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Client: LivWell
Size: Full
Location: Standard



6.3 ACRE EUROPEAN ESTATE \$5,795,000

SADDLE RIVER 9000+square foot European gem built in 2010. Huge kitchen opening to massive great room, generously proportioned bedrooms including a very large primary suite. Extensive trim and high ceilings throughout. The lower level offers recreation room with a fireplace, gym, theater, bedroom/bath, indoor salt water lap pool and more! Elevator to 3 floors. 80KW generator, outdoor salt water pool, full-service cabana, outdoor walking paths around the estate. 4-car garage.



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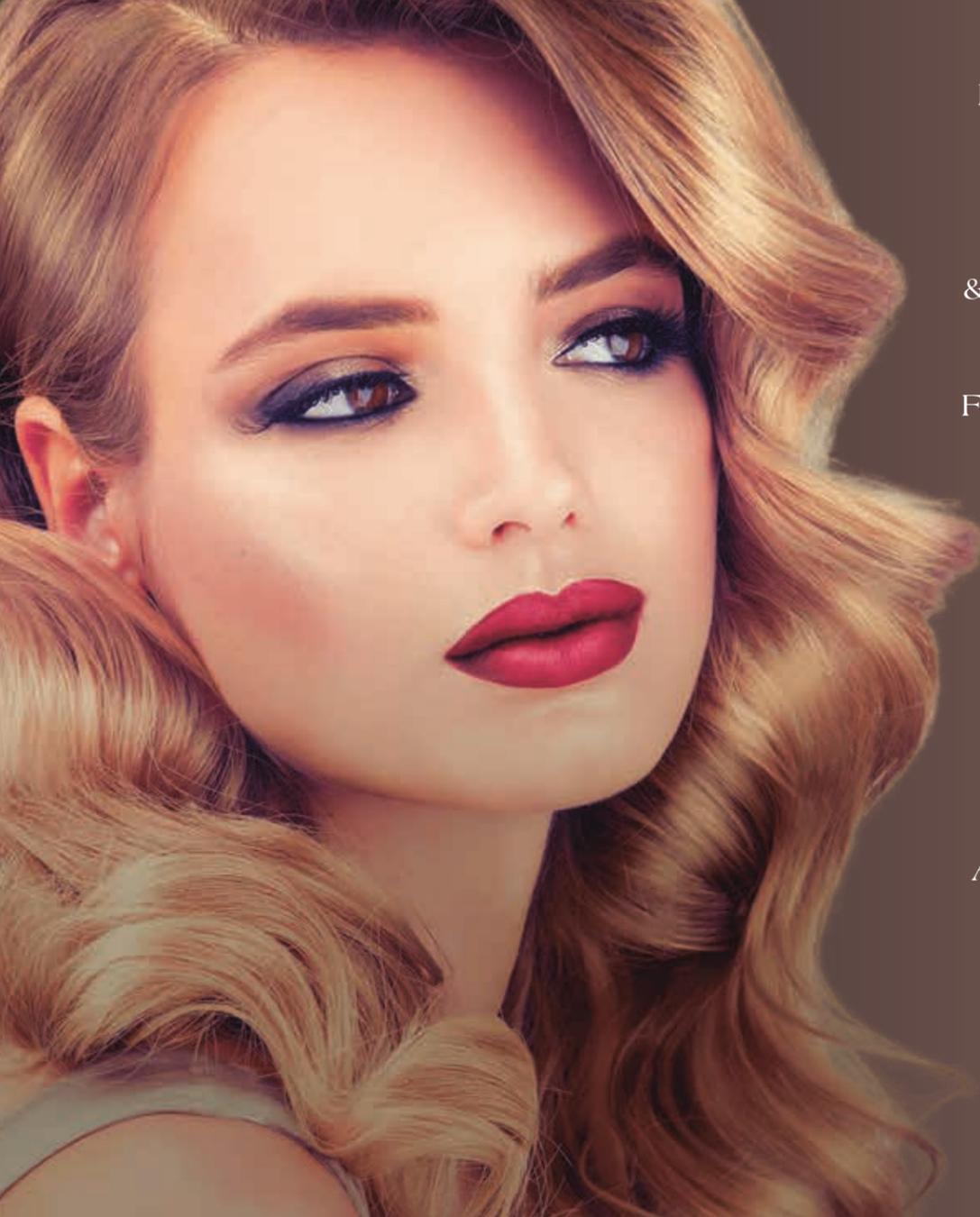
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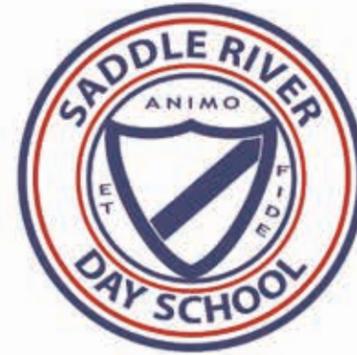


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WANDELL SCHOOL NEWS

BY RICHARD FREEDMAN, WANDELL SCHOOL INTERIM SUPERINTENDENT/PRINCIPAL



I WOULD LIKE TO OFFER the community the opportunity to explore two organizations that help make Wandell School a magical place for our Saddle River children to attend. Please take the time to explore their work and participate in the life of the Saddle River educational community.

The Wandell School Education Foundation

The Wandell School Education Foundation is a registered 501 (c) (3) nonprofit organization run by parent volunteers. The Foundation is committed to enhancing educational opportunities that promote academic excellence at Wandell School. The Foundation is non-political and operates independent of the Saddle River Board of Education. The organization strives to enrich the educational experience with projects, programs, technology, and resources that are outside of the normal school district's operational budget. Wandell is lucky to have such a wonderful group of committed community members that help continue a tradition of excellence in education.



PAWS

PAWS, or the Parent Association of Wandell School, was formed in 2017 with the mission to support enriching programs, school spirit and unity between the school, parents and the community for the benefit of all Wandell students. They hold monthly meetings to provide updates about programs and disseminate important information to parents/guardians. They strive to help create and explore school initiatives and support new ideas. All Wandell School parents/guardians are encouraged to participate so as to make the Wandell experience the best it can be for our students.



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Questions & Answers

This month, we have a variety of questions from readers. I always try to answer them all. I will personally answer some questions by email, especially those asked through my podcast.

I have insomnia, and I am always trying to sleep. Are there any secrets to sleeping through the night?

Many people experience significant anxiety because of sleep problems. Most people cannot go to sleep; they have no issues once they get to sleep. Other people get to sleep but then wake every two to three hours. America is a nation of sleep-deprived people. According to the Communicable Disease Center, some 14.5% of US adults report having problems falling asleep. One in seven adults has trouble falling asleep. Women are more likely to have difficulty falling asleep. Many people fall asleep but then complain about

the quality of their sleep and wake up unrefreshed. Japan is the most sleep-deprived nation in the world.

Some people benefit from sleeping in a cooler room, while others benefit from background noise, such as a fan or recording of nature sounds.

Meditation helps people fall asleep but not stay asleep. If you learn to meditate, your sleep quality might improve.

The simplest way to go to sleep is to take Benadryl 25 mg. It has soporific properties as an antihistamine, but that small dose is not enough to make you drowsy the next day. Other agents include Lunesta, Ambien, and sometimes antidepressants like amitriptyline or duloxetine, which are adjuncts to good sleep when taken at bedtime.

A recent study suggests that the anti-depressant, Remeron, or Mirtazapine could improve insomnia symptoms over a short time. You would need to get this from your physician.

Many patients have trouble staying asleep because of pain in their joints or muscles. In that case, Advil, or Aspirin might help.

Just remember that doctors don't recommend nightly use of sleep aids and see your doctor if the sleep issue persists.

What is this about nerve paralysis after some vaccines?

I believe you are referring to a condition called Guillain-Barre syndrome (GBS). We have heard a lot about this condition because of the huge number of people getting vaccinated. This can rarely occur within 42 days of vaccination, and no one knows who will get this condition. We don't know whether certain conditions predispose people to have vaccine side effects. It typically resolves on its own, though hospitalization may be necessary to prevent complications. One vaccine for respiratory syncytial virus

(RSV), Abrysvo, now warns about an increased risk of GBS.

What is RSV?

This is a tough infection. It used to be common in children, but now adults are getting it. It develops as a respiratory tract infection with signs such as nasal congestion and a runny nose. You will develop a sore throat 3-5 days after infection. People get weak, lose their appetites, and develop a fever along the way. People may confuse it with the flu. In people with bad hearts, it can begin as a cardiac event like chest pain or severe shortness of breath. It can develop into severe pneumonia, bronchitis, or COPD/asthma worsening.

What is Guillain-Barre Syndrome?

This is acute polyneuropathy, meaning the immune system attacks many nerves in your body. People say that *Campylobacter**, one of my favorite bacteria, is most associated with the condition. (One of my first papers in 1974 dealt with Campylobacter infections). Infections are the primary cause of GBS, not vaccines. The vaccine connection began with the large number of people vaccinated in the last 4 years because of COVID-19. Finally, GBS occurs all over the world and

the overall incidence is 1-2 people per 100,000. The older you get, the more likely you are to get GBS.

What is happening with the Bird Flu scare?

Bird flu is around us. There have been 67 confirmed cases of bird flu in humans in the USA since 2024, according to the CDC. However, bird flu has affected 126,800 birds in the New York area since 2022. In April of last year some 25000 birds in New York had bird flu. While no human cases of bird flu have occurred in this part of the country, the occurrence of bird flu in New Jersey and New York has been concerning.

What should people be aware of when considering they might have bird flu?

Be mindful of red eyes or eye irritation, which is often the first sign of bird flu. We call this conjunctivitis. Other symptoms are mild fever (100 degrees Fahrenheit), cough with sore throat, runny or stuffy nose, muscle, and body aches, headaches, fatigue.

Fever might not be present and rarely diarrhea, nausea, and vomiting can be present.

Most infections occur around people who are close to birds and in contact with their feces, saliva, or

nasal fluid. Extensive and unprotected contact with infected birds will allow you to get the infection.

Is there a vaccine for bird flu?

No, there is no specific vaccine for humans who are at risk of bird flu infection. However, getting the regular flu shot can help. The bird flu H5N1 and H7N9 are two forms of bird flu. Recent investigational papers revealed that the regular flu shot protected 15% of young people from bird flu infection.

Our recommendation?

Get regular flu shots each year. If enough people get infected with avian flu, scientists will develop a vaccine to protect those at risk of infection and serious illness.

Don't forget to look at www.healthfrontierspod.com. It is free and informative.



Robert G. Lahita MD, PhD, FACP, MACR, FRCP, 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. r.lahita@att.net, phone: 973 754 4175



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Rediscovering the Sounds of Life

A Hearing Healthcare Perspective

BY DR. ANN MARIE OLSON, OWNER AND AUDIOLOGIST AT SOPHISTICATED HEARING – HOHOKUS, NJ, AND SADDLE RIVER RESIDENT

Spring is a time of renewal, bringing with it the vibrant sounds of nature: chirping birds, rustling leaves, and flowing streams. These sounds are more than just seasonal highlights; they are essential components of our auditory health and overall well-being. For individuals with hearing loss, staying connected to these sounds through proper hearing healthcare is vital.



Hearing loss is a widespread health issue, affecting millions of people globally. It can stem from various factors, including aging, prolonged noise exposure, genetic predispositions, and medical conditions. Left untreated, hearing loss can lead to significant consequences, such as social isolation, depression, and even cognitive decline. The brain relies on consistent auditory input to remain stimulated and engaged. When hearing diminishes, the lack of sound can weaken the auditory system and impair cognitive function.

Auditory processing is another critical component of hearing health. This refers to the brain's ability to interpret and make sense of the sounds it receives. Even with mild hearing loss, the brain may struggle to process complex auditory information, such as distinguishing speech from background noise or identifying subtle nuances in tone. Proper auditory stimulation through hearing technologies not only enhances sound perception but also supports the brain's processing abilities, ensuring smoother communication and comprehension.

“Modern hearing solutions are tailored to individual needs, helping people reconnect with their environment and loved ones.”

The importance of auditory stimulation cannot be overstated. Just as physical activity keeps the body healthy; sound keeps the brain's auditory centers active. This underscores the need for timely intervention through hearing technologies such as hearing aids, cochlear implants, or bone-anchored systems. These devices are designed to amplify and clarify sound, ensuring the brain receives the stimulation it requires. Modern hearing solutions are tailored to individual needs, helping people reconnect with their environment and loved ones.

Spring is the perfect season to highlight the transformative impact of hearing healthcare. The songs of birds, the hum of bees, and the laughter of children at play are all sounds that enrich our lives. For those with hearing loss, these auditory experiences can be restored with the right hearing solutions. Hearing aids not only allow individuals to enjoy the beauty of nature but also improve communication and safety by enhancing speech understanding and making critical environmental sounds more audible.

The benefits of addressing hearing loss extend beyond the sensory experience. Hearing aids and assistive devices support mental and emotional health by facilitating meaningful connections

with family and friends. They also play a crucial role in maintaining cognitive health by ensuring the brain remains engaged with the world around it.

If you or someone you care about is struggling with hearing challenges, consulting a hearing healthcare professional is the first step. A comprehensive hearing evaluation can provide a clear picture of hearing abilities and guide the selection of appropriate solutions. This Spring let's celebrate growth, renewal, and reconnection by prioritizing our hearing health. Embrace the sounds of life

and rediscover the joy they bring through the transformative power of hearing healthcare.



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The State of Commercial Real Estate

BY TERRIE O'CONNOR, SADDLE RIVER RESIDENT



IT IS NO SECRET the commercial real estate market is evolving significantly post-pandemic, with trends shaped by shifting work habits, technological advancements, and economic conditions. The market in Northern New Jersey has long been a dynamic and competitive environment. With its proximity to New York City, robust transportation infrastructure, and diverse economic base, the region remains a hotbed of activity for office, industrial, retail, and multifamily developments. As we look ahead to 2025, several key trends and factors are shaping the commercial landscape in Northern New Jersey.

Office Space Is Transforming: The office market in Northern New Jersey continues to face headwinds as companies adapt to hybrid work models. While the pandemic accelerated the shift away from traditional office setups, employers are now prioritizing flexible, high-quality spaces that support collaboration and employee well-being.

In response, landlords are retrofitting older properties with modern amenities such as wellness spaces, advanced HVAC systems, and technology-driven work environments. Suburban office markets like Morristown and Parsippany are seeing a resurgence in interest as they offer convenient alternatives to New York City. However, overall office vacancy rates are projected to remain elevated in 2025, particularly for Class B and C properties.

The Retail Sector is Adjusting: Brick and mortar retail continues to face pressure from online shopping. However, savvy retailers have realized that experiential shopping that offers unique, in-person experiences is becoming the way of the future. Community centric retail developments that we see popping up across our area will serve as community hubs and mixed use environments have become popular. High-traffic areas such as Paramus and Hoboken, in particular, are seeing new investment in these lifestyle centers and boutique storefronts.

Retailers are also leveraging technology to integrate e-commerce with in-store operations, creating omnichannel experiences. While legacy malls continue to struggle, repositioning efforts, such as adding residential and office components, are breathing new life into some properties.

Industrial Real Estate Continues To Boom: The industrial sector is expected to remain the strongest segment of Northern New Jersey's commercial real estate market through 2025. Fueled by e-commerce growth, the demand for logistics and warehousing facilities shows no signs of slowing down. Northern New Jersey's access to major highways, ports and airports makes it a prime location for delivery and distribution centers.

Key submarkets such as Newark, Secaucus, and Elizabeth are experiencing historically low vacancy rates, pushing rents higher. Developers are responding by building state-of-the-

art facilities, with sustainability features and automation-ready designs becoming standard. However, the scarcity of developable land and rising construction costs could constrain supply, further driving up competition for existing spaces.

Multifamily Development Vigorous: The multifamily market in Northern New Jersey remains robust, driven by strong demand for housing. The region's proximity to New York City and access to high-paying job markets while offering a more relaxed suburban lifestyle make it a desirable location for young professionals and families. Towns such as Jersey City, Hackensack, and Hoboken are leading the charge with new luxury housing developments.

However, affordability remains a critical concern, with higher borrowing costs pressuring developers and investors to command ever rising rents that are outpacing income growth for many residents. State and local governments are pushing for more affordable housing units in new developments, which could reshape the market dynamics in 2025. Developers are also incorporating green building practices and amenities that appeal to eco-conscious renters. The commercial real estate market in Northern New Jersey is poised for continued evolution in 2025. While certain sectors like industrial and multifamily are thriving, others, such as office and retail, are navigating a period of transformation. By embracing innovation and adapting to changing demands, the region's commercial real estate stakeholders have begun to

capitalize on opportunities and build a resilient market for the future. The fact that Northern New Jersey continues to serve as a gateway to the metro New York area provides a strategic advantage that ensures commercial real estate will remain a vital driver of economic growth for years to come.



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The Devils' Mid-Season Reality Check

How the season got flipped upside down

BY SAMANTHA HOLDEN, SADDLE RIVER RESIDENT

IT SEEMS LIKE JUST YESTERDAY the Devils were kicking off the 2024-25 NHL season in Prague with two back-to-back matches against former head coach Lindy Ruff's Buffalo Sabres. With two victories, fans began ignoring the possibility of New Jersey having another disappointing season out of the playoffs. The dominance of this team continued to make itself known throughout the league thanks to a pair of noticeable wins against the defending Stanley Cup Champions, the Florida Panthers, and splitting the season series against division rivals in the Washington Capitals and the Carolina Hurricanes.



Starting the season earlier than the rest of the league, the Devils have been on a constant grind, suiting up for more games than most if not all the other teams. As the two-day holiday break approached, the organization hoped the downtime resulted in an even better Devils team.

Spoiler Alert: That did not happen.

It was the opposite that had transpired. While New Jersey initially came back with a bang, defeating Carolina 4-2 for their 5th straight home win, it quickly went south from there. Going 1-4-1 on their road trip and ultimately winning only 3 of their first 12 games back from break, it was nearing the time to hit the panic button if you are a fan of or affiliated with the Devils organization.

But what went wrong? To go on such a miserable run for most of January, there must be several areas of the game that are not up to par, and for New Jersey, there were. Here is what they can do better.

Play Better in Front of Jake Allen

There is no debate that Jacob Markstrom is the Devils' starting goaltender. Jake Allen has been quoted saying that

himself. On any team, each person has their own unique role, and for the 34-year-old Canadian, his is to offer support to Markstrom and just put his all onto the ice when he is called upon to get the start.

But even then, Jake Allen has not had many wins lately, and it is not because he is a liability in net. He has been stable despite his 6-game run without getting 2 points. Only with the injury to Jacob Markstrom that is taking him out for at least a month is Jake now finding himself in the win column, winning his past two games as of January 26th, these being his first since November 23. For once, the goaltending was the best and most consistent part of the Devils' game. However, now for whatever reason, with Allen, they struggle to find the offensive prowess they usually have with Markstrom between the pipes.

Score Goals

It is well known throughout the NHL that if you want to win games, you'll have to score some goals. For New Jersey, that typically has not been a problem. With players like Jack Hughes, Jesper Bratt, Nico Hischier, and Timo Meier making up your forward core in addition to Luke Hughes and Dougie Hamilton on the blue line, it has become normal for the puck to end up in the back of the net off those guys' sticks.

That has not been the case lately, and while this is a concern now, this issue has been creeping in since the beginning of the season. The Devils have already been shutout six times. During the record-breaking year they had in the 2022-23 season, New Jersey scored at least once during the 82-game period. This was part of a 113 non-shutout streak the team had gone on.

A lot of the discussion around the dried-up offense had to do with the Devils' depth pieces, many of which exceeded expectations in the beginning of the season. Forward Paul Cotter started the season off with 5 goals in New Jersey's first 5 games. Also on that third line is Erik Haula, who had 9 points in the first 13 games. These guys were stepping up when those who usually produce were having off nights.

In their home game against the Philadelphia Flyers, New Jersey put up a pitiful 13 shots on goal, with their one goal coming from Tomas Tatar, a fourth liner.

Unfortunately, scoring has dipped recently, and there was a long stretch where the Devils' bottom six had been adding absolutely nothing to the offense. With these two players in mind specifically, Paul Cotter went 19 games without scoring a goal, and Erik Haula is currently on an 18-game pointless streak, one he cannot break until returning from his sprained ankle. Ignoring the third line altogether, nothing is generated from the fourth line.



is their inability to hit their peaks at the same time.

Do not Just Shoot But Score Too

Amid their third 4-game winless streak of the season, the Devils hit a new low in shots on goal through 60 minutes. In their home game against the Philadelphia Flyers, New Jersey put up a pitiful 13 shots on goal, with their one goal coming from Tomas Tatar, a fourth liner.

To combat this disappointing performance, they showed a very shoot-first mindset against the Ottawa Senators the following night. With 17 shots on goal in the first period alone, they had already surpassed their total from the entirety of the previous night's game. They then proceeded to be outshot by Ottawa 18-10 through the next two periods. To make matters worse, New Jersey did not convert on one of their shots during the first 20. So, although they were focused on getting pucks on net, all that built-up momentum did not matter in the grand scheme of things, and Ottawa grabbed the victory by a score of 2-1.

This is just another testament to how poor the team has been in generating offense recently. Any one of the 32 teams in the NHL can shoot the puck at the goaltender without any difficulties, but not all can find a way to get that puck in the back of the net, and that is something every single player on the roster is struggling to do.

Furthermore, failing to score at least 3 goals, the Devils have a record of 0-14-3 on the year. There is clearly a need for things to be shaken up in the lineup department if New Jersey statistically needs to produce more to win.

Stop Turning Over the Puck

Right before the holiday break, defensively, the Devils were playing their best stretch of hockey that fans have seen in years. They broke an NHL record for the most consecutive games surrendering 20 shots or less with 7 matches. Since then, that structured play has

A big point of concern among New Jersey's dip in defense has been the costly turnovers. These issues were especially noticeable in New Jersey's 2-3 OT loss to their rivals in the New York Rangers, one that came at the hands of Jack Hughes.

disappeared, only going 2 games within their first 13 back from break allowing less than 3 goals.

A big point of concern among New Jersey's dip in defense has been the costly turnovers. These issues were especially noticeable in New Jersey's 2-3 OT loss to their rivals in the New York Rangers, one that came at the hands of Jack Hughes. While Hughes has been credited highly for his massive improvement in the defensive part of his game, there are some concerning areas.

The match marked the last of the team's five-game road trip, and they looked to end it on a high note in Madison Square Garden. It was not the best performance from the Devils, but they already ensured one point heading into overtime against the Rangers. In a part of the game where Jack Hughes usually thrives, he was not on his A-game that night, turning the puck over on three separate occasions. Jacob Markstrom was able to bail the Devils' star forward out on the first two chances, stopping a breakaway and 2-on-1. However, the third mistake proved to be costly, as the Rangers finally converted and reigned victorious.



Hughes usually thrives, he was not on his A-game that night, turning the puck over on three separate occasions.

Focus on the Future

It is not surprising that there are things to complain about with this New Jersey Devils team. No team is perfect, and there is always going to be at least one part of any NHL team's game that can get better. However, to become a real contender and win the cup, you must at least be decent at all of them. For New Jersey, that is something they need to dial in on.

Despite everything, the Devils need to find a way to string together a few points, and based on their pre-Christmas break play, they are capable of doing so.



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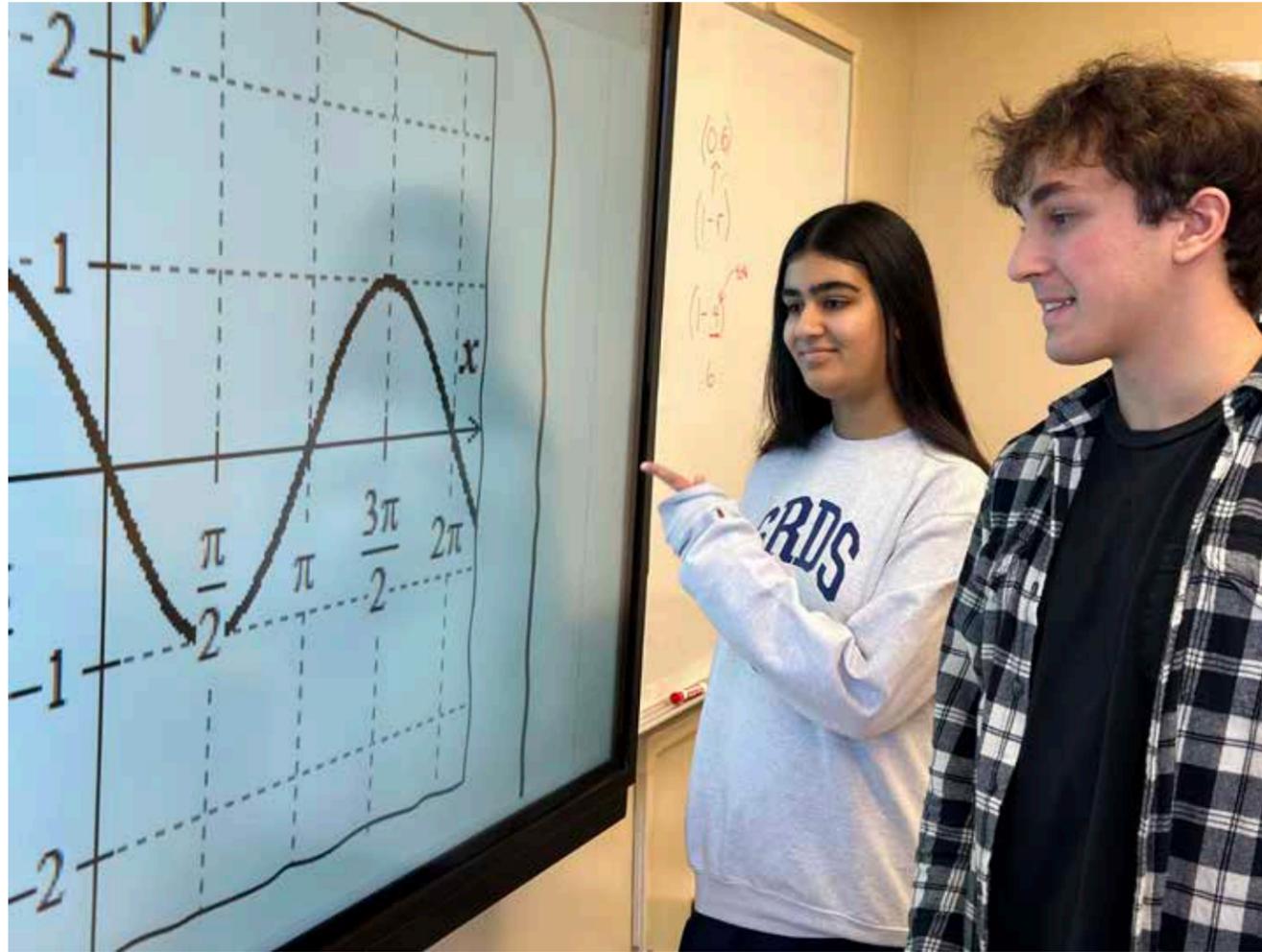
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- Philosophy
- Leadership

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For students looking to challenge themselves, prepare for college entrance exams, or explore new interests, SRDS offers week-long non-credit enrichment courses. These

classes provide hands-on learning in a stress-free environment.

Overall Course Offerings Include:
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Yes, summer is for relaxing—but it's also the perfect time to stay sharp, explore new interests, and prepare for the next academic year. SRDS Summer Academy welcomes both SRDS and non-SRDS students, with courses available on a first-come, first-served basis.

ACADEMY DATES: June 23, 2024 – July 30, 2025 (SRDS closed July 3-4 for Independence Day)



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<https://www.saddleriverday.org/academics/summer-academy>

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Saddle River Valley Residents Club FALL RECAP

JACK O' LANTERN BLAZE

On November 16, 2024, we immersed ourselves in a magical fall wonderland at The Great Jack O'Lantern Blaze. The event featured 7,000 intricately hand-carved jack-o-lanterns illuminating the night in a dazzling display of synchronized lights and special effects. Surrounded by the charm of an 18th-century estate, we strolled along the pumpkin trail, marveling at unique highlights like a fully operational pumpkin carousel, a towering pumpkin cake, and even a glimpse of the Headless Horseman. Midway through, we took a relaxing break at a speakeasy, where we enjoyed complimentary drinks and snacks. It was truly a night to remember and a must-see fall spectacle! For more Club info, please go to srvrc.org.



Left clockwise: Zahre Aminlari, Clair Young, Batman and his temptress, Helena & Mark Zagorski and Zora Kassai



SEXY WITCH PARTY

On November 7, 2024, Ladies Night Out at Soma's Caperie transformed into an enchanting evening as the ladies arrived dressed as sexy witches, casting a spell of elegance and fun. The cafe glowed with spooky delight and Halloween decor, providing the perfect backdrop for our bewitching attire- sleek sexy black dresses, witches hats and just the right touch of sparkle. Laughter and lively conversations filled the air as the group sipped on cocktails and indulged in appetizers. The night was a magical mixture of style and mischief, creating memories to cherish long after the last spell was cast.



1 / Two beautiful witches share the outcome of the spell.
2 / Left to right: Bad Witch Rosemarie Habicht and Good Witch Helene Richin.
3 / Two sexy witches plotting a special surprise.
4 / Left to right: Rosemarie Habicht, Helene Richin, Zahre Aminlari.
5 / Left to right: Lisa Singer, Helene Richin, Joann Tashji, Barbara Ostrom, Zahre Aminlari, Clair Young, Helena Zagorski,

Barbara Gross, Rosemarie Habicht, Katie Wiklinski, Helene Richin. Good Witch of the North (in blue): Sylwia Kosinski.
6 / Two dancing witches: Marija Nedelkoski and Helena Zagorski.
7 / Left to right: Helena Zagorski, Barbara Ostrom, Rosemarie Habicht, Clair Young, Barbara Ostrom, Zahre Aminlari, Sylwia Kosinski, Katie Wiklinski, Larisa Golaszewski.

Another Social Supper Evening for the Saddle River Valley Residents Club

On a blustery Saturday evening late November, members of the SRVRC were hosted to another Sociable Supper, this time at the saddle River home of Zahra Aminlari. The evening was a celebration of food from the host's Persian

heritage, featuring multiple course of authentic cuisine and drink. "The sociable suppers are a fun and engaging way to get to know our neighbors and the diverse community we live in. We are able to bond over food and laughter", said the SRVCS's President Zora Kassai. More information is available at www.srvrc.org.



Left to right: David & Anna Kelly, Mark Zagorski, Susan Homann, Zora Kassai, Zahre Aminlari, Jacqui Hill, Helena Zagorski, Clair Young, Mia & Frank Shernoff.



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WELCOMING SPRING HONORING THE EQUINOX & EMBRACING RENEWAL

BY MARCY VALETUTTI, SADDLE RIVER RESIDENT



Fall and winter are by far my two favorite seasons—the crisp air, the scents, the coziness of each—I love it all. Letting go of winter has always felt tricky, but over time, I've come to appreciate the transition to spring. Nature begins to awaken from its slumber, offering us an opportunity to realign with its rhythms and embrace new growth.

The Spring Equinox on March 20th, when day and night are of equal length, symbolizes balance, renewal, and transformation. It's a time to honor both nature's shift and our own inner transitions. Here are some ways to welcome the equinox and nurture ourselves as we step into a new season:

1. Walk in Nature and Reflect – Take a mindful walk to observe the budding trees, blooming flowers, and cheerful birds. As you walk, reflect on renewal and what it means in your current season of life.

2. Plant Seeds – Spring is a time of new beginnings, and planting seeds—whether in a garden or symbolically in our lives—is a beautiful way to honor that. One of my favorite traditions is starting our garden. Each year it takes on a different form, but it remains a source of excitement and reward. This practice invites both gratitude for what the Earth provides and reflection on our own goals and desires taking root.

3. Meditate – The equinox is a time of balance, making it a powerful moment to turn inward and find stillness. A simple meditation practice can help align your energy with the

changing season. Reflect on what you wish to grow in your life and release any lingering heaviness from winter.

4. Spring Clean – This is the perfect time to physically and energetically cleanse your space. In the Northeast, the warming temperatures allow for open windows and fresh air. Decluttering creates room for new energy—let go of what no longer serves you and allow your unwanted items to bring joy to others.

5. Journal – Take time to write about what you are grateful for, the growth you've experienced, and the intentions you hope to cultivate in the coming months. Spring is a season of possibility—putting your thoughts on paper helps clarify your path forward.

As the world around us blossoms into life, we, too, have the opportunity to embrace change and renewal. However you choose to honor the equinox, may this season bring you balance, inspiration, and a sense of fresh beginnings.



Marcy Valetutti is a mom, wife, official family recipe taste tester, and a Saddle River Resident who is passionate about creating meaningful experiences and powerful connections. She is the owner of BTDL LLC and a wholesome wellness advocate at the Functional Medicine Center of New Jersey.



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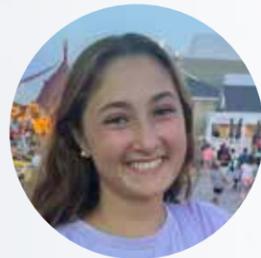
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Last Winter & the Next

BY SIRAHN TOUFAYAN, SADDLE RIVER
RESIDENT AND TWELFTH GRADER AT
ACADEMY OF THE HOLY ANGELS



The cold air is clouded
On this particular chilled morning;
The field to my right remains shrouded
By a veil of mist and frost.

The winter chill nips at the tips of my fingers
As I ball them into fists,
And my gaze drifts down and lingers
On the footprints in the snow.

The steps are so familiar,
For I have walked them countless times;
In slippers and in sandals and in sneakers.
These steps have become ritual.

I have stood in this spot
Many times before,
And now in such memories I am caught,
Ones that once seemed irrelevant; insignificant.
These footsteps never change,

Not since they were first laid here,
And I find it so strange
That soon I will never walk them again.

Will they remain, I wonder,
These marks of proof that I was here?
Or will they fade with the next snow,
Making these memories disappear?

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SUSAN ZABRANSKY HUGHES MEMORIAL 5K



It's a modest race: a 5K loop that last year drew about 400 runners and walkers to Saddle River. But the event, in memory of a beloved borough resident, has had a big impact.

Money raised through the Susan Zabransky Hughes Memorial 5K has underwritten groundbreaking research and quality cancer-support programs locally.

Nearly \$200,000 from the 2023 and 2024 races in the borough has funded promising research at the Hackensack Meridian Center for Discovery and Innovation (CDI). The lab in Nutley has made significant strides in laying the groundwork for developing non-invasive screening for cervical cancer, said Olivier Loudig, PhD., an associate member of the CDI who leads the lab.

Proceeds from this year's 5K – the 14th annual – will also be dedicated to the research. The 2025 event is scheduled for Saturday April 26, beginning at 8:30 a.m. from the Zion Evangelical Lutheran Church on East Allendale Road in Saddle River. Information about registration, sponsorship and donations can be found at www.SaddleRiver5K.com.

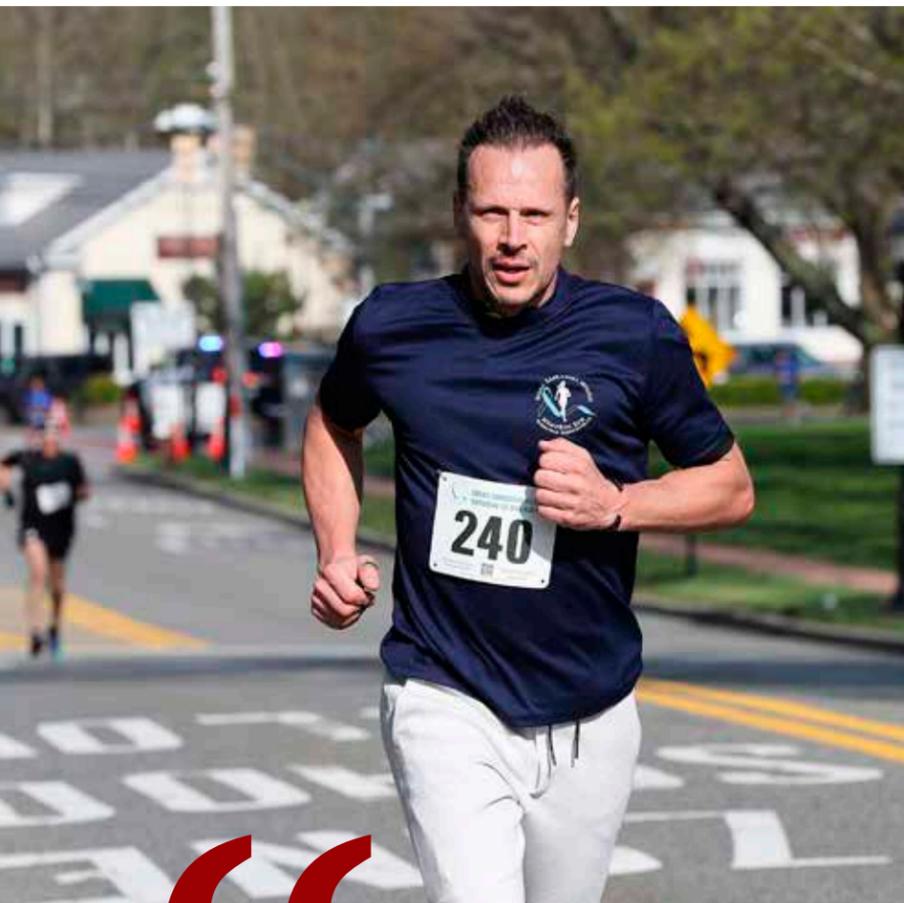
The 5K is the main event planned by the all-volunteer Run for Sue Committee, which has raised money and awareness in honor of Hughes since she died of cervical cancer in 2011 at age 46.

The committee has generated more than \$2.6 million in donations since that time, working with the Hackensack Meridian Health Foundation. In addition to the research, the fundraising has underwritten cancer support projects. They include a teen lounge for cancer patients at Hackensack Meridian Joseph M. Sanzari Children's Hospital in Hackensack dedicated to the memory of Kyle Egan, also a Saddle River resident, who passed away from a rare bone cancer at age 17.

Among the other initiatives are a 10-bed unit for cancer patients requiring emergency treatment at Hackensack Meridian Hackensack University Medical Center and creation of a memorial scholarship at the Hackensack Meridian School of Medicine.

CONTINUED →





WE ARE EXTREMELY THANKFUL FOR THE GENEROSITY, THE TRUST, AND THE ENTHUSIASM FROM ALL THE PEOPLE INVOLVED WITH THE COMMITTEE AND FOUNDATION.”



Last year the 5K in Saddle River raised \$110,000 through donations and sponsorships. Organizers have set a similar goal this year. “We have very supportive and generous people who love us,” said Hughes’ mom, Susan Zabransky.

The philanthropic support has allowed for the acceleration of the CDI research, now entering its third year, Loudig said. “We are extremely thankful for the generosity, the trust, and the enthusiasm from all the people involved with the committee and foundation,” he said.

Inaugural efforts were spent in acquiring clinical samples in collaboration with Jersey Shore University Medical Center in Neptune, which is part of the Hackensack Meridian Health system. Then researchers painstakingly identified minute proteins that may be tested as markers for cervical cancer cells.

A significant breakthrough came after funds from the race were used to pay for an analysis using artificial intelligence, which can evaluate much smaller particles than the eye of a trained scientist or any of the existing software, Loudig said. “The computer allows you to expand your ability to observe. It was a risk, but it turned out to be a good risk,” he said. “I think we’ve made really exciting progress.”

The researcher said donated funds allow for greater flexibility in exploring avenues that might be considered a longer shot, as opposed to government funding where grants are limited to less risky, and usually more time-consuming, experimentation and paperwork.

“We need funds to do exploration, to take risks, to experiment,” Loudig said. “Philanthropic funds can save time – that’s why these dollars are most precious. We can really put the time into research and into exploring both novel technologies and allowing out-of-the box thinking.”

The analysis of the disease markers has set the stage for developing a relatively non-invasive blood test for early disease detection. “We want to be able to discriminate differences as early as Stage I because it gives us more options for treatment,” Loudig said.



About 13,360 new cases of invasive cervical cancer will be diagnosed in the United States in 2025 and about 4,320 women will die from the disease, according to estimates from The American Cancer Society.

“We are very enthusiastic about our findings, but we have to validate, validate, and validate, so we can truly tell people that what we are developing works. Time will tell, but with the help of the Zabransky Hughes funds, the time we are dedicating to this project is purely for running experiments, which is a dream for a scientist,” Loudig said.

Zabransky said the research and the support programs funded through the committee are a wonderful legacy for her daughter, who she described as a “shining light.”

Hughes’ twins – a boy and a girl – were just 13 when their mother passed. They are now 27 and doing well in their lives, their grandmother said. Hughes’ niece, Haley Qualls, graduated with honors from Bucknell University and will soon begin to volunteer in Loudig’s lab before she attends school to become a Physician Assistant, Zabransky said.

The fundraising committee, composed of a number of Hughes’ friends, has remained steadfast over the past 14 years, Zabransky said. “The committee does a lot of hard work. They are wonderful.”

March Madness

Spring is almost here, and the weather cannot make up its mind. Warm days, cold nights, snow, rain, all of it! It's safe to say that we are now done with winter and can't wait for the daffodils to poke through and the sun to warm our faces. Not to mention all the sports events going on, March really is madness!



Personally, I love March, my birth month, green, spring, etc. But the transition of seasons and temperamental weather can make things a bit nutty! Fear not, spring is always followed by summer and both are on their way. March is all about beginnings, awakenings, and new life. Speaking of which, have you planned your garden yet? Isabella and I have planted our seeds and have been talking to them weekly to encourage their growth. We hope all of them will grow up to yield plenty of veggies for us to harvest later in the year.

With all of the changes going on around us, we dig into some staples that provide stability and vitality. Tried and true recipes, centered around homemade soups and stews are common in March. Too cold to grill, we circle back to the stove around a simmering pot or at least the ease of the Instant pot. With all the madness going on, a nice hearty soup is good for calming the soul and warming the heart.

So while you're scheduling summer camps and August vacation plans, spend your nights enjoying a hearty bowl of soup or stew that has been filling your home with its inviting aromas.

Happy Almost Spring!



CONTINUED →

Try one of my favorite soup/stews complete with green veggies to celebrate March Madness

CALDO VERDE

6 servings

INGREDIENTS

- 2 tablespoons unsalted butter
- 1 medium yellow onion, finely diced
- 3 medium cloves garlic, sliced
- Kosher salt and freshly ground black pepper
- About 6 tablespoons extra-virgin olive oil
- 1 large russet potato, peeled, quartered, and cut into 1/4-inch slices
- 2 medium Yukon Gold potatoes, peeled, quartered, and cut into 1/4-inch slices
- 6 cups (1.4L) homemade or store-bought low-sodium chicken stock
- 1 bunch curly or lacinato kale, tough stems removed, leaves finely chopped
- 12 ounces (340g) cooked linguica or other garlicky pork sausage, cut into 1/4- to 1/2-inch slices
- Minced fresh chives, for garnish

DIRECTIONS

1 / Heat butter in a large Dutch oven or saucepan over medium heat until melted. Add onion and garlic, season with salt and pepper, and cook, stirring frequently, until softened but not browned, about 5 minutes, adding olive oil as necessary to keep the mixture loose and moist.

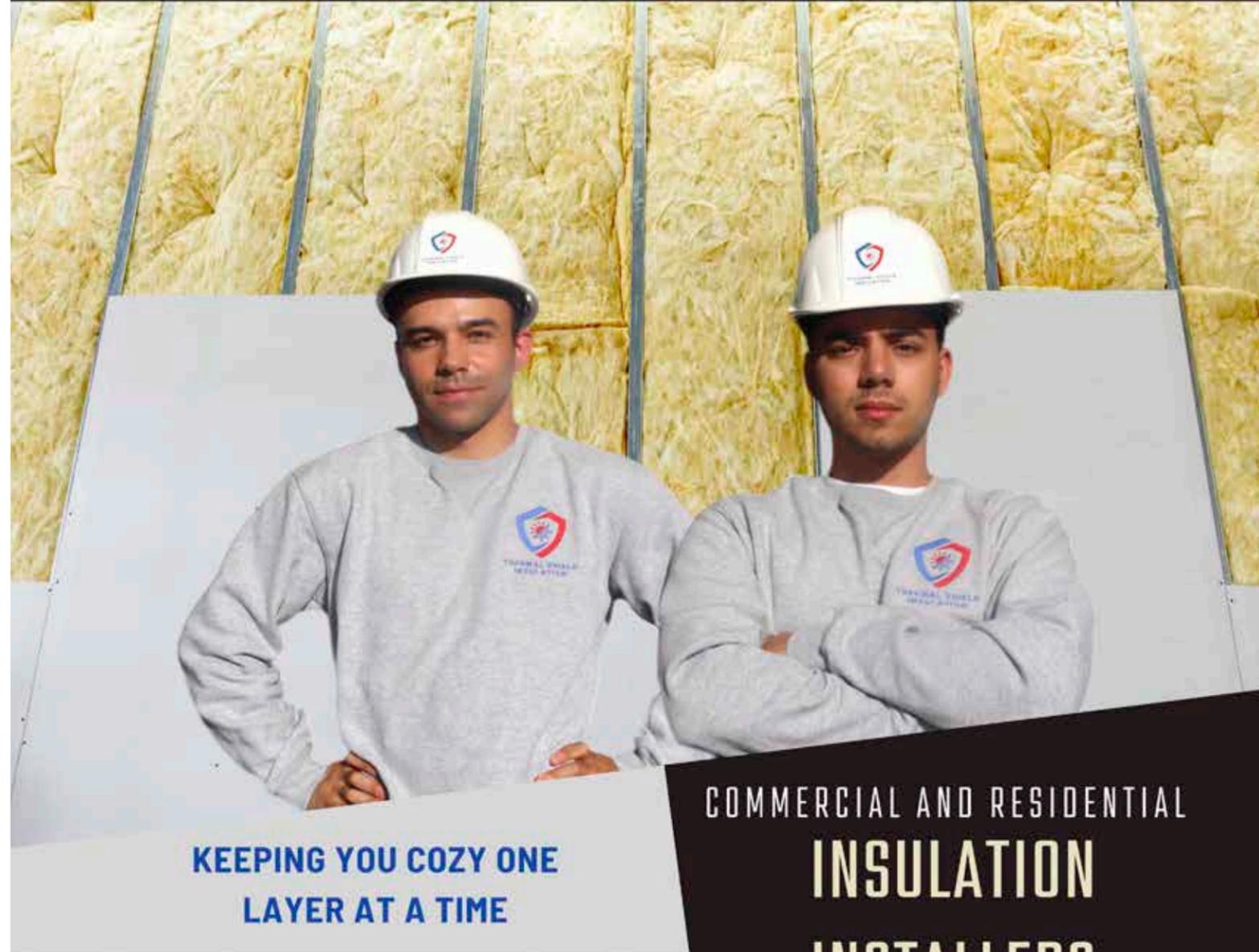
2 / Add potatoes and stock and bring to a simmer, stirring occasionally. Add kale and continue to cook until russet potato slices have completely broken down (you can press them with a spoon or potato masher for an even thicker texture), the Yukon Golds are tender, the greens have softened, and the soup has thickened to a creamy consistency, 25 to 30 minutes. Stir in sausage. Season soup to taste with salt and pepper and serve garnished with chives, if desired.



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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