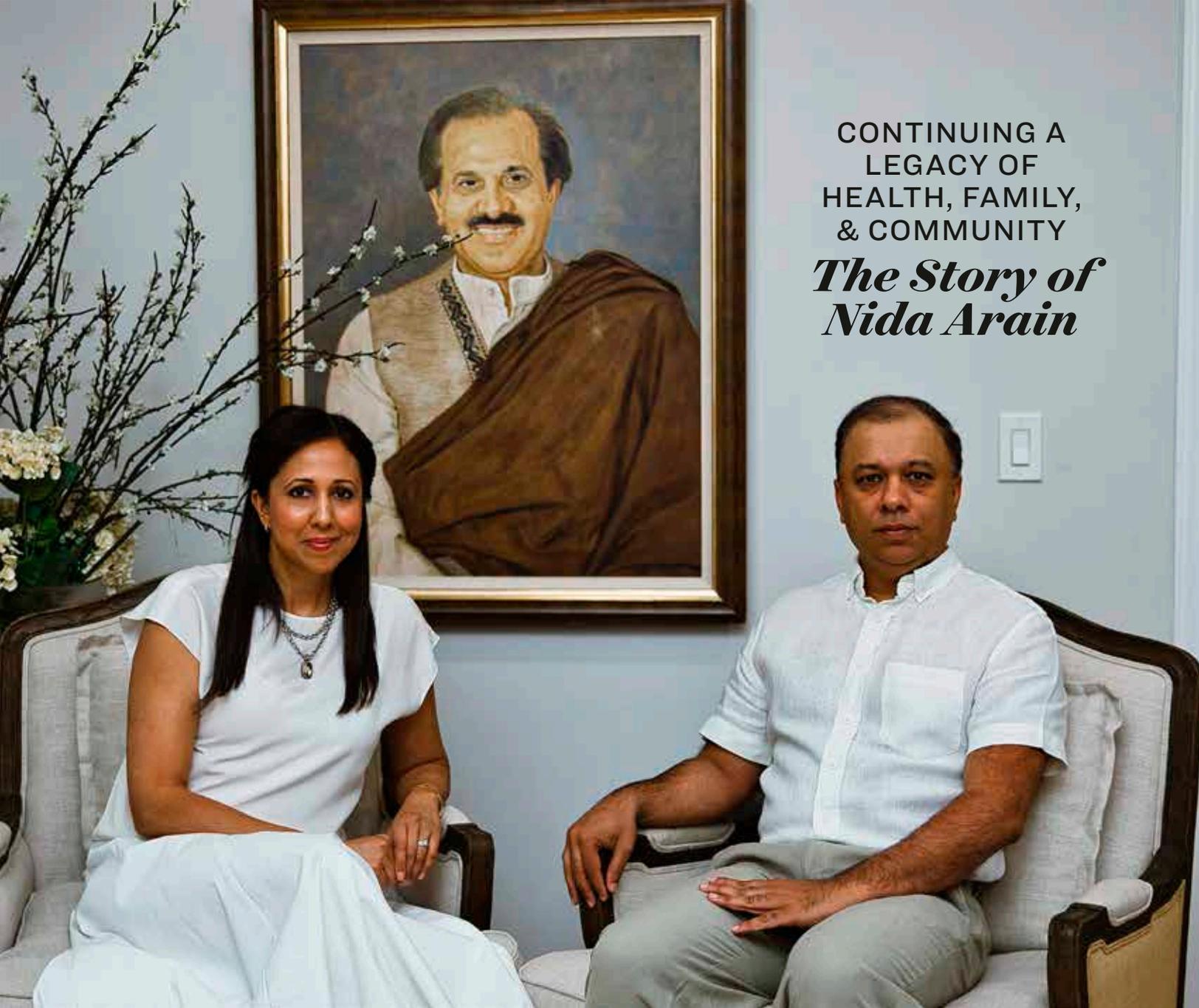


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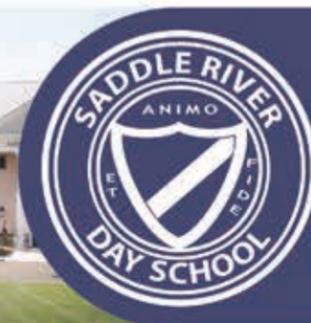


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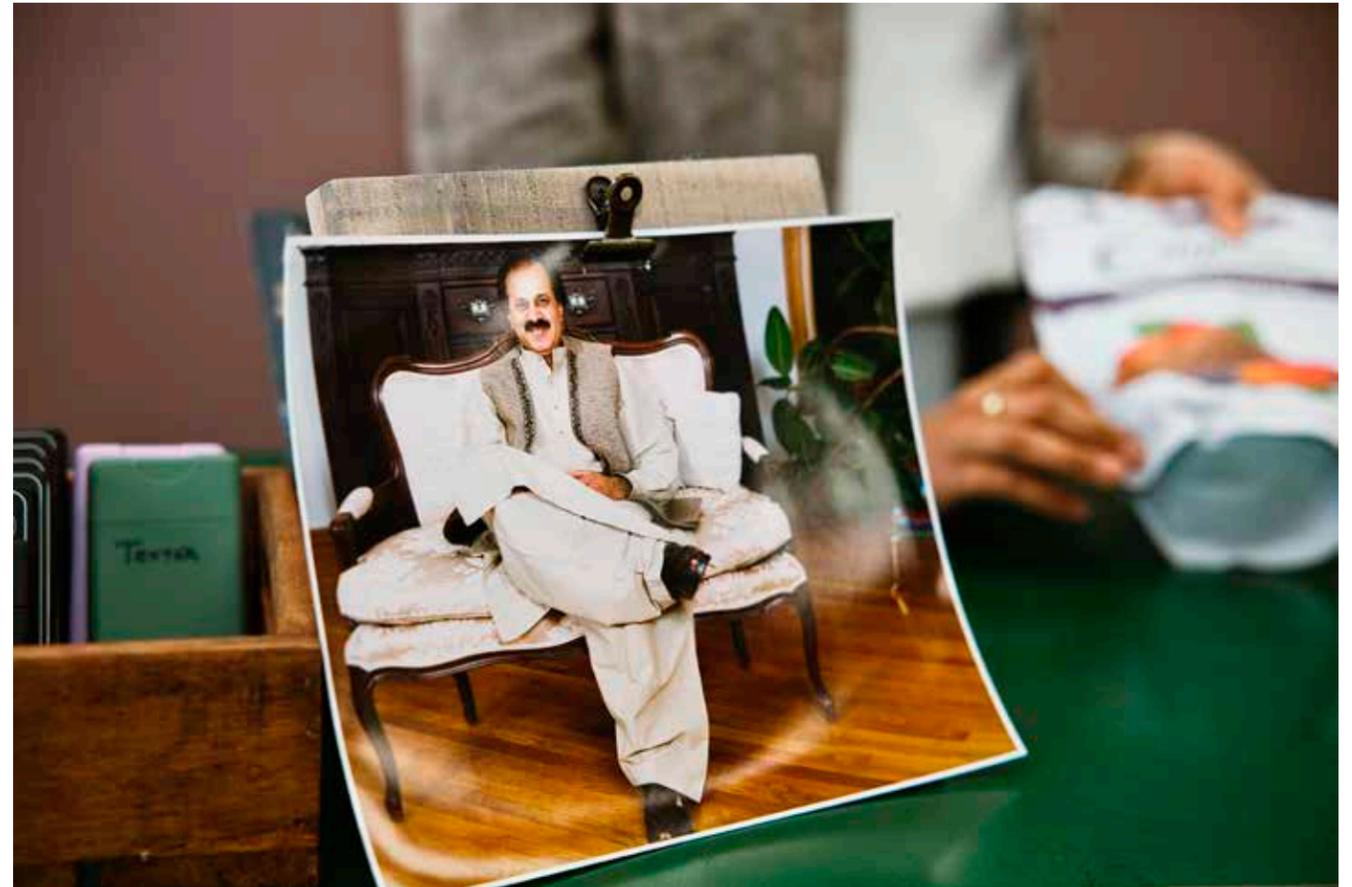
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# CONTINUING A LEGACY OF HEALTH, FAMILY, AND COMMUNITY

## *The Story of Nida Arain*



**F**or Nida Arain, family, community, and health are not just values—they are the foundation of her life. Rooted in Alpine, New Jersey, where her family home still stands as a cherished gathering place, Nida carries forward the legacy of her late father, Mansoor Arain, a beloved pharmacist and health advocate who left an indelible and continuing mark on the community.

### **A Family Home Full of Memories**

The Arain family home in Alpine has long been more than just a residence.

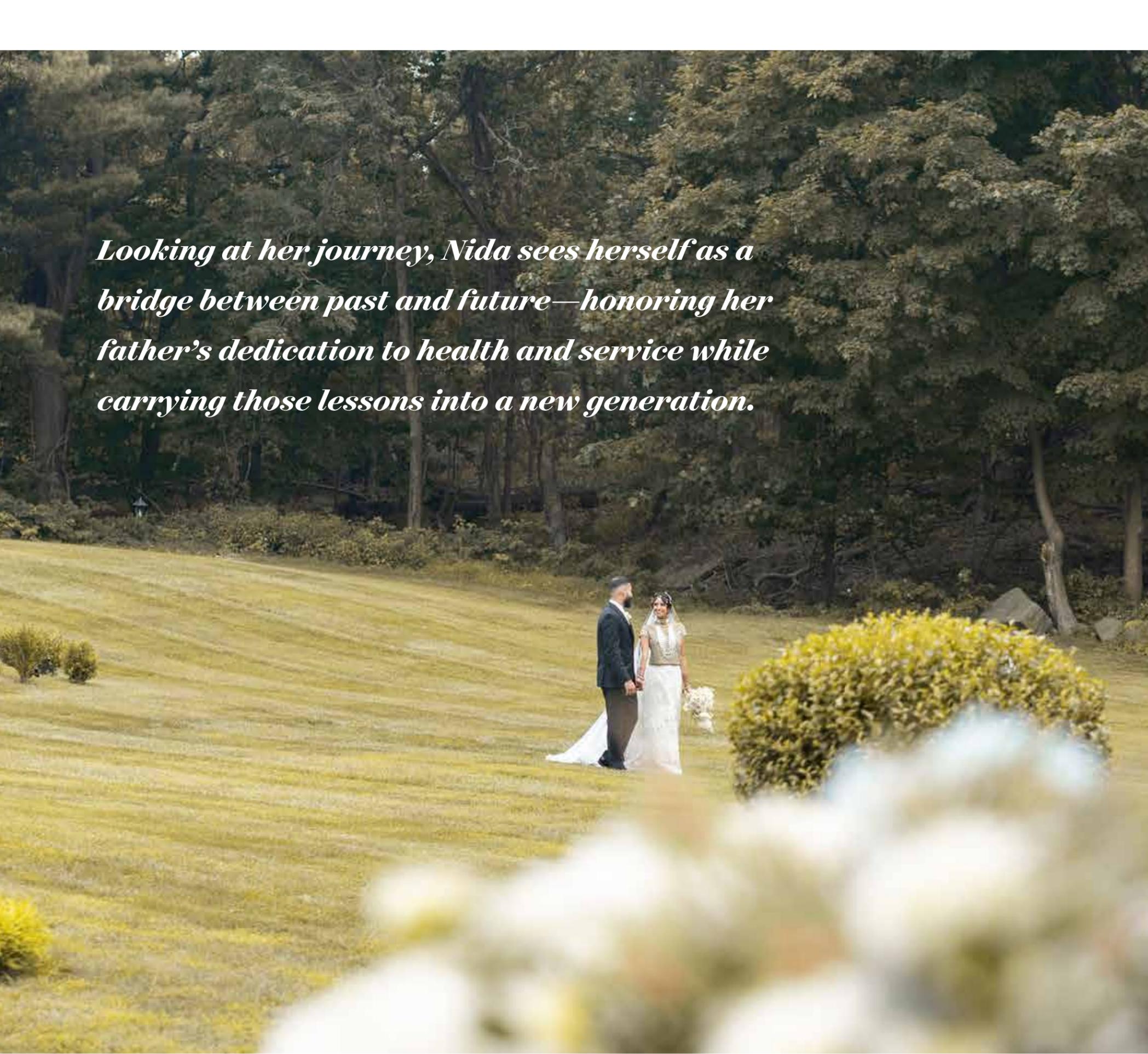
It is where milestones are celebrated, where gardens flourish, and where the memory of Nida's father lives on. Recently, Nida's and her sisters, Naila Arain and Sara Arain hosted the wedding of their youngest sister, Samia, at the house, bringing together generations in a setting filled with meaning.

"It was really memorable," Nida reflects. "That home was the last place where we all lived together as a family before my dad passed in 2002. Hosting weddings and celebrations there makes it feel like he's still with us."

Her father's touch remains visible in the garden he planted decades ago. "The trees he planted are now huge," she says. "Even though he's no longer here, those trees make it feel as if he's still here among us."

### **Mansoor Arain: A Visionary in Health and Wellness**

Mansoor Arain immigrated from Pakistan to Queens, NY, in the early 1970s, eventually settling in New Jersey with his wife, Samina. In 1983, he purchased Healthway Natural Foods, a health food store in Tenafly, which



*Looking at her journey, Nida sees herself as a bridge between past and future—honoring her father’s dedication to health and service while carrying those lessons into a new generation.*



became much more than a business. To his customers, he was a trusted guide—often called the “guru of the area.”

“He was passionate about health, nature, and community,” Nida recalls. “When he passed away suddenly, it was a shock. But even now, more than 20 years later, people still come into the store and cry. That’s how deeply he touched lives.”

Mansoor’s dedication to education and customer service shaped everything he did. He believed health began with knowledge, empowering people to understand their own bodies and take charge of their wellness. His influence also extended beyond one store—helping relatives and friends, immigrating from Pakistan, establish health food businesses across New Jersey and even in Delaware and New York. Today, members of the Arain family run multiple stores, a testament to the blueprint he created for health-focused entrepreneurship. His

dedication to supporting his extended family reflects the very essence of the American dream—showing how those who come to this country can find success, especially when inspired and guided by the example of a prosperous, entrepreneurial relative.

#### **Carrying the Torch**

When Mansoor passed in 2002, Nida and her husband stepped in to carry on his work. For Nida, continuing the store was not just a responsibility but also a way to honor her father’s dream.

“We kept his vision alive by focusing on quality and education,” she explains. Healthway stocks only the highest-quality supplements and foods, carefully curated to meet the strictest standards. “When people see a product on our shelves, they know it’s the best. We filter through thousands of products, so they don’t have to.”

The store also features a full kitchen, where fresh, small-batch, high-quality



meals are prepared using only clean, wholesome ingredients. “We make food that we’d feel comfortable giving our own children,” Nida says. “It’s fresh, it’s healthy, and people really feel the difference.”

Education remains central to Healthway’s mission. Their team of Holistic Nutritionist and certified health consultants really help understand each individual’s health needs and create a personalized plan for them. Customers leave not only with products but also with knowledge—pamphlets, resources, and personalized guidance to help them lead healthier lives.

### A Mother’s Artistic Touch

While Nida’s father instilled a passion for health, her mother, Samina,



infused the family with a love for beauty and creativity. With an eye for interior design and art, she made the Alpine home a welcoming, elegant space filled with warmth. She encouraged Nida’s creativity as a child, inspiring her to paint murals and embrace self-expression.

“Every evening, my mom would set the table with flowers picked from my dad’s garden,” Nida recalls. “We would share a meal together and then go for a walk around the yard. Those are the memories that shaped who we are.”

### Deep Roots in the Community

For Nida, the store is not just about business—it’s about connection. Healthway proudly features local products such as Gilly’s Organics skincare, Hampton Granola, Royo’s high-fiber bagels, Remedy Organics Wellness Shakes and Love Is, supporting fellow entrepreneurs in the area.

She also treasures the close-knit relationships she has formed. “Our community is very health-conscious and supportive,” she says. “When people walk through our doors, the conversations are amazing. We feel so connected.”

Nida is quick to highlight the generosity of neighbors who uplift small businesses, from local organizations to individuals who volunteer their time to promote community shops. She highlights Jeanne Rivkin-Mermelstayn, who selflessly created social media reels for Tenafly businesses in her own time. These bonds, she says, are what make the work so fulfilling.

### Honoring the Past, Inspiring the Future

Looking at her journey, Nida sees herself as a bridge between past and future—honoring her father’s dedication to health and service while carrying those lessons into a new generation.

“Everything we do is for him,” she says. “His love for health, nature, and community lives on in us, in our store, and in the relationships we continue to build.”

In Alpine and beyond, the Arain family’s story is one of resilience, connection, and the power of legacy.



Nida with Gilly of Gilly’s Organics



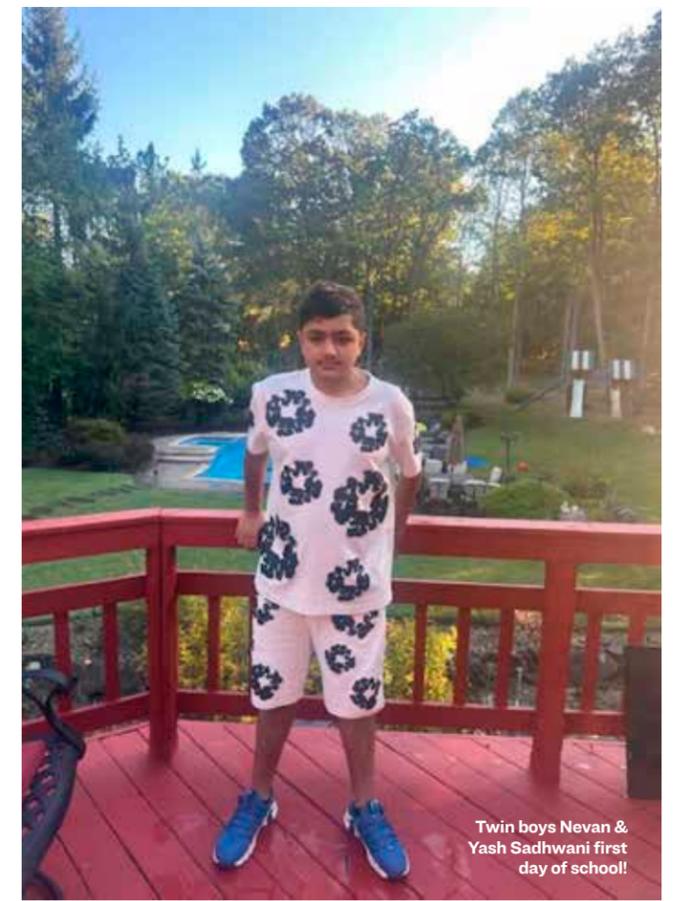
What began as one man’s vision for better living has grown into a family tradition of health and service—rooted deeply in love, memories, and caring for the community.

### Healthway Natural Foods

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Valerie (5th) and Sofia (4th) Arciniegas are excited for the school year. Valerie to decorate her first locker and Sofia to join the cadet band sax





Adira S -  
3rd grade -  
Rayaan S -  
1st grade



Elif Altuntas,  
grade 7



Adira S -  
3rd grade



Maria Fasciano  
is excited to  
start 5th Grade!



Justin Kimbro on the  
first day of school



Valentina Riccobono, grade 3



Jackson Shallop, 7th grade  
and Norah Shallop 5th grade



Valerie and Sofia Arciniegas,  
Charlotte Casilli, Clara and  
Vivienne Folk



Twin boys Nevan &  
Yash Sadhwani first  
day of school!



## Why Bergen County? The Case for Investing in Local Real Estate

*Tips from a local real estate expert*

SANDRA GARCIA, REALTOR® AT CORCORAN INFINITY PROPERTIES  
IN ALPINE NJ.



Bergen County stands apart as one of New Jersey's most dynamic and valuable real estate markets, a fact every serious investor should know. With home values soaring to an average of over \$760,000 and a steady yearly appreciation of 4.6%, this region marries stability with growth. Buyers, developers, and investors seeking returns and longevity find Bergen County's real estate simply unmatched.

What makes Bergen County so attractive? First, location. Nestled minutes from Manhattan yet offering suburban tranquility, Bergen provides quick access to world-class culture, employment, and amenities, while remaining an escape from city congestion. Its exceptional school districts boasting more than 350 public and 140 private institutions draw families, ensuring sustained demand and resilience

for residential investments. For those seeking commercial opportunities, ongoing redevelopment projects and strong local infrastructure mean there's robust demand for multifamily, retail, and mixed-use assets.

The low inventory and fast-paced sales a median of just 19 to 35 days on market fuel competitive offers and strong sale-to-list ratios. Bergen County homes often sell above asking price, reflecting the area's desirability and investor confidence. Even as the overall market shows minor cooling, the region's fundamentals remain strong, with buyer demand consistently outstripping new supply.

Beyond numbers, Bergen County offers diversity, safety, and an enviable lifestyle. Alpine and its neighboring towns are known for stunning estates, tree-lined avenues, vibrant shopping, and gourmet dining. The health care, technology, and service sectors keep the local economy robust and propel property values, while a shift toward remote work further increases appetite for spacious suburban homes.

As a top-performing agent with Corcoran Infinity Properties, my advice is clear: investing in Bergen County isn't just a smart financial move, it's a chance to own a slice of a thriving, future-facing community. Whether building a portfolio or looking for a singular dream home, this market's blend of longevity, appreciation, and lifestyle puts it in a class of its own.

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# Is Your Body Asking for a Fall Reset?

NIDA ARAIN



Fall is very close and soon we will see the leaves changing colors and feel the crispness in the air. With trees shedding their leaves, Fall reminds us that nature is preparing for a new cycle. Our bodies also benefit from letting go of what no longer serves us. A gentle fall cleanse is a great way to reset our health, strengthen our immune system, and prepare our bodies for the winter season.

## Why Should We Cleanse in the Fall?

In the Summer we indulge in barbecues, desserts, and eat out on our trips. By fall, many people notice that their digestive

system is sluggish, they have lower energy, or increased inflammation. Warmer, grounding foods during this time can really help keep us nourished and help with the transition from warmer to cooler weather.

### Benefits of a Fall Cleanse

#### BOOST YOUR IMMUNITY

Fall marks also the beginning of cold and flu season. A nutrient focused food or juice cleanse, paired with immune-supporting supplements like vitamin D3 can give your body the support that it needs.

#### SUPPORT YOUR DIGESTION

Cleansing with fiber-rich produce helps to reset our digestive system. Adding digestive enzymes or probiotics can also improve nutrient absorption and gut health. Herbs like Dandelion and Burdock can cleanse the body and help with water retention.

#### REDUCES INFLAMMATION

A seasonal cleanse that includes anti-inflammatory foods with turmeric and ginger works even better when paired with curcumin or omega-3 supplements to calm the body's stress responses.

#### INCREASES ENERGY & FOCUS

Energy can increase once you start to detox. Adaptogenic herbs like ashwagandha, Holy Basil or rhodiola can help with focus and balance stress. They can also help balance cortisol levels in the body.

#### RESETS HABITS

A Fall cleanse can also help reset your daily eating habits and help you create a healthier lifestyle. Supplements can support the mood and immunity as days grow shorter in the winter.

#### GENTLE WAYS TO CLEANSE THIS FALL

- Start your morning with warm lemon water or a green juice.
- Enjoy seasonal produce such as squash, apples, beets, and root vegetables.
- Add herbal teas like ginger, turmeric, burdock and dandelion.
- Try an organic juice cleanse or a soup cleanse packed with antioxidants.
- Move your body daily with yoga, stretching, or outdoor walks.

### A Fall cleanse can be a "reset" button for your body and mind.

By combining nutrient-dense foods and teas, mindful lifestyle practices, and targeted supplements, you'll step into the colder months lighter and energized!

This content is for informational purposes only and does not constitute for medical advice. Please consult a doctor when combining herbs and supplements with medications.

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# First Generic Weight Loss Injection Available

BY DAVID FOLK, MD



This past month, the first-ever generic version of a GLP-1 weight loss medication became FDA approved. The medication, Liraglutide, is indicated for adults with obesity or overweight or pediatric patients (12-17 years old) with weight >60kg and obesity. Teva pharmaceuticals produces this medication, which is a generic version of Saxenda—a weight loss drug that has already been on the market for several years and has annual sales of around \$165 million. This news is a reflection of the robust current, and projected future, demand for weight loss medications in the US. Many of my patients take some form of GLP-1 agonist medication, and the results have been overwhelmingly positive, as they have been able to lose significant amounts of excess body weight thus leading to a healthier overall lifestyle. Interestingly, liraglutide is unlike



other similar medications on the market in that it is a once daily—rather than a once weekly—injection. Although this may seem less convenient or desirable, it could actually allow greater flexibility for the physician and patient. For instance, the medication could be “microdosed” in small amounts or possibly titrated in real time on a daily basis if side effects arise. The side effect profile is similar to other GLP-1 medications, and the full disclosures can be read on Teva Pharmaceutical’s site. What hopefully will result from this development is greater access to this class of weight loss medications, and possibly an overall decrease in their cost if future generic versions arise.

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

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# Alpine, It's Time to Turn Heads: Fall 2025 Is Your Runway

VANESSA BARRERA



October in Alpine is fashion's most flirtatious month—sunlit enough for silk minis by day, cool enough for cashmere by night. It's that delicious in-between season where style can pivot from hot pants to oversized knits in the time it takes to order an oat-milk latte. Soon, the tree-lined streets will ignite in molten orange and gold, transforming into a natural catwalk strewn with leaves like couture confetti.

And here you are—the leading lady—ready to claim your spotlight. Fall 2025 isn't quietly arriving; it's sweeping in with a cinematic flourish, draped in designer dreams and carrying a pumpkin spice like the ultimate accessory. So pull on those power boots, shrug into your sharpest blazer, and let the world know: this season, Alpine belongs to you.

Autumn/Winter 2025 heralds a welcome shift. Elegance persists—but with a relaxed edge, as if a rich Englishwoman dressed in a delightful hurry. Think skirt suits paired with eccentric hats, pearls layered to lush excess, silk dresses slipping off the shoulder, scarves knotted under the chin with Nan-on-a-dog-walk charm. This new elegance is human. Relatable. And, in its own quiet way, radical.

## SIX TRENDS TO EMBRACE NOW

**1. Frazzled but Fabulous Layering**  
Chaos meets chic in layered looks that feel “lived-in”—plaid, leather, knit, and





velvet collide with stylish abandon. It's a homage to imperfection, to personality

**2. Modern Menagerie & Polished Animal Prints**

From leopard to zebra, designers have reimagined animal patterns with refined flair—think sleek coats, accessories, and statement footwear that channel sophistication, not safari

**3. Faux Fur Textures & Flair**

Faux fur reigns, whether as subtle trim or plush statement pieces. Elaborate, tactile, luxe—the kind you can't help but touch.

**4. Sculptural Tailoring & Statement Shoulders**

Tailored silhouettes now come with architectural intent—oversized shoulders, cinched waists, curved hems. It's power dressing with an artful twist.

**5. Escapist Saturation of Color**

Autumn's palette goes bold—grape purples, chili pepper red, mocha mousse, powder pink, and electric blue all assert themselves with soulful richness.

**6. Romantic Lace & Victorian Flourishes**

Victorian lace and vintage trims whisper romance in an otherwise daring season. Feminine, nostalgic, and utterly timeless.



**FINAL FLOURISH: YOUR AUTUMN-WINTER MANIFESTO**

Alpine, Fall isn't just a season—it's your sartorial manifesto. Layer with intention, color with bravado, and tailor with an architectural eye, but always, always lace it with personality. Let your looks feel fabulous: slightly frayed, richly textured, unapologetically glamorous. After all, elegance isn't always neat—it's unforgettable. Stay tuned for next month's issue where I'll continue to share fun fashion trends and style tips.



Yours in endless chic,  
**Vanessa Barrera**  
@VanessaBarci  
Fashion & Beauty Writer  
Alpine Resident

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# PARENT RESPONSIBILITY FOR MINORS

ELLIOTT MALONE, ESQ.

**MOST STATES HOLD PARENTS** financially, and sometimes criminally, responsible for their misconduct of their children.

When kids do something bad - from skipping school, to shoplifting, to cyberbullying - many people, including state and local lawmakers, want to point the finger at the parents. Nearly all states hold parents liable (legally responsible) for their kids in civil court. However, what about criminal liability? Can parents really be punished for the crimes of their children?

The United States Supreme Court has ruled that parents have a fundamental right to raise their children without undue interference from the government. (*Pierce v. Society of Sisters*, 268 U.S. 510 (1925.)) However, that right is not unlimited. The government can impose certain responsibilities on parents and legal guardians and consequences for failing to live up to their responsibilities.

Most states hold parents civilly liable when their child intentionally damages property or causes personal injury. For example, parents are likely to be on the financial hook if their teen deliberately smashes a neighbor's window, but might not be if their three-year-old child accidentally breaks the window with a softball. Some states also hold parents liable

when their children negligently (carelessly) cause harm, especially while driving a vehicle.

Most states put a dollar limit on the amount parents can be liable for the actions of their children. The unspoken purpose of parental responsibility laws is the hope that these laws will act as a deterrent against poor parenting, essentially scaring parents into paying attention.

Parents typically cannot be criminally prosecuted for their acts of their minors simply because they are parents. Certainly, if the parent participates or encourages the act, the parent could be charged directly, as an accessory, or even as a co-conspirator. However, such involvement is rare. More often, parents are unaware or unable to control their child's behavior.

Laws vary from state to state, but here are the types of criminal charges prosecutors might be able to bring in appropriate cases:

**Contributing to the delinquency of a minor (CDM) crimes.** CDM laws are commonly used to prosecute parents criminally. These laws punish any adults, including parents, who cause or contribute to a child's criminal act. Some states also apply CDM laws to parents who encourage their minor children to steal, let their kids break curfew, or fail to ensure that their kids go to school.

**Improper supervision laws.** A few states punish parents for failing to supervise their children properly. For example, Louisiana's law makes a parent criminally liable if the parent allows a child to associate with certain people (for example gang members), enter places where the parent knows there is activity involving sex, drugs, underage drinking, gambling, or illegal weapons, or allows the child to be habitually absent or tardy from school or violate curfew. (La. Rev. Stat. § 14:92.2 (2023).)

**Firearm statutes.** Many states require parents to secure their guns and ammunition, with resulting criminal penalties if they fail to do so. In some states, the parent would be charged

with child endangerment for allowing a child to access a gun. California's parental responsibility statute is a model for many states. The statute originally only prohibited contributing to the delinquency of a minor, but lawmakers later added a second section requiring parents to "exercise reasonable care, supervision, protection, and control over their minor child." California makes it a misdemeanor (punishable by a fine of up to \$2,500 and up to a year in jail, or a period of probation) for parents who fail to do their parental duty or encourage their children to commit acts that would bring them before the juvenile court system. (Cal. Penal Code § 272 (2023).)

Many states, like California, allow parents to be sentenced to mandatory parenting classes and counseling instead of jail. Parental education, as opposed to incarceration, is more likely to address the problems parental responsibility laws are trying to solve.

In Gloucester Township, New Jersey, a new ordinance holds parents legally accountable for their children's actions.

Passed on July 28, 2025, the "Minors and Parent Responsibility" law stipulates that parents or guardians may face fines up to \$2,000 or jail time up to 90 days if their child commits any of 28 specified offenses due to "lack of supervision or control."

Those offenses include felonies, being a disorderly person, incorrigibility, immorality, idly roaming the streets at night, habitual truancy from school, sale and use of narcotic drugs, defacing or destroying the property of another, mugging, assaults and battery, loitering, destruction of playground

equipment and public parks, consumption of alcohol beverages on a public street, drunkenness, begging and indecent exposure.

Gloucester Township is among the first larger municipalities to implement such a measure.

The law was enacted following a series of incidents involving juvenile disturbances. Notably, during the 2024 Gloucester Township Day and Drone Show, a large group of minors caused significant disruptions, leading to 11 arrests and injuries to three police officers. The ordinance aims to address such issues by promoting parental oversight and accountability.

The enforcement of the ordinance will be case-specific, with warnings typically issued before penalties are applied. The measure has garnered both support and criticism from the community. Some residents believe it will encourage better supervision of minors, while others express concerns about its fairness and potential overreach.

So, please watch your children!



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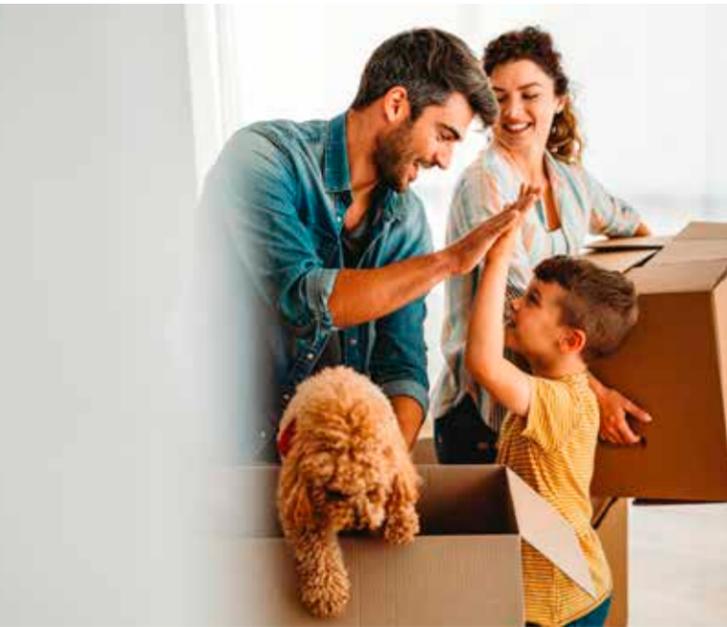


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## Private Clubs in New York: Soho House Deal

ELLIOTT MALONE

New York City has a wide range of private members' clubs, including modern, high-energy social spots like Zero Bond and ZZ's Club, luxury hotels with members' sections like Aman New York, Soho House and Casa Cipriani exclusive institutions with deep historical roots like The Metropolitan Club, and alumni clubs such as the Yale Club and Harvard Club. These clubs offer various amenities, from fine dining and social spaces to business facilities and networking opportunities, catering to different interests and demographics.

Soho House is definitely one of the trendiest members-only club on this list. It's still super exclusive, with a high admissions fee and a waiting list longer than Rao's, but the crowd is definitely more approachable. Designed for young creatives in the media and the arts, Soho House is more for relevant socialities and influencers, rather than stuffy old men in suits and ties. With sweeping rooftop views of Chelsea, and its play on a spicy margarita, the Picante, Soho House is the place to be seen and be seen (with no pictures allowed).

In August 2025, Soho House announced that the company is going private in a \$2.7 billion deal.

The luxury members club operator has struck a deal with an investor group led by hotel giant MCR, which will buy its outstanding shares for \$9 each. Soho House's Executive Chairman Ron Burkle and other big shareholders will roll over their stakes and retain control of the business.

The company says it expects to complete the deal by the end of 2025, pending the regulatory greenlight and other closing conditions. If approved, the transaction means Soho House will stop trading on the New York Stock Exchange.

Among other big names to join Soho House's future leadership is actor and now tech investor Ashton Kutcher, who is set to join the company's board following the deal's completion. Tyler Morse, CEO of New York-based MCR, will also join the board as Vice Chairman.

In 1995, restaurateur Jones opened the first Soho House in London when a space above his modest French restaurant Café Bohème became available. The door to the three-story house was too small for a restaurant, Jones told design magazine Dezeen in 2016, but just the right size to form the entryway to a private club.

The members-only Soho House was meant to stand apart from the stuffy clubs that were a hallmark of the London social scene. This club would cater to the creative types increasingly flocking to the city's Soho neighborhood, especially young people working in film and media.

Eight years after Soho House's debut, it arrived in New York.

In 2012, billionaire Ron Burkle bought a majority stake in the Soho House Group and helped finance its international expansion. In recent years, Soho House has cemented its foothold in hospitality the world, opening Soho Houses and public-facing restaurants in cities like Toronto, Barcelona, and Istanbul. Soho House now has 43 clubs and an extensive restaurant portfolio, including London restaurants Dean Street Townhouse and Cafe Monico and international chains Cecconi's and Dirty Burger.

Soho House is notorious for its selective club membership policy. A membership committee, composed of club members, decides who is and isn't granted access to each specific club. Applicants must provide a recent headshot, a one-time application fee, and, of course, an accounting of their career and interests. And although cultural capital takes precedence over monetary capital at Soho House, upon acceptance, members will pay.

Members can choose to join just their local Soho House or opt in to access at Soho Houses around the world. The price of each varies based on location; at the new Portland Soho House annual local membership is \$1,950 and the Every House membership will run you \$4,500, while those with a home base Soho House in New York will spend \$2,850 for access to just that Soho House and \$5,200 for access to all Soho Houses.

To keep the clubs young and, thus, hip, members under 27 get a 50 percent discount on the annual membership until they turn 30. Those who live in select Soho House-approved cities without an actual Soho House, like Aspen, Milan, and Tokyo, can purchase an every-club membership for \$2,500. For an additional fee, some Soho Houses also grant children access to club facilities.

To maintain just the right vibe, Soho House only accepts new members periodically, racking up waitlists that are reportedly tens of thousands of people long. A recent New York Times article put the number at over 100,000. Nonmembers are also eligible to book Soho House hotel rooms and can visit one of the brand's many public-facing restaurants.

Today, the company's footprint includes 46 Soho House locations worldwide, in addition to a handful of coworking spaces, beach clubs and digital platforms.

Soho House had more than 270,000 total members as of the end of June 2025. And the company has reported an uptick in revenue during recent quarters. In earnings announced in August 2025, Soho House said had a total of it raked in \$329.8 million in total revenues for its second fiscal quarter, an 8.9% jump year-over-year.

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

**ALPINE: 2 Sales**

116 Miles Street \$2,450,000  
915 Closter Dock Road \$3,320,000

**CLOSTER: 8 Sales ranging from \$684,000 to \$1,875,000**

230 Knickerbocker Road \$684,000  
15 Carr Place \$1,500,000  
19 Collins Avenue \$1,875,000

**CRESSKILL: 8 Sales ranging from \$830,000 to \$3,500,000**

106 Jefferson Avenue \$830,000  
67 Short Place \$975,000  
10 Loman Court \$3,500,000

**DEMAREST: 9 Sales ranging from \$965,000 to \$3,400,000**

65 Lenox Avenue \$965,000

424 Piermont Road \$1,199,000  
363 Hardenburgh Avenue \$3,400,000

**ENGLEWOOD CLIFFS: 6 Sales ranging from \$1,398,000 to \$3,298,888**

1 Cliff Road \$1,398,000  
11 Egan Place \$1,800,000  
6 Virginia Court \$3,298,888

**TENAFLY: 13 Sales ranging from \$840,000 to \$7,000,000**

209 Jefferson Avenue \$840,000  
56 Knoll Road \$2,500,000  
80 Woodland Street \$7,000,000

**UPPER SADDLE RIVER: 10 Sales ranging from \$1,135,000 to \$3,950,000**

32 Brookside Drive \$1,135,000  
38 Rolling Ridge Road \$2,200,000  
8 Orchard \$3,950,000



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## EASING SEPARATION ANXIETY IN CHILDREN

NATALIE PEREZ

**W**hat does separation anxiety look like? It can vary from child to child; some may become hysterical when a caregiver is out of sight for a short time, while others may demonstrate ongoing anxiety as they grow.

What is the trick in surviving separation anxiety? It boils down to: preparation, quick transitions and passing of time. Parents, oftentimes, suffer the same (or even more so) than the child! Here are some tips that may help improve challenging transitions:

### Establish QUICK Goodbye Rituals

Keep the goodbye short and sweet; lingering often creates a sense of insecurity and anxiety. Give three kisses or a quick hug with a “see you in a while, crocodile!” or a special phrase that will perk your child up.

### Be Consistent!

Try to maintain the consistent ritual established during transitions or goodbyes. Routines are essential for building trust, allowing independence and diminishing heartache.

### Be Attentive

When separating from your child, provide them with your FULL attention. Provide affection, when possible, and give lots of love. Continue with your quick ritual and depart, despite their antics or cries.

### Provide Specifics in Child's Terms.

When discussing your reunion, do your best to explain in a way that your child will understand. If you know you'll be back by 5:00 pm, tell it to your child on their terms; for example, say, “I’ll be back after gym time and afternoon snack.” Talk about your return from travel in terms of “sleeps.” Instead of saying, “I’ll be home in 3 days,” say, “I’ll be home after 2 sleeps.”

### Practice Being Apart.

Send the children to a close relative's home, create time for playdates, allow friends and family to provide child care for you (even for an hour) on the weekend. If possible, drive by the school and review your separation ritual. Give your child a chance to prepare, experience and excel in your absence.



Alpine Resident, bilingual (English & Spanish) speaker. Holds a BA in Psychology and a certification as a Montessori Early Childhood Educator. Happily married with two, young children and loves traveling. Certified Montessori educator in Manhattan with 10 years of experience.

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# Spooky Snacks for a Fang-tastic Halloween!

*Deliciously creepy bites that are scary easy to make!*

Halloween isn't just about costumes and candy—it's the perfect time to whip up some frightfully fun treats! Whether you're hosting a party, heading to a school event, or just want to get into the spooky spirit, these easy recipes are kid-approved, parent-friendly, and packed with ghoulish giggles.

## Creepy-Crawly Spider Crackers

### WHAT YOU NEED:

- Round crackers (like Ritz)
- Cream cheese (or hummus if you prefer)
- Pretzel sticks
- Raisins, jellybeans or olives for "eyes"

### HOW TO MAKE IT:

1. Spread cream cheese on a cracker and top with another to make a "sandwich."
2. Break pretzel sticks in half and slide four into each side for spider legs.
3. Use raisins or tiny olive pieces to make spooky eyes on top.
4. Boom—you've got a whole nest of crunchy critters!



## Monster Eyeball Popcorn

### WHAT YOU NEED:

- Popped popcorn
- White chocolate, melted
- Candy eyeballs (sold in baking aisles)
- Green or orange sprinkles

### HOW TO MAKE IT:

1. Pour melted white chocolate over the popcorn and toss until coated.
2. Sprinkle on festive Halloween sprinkles.
3. Stick candy eyeballs around while it's still sticky.
4. Creepy, crunchy, and perfect for a scary movie night!



## Mummy Dogs

### WHAT YOU NEED:

- Hot dogs
- Crescent roll dough
- Candy eyeballs (sold in baking aisles)

### HOW TO MAKE IT:

1. Wrap strips of dough around each hot dog, leaving little gaps like mummy bandages.
2. Bake according to package directions until golden brown.
3. Dot on mustard or ketchup "eyes."
4. These little mummies disappear fast—no curse required!



## Pumpkin Patch Pudding Cups

### WHAT YOU NEED:

- Chocolate pudding cups
- Crushed chocolate cookies
- Candy pumpkins (like mellowcreme pumpkins)
- Green gummy worms

### HOW TO MAKE IT:

1. Open pudding cups and sprinkle crushed cookies on top for "dirt."
2. Add a pumpkin candy or two.
3. Let some gummy worms wriggle out of the soil.
4. A mini pumpkin patch that's good enough to eat!

With these spooky snacks, your Halloween party will be a graveyard smash!



## TRICK-OR-TREAT TIP

Let kids help decorate and assemble the snacks—they'll love making their own monster creations! Just be ready for sticky fingers and lots of giggles.

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