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HOME OF THE MONTH

THE CAMBRIDGE ESTATE

Tucked away at the end of a quiet cul-de-sac and behind private gates, The Cambridge Estate unveils itself as a modern-day masterpiece—an estate where every detail whispers luxury and every space speaks to a life well-lived. Set on nearly three acres of pristine grounds, this newly constructed residence will redefine grandeur in Bergen County.

With over 15,000 square feet of impeccably curated interiors, the home exudes a quiet confidence—equal parts timeless and contemporary. Designed for those who appreciate both artistry and functionality, the estate features six expansive bedrooms and ten baths—seven full and three half—each crafted with the highest level of attention to comfort and privacy.

From the moment you step inside, you're greeted by refined elegance and architectural splendor. A sweeping





floor plan is elevated by three inviting fireplaces, a state-of-the-art elevator connecting all three levels, and materials that reflect enduring sophistication. At the heart of the home lies a chef's dream: a gourmet kitchen outfitted with a coveted La Cornue range, complemented by a secondary prep kitchen for effortless entertaining. Adjacent, a jaw-dropping 4,000-bottle wine room invites you to indulge in your collection or curate a new one.

The primary suite is more than a retreat—it's a wellness sanctuary. Dual water closets, separate vanities, two spa-style showers, and an infinity-edge soaking tub set the tone for relaxation, while a private sauna featuring red light and Himalayan salt therapy brings the spa experience home.

Wellness and entertainment continue throughout the estate. A cutting-edge gym ensures fitness routines stay on track, while a home theater provides the perfect setting for private screenings. For automobile aficionados, 11-car garage parking offers both functionality and a showcase-worthy setting.

Step outside, and the property continues to impress with its resort-caliber amenities. A luxurious pool pavilion with a heated pool and spa is framed by bluestone patios, while a fully-equipped outdoor kitchen turns any gathering into a celebration. And for the sport-inclined, a private tennis court rounds out the ultimate lifestyle experience.

The Cambridge Estate is more than a home—it's a destination. A true statement of prestige, this extraordinary property offers not just a place to live, but a way to live: with intention, with luxury, and without compromise.



Hillary Ospina

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A Fresh Take on Spring Styling

BY SAMI DUSSIN, ALPINE RESIDENT



Blur the lines between inside and out by introducing natural textures.

CONTINUED →

AS MAY UNFOLDS, it's the perfect time to invite the energy of spring into your home.

With nature in full bloom and days growing longer, May offers a unique opportunity to refresh interiors with light, color, and comfort.

1. Embrace Light and Airy Color Palettes

May is synonymous with soft pastels and nature-inspired hues. Consider refreshing your space with shades of sage green, sky blue, blush pink, or butter yellow. These tones create a serene and uplifting atmosphere and pair beautifully with neutral backdrops like warm whites or soft beiges.

2. Add Seasonal Florals

Floral accents are a must for May. From fresh bouquets of peonies or daffodils to floral-print cushions or curtains, these elements bring vitality and a cheerful charm into any room. Opt for lightweight fabrics like linen or cotton to enhance the breezy spring vibe.

3. Blend Indoor and Outdoor Elements

Blur the lines between inside and out by introducing natural textures. Use woven baskets, rattan furniture, or wooden accents to echo the outdoors. Open up windows, use sheer drapes, and create cozy spots near natural light to welcome the season.

4. Create a Mood Board

Now is the ideal moment to plan summer updates. Use a mood board to gather ideas, swatches, and inspiration. Whether it's a patio makeover or a soft bedroom refresh, starting with visuals can help you find your direction.





5. Declutter for a Lighter Feel

A seasonal tidy-up can do wonders. Store away winter layers and heavy decor items to make space for open shelves, fresh plants, and breathable textiles.

With just a few thoughtful changes, your home can feel as revitalized as the season itself. Let May guide your creativity and bring a fresh sense of joy indoors.

Xoxo,

Sami Dussin

Sami Dussin is an Alpine Resident trained in Architecture, Urban Design and Interior Design.



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Is Your Body Asking for a Spring Reset?

BY NIDA ARAIN – HOLISTIC NUTRITIONIST AND CO-OWNER OF HEALTHWAY NATURAL IN TENAFLY NJ



IN TODAY'S FAST-PACED WORLD, most of us are juggling full schedules, busy families, demanding jobs, and long to-do lists. It's no wonder we often reach for whatever food or drink is convenient, which is usually something quick, filling, and energizing enough to keep us going. While this approach might work for a while, over time our bodies begin to speak up. Sometimes we notice these symptoms appearing subtly and sometimes loudly.

Being in tune with your body and really noticing how you feel can be the first step you can take to better your health. You might start to notice chronic inflammation or joint pain, frequent bloating or sluggish digestion, persistent sinus congestion, or even mental fog that makes it hard to focus. These are not just random symptoms they are signals. Your body is trying to tell you something: it needs a break, a reset, a chance to cleanse.

One of the most supportive things you can do this time of year is a **gentle Spring detox**. I've made it a seasonal practice in my own life, and every time I do, I feel noticeably lighter, more clear-headed, and less inflamed. It's like clearing out the internal clutter. A spring cleanse also helps me prepare for allergy season by reducing congestion and supporting my immune system.

These are some ways to Cleanse Gently & Effectively for a Spring detox:

Spring detoxing doesn't have to be extreme! A gentle cleanse focuses on nourishing the body rather than deprivation. Here's how:

Hydrate & Flush Toxins: Start each day with warm lemon water to support the liver. Herbal teas like dandelion or nettle help flush toxins.

Incorporate Liver-Loving Foods: Eat more leafy greens, beets, turmeric, garlic, and citrus to help your body naturally detox.

Try Fresh Organic Juices: A simple detox juice—celery, cucumber, green apple, lemon, and ginger—helps reduce bloating and inflammation. Juice Cleanses are a great way to detox and at the same time replenish your body bioavailable vitamins and nutrients. Its also a great way to support your metabolism.

Support Gut Health: Include fermented foods like sauerkraut, kimchi, and probiotics to aid digestion and toxin removal. Try including a daily fiber to your diet to promote regularity, reduce inflammation and support gut lining.

Move Daily: Walking, yoga, and rebounding can help stimulate lymphatic drainage and flush toxins.

Take Detox-Supporting Supplements: Talk to a Supplement Specialist to find the best ones for your individual needs. Good Quality Supplements can gently support your body and help in the cleansing process.

This season, consider giving your body the fresh start it's been asking for. You deserve it.




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Mother's Day DIY Gift Ideas

A personal touch for a special day



Mother's Day is the perfect occasion to show appreciation and love for the incredible women who nurture, guide, and support us. While store-bought gifts can be thoughtful, nothing says "I love you" quite like a homemade creation that reflects your personal touch and effort. DIY gifts are an excellent way to express gratitude, and they offer a unique, sentimental touch that store-bought items cannot match. Here are some meaningful DIY gift ideas to help make this Mother's Day truly special.

1. Customized Memory Jar

A memory jar is a simple yet heartfelt gift. Start by gathering small pieces of paper and writing down fond memories, compliments, or things you admire about your mom. You can include quotes, inside jokes, or even favorite recipes she's passed down. Fold the papers and place them in a decorative jar or container. You can enhance the jar with colorful ribbons, stickers, or a personalized label. When your mom opens the jar, she'll be reminded of the beautiful moments shared and the love you both have for one another.

2. Handmade Jewelry

Handmade jewelry is a timeless and thoughtful gift. Whether it's a bracelet, necklace, or earrings, creating a piece of jewelry for your mom allows you to craft something uniquely suited to her tastes. You can start with simple materials such as beads, charms, and strings, which can be found at most craft stores. Personalize the piece by choosing colors that match her wardrobe or by adding meaningful symbols like initials or birthstones. This gift serves as a constant reminder of your love every time she wears it.

3. DIY Photo Album

A photo album filled with treasured memories is a wonderful way to reflect on the beautiful moments spent together. You can create a scrapbook-style photo album by collecting pictures from family vacations, holidays,

birthdays, and candid moments. Add captions, decorative elements, and even little notes to make the album more personalized. This DIY gift becomes not just a collection of photos, but a journey through the years of love, growth, and cherished moments.

4. Handmade Candles

Candles are a popular gift, but creating your own DIY candle adds an extra layer of thoughtfulness. You can select scents that your mom loves, whether it's lavender for relaxation or citrus for an energizing boost. Using simple materials like soy wax, essential oils, and a wick, you can make custom candles in beautiful jars or containers. To add a personal touch, decorate the jars with ribbons or labels. Not only will your mom appreciate the gesture, but the candle can also provide a relaxing ambiance in her home.

5. Personalized Plant Pot

For the mom with a green thumb, a personalized plant pot is a great way to add a unique touch to her garden or home décor. Purchase a plain terracotta pot and paint it with colors or designs that resonate with her personality. You can even add a meaningful quote or her name. To complete the gift, plant a small flower, succulent, or herb that she can nurture and watch grow. This is a lasting gift that symbolizes growth, care, and the bond between you.

6. Handwritten Recipe Book

If your mom loves to cook or bake, a handwritten recipe book is a great DIY gift. Gather her favorite recipes, or write down the ones you've learned from her over the years. You can include family traditions, dishes that remind you of special occasions, or new recipes you think she'd love to try. For added flair, decorate the pages with drawings, stickers, or little anecdotes. This thoughtful gift will not only be practical

but will become a cherished heirloom passed down through generations.

7. Personalized Spa Kit

A DIY spa kit is a wonderful way to pamper your mom on her special day. You can create bath salts, scrubs, or lotions using natural ingredients like lavender, sugar, and coconut oil. Place each item in beautifully decorated jars and add a personalized label. Include items like a handmade washcloth, a cozy towel, and perhaps a soothing playlist for the ultimate relaxing experience. This DIY gift allows your mom to unwind and indulge in some much-needed self-care.

Conclusion

Mother's Day is a time to show gratitude and love, and DIY gifts are a meaningful way to express these feelings. By putting time, effort, and thought into a handmade gift, you're giving something much more personal and memorable than a store-bought item. Whether it's a memory jar, handmade jewelry, or a personalized plant pot, each of these gifts provides a unique opportunity to celebrate the love between you and your mom in a special, meaningful way. Whatever you choose, the effort and sentiment behind it will undoubtedly make her feel appreciated and cherished on Mother's Day.



Natalie Perez, an 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.

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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 but if you are local and want to be seen in person, let me know! I help patients with fatigue, inflammation, joint pain, headaches/migraines, pre-diabetes, diabetes, menopausal issues, weight gain and more. I can order labs and will use the results to create a customized health plan for you.

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Community & Capital

THE DUAL BENEFITS OF INVESTING IN BERGEN COUNTY REAL ESTATE



BY SANDRA GARCIA, ALPINE RESIDENT - COMPASS REAL ESTATE REALTOR



Bergen County, New Jersey, stands out as a prime location for real estate investment, offering both community enrichment and financial growth. As an experienced realtor and investor with Compass, I have observed how investing in this unique region fosters strong communities and yields significant financial returns.

Bergen County is a mosaic of diverse neighborhoods, each boasting its own unique charm. Whether it's the luxurious estates of Alpine or the lively streets of Hackensack, there's something for everyone. Investing in Bergen County real estate means becoming part of communities that prioritize quality of life, education, and connectivity attributes that not only

enhance personal living standards but also drive property value appreciation over time.

The county's strategic location adds to its appeal. Just across the Hudson River from Manhattan, Bergen County offers a suburban retreat with easy access to urban amenities. This proximity to New York City attracts professionals seeking a balance between work and leisure, consistently boosting demand and property values.

Beyond its location, Bergen County is known for its robust infrastructure and public services. The county features top-rated schools, comprehensive healthcare facilities, and extensive transportation networks, making it an ideal place for families and

individuals. This strong foundation not only draws homebuyers but also supports a stable rental market for investors.

From an investment standpoint, Bergen County presents numerous opportunities for capital growth. The real estate market here has demonstrated resilience and adaptability even during challenging economic times. Whether you're interested in residential properties, commercial spaces, or mixed-use developments, Bergen County provides a fertile ground for investment. Current trends show a steady appreciation in property values, driven by limited supply and high demand.

Investing in Bergen County real estate goes beyond financial gain, it's about contributing to community development. Real estate

investors play a crucial role in shaping neighborhoods, improving infrastructure, and supporting the local economy. By investing here, you are not only securing your financial future but also actively participating in building thriving, sustainable communities.

In summary, Bergen County uniquely combines community engagement with lucrative investment potential. Its strategic location, excellent infrastructure, and vibrant community life make it an ideal choice for real estate investors looking to make a meaningful impact while achieving financial success. As a dedicated Compass agent, I am committed to guiding my clients through this dynamic market and helping them capitalize on the abundant opportunities Bergen County offers.

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Drip Medi Spa is transforming the traditional medical spa experience by blending luxurious comfort with innovative aesthetic treatments. Founded by board-certified Physician Assistant Nena Kallopoulos, who brings over 18 years of expertise, Drip has quickly become the go-to spot for advanced skincare, injectables, IV therapy, laser treatments, and medical-grade facials in Bergen County!

A VISION REALIZED

In 2016, Nena established Drip Medi Spa in Fort Lee, NJ, driven by her desire to create a sanctuary where beauty and wellness converge. Recognizing a gap in the market for fully operational medical spas, she envisioned an exclusive retreat that offers top-tier treatments in a welcoming environment. Today, with a team of nine dedicated professionals, the spa continues to deliver exceptional results.

THE DRIP EXPERIENCE: WHAT SETS IT APART?

Drip Medi Spa goes beyond conventional aesthetic services by offering a comprehensive wellness journey. Nena explains, “At Drip Medi Spa, we redefine the experience by combining luxury, expertise, and personalized care to achieve unmatched outcomes.” Key elements that make the Drip experience unique include:

- Continuous Education: The team remains at the forefront of skincare and wellness innovations through ongoing training and certifications.
- Premium Products & Equipment: Utilizing only medical-grade products guarantees safety and superior results.
- Personalized Care: Tailored treatments and strong client relationships foster lasting loyalty and trust.

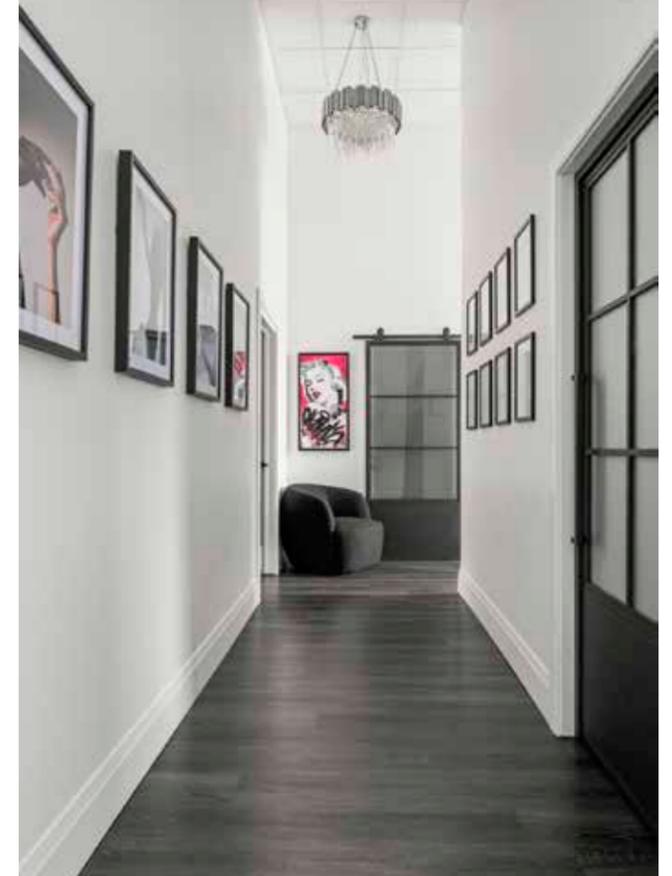
- Engaging Social Media Presence: Active platforms such as Instagram, Facebook and TikTok are used to educate and inspire.
- Unified, Value-Driven Team: Hiring professionals who embody the spa’s mission enhances the overall client experience. “Once you meet our team, you’ll understand” quotes Nena.
- Strict Compliance: Adhering to rigorous medical regulations—with oversight from a dedicated medical director—ensures safe, legal, and successful operations.

PASSION AND PERSEVERANCE

Nena’s passion for aesthetics is rooted in both her personal history and professional journey. Inspired by her Greek immigrant parents, who built a new life in the U.S. from the ground up, she embraces the values of hard work and resilience. With a background spanning Emergency Medicine, Pediatrics, Wellness, and Aesthetic Medicine, Nena began her career in 2009 as a part-time injector in NYC while serving full-time in an emergency room. This experience ignited her vision for a one-stop destination where New Jersey residents could address their beauty and wellness needs outside the confines of a traditional doctor’s office.

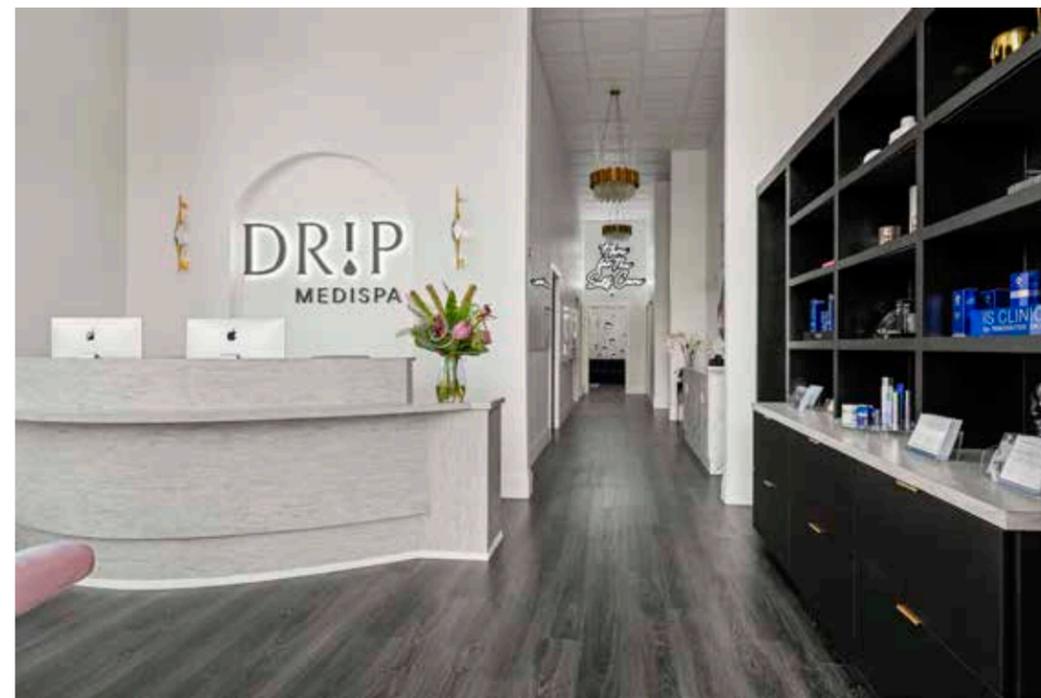
LIFE BEYOND THE SPA

Away from the hustle of the spa, Nena cherishes quality time with family and friends, finding solace in the comforts of home. Her 3-year-old son, Demetri, is a constant source of happiness and inspiration, filling her days with laughter. Beyond her personal life, Nena feels deeply rewarded when she embarks on medical missions to rural communities. Her travels have taken her to countries such as Africa, Thailand, Myanmar, Haiti, and the Dominican Republic, where she extends her expertise and compassion to those in need.



LOOKING AHEAD

With a steadfast commitment to continuous improvement and client care, Drip Medi Spa is set to remain a leader in luxury wellness. “We’re not just about enhancing beauty—we’re dedicated to promoting self-care, rejuvenation, and overall well-being,” says Nena. Whether you’re looking to revitalize your skin, boost your energy, or refresh your entire wellness routine, Drip Medi Spa promises an experience where exceptional results speak for themselves.



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Nena Kallopoulos – Owner

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Seasonal Allergies and Your Mouth



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 buildup 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.
- On a side note, April is oral cancer awareness month. 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.

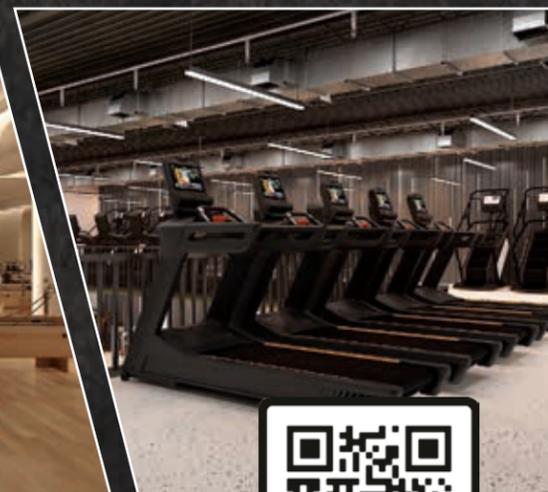
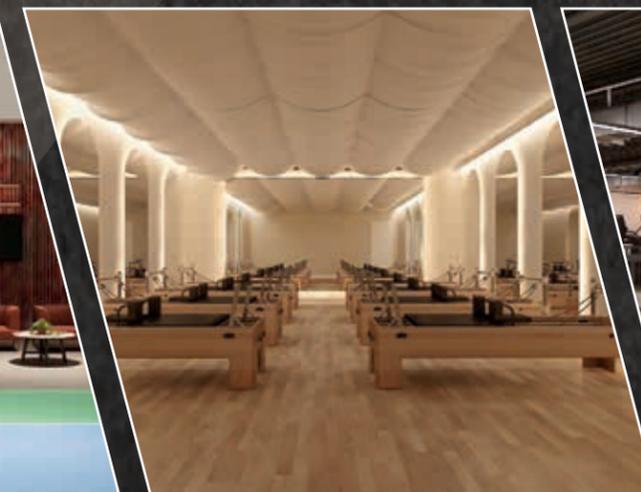
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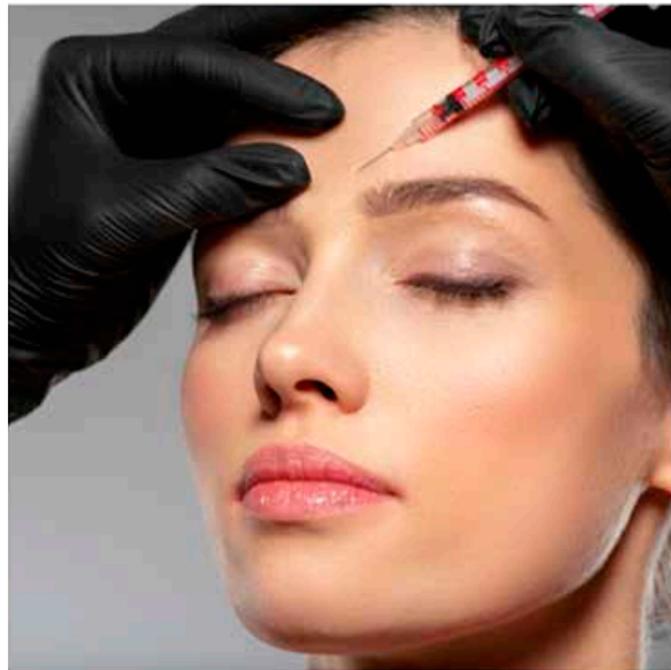
BY DAVID FOLK, MD

Korean culture is definitely having a moment here in the states. We have witnessed the massive popularity of k-pop, certain addictive Netflix series, and lest we forget Korean style chicken wings. In addition to these, Korea has long been known for its skincare expertise.



Now, we have a new skincare treatment available to us that should be a welcome addition to our beauty armamentarium—known as Letybo. Similar to Botox, this is an injectable neuromodulator that was approved by the FDA at the end of last year to treat the frown lines between the brows. It is manufactured by Hugel in Korea, where it has been massively popular for over ten years and has a great track record of safety and efficacy. Since it is FDA approved, it may now be used here in the US for the same indications as Botox and its other competitors (Dysport, Xeomin, Daxxify, and Jeuveau)—to treat any wrinkles in the face and relax the muscles causing those lines. This is an exciting development, as it is always nice to have another option in the toolkit, especially as Letybo has some potential benefits compared to its older sibling Botox. One of these potential benefits I have seen in my experience with this new injection is a faster onset of action. It does seem as though patients get smoother skin more quickly than the typical 72 hours to one-week onset with Botox. In addition, I have had patients who seem to exhibit a “Botox resistance” in which they have lesser benefits from Botox over time, however, they achieve the full beneficial results with Letybo.

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



“ It does seem as though patients get smoother skin more quickly than the typical 72 hours to one-week onset with Botox. ”



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Water Towers in New Jersey

BY ELLIOT MALONE, ALPINE RESIDENT



Water towers, found in nearly every municipality, serve to store and distribute water to communities. They also help maintain water pressure, ensuring a steady supply for daily needs and emergencies. There are various styles, including pedestal-style, fluted column, standpipe, and multi-leg water tower. Water towers typically carry thousands to millions of gallons of water in a raised tank. This elevated position creates potential energy that allows gravity to generate water pressure in the distribution system.

They began as basic wooden structures, supplying water to nearby communities. With population growth and urban expansion, the demand for them increased. Initially, construction shifted to sturdier materials like brick and mortar, suitable for the era. However, today's water towers are predominantly crafted from steel and reinforced or prestressed concrete. This allows for more durability and reduced maintenance costs.

A water tower holds a pressurized potable water system.

Steel and concrete are two popular materials used in the construction of water towers.

Water towers have an interior coating to protect the water from contaminants in the outside materials. Most water towers are about 130 to 165 feet tall.

Water towers are located on high ground to provide enough pressure to send water into a municipal water supply with enough force to supply all the customers in the town.

There are countless water towers peppering the coastline, each representing a Jersey Shore municipality in its own unique way. They have their own look, size, colors and shapes. Each has its own distinct personality. Some are kind of plain — maybe just the text of the municipality it serves. Others can be quite elaborate and individual. Their varied shapes, sizes, and custom designs make them iconic landmarks within their communities.

There are also some iconic water towers in New Jersey:

You cannot miss this vibrant beach ball when you're in Wildwood, NJ. It has become a cherished landmark, situated above the renowned boardwalk and amusement piers. It perfectly captures the lively and vibrant essence of the area, prompting people to snap pictures of it. The vivid, saturated

colors convey the city's energetic atmosphere. In 2020, the water tower was transformed from a basic blue to the colorful beach ball, becoming an iconic feature of Wildwood's skyline.

Known as the world's tallest water sphere, the Union Water Sphere in Union, NJ, towers at a height of 212 feet. It stands by the busy intersection of the Parkway and Routes 22 and 82, visible to millions of drivers each year. Built in 1964 by Chicago Bridge and Iron Industries, this self-supporting structure holds 250,000 gallons of well water. It undergoes inspection and draining every other year. The spherical top helps maintain water pressure and resists asymmetrical pressures from wind, rain, and gravity. Originally owned by Elizabethtown Water and Gas, the tower is now owned by American Water Company.

Margate's water tower is adorned with the image of Lucy the Elephant, promoting the gigantic, six story high beloved pachyderm, Margate's original tourist attraction, that recently underwent a \$2 million renovation. The refurbished Lucy was unveiled in 2022. While the tower promotes Lucy--its depiction etched on the side of the tower that faces the national landmark — Lucy is the town's original promotor, as it was built in 1881, before Margate was Margate, as a gimmick by real estate developers seeking to attract visitors and property owners to the then empty sandy lots near the Atlantic Ocean.

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

ALPINE: 2 Sales ranging from \$5,150,000 to \$7,500,000
28 Pike Street \$5,150,000
16 Dogwood Lane \$7,500,000

CRESSKILL: 2 Sales ranging from \$750,000 to \$3,500,000
23 Cherry Court \$750,000
264 E Madison Avenue \$3,500,000

DEMAREST: 4 Sales ranging from \$750,000 to \$2,800,000
16 Sunset Road \$750,000
92 Northwood Avenue \$2,320,000
236 Hardenburgh Avenue \$2,800,000

ENGLEWOOD CLIFFS: 2 Sales ranging from \$1,488,888 to \$2,100,000
48 Cambridge Place \$1,488,888
35 Egan Place \$2,100,000

TENAFLY: 4 Sales ranging from \$1,400,000 to \$3,500,000
151 Thatcher Road \$1,400,000
37 George Street \$1,700,000
39 Leroy Street \$3,500,000

UPPER SADDLE RIVER: 3 Sales ranging from \$905,058 to \$1,825,000
40 Sparrowbush Road \$905,058
551 W Saddle River Road \$1,825,000



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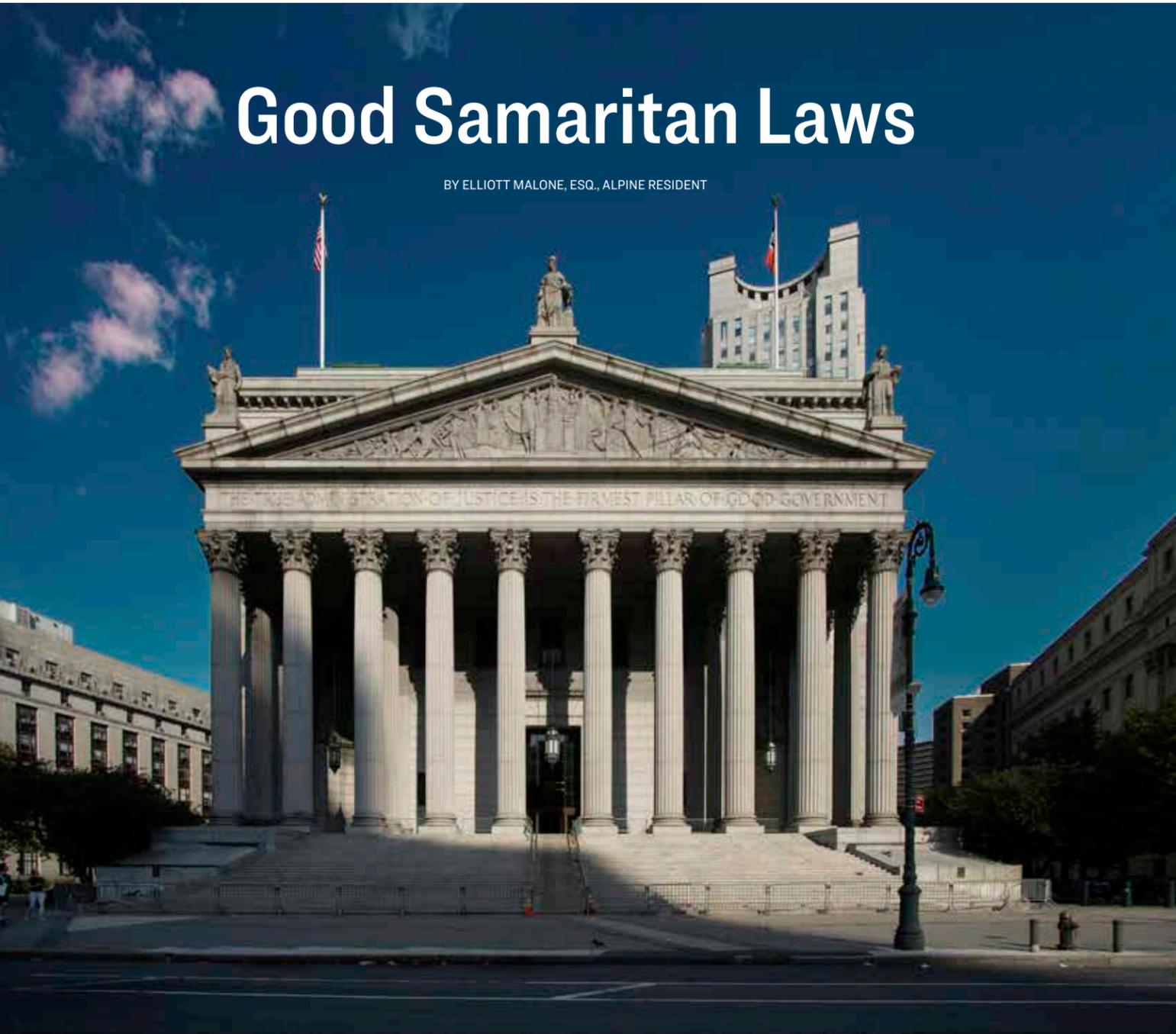
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Good Samaritan Laws

BY ELLIOTT MALONE, ESQ., ALPINE RESIDENT



Good Samaritan law is rooted in the ancient biblical parable, defining a “Good Samaritan” as an individual who intervenes to help and assist another person without any prior obligation or expectation of compensation.

Today, Good Samaritan laws protect people who provide aid in good conscience to those who are suffering. However, the official legislation for the first Good Samaritan law did not go into effect until 1959. California enacted the law to provide immunity from civil damages to doctors who would stop and provide aid to those dealing with medical emergencies.

New Jersey also has several Good Samaritan laws.

The first law protects bystanders who voluntarily give first aid or medical assistance from civil liability. This law prevents a person from being sued for making a mistake while providing emergency care for an injured person.

The second law protects people from arrest and criminal prosecution related to reporting a possible drug overdose. In addition to granting immunity to the person who calls 911, the legislation also allows for parents, family members and peers of drug addicted individuals to get a prescription for an antidote. In some cases, this law stops police and prosecutors from using evidence obtained as a result of someone calling for medical help.

The third law provides State and Federal liability protections for damages in a civil action or criminal prosecution for those participating in food donations, gleaning, and other related activities. In order to receive protection under the act, a person or gleaner must donate in good faith apparently wholesome food or apparently fit grocery products to a nonprofit organization for ultimate distribution to needy individuals. It does not cover direct donations to needy individuals or families. The act also provides protection against civil and criminal liability to the nonprofit organizations that receive such donated items in good faith.

Notably, countries outside the United States have varying laws, opinions, and regulations regarding Good Samaritan situations. In most countries, there is no legal obligation to provide aid, although many Western nations acknowledge a moral duty to stop and offer assistance rather than enforcing a legal requirement.

Good Samaritan laws are based on the principle that consensus agreement supports good public policy by limiting liability for individuals who voluntarily provide care and assistance during emergencies. Medical emergencies often occur outside clinical settings, making them a common occurrence.

The general principle of most Good Samaritan laws protects individuals who provide care without expecting payment from negligence claims. These laws support public policy, as few jurisdictions impose an affirmative duty on medical professionals to offer care in the absence of an established patient relationship. Each state has its own version of the law, and federal laws apply in certain situations.

Legally, a Good Samaritan is someone who provides assistance in an emergency to an injured or ill person. If the victim is unconscious or unresponsive, the Good Samaritan can act under the assumption of implied consent. However, if the person is conscious and able to respond, the rescuer should first ask for permission before offering help.

There are some general guidelines that qualify a person as a Good Samaritan:

- The bystander acted in good faith
- He or she made reasonable decisions
- The victim was in imminent danger
- The victim did not object to assistance
- The bystander didn't purposely or knowingly injure the victim further

All 50 states and the District of Columbia have Good Samaritan laws along with Federal laws for specific situations. Many of these laws were originally designed to protect physicians from liability when providing care outside their typical clinical environment. The specifics of Good Samaritan laws vary by jurisdiction, including who is shielded from liability and under what conditions (such as clinicians, emergency medical technicians, and other first responders). However, these laws generally do not protect medical professionals from liability when acting within the scope of their usual duties.



Good Samaritan laws provide liability protection against “ordinary negligence,” which refers to the failure to act as a reasonably prudent person under similar circumstances. This means not exercising the level of care that most people would apply in the same or similar circumstances. However, these laws do not protect against “gross negligence” or willful misconduct. Gross negligence involves a conscious and voluntary disregard for the need to use reasonable care, leading to a foreseeable risk of serious injury or harm to people, property, or both.

For Good Samaritan laws to apply to clinicians and other healthcare providers, specific conditions must be met, primarily that there is no preexisting duty to treat. For this reason, on-call physicians are generally not covered by these protections. Therefore, a physician with a preexisting relationship with the patient also cannot be considered a Good Samaritan. Another common exclusion in state statutes is that the healthcare provider must not receive compensation for their assistance. If any remuneration is involved in rendering emergency care, the individual is no longer considered a Good Samaritan, and the legal protections do not apply.



Elliott Malone, Esq.
Law Offices of Elliott Malone, Esq. LLC
Elliott Malone has a legal practice in Cresskill.



The Alpine School Presents "RECESS THE MUSICAL"

BY ELIM LEE, MUSIC TEACHER AND MUSICAL DIRECTOR



The Alpine School recently put on their two night musical performances of "Recess!" on Thursday, April 3rd and Friday, April 4th. As the director of this year's school musical, I couldn't be prouder of the incredible journey our cast has taken from day one to opening night. More than half of the students that joined the cast this year were young and new to the experience and they showed great determination preparing for this show. This performance was the result of months of dedication, creativity, and hard work from a group of students who truly gave their all. From the first audition to the final bow, they poured their hearts into every rehearsal—balancing academics, extracurriculars, and hours of after-school practice.

These students tackled challenging choreography, singing on stage, and brought their characters to life with emotion and depth. But more than that, they built a strong sense of community, lifting each other up and building new friendships both on and off the stage. Witnessing each student's growth and seeing their confidence grow over the months of preparation was wonderful to witness.





But this production would not have been possible without the incredible support and collaboration of our staff. From choreography to the beautiful sets, costumes, light and sound, and all the behind-the-scenes help we received from both staff and parents, every adult involved played a crucial role in creating something unforgettable. I would also like to give special recognition to Mrs. Wolfe, my assistant director/choreographer and right-hand person throughout this entire process. We've collaborated on nine productions, and I'm continually



inspired by her creativity, her gift for bringing music to life, and her incredible ability to help students shine on stage. I truly could not have done this without her and I'm beyond grateful to have had such a dedicated partner all these years.

It is always so great to be able to see the magic that happens when young artists are able to grow their talent and be given the chance to shine. I am honored to have guided such a passionate and hardworking cast, and I know this experience will stay with them for years to come.



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Saddle River Valley Auxiliary

A Legacy of Support for Valley Hospital



For decades, the Saddle River Valley Auxiliary has been a cornerstone of philanthropy, tirelessly

supporting Valley Hospital through fundraising and community engagement. Founded with a mission to enhance healthcare services and support medical initiatives, the Auxiliary has played an integral role in ensuring that Valley Hospital remains a top-tier institution for patient care.

Pooja Kumar a Saddle River resident was recently appointed as Chair for Valley Hospital Saddle River Auxiliary Branch. Pooja is involved in several non-profits, where she helps strategize community outreach initiatives, donation drives and fundraising efforts. Her leadership in these roles has resulted in increased awareness and resources for the causes she champions. Pooja has her Masters in Business Administration and works as a Senior Director with CareTen, a home care company providing care to elderly with compassion and empathy. Her passion

and commitment has led CareTen to win numerous awards including recently being awarded Inc5000 one of the fastest growing private company in America. With her deep passion for helping others and giving back to the community (both at work or on personal front), Pooja actively participates in various local projects. Her ability to connect with people from all walks of life, along with her tireless dedication, has earned her the admiration of both peers and the people she serves.

The Valley Hospital Auxiliary was a major catalyst in the founding of the hospital, raising funds and establishing community support years before the hospital opened. The VHA was founded in 1944. Since its inception, the Auxiliary has helped serve local communities by raising funds for specific healthcare programs and services. To date, the Auxiliary has donated more than \$18 million to Valley. The mission of The Valley Hospital Auxiliary is to serve as a community liaison for the hospital, assist the hospital through a variety of traditional and non-traditional volunteer services, and raise funds for vital

hospital programs. Today's Auxiliary, which consists of members from many local communities, remains an integral part of hospital life.

The Auxiliary's contributions extend far beyond financial assistance. Through their dedication, members have organized countless fundraising events, from elegant galas to community-driven initiatives, fostering a spirit of giving that unites residents and strengthens their commitment to high-quality healthcare.

One of their most notable recent efforts includes a highly successful fundraising campaign aimed at securing advanced medical equipment for the hospital's state-of-the-art facilities. Thanks to the Auxiliary's tireless work, Valley Hospital has been able to upgrade critical patient care services, ensuring that cutting-edge technology is available to those in need.

The Auxiliary's current pledge is to raise \$3 million to establish the Pediatric Section of the Emergency Department at The Valley Hospital, and \$100,000 for Valley Home Care's endowment for *Butterflies*, a pediatric in-home palliative



CONTINUED →



“I aim to inspire others to join in, contribute, raise awareness, and create lasting impact for a cause that truly matters.”

and hospice care program for seriously ill children. The Auxiliary may provide additional financial support to other Valley Hospital Auxiliary and Valley Health System initiatives. Our Saddle River Auxiliary Branch, including other branches in Bergen County, are committed to assisting Valley Hospital with these initiatives.

In addition to raising funds, the Saddle River Valley Auxiliary has been deeply involved in volunteer efforts, providing comfort and support to patients and families. Their presence in the hospital has been invaluable, offering not only financial contributions but also the human touch that makes a difference in healing and recovery.

Pooja shares her passion for the cause: “Through my role as the Chair for Saddle River Valley Auxiliary Branch, I aim to inspire others to join in, contribute, raise awareness, and create lasting impact for a cause that truly matters.”

The Auxiliary’s work continues to inspire new generations to contribute, carrying forward a tradition of

generosity and service. As they look ahead, their commitment remains steadfast—to support Valley Hospital in its mission to deliver exceptional healthcare to the community.

Through their unwavering dedication, the Saddle River Valley Auxiliary proves that philanthropy is not just about giving but about creating

lasting change, ensuring that Valley Hospital continues to provide the highest level of care for years to come.

We welcome you to join us at our upcoming Saddle River Branch Auxiliary events:
• **Annual Spring Luncheon will be held on Wednesday, June 4, 2025, at The Tuxedo Club in Tuxedo, NY.**

• **20th Annual Holiday Luncheon and Boutique will be held on Wednesday, December 3, 2025, at Seasons Banquet in Washington Township, NJ.**

For more details, please go to: valleyhealth.com/services/auxiliary

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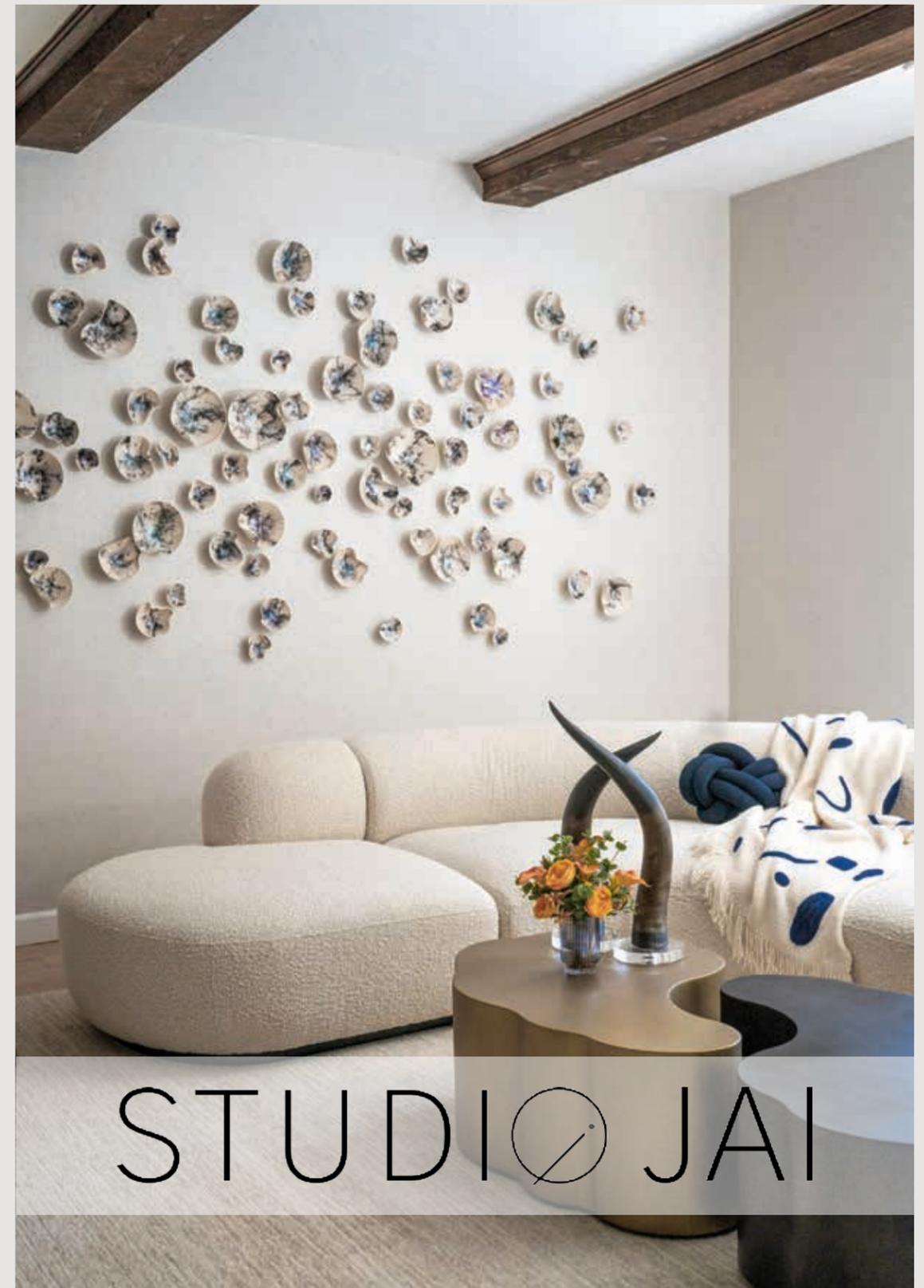
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