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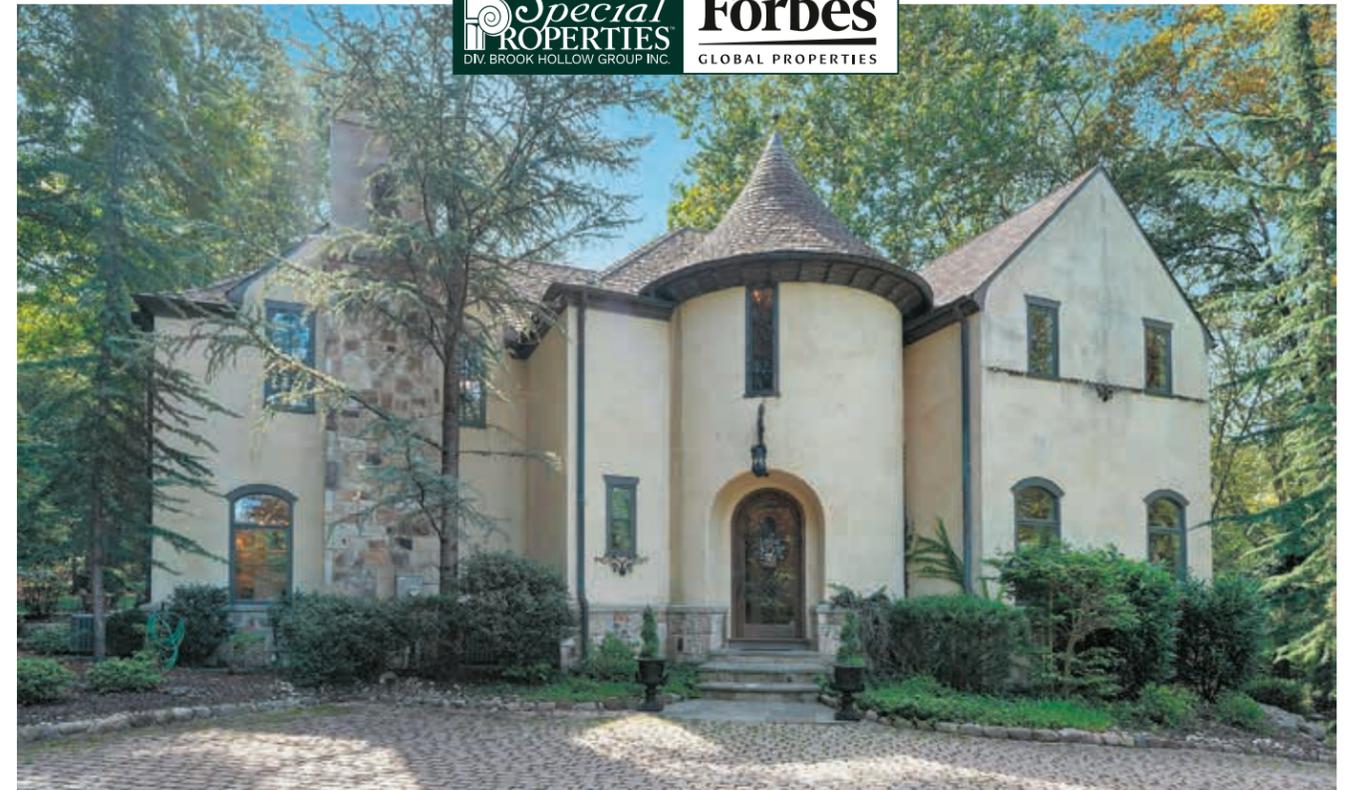
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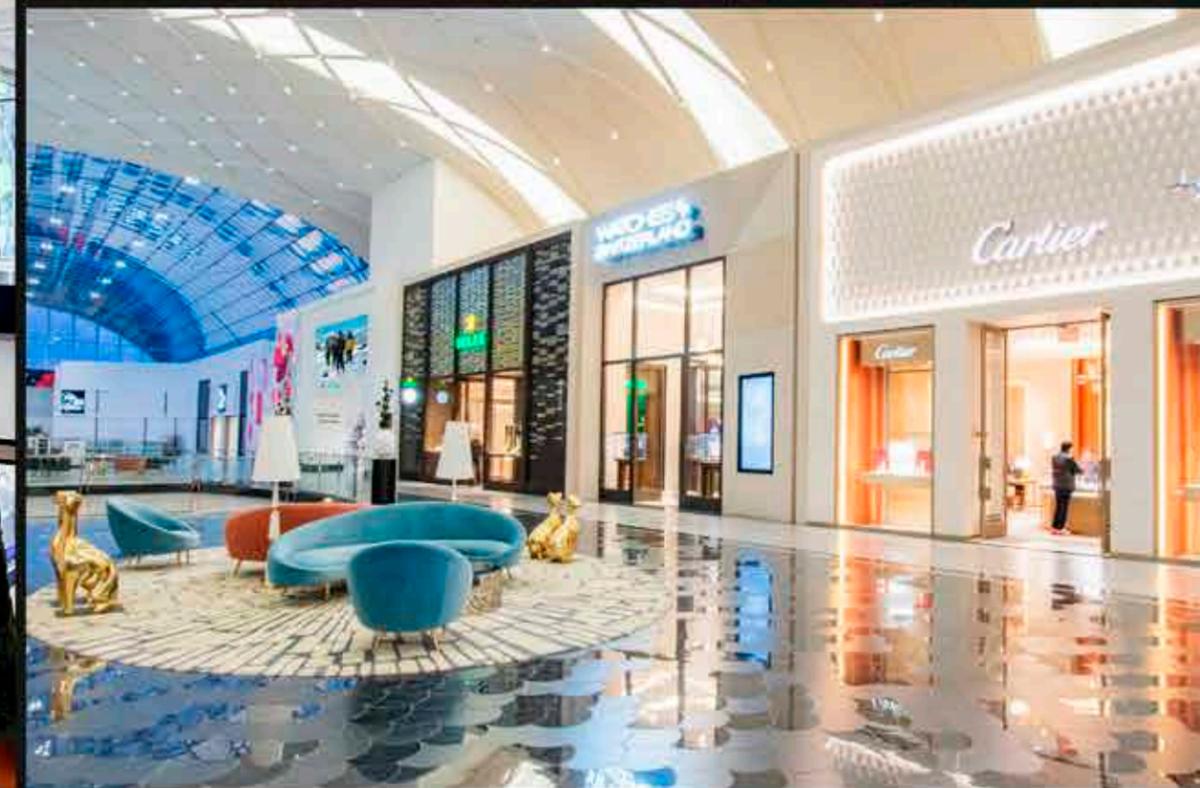
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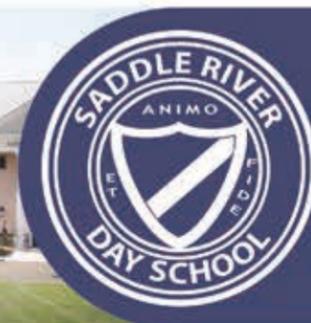


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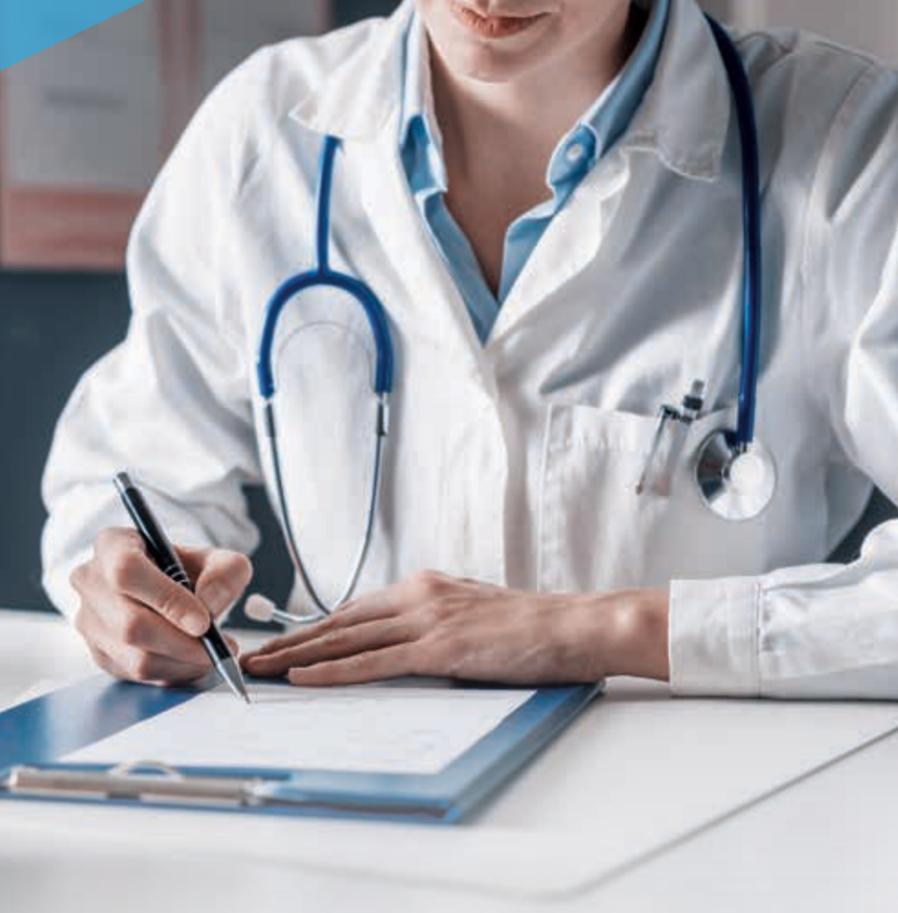


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Mike Randy - Mr. Saddle River and Myaor Kurpis at the car show

Saddle River's 4th Rock n' Roll Car Show

On a beautiful September Saturday, Saddle River held its 4th Rock N Roll Car show. The cars were displayed at Rindlaub Park for all to enjoy.



Mike Randy & Mike Randy with their 1951 Willys Jeepster



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International & Out To Lunch Chapter. Lunch at Trata on the River in Piermont, NY.



Helena Lobo-Zagorski, President & Mark Zagorski

On September 14th, the Saddle River Valley Residents Club kicked off the new season with our 2025 Welcoming Party, hosted at the beautiful home of Stephanie and Jake Tripp.

It was a perfect afternoon of friendship and connection as both new and longtime members came together to celebrate the year ahead. Guests enjoyed a delicious light lunch, refreshing cocktails, and plenty of lively conversation in a warm and inviting setting.

The Welcoming Party set the tone for what promises to be another exciting year of community, camaraderie, and memorable events!



Ladies Club GG Chapter. The ladies paint the town red at Bottagra in Hawthorne.

SADDLE RIVER VALLEY RESIDENTS CLUB 2025

HELENA LOBO-ZAGORSKI, SADDLE RIVER RESIDENT, PHOTOS BY MARK ZAGORSKI, SADDLE RIVER RESIDENT



Men's Club Chapter. The guys enjoy an evening at Bici's in Ramsey.



Left to right: George Tashji, Hiral & Rushil Patel



Arts & Culture Chapter. Mansion in May in Chester Township.



RuthAnn & David Riggs



Health & Wellness Chapter. A Sunday afternoon playing pickleball at Life Time.



Left to right: Susan Homann, Harold Unger, Laura Fusco.



Left to right: Donna Bradshaw, Ana Vivancos, Helena Lobo-Zagorski.



Left to right: Helena Lobo-Zagorski, Nelly & Trevor Shaw, Jacob, Stephanie & Macsen Tripp, Mellanice Miller



Left to right: Hiral Patel, Rosemarie Habicht, Jacqui Hill.

Client: Blue Diamond Luxe Travel
 Size: 1/3 Sponsor
 Location: Sponsorship

THE SADDLE RIVER VALLEY RESIDENTS CLUB brings the community to life with 4 to 6 vibrant events every month — from lively club parties to unforgettable chapter gatherings! Whether you're looking to connect, celebrate, or just have fun, there's always something happening. Check out some of our standout chapters and can't-miss events below!

WANT TO GET INVOLVED OR LEARN MORE?
 Visit srvrc.org or email us at srvrcomm@gmail.com — we'd love to hear from you!

CONTINUED ►



Coffee Social Chapter. The Gracie Rose in Pearl River for St. Patrick's Day.



Left to right: Marty Rakshan, Jacob Tripp, Rushil Patel, Matthew MacDonald.



Sociable Suppers Chapter. An evening at the home of Dr. Barry & Helene Kraushaar.



Standing left to right: Lisa Singer, Zora Kassai, Susan Homann, Donna Bradshaw, Zahra Aminlari, Clair Young, Nelly Shaw. Sitting left to right: Helena Lobo-Zagorski, Helene Richin, Rosemarie Habicht.



Dinner and a Movie Chapter. Dining out before the movie.

MINDFUL LISTENING

Exercises to Strengthen Your Hearing and Focus

BY DR. ANN MARIE OLSON



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In today's fast-paced world, we are constantly surrounded by sound - traffic, conversations, notifications, and background noise. Yet, truly listening is something we rarely practice. **Mindful listening** is the art of being present and intentional with sound. For individuals with hearing concerns, these exercises not only enhance focus but can also support better communication and reduce listening fatigue.

WHY PRACTICE MINDFUL LISTENING?

When we actively focus on sound, we train our brain to filter out distractions and concentrate on what matters most. This is particularly helpful for those using hearing aids, as it strengthens the brain's ability to adapt to amplified sound and improves overall auditory processing.

SIMPLE MINDFUL LISTENING EXERCISES

1. The Sound Scan

Sit quietly for one minute. Close your eyes and notice the sounds around you—near and far. Try to identify each sound without judgment: a clock ticking, birds chirping, or distant traffic. This builds awareness and improves your ability to separate sounds in noisy environments.

2. One-on-One Focus

During a conversation, give your full attention to the speaker. Notice not only their words but also their tone, pace, and pauses. Avoid planning your response while they are talking. This strengthens active listening and reduces misunderstandings.

3. Mindful Music Practice

Choose a favorite song and listen with fresh ears. Pay attention to individual instruments, the rhythm, or the lyrics. You may discover details you've never noticed before. This sharpens auditory detail recognition.

4. Breath and Listen

Before entering a noisy environment, pause for three deep breaths. Then, focus intentionally on one specific sound or voice. This prepares your brain to handle background noise more effectively.

THE BENEFITS GO BEYOND HEARING

Practicing mindful listening can reduce stress, enhance memory, and improve relationships. For those managing hearing loss, these exercises complement professional care and can make hearing devices even more effective.

Dr. Ann Marie Olson
 Sophisticated Hearing



Owner and audiologist at Sophisticated Hearing – Ridgewood, NJ, and Saddle River Resident
 Ann Marie Olson, Sc.D., CCC-A
 NJ Audiologist Lic #41YA00082000
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TAKE THE NEXT STEP IN YOUR HEARING HEALTH JOURNEY

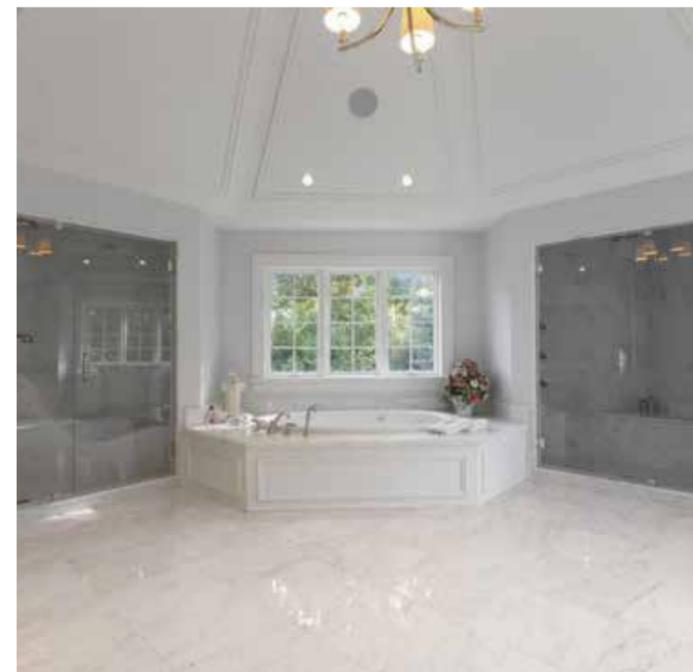
At **Sophisticated Hearing**, we believe listening is more than hearing—it's connecting. If you've noticed difficulty following conversations, especially in noisy places, these mindful listening practices can help—but they work best alongside professional hearing care.

Schedule a **hearing evaluation with our Ridgewood office** today to discover how we can help you hear clearly and stay connected with the moments that matter most.

Call us @ 201-445-2455 or visit www.SophisticatedHearing.com to book your appointment.



Le Palais of Saddle River: A Masterpiece of Luxury Living



Nestled in one of New Jersey's most prestigious communities, *Le Palais of Saddle River* is more than a home — it is a statement of elegance, craftsmanship, and lifestyle. Spanning over 10,000 square feet, this estate seamlessly blends European grandeur with modern amenities, offering an unparalleled living experience.

A Grand First Impression

Guests are welcomed into a breathtaking 2 ½-story foyer, where Italian ironwork adorns a sweeping bridal staircase. From the very first step inside, the home sets a tone of refinement and sophistication.

Ballroom Elegance

The centerpiece of the residence is its ballroom, boasting soaring 24-foot ceilings framed with intricate wood trim, three-foot corbels, and two imported crystal chandeliers. Designed for both intimate gatherings and grand celebrations, the space radiates timeless beauty.



Culinary Excellence

The newly designed GCEIK (Gourmet Chef's Eat-In Kitchen) is a culinary dream come true. Featuring a 60-inch Wolfe range, Miele appliances, Soho-style open ceiling rafters, Waterstone faucets, and slabs of Calacatta marble, this kitchen is as functional as it is breathtaking. The 14-seat formal dining room adds the perfect complement for entertaining in style.

Private Retreats

The primary suite is a sanctuary in itself, complete with a cozy sitting area, an oversized walk-in closet, and an all-marble bath. A private terrace extends the retreat outdoors. Four additional en-suite bedrooms, including one with a spiral staircase to a loft and another with its own terrace, provide comfort and privacy for family and guests alike.

Leisure & Entertainment

This home is designed for living well. A state-of-the-art theater, a fully equipped

gym, and a seven-car garage cater to every lifestyle need. Outdoors, a heated free-form gunite pool with an impressive eight-foot waterfall creates a resort-style setting. The surrounding bluestone patio and cabana make it ideal for year-round entertaining.

The Pinnacle of Luxury

Le Palais of Saddle River is more than just an address — it is a world of its own. From its architectural details to its modern comforts, every feature is crafted for those who seek the extraordinary.



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All information deemed reliable but subject to change, errors & omissions.



Feast of Words

Celebrate the season with this fall-themed word search! From cozy traditions to harvest favorites, see if you can uncover every hidden word—before your fellow readers do.

BY CAROLINE PERROTT

Find these words:
Autumn, Leaves, Crisp, Harvest, Cozy, Sweater, Pumpkin, Acorn, Apple, Spice, Turkey, Feast, Stuffing, Cranberry, Gravy, Pie, Corn, Yam, Pecan, Cider, Parade, Football, Gather, Family, Blessings, Thankful, Table, Friends, Celebrate, Leftovers



Think you cracked it? Scan to check your answers!

F S K H A R V E S T O Y B R N K O A F W
 O T A A F X F A M I L Y T I M K X M O V
 O U F N Q Z R B A U T U M N C T Z G F L
 T F R S W E A T E R H K E Y G Y L S E E
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 O R L S Q R D U R T G K S U Q V B R L E
 U M X P E C N S A W P E M O L R R U B R
 T B T I A Y L G F M L Q B R L E F D L S
 V W P I K H N Q U B T W E P B K A E L T
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 A T S X L H G C Y R N E A Z F C R I S P
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 E F D I I L E N U K L A X S T M X B C V
 F C E L E B R A T E U X L T U R K E Y T

How Buyers and Sellers Can Win In a Shifting Market

TERRIE O'CONNOR

Our housing market in northern New Jersey and southern New York seems to be heading to a transition. After several years of intense bidding wars, shrinking inventory and record breaking prices, we are now starting to see a more balanced, though still competitive landscape. Whether you are buying or selling now or in the near future, understanding the market's shifting dynamics is key to making smart moves.

To give you a snapshot of our market, in August listings were up roughly 12% year over year, giving buyers more options and sellers a bit more competition to contend with. Median prices in Bergen, Essex and Morris counties have remained at historic highs, but we are starting to see that appreciation is slowing. In addition, the average days on market is 28-36 days for a property. While still a historically short timeframe, it is up from 21 days last year. Lastly, mortgage rates have been going down, even before the Fed cut interest rates in September, fluctuating in the low to mid 6% range as of this writing, influencing buyer budgets.

There are still a number of areas (Wayne, Montclair, Ridgewood and Hoboken in particular) that remain hot spots where well-priced homes are still attracting multiple offers. However, there are more and more areas where we are starting to see price reductions...especially for properties that were overambitious in their market strategy.

WHAT BUYERS NEED TO KNOW:

- More inventory gives you more choices: It goes without saying that with more homes available, you can afford to be more selective. If you can be flexible with your location, look for neighborhoods where inventory has increased the most and you will have the strongest negotiating power.
- Check out creative financing options: Exploring rate buydowns (perhaps with the seller contributing) can lower your interest rate.
- Be prepared: No matter the market, prime listings move fast. Have your mortgage pre-approval in hand, know exactly what you can afford and stay within that budget, then get out to see new listings as soon as they are available.

WHAT SELLERS NEED TO KNOW:

- Price realistically: Buyers are better informed than ever and setting a premium price may mean your



property sits on the market while your competition sells. Competitively pricing your home in line with today's comparables will ensure you get the best offer.

- Presentation is crucial: Staging, professional photography and curb appeal are a must if you want to get your property noticed!
- If you are buying and selling, timing is important: The fall market is short and you will want to sell first if at all possible. By selling during the busiest time through October when buyer activity is at a peak and then shopping for your next home in the later fall when competition slows, you are the strongest buyer because you have a property under contract in a time when there is less buyer competition.

Our market is not necessarily the one-sided seller's market of recent years. Buyers are now finding a little more breathing room, but sellers who prepare and price correctly are continuing to achieve strong results. The key is to stay informed, act strategically and be ready to move when opportunity presents itself. Let us help you accomplish your goals!

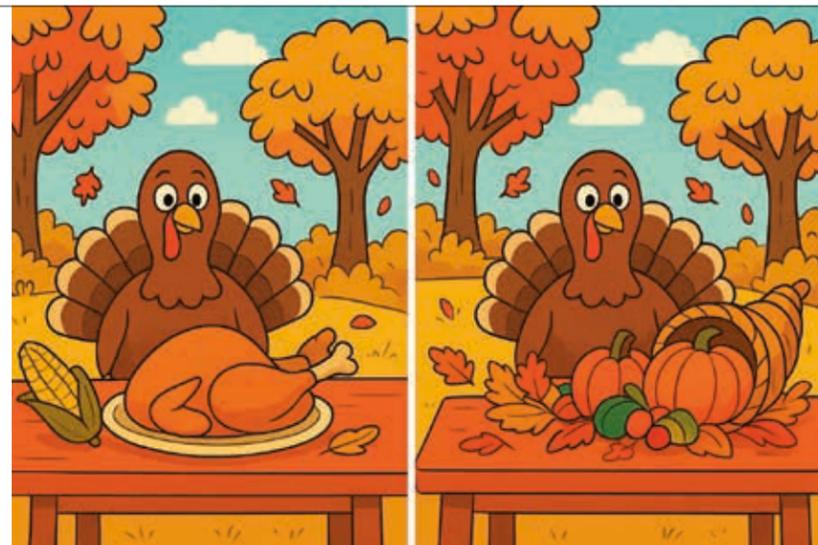


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Established in 1991, Terrie O'Connor Realtors is a leading independent real estate brokerage committed to providing hallmark service, anticipating changing market conditions and setting the standard for excellence in the real estate industry. With seven branch offices and more than 475 licensed real estate professionals, Terrie O'Connor Realtors provides exceptional real estate services throughout northern New Jersey and southern New York states.

IN THE LEAVES

These twin Thanksgiving scenes hide 20 tiny differences among the dishes and décor. Settle in, scan the spread, and see if you can spot them all.



Wandell School News

Wandell School remembers September 11th

AT WANDELL SCHOOL, and throughout the Saddle River community, we are fortunate to be part of a place where students, parents, teachers, and neighbors support one another in extraordinary ways. This spirit of connection is present every day, but it shines especially bright on September 11th, a day of remembrance, honor, and gratitude.

In the week leading up to this day of reflection, our students spent time talking about what it means to be a hero. Guided by their teachers, children reflected on the heroes who walk among us, our police officers, firefighters, and EMTs, as well as the brave men and women who stepped forward on 9/11. They created colorful, heartfelt thank-you cards, and at the very center of the school stood a large basket waiting to be filled. One by one, students proudly dropped their cards inside until it overflowed with gratitude. Those cards were later delivered to our Saddle River first responders, a small but meaningful way to say thank you.

Students and staff also showed their spirit by wearing red, white, and blue. Our fourth and fifth graders wrote thoughtful essays about what 9/11 means to them and what it means to



be a hero, finding their own words to capture the courage and sacrifice they have learned about. Teaching this topic is never easy, but the children handled it with compassion and understanding, reminding us how much wisdom can come from even the youngest voices.

On the morning of September 11th, students gathered outside with flags in hand. We were joined by Saddle River's Mayor Kurpis, members of our Town Council, community and Board of Education members, our administrative team, and members of the police and fire departments. Students read their writing pieces out loud, which was a beautiful highlight of the ceremony, and then placed American flags around our Wandell flagpole. That space holds deep meaning, dedicated to Robert Zampieri, a Wandell alumnus and uncle to two of our current students, whose memory continues to touch our community.

Following the ceremony, students were escorted by our local police and fire departments to the 9/11 Memorial in Memorial Park nearby. This meaningful walk connected our students to the wider community's remembrance, offering them a chance to see how our town continues to honor the heroes and lives lost on that day.

September 11th at Wandell is more than just a ceremony. It is a day of remembrance, a chance to honor our heroes, and a promise to our students today and tomorrow that we will never forget.



Jennifer Macones, Ed.D.
Superintendent / Principal
Saddle River School District
(201) 327-0727





YOUR MONTHLY HEALTH & WELLNESS ADVISOR

Health dangers of cold weather

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

We live in a temperate zone, experiencing four distinct seasons. As we approach winter, this piece focuses on preparing for the cold. Cold weather can have a significant impact on human health, particularly during the winter months or sudden temperature drops. Being aware of the potential dangers can help you take steps to protect yourself and others.

I always wondered why old folks move to the South, and I appreciate their quest for warm weather and sunshine. However, I still enjoy the four seasons.

COMMON HEALTH RISKS ASSOCIATED WITH COLD WEATHER

1. Hypothermia

Hypothermia occurs when your body loses heat faster than it can produce it, causing your core temperature to drop below 95°F (35°C). This condition is dangerous and can be life-threatening if not treated promptly. Individuals at higher risk include older adults, infants, and those without access to adequate shelter or clothing. Every year, EMS responds to one or two cases of frostbite or even fatalities resulting from exposure

to freezing temperatures. In advanced life support, there is a section on hypothermia so that we know how to handle freezing emergencies. All paramedics and most first responders know how to take care of someone who has experienced severe hypothermia.

2. Frostbite

Frostbite is the freezing of skin and underlying tissues, typically affecting the extremities, such as fingers, toes, ears, and nose. Early signs include numbness, tingling, or a pale appearance in the affected area. Severe frostbite can cause permanent tissue damage and, in extreme cases, may lead to amputation. In my career, I have seen several cases of frostbite and amputation (usually by itself with no scalpel).

3. Increased Risk of Heart Problems

Cold weather puts extra strain on the heart, as your body works harder to maintain its temperature. This can increase the risk of heart attacks, especially in people with existing heart conditions. Physical exertion, such as shoveling snow, further raises the risk. This is a significant cause of death following a snowstorm. There are still people (mostly men) who go out and shovel their walks or driveways and drop dead doing so. It's easier to pay a young high school student to shovel your walk, and it's much less expensive.

4. Respiratory Issues

Breathing in cold, dry air can irritate the airways, exacerbating conditions such as asthma, bronchitis, or chronic obstructive pulmonary disease (COPD). Cold weather can also increase the risk of respiratory infections such as the flu or pneumonia. Cold weather (with apologies to Grandma) does not cause pneumonia. Infections cause pneumonia. The cold lowers your resistance by altering your natural defenses.

5. Slips and Falls

Ice and snow create hazardous conditions for walking and driving. Slips and falls can lead to fractures, sprains, and other injuries, particularly among older adults. Do not wear leather-soled or tennis shoes when the ground is ice-covered.

6. Worsening of Chronic Conditions

Cold temperatures can exacerbate chronic illnesses such as arthritis and diabetes. The body's response to cold can cause changes in blood pressure, blood sugar, and joint stiffness. I must say that ongoing research is being conducted to explain this, but for now, I believe it.

7. Mental Health Effects

Shorter days and less sunlight can contribute to seasonal affective disorder (SAD), a type of

depression that occurs during the winter months. Isolation because of cold weather can also affect mental well-being, especially for those living alone. I wrote a column about two years ago about SAD, which is fascinating. If you save copies of this magazine, look at the previous issues.

Tips to Stay Safe in Cold Weather

My suggestions are typically based on a formula. But allow me to tell you again how to keep warm. Dress in layers and wear insulated clothing, hats, gloves, and waterproof boots. Limit time spent outdoors, especially during extreme cold or windy conditions. Keep your home heated to a safe temperature, and use blankets or heating pads as needed. Stay dry to prevent heat loss from wet clothing. Be cautious on icy surfaces and use handrails or walking aids if necessary. Check on elderly neighbors or relatives during cold spells. Seek medical help immediately if you or someone you know shows signs of hypothermia or frostbite. By understanding the health perils associated with cold weather and taking preventive measures, you can reduce the risk of serious health problems during the colder months.

Please remember to visit my video podcast: Health Frontiers with Dr. Bob

We have several interesting shows that might appeal to you:

- Supplements and your immune system
- Implants and Disease
- Vascular access for the patient

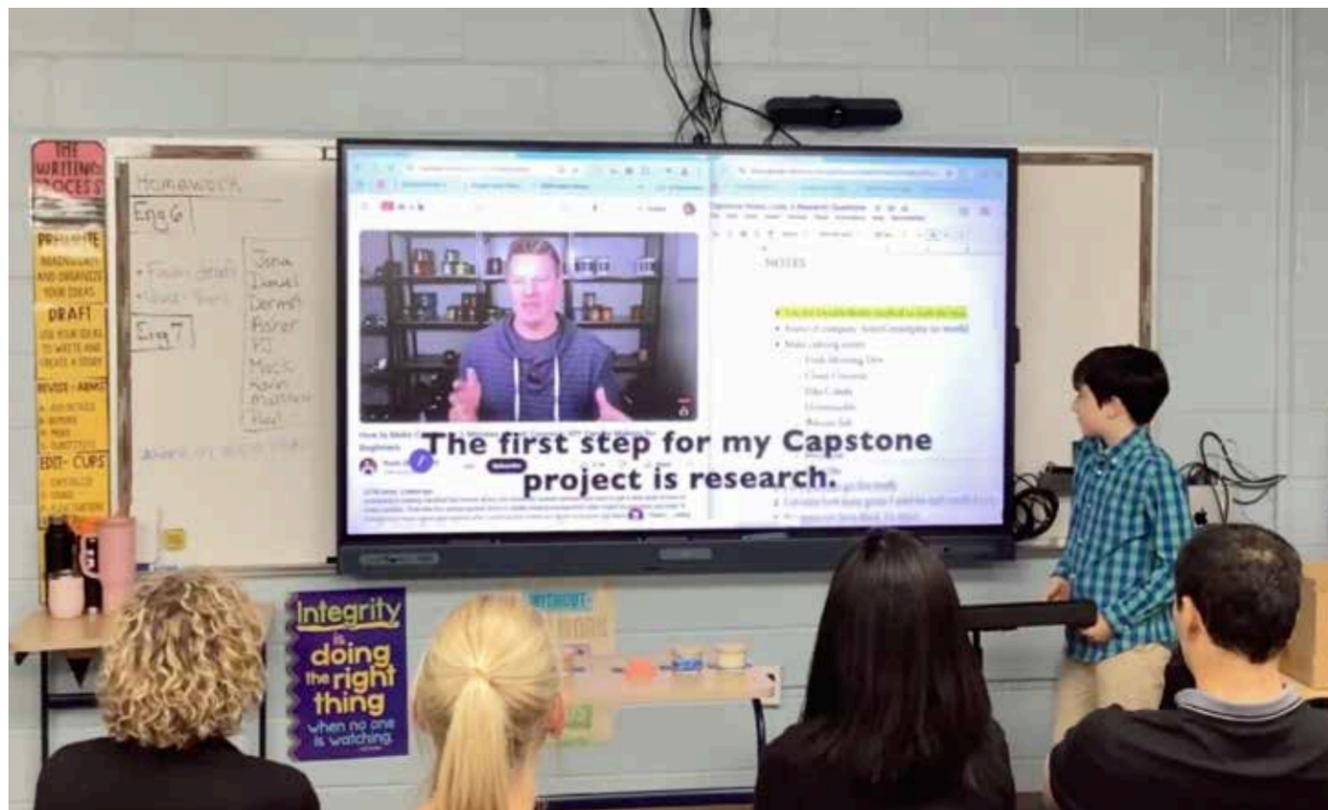
www.healthfrontierspod.com

You can also reach me with suggestions or questions by emailing: askdrbob@healthfrontierspod.com



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

Phone: 973 754 4175



WHERE CURIOSITY MEETS PURPOSE The Middle School Capstone at SRDS

AS A COLLEGE preparatory school whose students expect to attend the most selective colleges and universities, it is critical that Saddle River Day School gives its students the knowledge and expertise that will prepare them to successfully research, write, and present academic papers in the Upper School, the SRDS Gateway Diploma program, and beyond.

Because we believe that practice makes progress, the process of teaching our students these critical skills begins in the Middle School with our 4-year, scaffolded Capstone curriculum. Our Capstone projects are aligned with our science studies and are informed by both our mission and our core values. They are designed to teach and strengthen research and writing skills, develop presentation skills, encourage personalized learning, and inspire intellectual risk-taking.



The first step is, of course, learning how to research. So SRDS 5th graders spend the year learning the basics, from how to find a good source, taking notes,

gathering and compiling information, and then organizing that information into a culminating design project that encourages curiosity, experimentation, and creative problem-solving. In the past, the student project was a board game focused on a Science topic of their choice. Last year, with the focus on space, a student researched Mars rovers and designed a game that simulated its exploration path.

After students have the basics of research down, they use those skills in the 6th grade to implement one of the SRDS Core Values, Love Of Learning, by teaching themselves a skill or topic they want to know more about. Students then share their findings in both an in-person presentation and by creating a website or other digital supplement to their project.

SRDS's Technology Integration Specialist, Jeremy Orr, encourages

students to think beyond Google slides by teaching them Scratch, a block based coding language developed at MIT, that enables students to build a video that explains why they chose to research and learn their particular topic. Student creativity is encouraged as they record dramatic reenactments of their learning curve to be shared via video or even virtual reality experiences on presentation day. The varied interests of previous SRDS 6th grade classes have included learning photography and curating a photo exhibit, building video games and apps, and learning how to run a successful business.

Guided by another SRDS Core Value, Everyone Counts, in 7th grade, students turn their attention to their community and choose an issue, whether it be a school issue, a local issue, or a global issue, and propose a solution to the problem. Students are asked to explore why the issue is a problem and then gather data, creating graphs and charts of evidence that illustrates their theory. Then students are charged with writing a short research paper, presenting their findings, and again supplementing their findings with a website, a video, or a virtual reality experience completed in collaboration with their digital literacy class.

Students in our 7th grade have proven themselves to be aware, conscientious, and empathetic by presenting on topics including bullying, body image, accessibility tools for students with disabilities, and vertical gardens and water shortages. In one case, a student's digital component entailed building an entire virtual city in order to present his ideas on improving pedestrian safety.

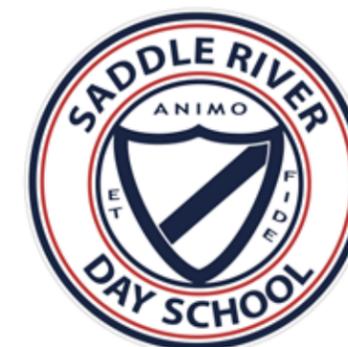
Finally, in 8th grade, students reference the SRDS Mission to be ethical global citizens and take on a comprehensive research paper and presentation that addresses one of the United Nations Sustainability Goals. Integrating all their prior knowledge of research and discovery, they embark on mission-driven inquiry as they are asked to reflect on the question, "What kind of future world do I want to live in and what role can I play in achieving it?" It's the question all good scientists

ask themselves when considering the research they want to pursue and our 8th graders are given the opportunity to start thinking now about the impact they want to have in the future. Students in the past have partnered with a car company to design a model car powered by alternative energy, researched food waste and developed a school-wide composting program and collaborated with One Drop Foundation to bring awareness about improving access to water and to promote its responsible use.

The skills students develop over the course of their Middle School Capstone projects are life-long. Students learn critical and design thinking, they learn to problem-solve, write clearly and succinctly, speak in public, present evidence, collaborate, and manage their project timeline.

But that's just the beginning. Because the most important thing our Middle

School students learn is their own mind. In deciding on a topic that is meaningful to them, and researching and reporting on something that is individualized and personal, they are also finding out who they are, what they value, and how they want to show up in the world. It is this knowledge that will guide and benefit them long after their projects have been presented.





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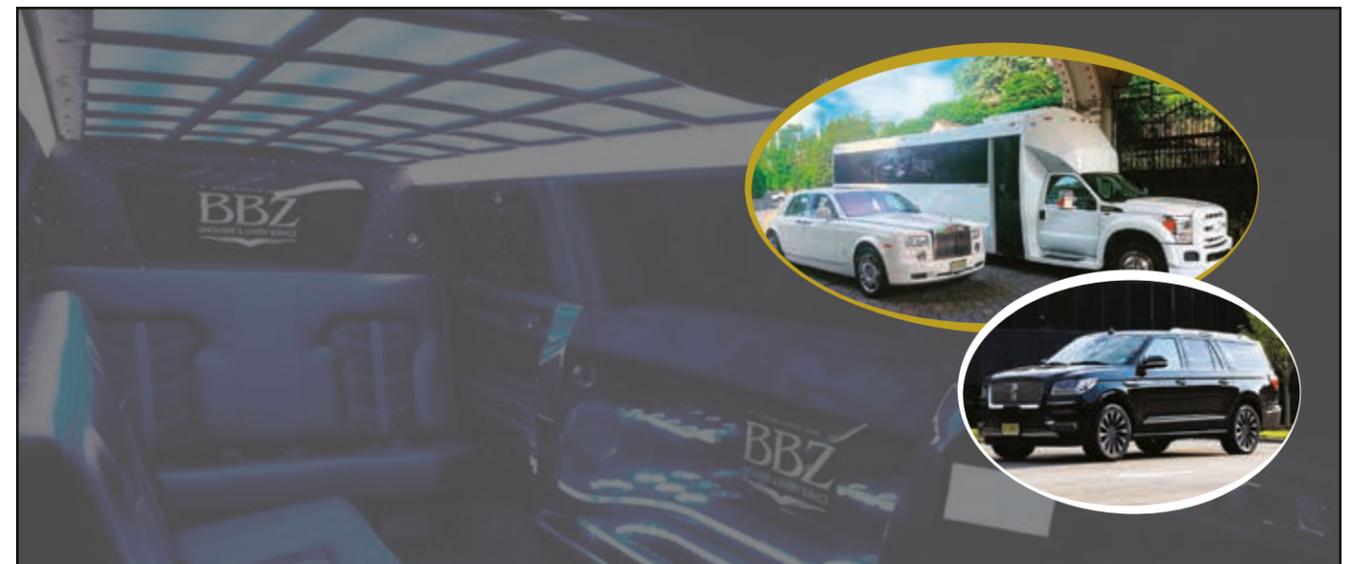
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Stories From Our Family Kitchen

A taste of gratitude

BY PAULIE VALETUTTI



November sneaks up quietly in Bergen County. One day you're visiting the orchard picking apples, and next you're pulling sweaters out of storage and planning what to bring to Thanksgiving dinner.

In our family, November has always been about slowing down. When I was little, my mother used to say that the best dishes came from using "what's left" the carrots that didn't make it into soup, the lone sweet potato rolling around the pantry, the handful of herbs hanging on outside. We always had parsley, sage, rosemary, and thyme growing and dad always had Simon and Garfunkel on the radio. She had a

knack for gathering it all into something simple but soulful.

Now, I find myself doing the same thing, usually with my 7-year-old perched on a stool beside me. She calls it "kitchen magic", turning odds and ends into something cozy. And honestly, she's right.

This month, between Halloween candy hangovers and Thanksgiving feasts, I like to make lighter comfort food. Dishes that feel warm and nourishing, without weighing us down, it is fall chili. One of my favorites is Harvest Lentil Soup with Roasted Vegetables. It's packed with fall flavors, home filling aromas, immune-boosting



ingredients, and just the right balance of hearty and healthy.

It's the kind of soup that fills your kitchen with that earthy, comforting smell of roasted veggies and herbs. And like my mom's meals, it's a reminder that gratitude isn't just for the fourth Thursday in November, it's something you can taste all month long.

As the days get shorter, I find myself leaning into these kinds of meals, ones that are humble, hearty, and grounding. When my daughter asks for seconds, I tell her she's not just eating dinner, she's eating gratitude. **CONTINUED ►**



HARVEST LENTIL SOUP WITH ROASTED VEGETABLES

SERVES: 6

Ingredients:

- 1 cup dried green or brown lentils, rinsed
- 2 carrots, peeled and diced
- 1 sweet potato, peeled and cubed
- 1 red bell pepper, chopped
- 1 small onion, chopped
- 3 garlic cloves, minced
- 4 cups vegetable or chicken broth
- 1 cup water
- 1 tsp smoked paprika
- 1 tsp thyme (fresh or dried)
- ½ tsp ground cumin
- 2 tbsp olive oil
- Salt & pepper to taste

Optional garnish: a squeeze of lemon, drizzle of olive oil, or fresh parsley

Instructions:

- 1.** Preheat oven to 400°F. On a baking sheet, toss the sweet potato, carrots, and bell pepper with 1 tbsp olive oil, salt, and pepper. Roast for 20–25 minutes until tender.
- 2.** In a large pot, heat remaining olive oil and sauté onion and garlic until fragrant.
- 3.** Add lentils, broth, water, smoked paprika, thyme, and cumin. Bring to a boil, then reduce to simmer for 25–30 minutes, until lentils are tender.
- 4.** Stir in the roasted vegetables and adjust seasoning to taste.
- 5.** Serve hot, topped with a squeeze of lemon or olive oil drizzle.

TIP: Make a double batch, it freezes perfectly and tastes even better the next day.



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.

EASY THANKSGIVING RECIPES KIDS CAN HELP MAKE

Thanksgiving is a time for gratitude, family, and, of course, great food. This year, invite the kids to join in the kitchen fun! Cooking together doesn't just make memories — it teaches valuable skills, encourages creativity, and helps kids feel proud of contributing to the big meal.

Here are some fun, simple recipes that are perfect for little helpers. They're festive, delicious, and guaranteed to add extra smiles to your Thanksgiving table.



1. Turkey Cookie Treats

No baking required — just sweet, silly fun!

INGREDIENTS:

- Chocolate sandwich cookies
- Candy corn
- Chocolate frosting
- Mini peanut butter cups
- Candy eyes

HOW TO MAKE:

- Carefully open one cookie and spread a little frosting inside.
- Stick 4–5 candy corns into the frosting for feathers, then close the cookie again.
- Use frosting to attach a mini peanut butter cup for the turkey's body.
- Add candy eyes and a candy corn beak to bring your turkey to life!

Tip: Make a whole "flock" and let each family member decorate one before dessert.



2. Mini Pumpkin Pie Cups

Kid-sized versions of the Thanksgiving favorite.

INGREDIENTS:

- Pre-made pie crust or mini graham cracker crusts
- Pumpkin pie filling
- Whipped cream

HOW TO MAKE:

- Cut circles of pie dough and press them into a muffin tin to form small crusts.
- Spoon pumpkin filling into each crust.
- Bake at 350°F for 15–20 minutes, then let cool.
- Top with a dollop (or swirl!) of whipped cream.

Little helpers can mix the filling or add the whipped cream topping for a special finishing touch.



3. Apple "Nachos"

A healthy and colorful snack that's as fun to make as it is to eat.

INGREDIENTS:

- 2 apples, sliced
- Peanut butter or caramel sauce
- Mini chocolate chips, raisins, or granola

HOW TO MAKE:

- Arrange the apple slices on a plate like nachos.
- Drizzle with peanut butter or caramel.
- Sprinkle with your favorite toppings.

For extra flair: Use red and green apples for a festive look!



4. Veggie Turkey Platter

A playful way to encourage kids to eat their veggies.

INGREDIENTS:

- Baby carrots, cucumbers, cherry tomatoes, bell peppers
- Ranch or hummus for dipping

HOW TO MAKE:

- Arrange veggies on a plate in the shape of a turkey — bell peppers make great feathers!
- Use a small bowl of dip for the turkey's body.
- Add eyes and a carrot beak for a fun finishing touch.

This cheerful platter makes a perfect appetizer or side dish for the big feast.



5. Pilgrim Hat S'mores

A sweet and clever dessert for all ages.

INGREDIENTS:

- Chocolate-covered cookies (like fudge-striped cookies)
- Marshmallows
- Melted chocolate
- Yellow frosting or candy squares

HOW TO MAKE:

- Dip one end of a marshmallow into melted chocolate.
- Press it onto the center of the cookie to make the "hat."
- Add a small square of yellow frosting for the buckle.
- Chill for about 10 minutes before serving.



A Recipe for Togetherness

The best part of Thanksgiving cooking isn't just the food — it's the laughter, teamwork, and togetherness that happen in the kitchen. These easy recipes give kids a chance to take part in the holiday magic and show that sometimes, the sweetest memories come with a little mess and a lot of love.

So, roll up those sleeves, tie on some aprons, and get cooking. This Thanksgiving, let the kids stir up more than just recipes — let them stir up joy.

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