an immersion in high-end design and meticulous execution.

Her return to New Jersey marked the start of a defining chapter. Taryn took on roles that spanned owner's



representative, office management, and eventually sales, giving her a panoramic view of the real estate process from every angle. It's this broad-based knowledge that empowers her today to advocate fiercely for her clients while keeping every transaction seamlessly organized and stress-free. "I approach each sale as if it were my own," Taryn says. "My goal is to make the process effortless for my clients — to anticipate, communicate, and remove as much friction as possible.

Where you live is personal. It should never feel transactional."

While Taryn is known for her polished and professional demeanor, she is also refreshingly relatable. As a proud mom to her 9-year-old son, she balances her demanding career with family life — something that deeply informs her empathetic and thoughtful approach to real estate. "I love that as he's grown, he has become a little part of my world," she adds. "He often comes to preview properties with me and is starting to appreciate the beauty of what we do."

Currently, Taryn is leading sales efforts at The Woodlands, Bergen County's most exclusive new townhome community nestled across 15 private acres overlooking the Alpine Country Club. Starting at \$2.285 million, each of the 24 residences masterfully balances architectural elegance with modern amenities.

With expansive windows framing serene views, wide-plank oak flooring, imported Kuche+Cucina kitchens featuring SubZero and Wolf appliances, and spa-caliber primary suites, every element reflects thoughtful luxury. Private decks, radiant heated bathroom floors, and versatile lower levels ideal for home gyms or theaters enhance the living experience. Select homes even offer private elevators and first-floor primary suites, ensuring that no detail is left to chance. "The Woodlands isn't just about beautiful finishes — it's about lifestyle," Taryn notes. "From the private pool and clubhouse to the seamless flow of the homes themselves, it offers a turnkey solution for buyers seeking both sophistication and comfort."

Whether representing developers bringing visionary communities to life or helping families find their forever homes, Taryn Byron's approach remains rooted in trust, service, and results. She leads with experience, but never forgets the human side of real estate — after all, she lives it every day.

For private tours of The Woodlands or for personalized guidance on Bergen County's luxury market, connect with Taryn Byron at Corcoran Infinity Properties.



"The Woodlands isn't just about beautiful finishes — it's about lifestyle."



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Restore Vitality is an Integrative Medicine practice that focuses on Functional Medicine. My name is Gini Varghese and I am a nurse practitioner with 25 years of experience caring for people. I'm a Bergen County native who was raised in Teaneck. I operate primarily via telemedicine

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