

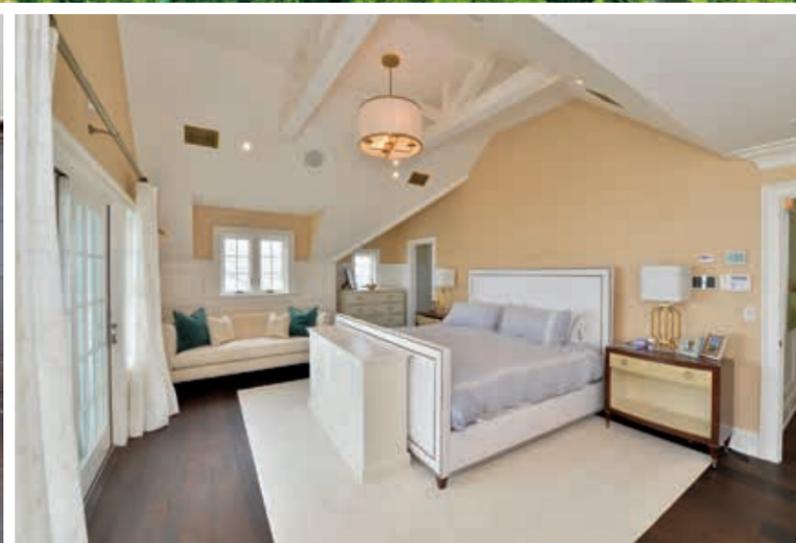
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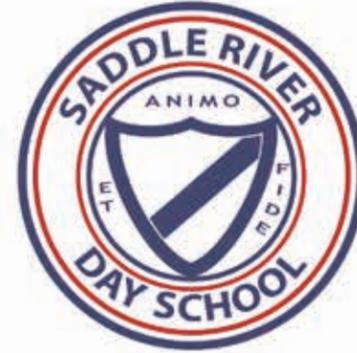
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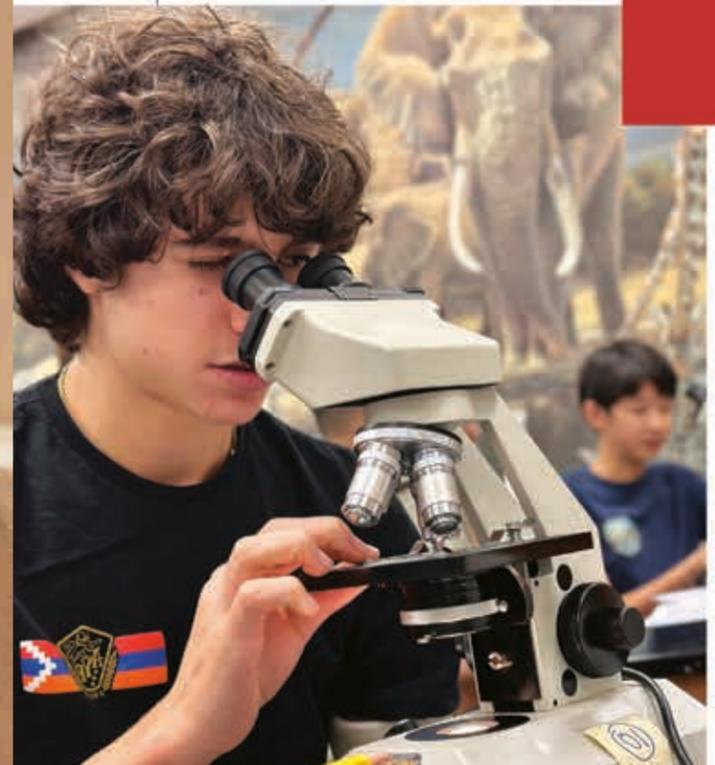
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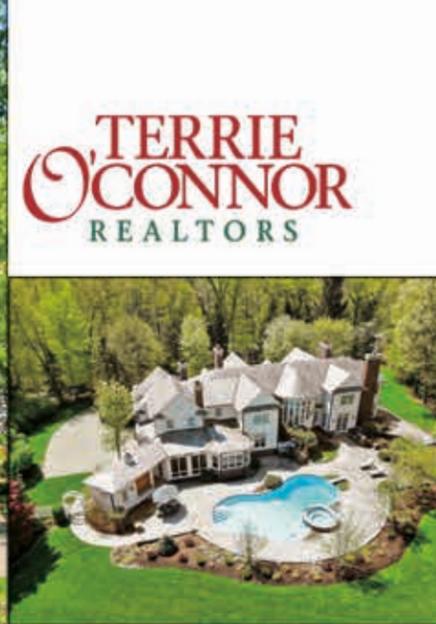
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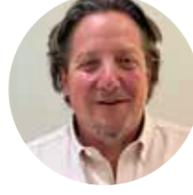
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POOLSIDE TO PICNIC

How to Protect Your Hearing Aids During Summer Fun

BY DR. ANN MARIE OLSON, SADDLE RIVER RESIDENT



Summer is a time for sunshine, travel, and time spent outdoors—from poolside relaxation to backyard barbecues. But for hearing aid users, the season also brings added challenges. Heat, humidity, and summer activities can affect how well your hearing aids function. Fortunately, a few smart habits can help you keep them safe and working their best.

Keep Moisture at Bay

Water is one of the biggest threats to hearing aids. Whether you're enjoying a dip in the pool or get caught in a summer downpour, always remove your devices before swimming, showering, or any high-moisture activity. Avoid leaving them on damp surfaces. For extra protection, consider using a hearing aid dehumidifier overnight to keep them dry and clean.

Know Your Hearing Aid's Water Resistance

Some hearing aids are built with enhanced water resistance, often through a special nanocoating that helps repel moisture from sensitive components like microphones. Devices rated **IP68** offer the highest level of protection—they're designed to withstand submersion in water up to one meter deep for up to an hour. However, not all hearing aids have this feature, so check with your hearing care professional to learn your device's specifications.

Beat the Heat

Heat can also damage your hearing aids. Don't leave them in a hot car, on a towel in the sun, or inside a pocket with direct sun exposure. If you remove them while out and about, place them in a protective case—never wrap them in a tissue, which can easily be mistaken for trash.

Clean Daily, Plan Ahead

Outdoor fun can mean exposure to dust, sweat, sunscreen, and debris. Wipe your hearing aids with a dry, soft cloth each day. Apply sunscreen before inserting your devices to avoid residue buildup. Heading on vacation? Pack backup supplies like batteries or wax guards and know where to find local hearing support if needed.

With just a bit of summer-savvy care, your hearing aids can keep up with every sunny moment.

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Dr Ann Marie Olson

Sophisticated Hearing

Owner and audiologist at Sophisticated Hearing – Ridgewood, NJ, and Saddle River Resident
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Meet Joshua

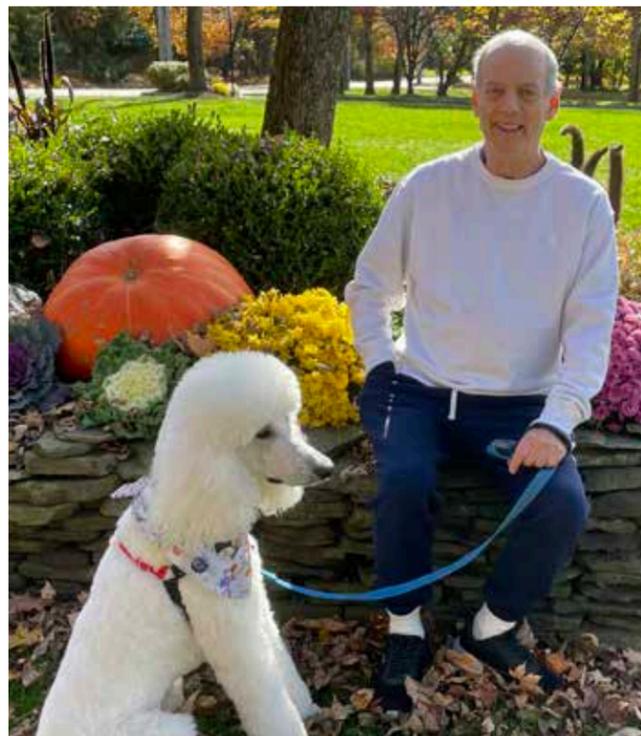
Elliot Bass' sweet, silly, and spoiled standard poodle who is stealing hearts



flopping onto his back for belly rubs in the middle of the living room, his playful spirit keeps everyone laughing. “He’s very silly and loves people,” Elliot says. “We honestly can’t walk him without someone stopping to say hello. And Joshua acts like they’re his best friend, even if he’s never met them.”

As for how spoiled he is? “As much as humanly possible,” Elliot laughs. From gourmet treats to plush beds (yes, plural), Joshua is living the good life—and giving back even more than he receives.

Joshua isn’t just a pet—he’s a best friend, a source of endless joy, and a furry family member who’s made an indelible mark on everyone around him.



IN THE BASS HOUSEHOLD, love comes in a curly-haired, tail-wagging form named Joshua. At 3.5 years old, this male standard poodle has already become an irreplaceable part of the family—and not just because of his luxurious coat or soulful eyes. Joshua brings a unique mix of charm, playfulness, and compassion that makes every day brighter for his humans.

The choice to bring Joshua into the family was almost instinctive. Standard poodles are something of a tradition for Elliot’s family—beloved companions who’ve left a legacy of wagging tails and happy memories. Joshua was the next in line, and he’s living up to the family name with style.

“Joshua isn’t just a pet—he’s a best friend.”

And about that name? It’s not just any Joshua. The pup was named after the velvety-voiced singer Josh Groban. “We loved the sound of Josh Groban,” Elliot shares with a smile. “It just suited him—gentle, warm, and full of personality.”

True to his name, Joshua is full of heart. Trained as a therapy dog, he’s not only a comforting presence at home but also brings joy and calm to others in need. His super-sweet, affectionate nature makes him a natural in that role. But don’t let the calm demeanor fool you—Joshua is a goofball at heart. Whether he’s trotting through the house with a slipper or



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WANDELL SCHOOL

4th Annual Family SEL Night



This year Wandell School celebrated its 4th Annual Social Emotional Learning Family Night event on April 10th which was well attended by families, students, school staff and Saddle River community members. With the tremendous support of the Peer Leader/Character Education chairs, Dr. Penna and Ms. Budds together with Supervisor of Special Services/School Psychologist Mrs. Boel, it was a fun filled night with dinner provided by Whistle Stop and funded by the Saddle River Education Association. There were student centered activities including the creation of a family kindness rock, trivia, peer leader/schoolwide presentations, an art display and a magic show. Trustworthiness, responsibility, citizenship, fairness, respect and caring were the themes

CONTINUED ►



highlighted throughout the evening and culminated with a magic/comedy show presented by Brian Richards titled “b Great” *“Do you want to be great? It begins with your character! It begins with you having the courage to do the right thing.”*

Mrs. Kim, Wandell Schools Art teacher together with each of the PreK-5th grade students created a Typography Art project which was on display at the event. This was a multilayered school wide project educating students on advanced art vocabulary as well as the essential character education themes of the night.

Each year since the inception of this event in April 2022, Wandell families create a piece of art during the evening event that is then displayed in the school to highlight the strong network and cohesiveness of the school community. **CONTINUED ►**





“DO YOU WANT TO BE GREAT?”

It begins with your character! It begins with you having the courage to do the right thing.”



Past project themes on display in the school are; plant a seed and kindness will grow, we are all an essential piece of the puzzle, If you can't see the sunshine, be the sunshine and this year's project will be titled "Wandell's Wonder Garden" and we are all members of this special garden.

Wandell is a supportive and magical school community with a dedicated board of education, parent organization/PAWS, education foundation, administration, stellar staff, supportive families and amazing students. We come together each day to learn, grow and connect. Academic achievement, personal growth and building meaningful relationships is at the core of each day and this fosters a sense of community where everyone can thrive.



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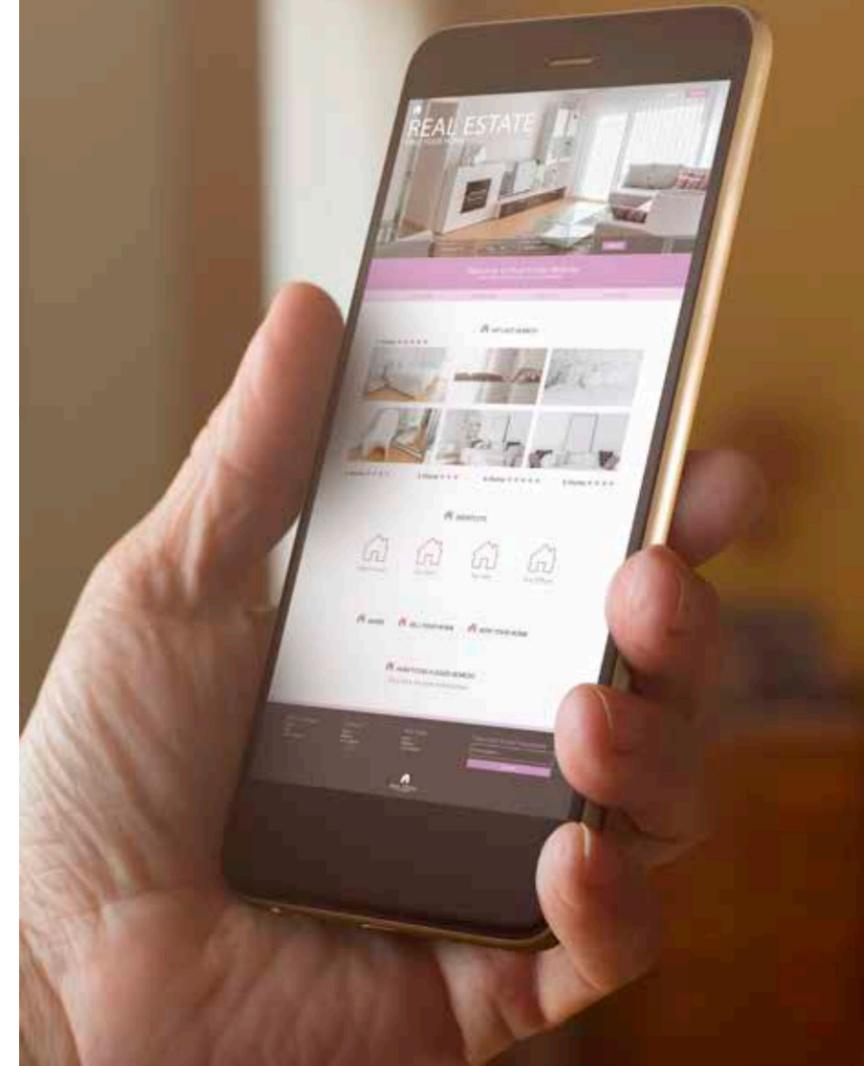
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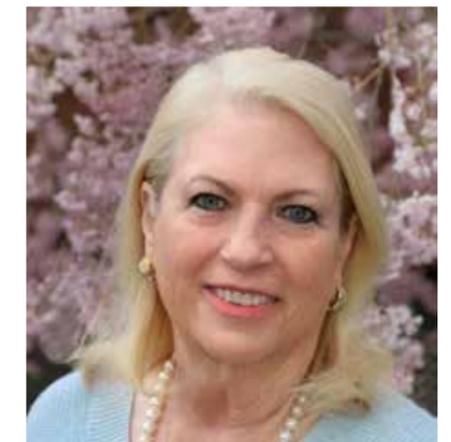
Concerned About The Volatility In The Stock Market?

BY TERRIE O'CONNOR,
SADDLE RIVER RESIDENT



not directly correlated with the stock market. This means that downturns in stock prices do not necessarily impact real estate values, providing a buffer against market swings. Investors are increasingly recognizing this benefit, leading to a surge in real estate investments as a means to achieve a more balanced and resilient investment portfolio.

Maybe it's time to consider your options and talk to us about the possibility of real estate as part of your long term financial goals. Its potential for steady income, inflation protection and low correlation with stock market movements make it a valuable component of a diversified investment strategy.



IF YOU, LIKE SO MANY of us, have had monies invested in the stock market as part of your long term financial strategy, the recent volatility reminiscent of past downturns may have you a bit concerned.

Leading Real Estate Of The World's chief economist, Marci Rossell, recently reminded us that it is important to review our financial portfolios on an annual basis and redistribute investment funds to continually balance our investments. Unfortunately, many of us seldom do!

The good news is it is never too late to review your financial plan and consider long term strategy options. One such method to do this that is gaining popularity most recently is real estate investing. The unpredictable nature of the stock market, influenced by factors such as trade tensions and tariff policies, has prompted investors to seek more stable avenues. Real estate offers tangible assets that can provide steady income and potential appreciation,

making it an attractive option for those looking to balance their portfolios.

Moreover, real estate investments can serve as a hedge against inflation. As inflation rises, property values and rental incomes often increase, preserving the purchasing power of investors. This characteristic makes real estate a compelling choice for long term wealth preservation. For example, historically residential real estate in the U.S. has provided average annual returns ranging from 8% to 12% factoring in both property appreciation and rental income according to the Storck team. Bankrate claims that commercial properties typically yield an average of 9.5% annually. Real Estate Investment Trusts (REITs) have also demonstrated strong performance, with certain sectors like self-storage delivering the most impressive average annualized returns of 17.3% over the past three decades according to The Motley Fool.

It is important to note that the real estate market's performance is

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Takeoff

BY SIRAHN TOUFAYAN

I HAVE LONG WONDERED

What it is like to fly.
To suddenly sprout wings
And take off into the sky.

When a gentle breeze nudges
My body forward,
It seems to sing in my ear
Begging me to lift upward.

I feel it tugging at my sleeves,
And pulling at my hair,
Dragging up my eyes
With gentle, playful care.

I watch as the birds
Soar overhead with grace,
Unburdened, unleashed,
Creatures belonging to any and every place.

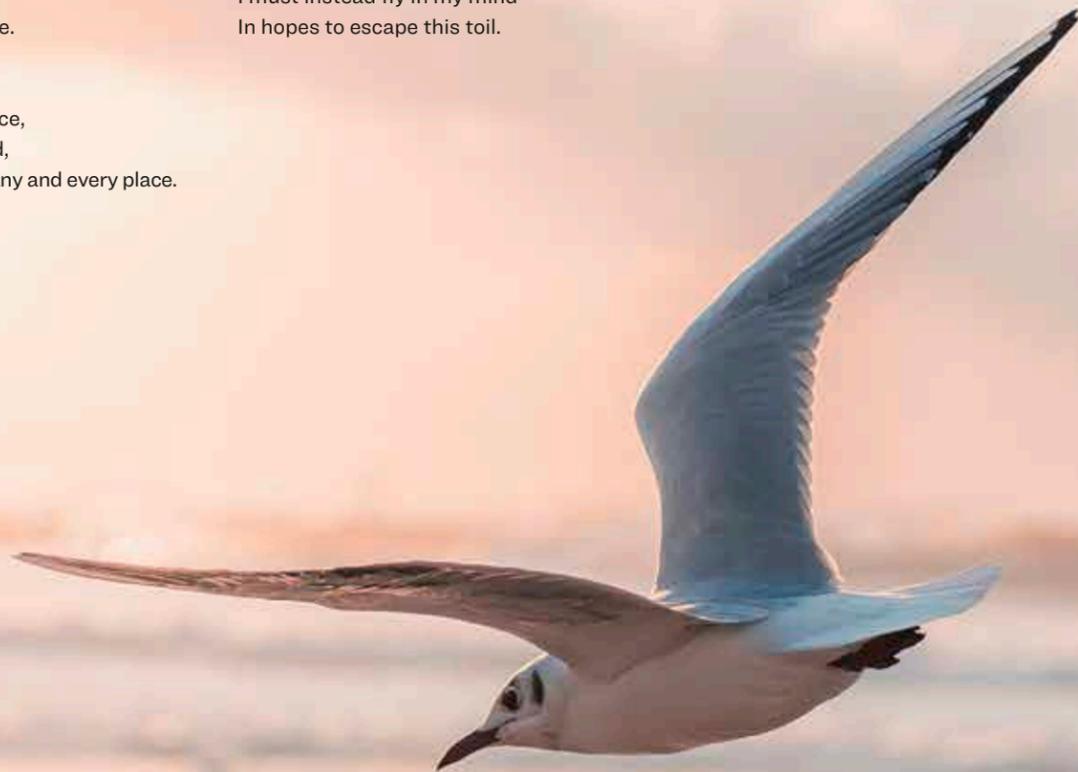
My awe and envy
Often flush my face,
As I yearn to take a leap
And lift off the ground, feeling my heart race.

I want to breathe in the sunlight
And drink in the moon
From high above in the distance
Right beside the loon.

And since my feet forever remain
Rooted to this earth's soil
I must instead fly in my mind
In hopes to escape this toil.



Saddle River
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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



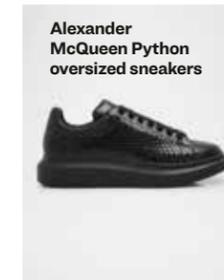
Moncler Meidassa wind resistant jacket



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

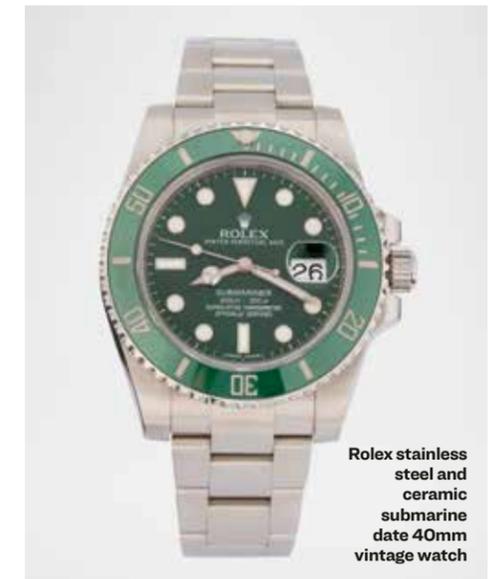
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Tumi 3-pack golf club cover set



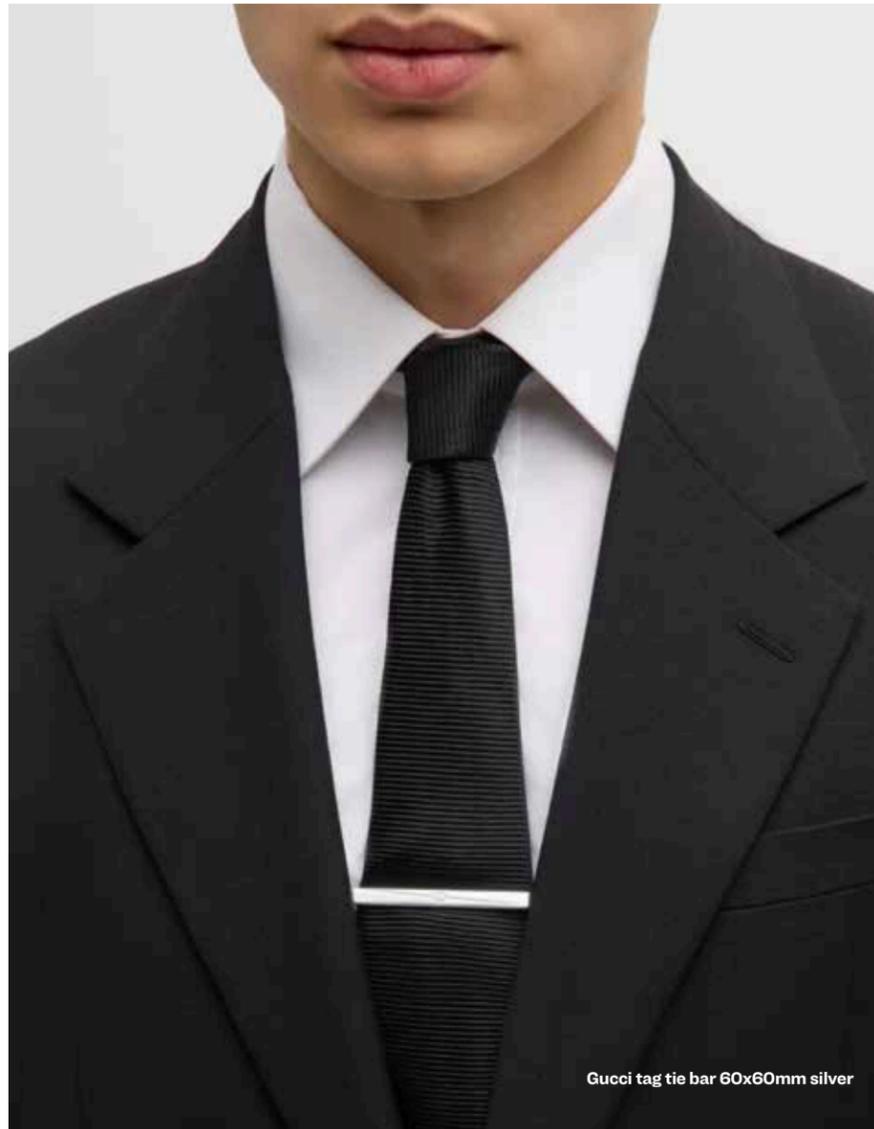
Versace twill Baroque Coupe Des Dieux camp shirt



Rolex stainless steel and ceramic submarine date 40mm vintage watch



Ferragamo Gancini reversible leather belt



- 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



- 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!



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Tick borne diseases

BY ROBERT G. LAHITA MD, PHD, FACP, MACR, FRCP AND SADDLE RIVER RESIDENT



We are entering summer 2025 and everyone is cognizant of the risks taken when hiking or camping, golfing and going to look for balls in the rough, or even simply working in the yard. There are diseases that the bite of a tick can cause. Let me talk about a few important facts about ticks and their diseases.

Understanding the Risks and Preventive Measures

Ticks, small arachnids found in many regions worldwide, transmit a variety of diseases through their bites. As tick populations increase and their habitats expand, tick-borne diseases have become a growing health concern. Among the most common tick-borne illnesses are Lyme disease, Rocky Mountain spotted fever, Anaplasmosis, Babesiosis, and Powassan virus infection. This last one is deadly, and most medical practitioners are not aware of the severity of the Powassan infection.

At the end of this article, I will give you some points on how to avoid ticks.

Lyme Disease

In North America, Lyme disease, caused by the bacterium *Borrelia burgdorferi*, is the most common tick-borne illness. The primary vector is the black-legged tick, also known as the deer tick. Symptoms often begin with fever, headache, fatigue, and a characteristic bull's-eye rash called erythema migrans. If untreated, the infection can spread to the joints, heart, and nervous system. Diagnosis is typically based on symptoms, physical findings, and a history of exposure to infected ticks, with laboratory tests used to confirm the diagnosis. Over 500,000 people will receive a diagnosis and treatment for Lyme

disease by year's end. Antibiotics, particularly doxycycline, are the standard treatment.

Rocky Mountain Spotted Fever

The American dog tick, the Rocky Mountain wood tick, and the brown dog tick transmit Rocky Mountain spotted fever (RMSF), caused by the bacterium *Rickettsia rickettsii*. Symptoms include fever, rash, headache, and muscle pain, and can become severe or fatal if not treated promptly. Early diagnosis and treatment with doxycycline are crucial for preventing serious complications.

Anaplasmosis

The bacterium *Anaplasma phagocytophilum* causes anaplasmosis, and black-legged and western black-legged ticks transmit it. Symptoms can range from mild to severe and include fever, headache, chills, and muscle aches. Doctors diagnose anaplasmosis through clinical symptoms and confirm it with laboratory tests. The recommended treatment is doxycycline.

An interesting fact about anaplasmosis is when I visited Shelter Island some years back, gave a lecture, and then went to a lawn party. Half the people on Shelter Island at that party were using crutches, because anaplasmosis, better known as Ehrlichiosis, was endemic on the island. It's also common in the Hamptons in the summer.

Babesiosis

Babesiosis is a malaria-like illness caused by babesia parasites, primarily transmitted by the black-legged tick. Symptoms can vary from mild to severe and include fever, chills, sweats, headache, body aches, nausea, and fatigue. In severe cases, it can

lead to hemolytic anemia and organ failure. Doctors make the diagnosis through blood tests, and treatment typically involves a combination of anti-parasitic and antibiotic medications.

The NY Long Island shoreline (Fire Island, for example) primarily harbors babesiosis in the summer. You must tell your doctor about your summer locations if the doctor is to order the proper tests to make a diagnosis.

Powassan Virus Infection

Powassan virus is a rare but serious tick-borne disease transmitted by the black-legged tick and the groundhog tick. Symptoms can range from mild flu-like symptoms to severe encephalitis and meningitis. Doctors have no specific treatment for Powassan virus.

Preventive Measures

Preventing tick-borne diseases involves reducing exposure to ticks. Key strategies include:

- To avoid ticks, stay on trails and avoid tall grass, bushes, and wooded areas that commonly harbor ticks.
- Using tick repellents: Apply insect repellents containing DEET or permethrin to skin and clothing.
- Wearing protective clothing: Wear long sleeves, long pants, and tuck pants into socks to minimize skin exposure.
- Conducting tick checks: After spending time outdoors, examine your body and your pets for ticks. Promptly remove any ticks using fine-tipped tweezers and save them for your doctor to make a diagnosis.
- Maintaining yard hygiene: Keep lawns mowed, remove leaf litter, and create barriers with wood chips or gravel between lawns and wooded areas.

Conclusion

As tick populations continue to rise, awareness and preventive measures are critical in reducing the incidence of tick-borne diseases. Early detection and prompt treatment are essential for managing these infections and minimizing their impact on your health. By understanding the risks and taking appropriate precautions, individuals can protect themselves and their families from the dangers posed by ticks.

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FROM UNCERTAINTY TO SUCCESS

How Saddle River Day School guides students on the road to college success



Graduation Poppers

Over the past five years, the college admissions process has undergone enormous changes; submitting test scores was optional but now it might not be anymore, AI has entered the conversation and the future of the college essay is in doubt, the value of Advanced Placement classes and tests has been questioned, and the cost of a college education has continued to increase.

For both parents and students, the ever-evolving college admissions landscape has become increasingly stressful and uncertain. That's why having a knowledgeable, experienced partner can make all the difference in what is often one of the most significant milestones in a high school student's life. To provide even more comprehensive support, Saddle River Day School expanded its College Counseling Office last fall to include two full-time college counselors. Director of College Counseling Karen Ferretti was joined by Ms. Jackie Williams, a seasoned professional with experience on both sides of the admissions process. Jackie came to SRDS from Ma'ayanot Yeshiva High School, where she served since 2022. Her prior roles in admissions at Stevens Institute of Technology, the College of Mount Saint Vincent, and NYU—along with her undergraduate degree from Muhlenberg College and a

Master's in Public Administration from NYU—equip her with a deep understanding of the process and a valuable network of connections. Her insight and enthusiasm have made her a welcome and impactful addition to the Saddle River Day School community.

This year, Karen and Jackie partnered to develop a thoughtful, student-centered framework that allowed them to truly understand each Upper School student as a unique individual. For the Class of 2025, Karen served as the primary advisor, offering individualized guidance and strategic insight throughout the college application process. Jackie led the fall seminar for juniors and later transitioned to working with sophomores as they began their college exploration in the winter—just as Karen resumed seminar instruction for the juniors. Together, their goal remains clear: to gain a comprehensive understanding of each student's academic profile, extracurricular passions, and personal strengths, and to use that knowledge to craft a customized, well-balanced list of colleges that align with each student's goals and values.

So how does a student begin to narrow their choices, and what exactly is the latest on what's happening with all the changes in the college admissions process?

Karen Ferretti emphasizes that the best way for students to begin understanding their college options is still by visiting campuses in person. It's often during these visits that students start to recognize the factors that matter most to them—such as location, proximity to home, available degree programs, research opportunities, campus culture, facilities, investment in career services, and overall cost. Frequently, she notes, the college a student has long dreamed of attending turns out to be an imperfect fit when faced with the reality of a remote rural setting, a lack of a defined campus, or an environment that feels either too large or too small. The ultimate goal of the College Counseling Office is to ensure students are well-informed and approach the application process with a broad and realistic list of options—not just one “dream” school.

Ms. Ferretti also notes a renewed shift toward standardized testing, with some colleges reinstating ACT or SAT score requirements as a practical way to streamline the selection process amid staffing reductions. As for concerns about artificial intelligence replacing the traditional personal essay, she believes those worries are premature. Experienced admissions officers can still easily distinguish between an essay written by a student and one crafted by AI—or even an overly involved parent.

Advanced Placement (AP) courses remain a staple of the academic landscape, and Ferretti predicts their role may even expand as colleges continue to explore how to evaluate AP exam scores for credit. She is hopeful that as application numbers remain heavily concentrated at a small group of

highly selective schools, students will start to explore lesser-known institutions—many of which offer dynamic programs, passionate faculty, and unique opportunities that are too often overlooked. To encourage this, one of the first assignments in her college seminar asks students to research and present a lesser-known college to their classmates. The result is often a surprising discovery of a school that ends up on their final college list—one they may never have considered otherwise.

In the end, the college application process is all about finding the place from which a student can launch their career. Karen Ferretti believes that Saddle River Day School students have a distinct advantage because in their classrooms and with their friends and teachers, SRDS students have developed an acute self-awareness, and a confidence in their intelligence that enables them to assess critically, question rigorously, and choose decisively. This is the hallmark of a Saddle River Day School education, and one of the many factors that set SRDS students apart from their peers. **The results speak for themselves. This year, members of the Class of 2025 have earned admission to some of the most selective and inspiring institutions across the country, including Boston University, Bucknell, Colgate, Cornell, Duke, Johns Hopkins, MIT, NYU, Vanderbilt, and Wake Forest.**

These outcomes underscore the power of a personalized, thoughtful college counseling process—one that Saddle River Day School continues to refine and strengthen every year.

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Cap Toss

Stories from Our Family Kithchen

Happy Father's Day

BY PAULIE VALETUTTI, SADDLE RIVER RESIDENT

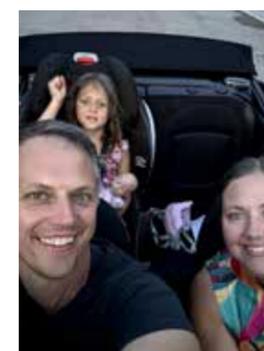
Happy Father's Day to all the dads out there! Whether you are celebrating Dad by the beach, on the links, or overseas, cheers to the man in our lives that we call Dad. June is such a great month here in the Northeast and a perfect time to get outside and grill up some food with or for a Dad. We are certainly going to be spending time outside!

With the early garden season in swing, veggies are plentiful again at the dinner table. Fresh salads, the first fruits, and plenty of herbs help to round out each meal. Father's Day usually highlights proteins from the grill, but don't sleep on the side dishes. That is where creativity and variety can shine. From herb sauces and drizzles to grilled Caesar salad, have fun with it and try out new recipes, or reinvent old favorites by preparing them a different way to give them new life.

The local farm stands, CSA, and even grocery stores are more vibrant with fresh produce. There are so many interesting ways to prepare regular old boring vegetables, especially ones that dad usually will not eat. Add an herb drizzle to meats and veggies to entice anyone to go back for seconds.

When was the last time you made meat skewers or kebabs? I know that it has been a while for me, and I am looking forward to making them this summer. They are great to skewer ahead of guests arriving and they are just calling for some type of herbs or sauce to be poured over them. Make sure to soak the bamboo skewers in water/beer before using them on the grill.

Sometimes Dad can be the unsung hero around the house, make sure to celebrate him this year and cook him up something delicious to eat. Not sure what to grill this year? Cube up some sirloin, large dice some peppers and red onions, grill and top with an herb drizzle, you can not go wrong!



HAPPY FATHER'S DAY TO ALL THE DADS OUT THERE!

Truffle Honey Herb Drizzle

INGREDIENTS

- 1/2 bunch of parsley or equivalent if from your garden
- 1 bunch of cilantro or equivalent if from your garden
- 5 -10 chives (a small handful)
- 1 clove garlic
- Juice of a lemon
- 1 Tablespoon Black truffle honey
- 1/2 teaspoon red pepper flakes
- 1/2 teaspoon salt
- 1/4 cup olive oil
- 1/4 cup water

INSTRUCTIONS

1. Remove the stems from the parsley and cilantro. Peel the skin off of the garlic.
2. Combine all ingredients in a blender or mini food processor and gently pulse until smooth.
3. Store in an airtight container in the fridge or freeze in ice cube trays.
4. Drizzle over grilled meat and veggies
5. Stir into rice dishes



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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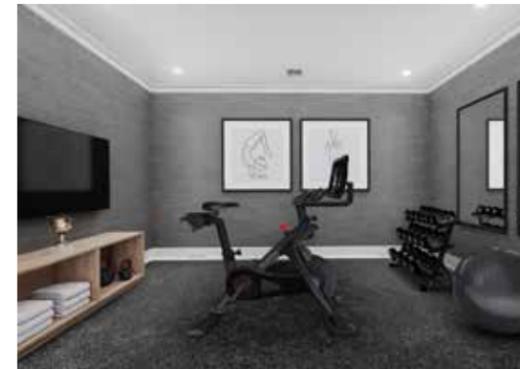


The Woodlands is Bergen County's most exclusive new townhome community nestled across 15 private acres overlooking the Alpine Country Club. Starting at \$2.285 million, each of the 24 residences masterfully balances architectural elegance with modern amenities.

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."

For private tours of The Woodlands connect with Taryn Byron at Corcoran Infinity Properties.



THE WOODLANDS



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