

STROLL®

Saddle River

STEP UP TO THE PLATE

With the HoHoKus-Saddle River Men's Softball League



CELEBRATING OVER 50 YEARS OF TRADITION, COMPETITION, & COMMUNITY



AMERICAN DREAM.

Dream the Runway

Experience the Next Level
of Shopping & Dining

The Avenue

Alexander Wang
Anne Fontaine
Amouage
Balenciaga
Canada Goose
Carpaccio Ristorante
Cartier
Couture Kids
Dolce & Gabbana
EP Yaying
Ferrari
Hermès
Johnny Was
Jonathan Adler
Mulberry
Rolex
Saint Laurent
Saks Fifth Avenue
Tiffany & Co.
Watches of Switzerland
Zadig & Voltaire

Opening Soon:
Gentle Monster
Gucci
TimeVallée
and more...



From Cottages to Chateaus... Every Home is *Special* to Us.

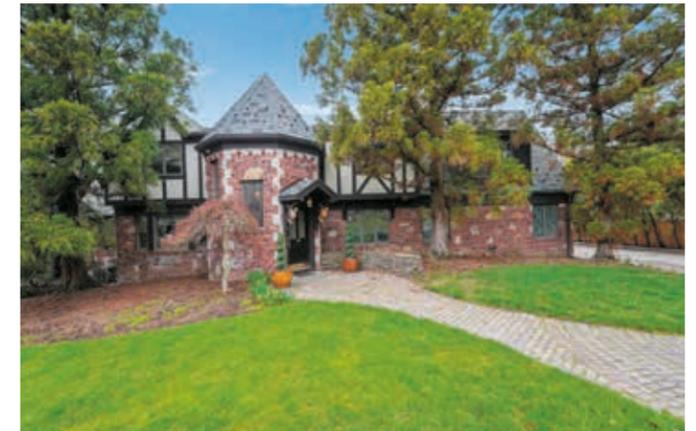


**SADDLE RIVER
EUROPEAN ESTATE**
6.3 ACRES

9000+ square foot European gem built in 2010 with extensive trim and high ceilings and elevator to 3 floors. Huge kitchen opening to a massive great room, generously proportioned bedrooms – very large primary suite. The lower level offers a recreation room with a fireplace, wine cellar, theater, bedroom/bath, indoor lap pool and more! Outdoor pool, full-service cabana and outdoor walking paths around the estate. Generator and 4-car garage. **\$5,795,000**



**SADDLE RIVER
COUNTRY COLONIAL**
Custom-built in 2007; beautifully updated in 2022. Grand 2-story entry, high ceilings, Salerno kitchen, opens to great room, luxe primary suite, boutique closet, 4-bedroom, 5-bath, ideal for work-from-home. Finished lower level, generator. Heated Gunite pool, lush landscaping, 3-car garage, circular drive, gated entry. 4+ cul-de-sac area. **\$3,950,000**



**UPPER SADDLE RIVER
EAST HILL ELEGANCE**
Situated on 1.6 acres with beautifully landscaped grounds. Gourmet kitchen opening to dining room, climate-controlled wine cellar and tasting room, office/library, large family room with fireplace, vaulted great room with access to a multi-level patio/outdoor fireplace. Sauna, music room, upper-level bedroom suite. 4-car garage. **\$1,995,000**



FRANKLIN LAKES \$3,395,000
**REFINED, CLASSIC
& ELEGANT COLONIAL**



UPPER SADDLE RIVER \$1,399,000
**INVITING FARM HOUSE
COLONIAL**



UPPER SADDLE RIVER \$1,195,000
RESORT SETTING

Exclusive affiliate of
CLIENTELE HAUTE LIVING RPLG
LUXURY GLOBAL

VICKI GAILY Realtor-Associate • Founder
Office 201 934-7111 • Cell 201 390-5880
vgaily@specialproperties.com



SPECIALPROPERTIES.COM

Information deemed reliable but subject to errors and omissions. ©2025 FGP, LLC. All Rights Reserved. Forbes Global Properties® is a registered trademark used under license.

Saddle River Grand!

Available Now!

Live & Entertain in Grand Style

Call 201.819.2999 / Visit SherylRomano.com!



BREATHTAKING & NEWLY UPDATED TOWNHOME IN PRIME LOCATION! ELEVATOR TO 3 FLOORS! THEATER (SOUNDPROOFED) 1ST FLOOR PRIMARY BEDROOM SUITE! OPEN FLOOR PLAN!

LIGHT & BRIGHT! WINE LOVERS! CUSTOM-CUSTOM ULRICH KITCHEN WOLF/SUB-ZERO/MIELE! SAVANT SOUND/SONOS/CRESTRON LIGHTING SYSTEMS + WHOLE HOUSE GENERATOR! FINISHED LOWER LEVEL



Sheryl Epstein-Romano, Broker Associate

Mobile 201.819.2999 | SherylRomano.com

Office 201.447.6100 | sromano@christiesrennj.com



Sheryl Epstein-Romano



Sheryl Epstein-Romano, Broker Associate, Realtor



Sherylromano_1



SER
SHERYL EPSTEIN-ROMANO
LUXURY RESIDENTIAL SPECIALIST
SER
SHERYLROMANO.COM



SHERYL EPSTEIN-ROMANO | Broker Associate, REALTOR® Direct: 201.819.2999

CHRISTIE'S
INTERNATIONAL REAL ESTATE
GROUP

SHERYL EPSTEIN-ROMANO | Broker Associate, REALTOR® Direct: 201.819.2999

All information provided herein has been obtained from sources believed reliable, but may be subject to errors, omissions, change of price, prior sale, or withdrawal without notice and should be personally verified through personal inspection by and/or with the appropriate professionals. Christie's International Real Estate Group and its affiliates (CIREG) make no representation of any kind, warranty or guaranty as to accuracy or completeness of any information, descriptions or measurements contained herein and such should be independently verified, and CIREG expressly disclaims any liability in connection therewith. Photos may be virtually staged or digitally enhanced and may not reflect actual property conditions. All real estate companies are exclusive affiliates of Christie's International Real Estate, and not wholly owned by Christie's. If your property is currently listed with another broker, this is not intended as solicitation.

CHRISTIE'S
INTERNATIONAL REAL ESTATE
GROUP

F. Silverman JEWELERS

431A CHESTNUT RIDGE ROAD | TICE'S CORNER
WOODCLIFF LAKE, NJ 07677
201.930.8883
FSILVERMAN.COM



GABRIEL & CO.

Artisans of Love®



F. Silverman
JEWELERS



LIVE MOSS SUPPLY CO. & BIOPHILIC DESIGN STUDIO

MOSS ACRES

SOOTHING THE SENSES SINCE 2001

**CREATING
SPACES THAT
*Breathe, Thrive,
and Inspire.***

Let us help you discover the
allure of biophilic design both
indoors and out.



James Fucetola
FOUNDER

785 Totowa Rd. Totowa, NJ
ThatMossPlace.com • 973.518.3089
Jim@mossacres.com

Making your dream become a reality.

*Custom Homes Built
Specifically for You.*

Full portfolio available at
kddbuiders.com

201-819-4977

392 Main St | Wyckoff, NJ 07481





THE LINCOLN
**SUMMER
INVITATION**
SALES EVENT



**Luxury has a new
destination**
The all-new 2025
Lincoln Navigator



Now available at Lincoln of Ramsey

Visit Today



**LINCOLN
RAMSEY**

THREE GENERATIONS • TWO LOCATIONS • ONE FAMILY
66 ROUTE 17 NORTH RAMSEY NJ 201-849-7970 DRIVRAMSEY.COM

66 Route 17 North
Ramsey NJ 07446
888-689-5968
DriveRamsey.com



SHOP OUR
INVENTORY



CHRISTIE'S
INTERNATIONAL REAL ESTATE
NORTHERN NEW JERSEY

szborovsky@christiesrennj.com
(201) 476-0777 | cell: (201) 396-0930
313 Broadway | Westwood, New Jersey, 07675



Vyacheslav "Slava" Zborovsky

20+ years experience in Real Estate | Your Saddle River Neighbor
Superior Customer Service | High-end Home Specialist





Specializing in residential buildings, car dealerships, and hospitals.

Are you involved in a board or rent/own in a property that could use a service overall? Call us for a free proposal today!

Our fully trained, experienced valet attendants will adapt to your establishment's vision, personality, and attitude to provide the perfect first impression for every guest. From restaurants to casinos and everything in between, the introductory experience provided by our valet attendants will prepare your guest to enjoy a positive interaction with your establishment.

**455 Route 17
Ramsey, NJ, 07446
www.valetking.com
info@parkvaletking.com
201-773-4090**

WESTWOOD PRIMARY
223 Old Hook Road, Westwood, NJ 07675



PRIMARY CARE · CARDIOLOGY · OB-GYN
NEUROLOGY · WEIGHT LOSS · AESTHETICS

551-309-3555



WESTWOOD SPA
245 Old Hook Road, Westwood, NJ 07675

**GET SOLAR + HOME GENERATOR + NEW ROOF
FOR \$0 DOWN!**

LEARN MORE

WWW.KHEINC.US

**Call your Local
Solar & Generator
Experts for your
FREE QUOTE
TODAY!**



GET SOLAR TODAY!

201-644-0838

SOLAR@855FIXLIGHT.COM



NJ Elec Lic: #6215a



Top Dollar for Your Property



- Highest sold price for a Saddle River home last decade and counting.
 - Highest sold price for a vacant 2-acre Saddle River lot last decade and counting.
- per NJMLS as of 07/18/25*

Jerry DeCrosta

Broker of Record & President

C: 201-819-5860

jdecrosta@specialproperties.com

*#1 OFFICE IN GROSS SADDLE RIVER SALES YTD & LAST DECADE & COUNTING
\$ volume, per NJMLS as of 07/18/25*

SPECIAL PROPERTIES DIV. BROOK HOLLOW GROUP

158 W. Saddle River Rd, Saddle River, NJ 07458 (201)327-6971



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





TERRIE O'CONNOR REALTORS

45 ACKERMAN ROAD, SADDLE RIVER | 6BD, 6F 3H BA | \$4,950,000 | 201.934.4900 (O)



2 ALFORD DR, SADDLE RIVER
6BD, 7F 1H BA | \$4,999,000 | 201.934.4900 (O)



40 MOHEGAN TR, SADDLE RIVER
5BD, 3F 1H BA | \$2,795,000 | 201.934.4900 (O)



47 TWIN BROOKS RD, SADDLE RIVER
4BD, 2F 1H BA
\$2,650,000 | 201.934.4900 (O)



67 OLD CHIMNEY RD, UPPER SADDLE RIVER
5BD, 5F 1H BA
\$2,995,000 | 201.825.0500 (O)



70 OAK DR, UPPER SADDLE RIVER
6BD, 7F 1H BA
\$3,595,000 | 201.825.0500 (O)

*Subject to Errors and Omissions

To explore more, visit tocr.com

201.786.9055 | 75 W. Allendale Avenue, Allendale, NJ 07446



THE ULTIMATE

IN SMART HOME CONTROL

SERVICING NEW YORK & NEW JERSEY 201.961.7001 www.JMGAV.com

smart homes | motorize shades | custom theaters | lighting control
multizone audio | outdoor entertainment | wifi deployments | technology

Prominent
Properties

Sotheby's
INTERNATIONAL REALTY



West Hill Private Designer Retreat



Woodcliff Lake, New Jersey

\$2,150,000

Tucked at the end of a quiet cul-de-sac and bordered by preserved green acres, this designer West Hill residence offers a lifestyle of serenity, style, and modern living. Every inch has been thoughtfully renovated inside and out, blending elevated finishes with well-defined open concept comfort. The gourmet kitchen, outfitted with JennAir appliances, custom pantry, and beverage station, flows effortlessly into the vaulted family room and expansive outdoor spaces. Six bedrooms offer room for all, including a first-floor guest suite and a fully finished lower level with full bath for flexible living. Outdoors, enjoy Hamptons-inspired living with a year-round veranda and bluestone walkway to a private pea gravel patio nestled among lush specimen landscaping and soft lighting. This home is a rare combination of quiet luxury, privacy, and prime location—perfect for those seeking a peaceful escape without compromise. Convenient location to fine shopping and dining and easy commute to NYC.



CHRISTINE FROSINI

Broker Associate

c. 201.314.1195

christine.frosini@sothebysrealty.com

christinefrosini.com | #LoveWhereYouLive

152 West Saddle River Road | Saddle River, NJ 07458 | o. 201.825.3600



Transporting your most precious cargo since 1989.

www.jetasg.com — 917.346.8305



Management — Jet Card — Charter — Maintenance — Jet Sales

Teterboro / Belmar / White Plains / Farmingdale / Naples / Sarasota / Burbank / Appleton / Chicago

Photo credit: @lindapordonphotography for @tsgbergencounty

OVER 60% SOLD!



THE WOODLANDS

STONE BRIDGE COURT · DEMAREST, NEW JERSEY

YOU BELONG HERE

BERGEN COUNTY'S MOST EXCLUSIVE NEW TOWNHOME OFFERING

SALES GALLERY OPEN DAILY FROM 12-4PM
PRIVATE TOURS AVAILABLE BY APPOINTMENT



M: 732.362.1523 | O: 201.768.6868 | tarynbyron@gmail.com

©2024 CORCORAN GROUP LLC. ALL RIGHTS RESERVED. CORCORAN® AND THE CORCORAN LOGO ARE REGISTERED SERVICE MARKS OWNED BY CORCORAN GROUP LLC. CORCORAN GROUP LLC FULLY SUPPORTS THE PRINCIPLES OF THE FAIR HOUSING ACT AND THE EQUAL OPPORTUNITY ACT. EACH FRANCHISE IS INDEPENDENTLY OWNED AND OPERATED. CORCORAN INFINITY PROPERTIES | 1018 CLOSTER DOCK ROAD, APLINE, NJ 07620. WWW.CORCORAN.COM

FOR MORE INFORMATION, VISIT THEWOODLANDSNJ.COM

A GROOMING LOUNGE DESIGNED FOR MEN



MEMBERSHIPS AVAILABLE

OUR SERVICES

Haircuts
Skin care

Beard Grooming
Wax

Face or Head Shave
Manicure/Pedicure



Giftcards available

381 NJ-17, Ridgewood, NJ 07450 · (201) 416-6592 · ridgewood@hngrooming.com



strollmag.com

Delivering Neighborhood Connections
© 2025 The N2 Company, Inc.

IMPORTANT PHONE NUMBERS

PUBLISHER Aaron Klein
(201) 638-2218
Aaron.Klein@n2co.com

ASSISTANT PUBLISHER Kamni Marsh
strollsaddleriver@gmail.com

PHOTOGRAPHER Andrew Fein

RESIDENT WRITERS Alex Goldfarb
Andrew Goldfarb
Kendall Frances Gray
Rhea Gupta
Ronit Gupta
Samantha Holden
Salma Hassan
Mayor Al Kurpis
Dr. Bob Lahita
Terrie O'Connor
Ann Marie Olson
Lauren Marie Perez
Linda Rowe-Gray
Dr. Michael Scognamiglio Sc.D.
Blake Taranto
Marcy Valetutti
Paul Valetutti

RESIDENT CONTRIBUTORS Helena Lobo-Zagorski
Carolyn Palmer
Tanya Valency
Mark Zagorski

SPECIAL CONTRIBUTORS Wandell School
Saddle River Day School

CITY NUMBERS

911 Fire, Ambulance, Police(Emergency)

201-327-5300 Police Department

201-327-5300 Fire Department

201-327-8232 Ambulance

201-327-2609 Borough Offices

550 Administrator Ext

550 Borough Clerk Ext

228 Tax Collector

230 Tax Assessor

235 Construction Official

226 Planning

225 Zoning

235 Board of Health

244 Municipal Court

229 Finance Dept

237 Fire Official

1-800-222-1222 Poison Control



Follow us on Instagram @SaddleRiverMagazine

Saddle River MAGAZINE

DISCLAIMER: This publication is also known as *Saddle River Magazine*, is owned by The N2 Company, and is not affiliated with or sponsored by any club, developer, or homeowners association. Articles and advertisements in this publication and opinions expressed therein do not necessarily reflect the views of N2 but remain solely those of the author(s) or advertiser(s). The paid advertisements contained within this magazine are not endorsed or recommended by N2.

We're proud to showcase businesses that share our commitment to fostering local connections. When perusing our pages, keep an eye out for the "Local Sponsor" icon to identify articles highlighting these valuable partners. Please note that businesses profiled may have provided free products and / or services for the review.



YOUR CLOSET IS A CANVAS

Reinspire

closetfactory
the art of organization

Call for a free Virtual or Hybrid Design Consultation and estimate today!
(908) 322-8270
www.closetfactory.com

© 2022 Closet Factory. All rights reserved. U.S. #12141815 #1800

CLOSETS • GARAGES • HOME OFFICES • ENTERTAINMENT CENTERS • WALL BEDS • WALL UNITS • LAUNDRY ROOMS • PANTRIES • CRAFT ROOMS • MUD ROOMS • WINE ROOMS

Client: Functional Medicine Center of New Jersey
Size: 1/2
Location: Standard

With over 20 years of expertise, Sava Hysaj has become a trusted name in luxury makeup artistry. Her impressive portfolio includes working with New York Fashion Week and Miss Universe, as well as serving as a jury member for prestigious beauty competitions across Europe. Sava's unmatched attention to detail and talent for creating timeless beauty have made her a favorite among high-profile clients in NYC's most exclusive circles and internationally. Whether you're seeking a flawless look for a special occasion or want to elevate your makeup skills with a bespoke lesson, Savas Looks delivers excellence every time.

Sava's LOOKS

Luxury Makeup Artistry & Personalized Lessons
914-255-1158
@Savas_Looks

SLG | SYNTHETIC
LAWNS & GOLF

TRANSFORM YOUR OUTDOOR SPACE
with the beauty and convenience of synthetic grass.

New Jersey's Trusted Turf Sales and Installation Services

973-796-7166 | syntheticlawnsandgolf.us
j.medeiros@syntheticlawnsandgolf.us

PREFERRED PARTNERS

This section is here to give our readers easier access when searching for a trusted neighborhood partner to use. Get to know the businesses that make this magazine possible. Please support them in return and thank them if you get the chance!

AIRCRAFT CHARTER / MANAGEMENT

Air Craft Services Group
(973) 864-6200
JetASG.com

ARTIFICIAL TURF & PUTTING GREENS

Synthetic Lawns and Golf
(973) 796-7166
SyntheticLawnsAndGolf.US

ATTORNEY - ESTATE PLANNING AND ELDER LAW

Power Law Firm
(201) 543-5800
powerlawfirm.com

AUDIO/VIDEO & AUTOMATION

JMG Audio Video Inc.
Jason Santlofer
(201) 961-7001
JMGAV.com

BUILDER/DEVELOPER

Kamson Corp
(201) 871-1055
KamsonCorp.com

CAR DEALERS

Lincoln of Ramsey
(201) 849-7970
LincolnOfRamsey.com

CLEANING SERVICES

The Maids
(201) 636-0005
Maids.com/NJ/SaddleRiver

COACHING (LIFE, SUCCESS, HEALTH)

Spark the Changee
(917) 306-3603

COSMETIC SERVICES

Sava's Looks
(914) 255-1158

CUSTOM CLOSETS, OFFICES & GARAGES

Closet Factory
(908) 322-8270
ClosetFactory.com

CUSTOM HOME BUILDER & REMODELER

KDD Custom Home Builders
(201) 819-4977
KDDBuilders.com

ELECTRICIAN/LIGHTING

K. Hanrahan Enterprises
(201) 644-0838
855FixLight.com

EVENT SERVICES

Enjoy Your Party
(908) 735-2221
EnjoyYourParty.us

FLORIST

Allendale Flowers
(201) 327-9389
AllendaleFlowers.com

HEARING CENTER

Sophisticated Hearing
(201) 445-2455
SophisticatedHearing.com

HOLISTIC HEALTH & WELLNESS

Functional Medicine Center of New Jersey
(201) 733-4225
FMCofNJ.com

HOME HEALTH CARE

FirstLight Home Care
(201) 345-3398
GlenRockFristLightHomeCare.com

HOSPITAL

The Valley Hospital
(800) 825-5391
valleyhealth.com

INTERIOR DESIGN

Barbara Ostrom Associates
(201) 529-0444

INTERIOR PLANT DESIGN & CARE

Moss Acres
(973) 980-8527
ThatMossPlace.com

JEWELRY

F. Silverman Jewelers
(201) 930-8883
www.FSilverman.com

KITCHEN & BATH DESIGN

Paramus Kitchen and Bath
(201) 347-3246
ParamusKitchenAndBath.com

LANDSCAPE CONSTRUCTION AND DESIGN

SRV Landscape Construction & Design
(551) 250-3071

LAWN & GARDEN

Montebello Landscaping and Construction
(845) 520-0438

LUXURY MALL/THEME-WATER PARKS/SKI SLOPE

American Dream
(833) 263-7326
AmericanDream.com

MASSAGE - MOBILE

Elio 4 Massage
(312) 768-0802

MEDICAL PRIMARY CARE AND SPECIALTIES

All Health Medical Group
(551) 309-3555
AllHealthMedGroup.com

MEN'S GROOMING

Hammer & Nails
(201) 416-6592
HammerAndNailsRidgewood.com

PERSONAL TRAINING

Alloy Personal Training
(551) 288-7424

PHYSICAL THERAPY

Ivy Rehab Physical Therapy
(201) 633-2100
IvyRehab.com

POND & KOI SUPPLY STORE/SERVICES

Fitz's Fish Ponds
(908) 420-9908
FtizFishPonds.com

PRIVATE SCHOOL

Saddle River Day School
(201) 327-4050 x1106
SaddleRiverDay.org

REAL ESTATE

Christie's International Real Estate Group
Sheryl Epstein-Romano - broker associate
(201) 819-2999
SherylRomano.com

Christine Frosini - Prominent Properties
(201) 314-1195
ChristineFrosini.com

Coldwell Banker - Michael A. Randy
(201) 218-5850
www.coldwellbankerhomes.com

Jerry DeCrosta - Owner, Broker
Brook Hollow Group Inc Special
Properties Div. Brook Hollow Group
(201) 819-5860
SpecialProperties.com

Slava Zborovsky
(201) 396-0930

Special Properties Div of Brook Hollow Grp Inc.
Vicki Gaily Realtor Associate
Marketing Director and Founder
(201) 934-7111
www.specialproperties.com

Terrie O'Connor Realtors
www.tocr.com

Tony Nabhan Collective-Keller Williams
(201) 998-8393

TRANSPORTATION/LIMOS/PARTY BUS

BBZ Limosine & Livery Service
Jason Messinger
(201) 501-0615
BBZLimo.com

TRAVEL AGENCY / CUSTOM TRAVEL PLANNING

Blue Diamond Luxe Travel
(845) 330-3389
BlueDiamondLuxeTravel.com

VALET PARKING

Valet King
(551) 310-5583
ValetKing.com

Providing Care

for our loved ones as they age in place



Personal Care | Companion Care
Dementia Care | Respite Care
Skilled Nursing | Live-in Care

VETERAN OWNED



Home Health Care | FirstLight
From laughing more heartily to comforting more kindly
THIS IS HOME CARE THE FIRSTLIGHT WAY



201-345-3398
Boyd Lowry, Owner
Serving all of Bergen County
glenrock.firstlighthomecare.com




A Little Party Never Hurt Anybody

Summer is the perfect time to celebrate all those magic moments!

Let us create the picture perfect party flowers for your event.



Local and worldwide delivery

ORDER ONLINE OR IN STORE | 72 W Allendale Ave, Allendale NJ 07401
201.962.7272 | info@allendaleflowers.com | www.allendaleflowers.com

Winner of Best of Bergen for 7 consecutive years!

RESIDENT WRITERS



Dr. Robert Lahita
Ask Dr. Bob



Mayor Al Kurpis
Mayor's Corner



Ravi Sachdev



Paulie Valetutti
Talking with My
Mouth Full



Lauren Marie
Resident Recipe



Navreet Sidhu DDS
Tooth Be Told



Helena Lobo-Zagorski
Around Town
Contributor



Rhea Gupta
Rhea's Reads



Salma Hassan



Ronit Gupta
Travel Tales



Terrie O'Connor
Real Estate News
You Can Use



Samantha Holden
Running with
the Devils



Richard Freedman
Interim Superintendent/
Principal
Wandell School



Ann Marie Olson,
Sc.D., CCC-A
Hears to Ears



Linda Rowe Gray
Your Saddle River
Homec



Barry Kraushaar, MD



Marcy Valetutti
Healthy Living

If you or someone you know receives *Stroll Saddle River* and would make a great addition to the writers listed here, please reach out to StrollSaddleRiver@gmail.com. There are so many creative ways to be a part of *Stroll Saddle River*.



Sangita Naik
Closet Insider



Sirahn Toufayan



John May
A Stroll Down
Memory Lane



Slava Zborovsky
Meet Your Neighbors



Carolyn Palmer
Sculpt Your Life

CUSTOM LUXURY JOURNEYS
NO DETAIL IS TOO SMALL ... NO REQUEST IS TOO GRAND.

Amanjena, Morocco

Jack Kirshenbaum
LET'S CONNECT
845-330-3389

www.bluediamondluxetravel.com | jack@bluediamondluxetravel.com



Barbara Ostrom Associates
Interior Design, Decoration & Planning

**A LIVING ROOM FOR
A LIFE WELL LIVED**

HAVE A PROJECT? GET IN TOUCH!

50 Tice Blvd. Suite A-28 | Woodcliff Lake, NJ 07677
Office: 201-529-0444 | Cell: 201-315-7555
barbaraostromassociates@gmail.com
www.barbaraostrom.com





134 Cortland Drive at The Saddle River Grand

SUBMITTED BY SHERYL EPSTEIN-ROMANO, BROKER ASSOCIATE
CHRISTIE'S INTERNATIONAL REAL ESTATE GROUP-HHK

Breathtaking and newly updated townhome is set in a prime location! Elevator to three floors! Soundproofed theatre and primary bedroom suite on the main level! Open floor plan is light and bright! Hampton style floors have been recently refinished! Custom, custom! Newly designed dining room/wine room with glass enclosed temperature controlled and lit wine display wall!

Two story entry foyer, great room with fireplace and primary! The Ulrich kitchen features wolf/subzero stainless-steel appliances: three ovens, two sinks, two dishwashers and two fridge/freezers plus a wine fridge and mahogany wet bar for the ultimate in entertaining! Additionally, there is a new Savant sound system, Sonos audio and Crestron lighting. The primary bedroom has two baths, two walk-in closets and access to the private patio which backs to woods for privacy. Upstairs you will find an open loft with two additional bedroom suites and an elevator. Plus, a fully finished lower level! Radiant heat and whole house generator wrap up this amenity-rich home in the most prestigious gated community where you can relax and enjoy the clubhouse, pool and health club.

Prepare to be wowed and live your new 'grand' lifestyle!!



House Cleaning

Maid Easy



- ✓ **DEPENDABLE** tailored scheduling
- ✓ **RELIABLE** 100% satisfaction guarantee
- ✓ **CONSISTENT** professionally trained
- ✓ **TRUSTED** bonded and insured teams

- OUR SERVICES:** Move-In/Move-Out | Deep Cleaning | Recurring Plans | Post-Construction | Commercial Cleaning



Locally owned & operated

201-636-0005

Maid.com





STRONGER TOGETHER

Alloy Saddle River offers a premier personal training system that provides proven results for people who are focused on healthier, active lifestyles... not the latest fitness fads. We welcome people of all fitness levels. Our superior customized personal training system is uniquely focused on clients who want to be in the best shape of their lives. We know that people do better with coaching, encouragement, support and accountability.



ALLOY

PERSONAL TRAINING IN SMALL GROUPS
551-288-7424

Looking Good, Feeling Great, and living life to the fullest
alloypersonaltraining.com/location/saddle-river-nj/
info.saddleriver@alloypersonaltraining.com

OUR NEWEST LOCATION IS NOW OPEN!

**-FITZ'S FISH PONDS-
SADDLE RIVER**

FORMERLY WATERFORD GARDENS | AMERICA'S FIRST WATERLILY FARM

74 EAST ALLENDALE ROAD, SADDLE RIVER, NJ 07458

SHOP	WHAT WE DO:
<ul style="list-style-type: none"> JAPANESE KOI GOLDFISH AQUATIC PLANTS POND PRODUCTS & FISH FOOD 	<ul style="list-style-type: none"> POND CONSTRUCTION & RENOVATION POND SERVICE & MAINTENANCE LANDSCAPE & HARDSCAPE FISH HEALTH VISITS KOI TRIPS TO JAPAN RETAIL LOCATIONS

SCAN TO LEARN MORE!

FOLLOW US: @FFPSADDLERIVER | 908.420.9908
WWW.FITZFISHPONDS.COM

SPARK THE CHANGE

Heal. Grow. Thrive.
 Because empowerment deserves a second 'E.'

Dinika Gandhi

Certified Life, Health & Wellness Coach

- 1:1 Coaching
- Small Groups
- Workshops

Break patterns. Find calm.
 CREATE MEANINGFUL CHANGE

Email: dinika.gandhi@gmail.com
 Phone: 917-306-3603
 Instagram: @sparkthechangee

Your Monthly Health and Wellness Advisor

CHEST PAIN

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

INTRODUCTION

Chest pain is a common and often alarming symptom that prompts millions of people worldwide to seek medical attention each year. While chest pain is sometimes associated with serious or life-threatening conditions such as heart attacks, an array of issues ranging from benign musculoskeletal problems to psychological distress can also cause it. It is a common call to the 911 operator, and it should be. Never ignore chest pain without seeking medical attention.

CARDIAC CAUSES

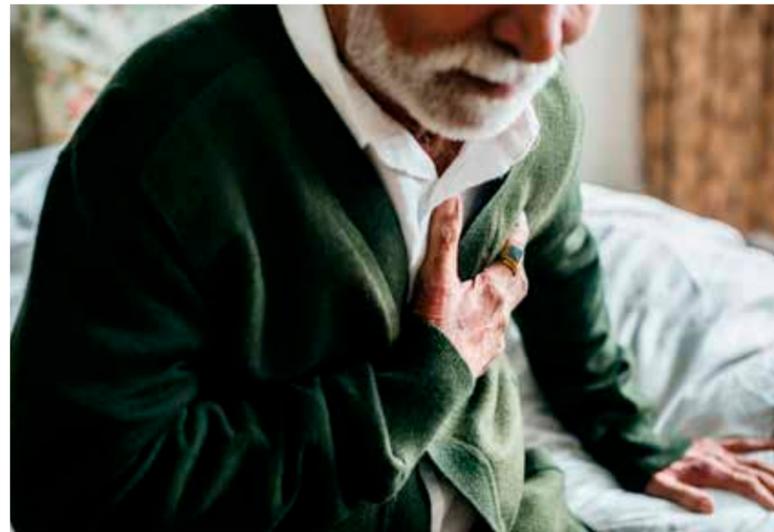
When people hear “chest pain,” their first thought often turns to heart problems. We must consider cardiac issues to be among the most serious and immediate causes. Recently, we have heard of many famous people having sudden cardiac arrests, seemingly out of nowhere. Inevitably, these individuals likely overlooked the trouble’s early warning signs.

1. Acute Coronary Syndrome (ACS)

- Myocardial Infarction (Heart Attack): This occurs when something blocks the blood flow to a part of the heart muscle. The classic symptom is a crushing or pressure-like pain in the center or left side of the chest, often radiating to the arm, neck, jaw, or back. Associated symptoms may include sweating, nausea, shortness of breath, and dizziness. Angina is the term used to describe cardiac pain.
- Unstable chest pain (angina): Similar to a heart attack, but the blockage is often temporary or incomplete. The pain may be less severe or shorter, but still represents a medical emergency.
- Stable chest pain (angina) or discomfort that typically occurs with exertion or emotional stress and is relieved by rest or nitroglycerin. It is usually because of narrow coronary arteries.

2. Other Cardiac Causes

- Pericarditis: Inflammation of the pericardium (the lining around the heart) can cause sharp, stabbing pain that may worsen with deep breaths or lying flat.
- Myocarditis: inflammation of the heart muscle itself, often because of viral infections, which may cause chest pain, fatigue, and sometimes arrhythmias.
- An aortic dissection — a tear in the inner layer of the largest vessel of the body, called the aorta, can cause sudden, severe, ripping or tearing chest pain, often radiating to the back.



- Mitral Valve Prolapse: This condition involving a valve on the left side of the heart can sometimes cause atypical chest pain, often sharp and not related to exertion.
- Cardiac Tamponade: Accumulation of fluid in the pericardial sac restricts heart function, leading to chest pain, shortness of breath, and low blood pressure.
- Arrhythmias: chest discomfort may accompany some abnormal heart rhythms.

PULMONARY (LUNG-RELATED) CAUSES

The lungs and related structures may generate chest pain through several mechanisms.

1. Pulmonary Embolism (PE)

A blood clot that lodges in the arteries of the lungs may cause sudden, sharp, pleuritic chest pain (pain that worsens with deep breathing because of inflammation of the lung lining), along with shortness of breath, a rapid heart rate, and sometimes coughing up blood.

2. Pneumothorax

Air in the pleural space (a collapsed lung) can cause sudden, severe chest pain, typically on one side, and shortness of breath. This requires a trip to the ER, where a tube might have to be placed to reinflate the lungs.

3. Pneumonia and Lung Infections

Infections in the lung tissue can cause pleuritic chest pain, fever, cough, and the production of sputum.

4. Pleurisy

Inflammation of the pleura (the lining around the lungs) causes sharp, stabbing pain that increases with deep breaths, coughing, or sneezing. Doctors usually diagnose this with a CT scan.

5. Pulmonary Hypertension

Abnormally high blood pressure in the arteries of the lungs may lead to chest pain, especially during exertion. Your internal medicine doctor determines this.

GASTROINTESTINAL CAUSES

Various digestive system disorders can produce chest pain that mimics cardiac causes. Most people do not know that GI complaints include profound chest pain. Gastroesophageal reflux disease (GERD) occurs when acid from the stomach refluxes into the esophagus, causing burning chest pain (heartburn) that is often triggered by eating or lying down. The next major cause is esophageal spasm, which results in abnormal muscle contractions in the esophagus and can cause intense, squeezing chest pain. Esophagitis is the inflammation of the esophagus, caused by acid reflux or infection, and can lead to pain, difficulty swallowing, and discomfort. Other conditions include peptic ulcer disease, which results from ulcers in the stomach or upper intestine and can sometimes cause pain referred to the chest area.

A hiatal hernia occurs when the upper part of the stomach pushes through the diaphragm into the chest, which can produce discomfort, especially after eating. Gallstones or inflammation (cholecystitis) can cause pain in the right upper abdomen, which may sometimes radiate to the right chest or back. Pancreatitis, inflammation of the pancreas, can cause upper abdominal pain one may feel in the chest.

MUSCULOSKELETAL

Then, some conditions involve the musculoskeletal system. Pain arising from the chest wall, bones, muscles, or joints is often benign but can be pretty uncomfortable. Some of these conditions include costochondritis, an inflammation of the cartilage connecting the ribs to the breastbone, which can cause sharp, localized pain that is often worsened by pressing on the area or making specific movements. Simple muscle strains, resulting from overuse, heavy lifting, or injury, can strain chest wall muscles, leading to pain that is typically reproducible with movement. Rib fractures or contusions can cause broken or bruised ribs, usually from trauma, and can cause significant localized pain, especially with breathing or movement. Fibromyalgia is a chronic pain syndrome that can affect the chest wall as part of widespread musculoskeletal discomfort.

PSYCHOLOGICAL AND EMOTIONAL CAUSES

Mental health conditions can manifest physically and significantly cause chest pain, especially after excluding other causes. These diagnoses come after a long search for the cause of chest pain has been exhausted. They include panic attacks and anxiety disorders. Sudden, severe anxiety may cause chest tightness, palpitations, shortness of breath, and a sense of impending doom, often mistaken for a heart attack. Depression and somatic symptom disorder may present with chronic, unexplained chest pain. A doctor must evaluate every cause of chest pain to rule out the most dangerous conditions.

CONCLUSION

Chest pain is a complex symptom with a broad spectrum of causes. Only a thorough evaluation, considering associated symptoms, risk factors, and a clinical examination, can

accurately determine the origin of the pain. If you are in doubt, always err on the side of caution and consult a healthcare professional, go to the ER, or simply dial 911. Understanding the various potential causes is the first step toward effective diagnosis and treatment, which ensures better outcomes for anyone experiencing this distressing symptom.

Please tune to www.Healthfrontierspod.com to see our free medical information shows. 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

The yard you've always wanted

MONTE BELLO
Landscape and Construction

contact@montebellocorp.com
www.montebellocorp.com
montebellocorp

(845) 520-0438



SADDLE RIVER RESIDENTS ARE SEEN AROUND TOWN AND OUT OF TOWN THIS SUMMER

SUBMITTED BY RAVI SACHDEV, PRIVATE CITIZEN AND SADDLE RIVER RESIDENT




EYP
ENJOY YOUR PARTY
EVENT STAFFING

MAY YOU ALWAYS HAVE REASONS TO
Celebrate!



Servers • Bartenders • Chefs • Captains
For Private Homes, Weddings, Galas & Corporate Dining

Event Planning and Coordinating, Unique Venues,
Caterers, Rentals, Décor and Entertainment

Office@EnjoyYourParty.com | 908-735-2221
Serving All of New Jersey



A Warm Welcome to the 2025-2026 School Year

Dear Saddle River School District Community,



I hope you had a restful and fun summer with family and friends. I am thrilled and honored to serve our children and this wonderful community as your new Superintendent and Principal. I cannot wait to meet and welcome each student, visit classrooms, and see our talented and dynamic teachers in action while working alongside our dedicated administrative team. Our teachers and administrative staff are excited to welcome back our returning families and extend a warm greeting to the many new families joining the Wandell community. This year, we also welcome to our Business Office our new Business Administrator, Thomas O'Hern, and new Assistant Business Administrator, Rebecca Ploszaj. We look forward to our collaborative work together in service to our students and families. During the summer months at Wandell School, the administrative team and secretarial staff have been busy preparing and planning so everything is ready for the first day of school on September 3rd. Our amazing custodial team worked tirelessly to give the building a sparkling, fresh feel, ready to welcome our students back to the classroom. I am thrilled to share with you that the Wandell playground was completely transformed into a vibrant, fun-filled space with brand new equipment for children of all ages. We can't wait to see our students laughing, climbing, and exploring the towering play structures and the bright firetruck-themed area that



will inspire imagination, teamwork, and countless joyful memories for our youngest Wolverines. Wandell School is a place with a proud history of academic excellence, strong community spirit, and dedicated alumni. Our doors are always open and we enjoy sharing the many upgrades and improvements happening here. I invite you to visit our new website at www.wandellschool.org throughout the school year to see a live feed of the wonderful activities our students are doing. The site also has calendars, curriculum information, Board of Education updates, and details about the parent organizations that support our school in so many ways. We are looking forward to an exciting 2025-2026 school year. I am here to support our students, staff, and families in every way possible. Please feel free to reach out to me at jmacones@wandellschool.org or call me at 201-327-0727 ext. 207. Let's continue working together to give our students the best opportunities for success both inside and outside the classroom. Go Wolverines! Warmly, Dr. Jennifer Macones Superintendent / Principal Saddle River School District



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



GATEWAY DIPLOMAS AT SADDLE RIVER DAY SCHOOL

A Bold Pathway to College & Career Success

In today's competitive college landscape, standing out is about more than grades and test scores—it's about demonstrating passion, initiative, and the ability to turn interests into action. Saddle River Day School's Gateway Honors Diplomas Program is designed to help students do exactly that.

Launched in 2021, the Gateway Diplomas give Upper School students the chance to specialize in an area of interest through advanced coursework, research, and real-world experiences. Students who successfully complete the program graduate with an honors diploma that reflects not only academic

rigor but also meaningful engagement in their chosen field.

Specialized Tracks for Focused Growth

The program offers seven distinct diploma tracks:

- Arts
- Humanities
- Civic Engagement
- Global Citizenship
- Medicine
- STEAM
- Entrepreneurship

Students apply at the end of 9th or during 10th grade, selecting the track that aligns

with their passion. Once accepted, they embark on a pathway that blends Honors and AP coursework, field research, and internships or experiential projects—all guided by a dedicated faculty mentor.

Rooted in SRDS Core Values

Two of SRDS's core values—**Love of Learning** and **Intellectual Risk-Taking**—inspired the creation of the Gateway Diplomas.

"We wanted to strengthen academic rigor and provide more applied learning opportunities that engage students with 21st-century, real-world skills," says Head of School

CONTINUED ►

Client: SRV Landscape Construction & Design
 Size: Full
 Location: Standard



“This isn’t about adding stress,” says Mr. Desai. “It’s about creating opportunity—allowing students to pursue what they love at a deeper level, while preparing them for success in college and beyond.”

Jalaj Desai. Working with Director of College Counseling Karen Ferretti, the program was designed to both enrich the academic experience and give SRDS students a unique advantage in the college application process.

Learning Beyond the Classroom

A defining feature of the Gateway Diplomas is the field experience requirement. Students gain hands-on exposure that could include:

- Interning in a lab or medical research center
- Launching a startup or developing an app
- Studying abroad
- Working with a composer or an artist

These experiences culminate in a capstone presentation during the senior-year—Gateway Diplomas Expo—a celebration of each student’s hard work, growth, and accomplishments.

A Standout in College Admissions

In a time when selective colleges are moving away from a purely numbers-based review, programs like the Gateway Diplomas stand out.

“Colleges are evaluating applicants holistically,” explains Ms. Ferretti. “They want to see leadership, clearly defined academic interests, and authentic engagement. A Gateway Diploma gives our students a compelling story to tell in their applications.” **The results speak for themselves. This year, members of the Class of 2025 have earned**

admission to some of the most selective and inspiring institutions across the country, including Boston University, Bucknell, Colgate, Columbia, Cornell, Duke, Johns Hopkins, MIT, NYU, Vanderbilt, and Wake Forest.

Unique to SRDS

While other schools may offer capstone projects or focused electives, no other school in the region offers a multi-track diploma program that integrates advanced coursework, fieldwork, and formal recognition at graduation.

“This isn’t about adding stress,” says Mr. Desai. “It’s about creating opportunity—allowing students to pursue what they love at a deeper level, while preparing them for success in college and beyond.”

Before Vanderbilt, Duke, Cornell or Johns Hopkins, you need...



A CHALLENGING UPPER SCHOOL

40+ AP and college-level courses

Nationally recognized Gateway Honors Diploma Program

Personalized college counseling beginning in 9th grade

AN EXCEPTIONAL MIDDLE SCHOOL



Accelerated courses and academic competitions in math and science

Capstone research projects

Business and entrepreneurship classes beginning in 7th grade

A FORMATIVE LOWER SCHOOL



Inquiry-based science curriculum developed by the National Science Resources Center

Supplemental opportunities through our After-School Academy

Project-based learning that leads to entrepreneurial mindsets

UPPER SCHOOL INFORMATION SESSIONS

Sept. 30 • 9 a.m. Nov. 11 • 9 a.m.

PRE-K–GRADE 12 OPEN HOUSES

Oct. 11 • 10 a.m. Oct. 23 • 6 p.m.

You need Saddle River Day School.

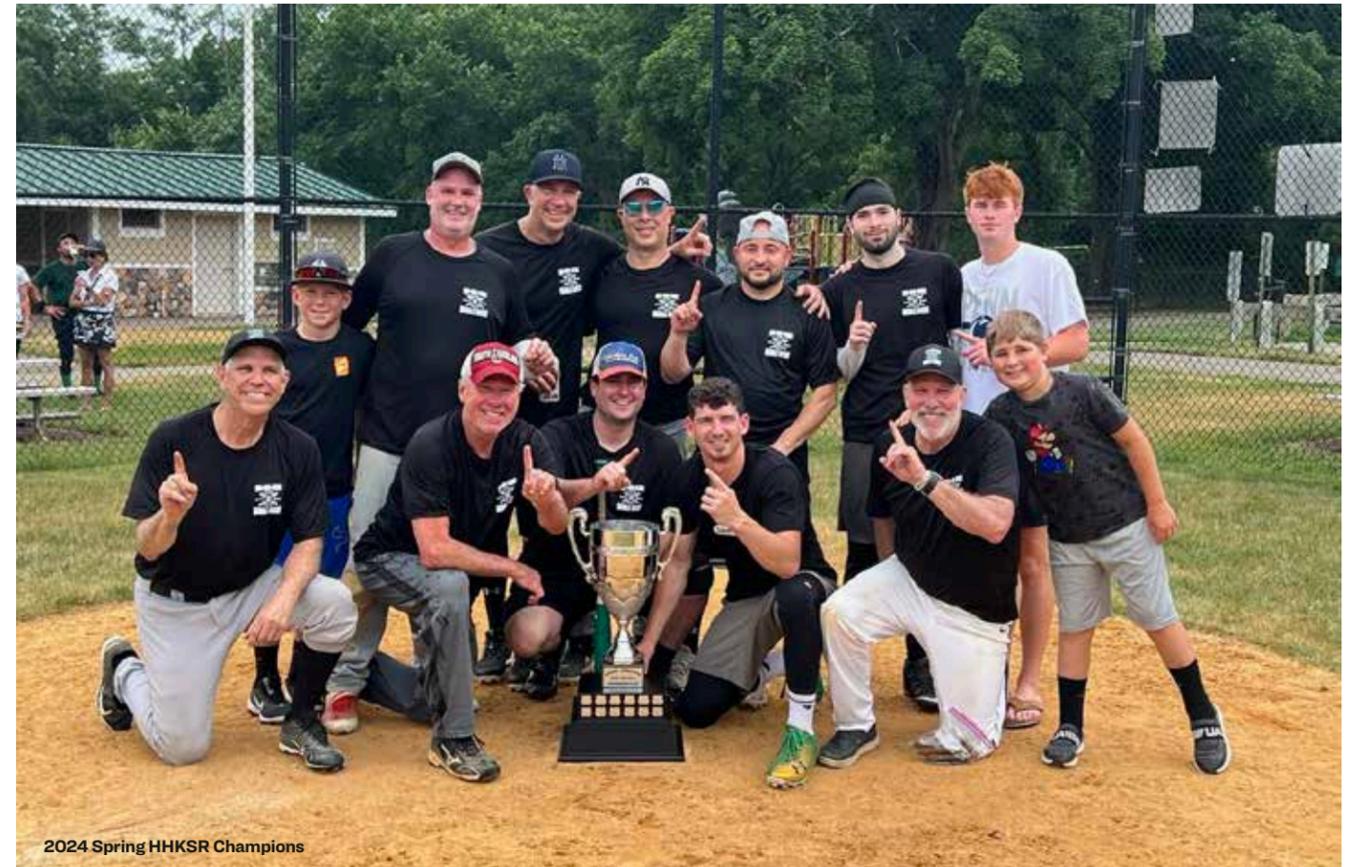
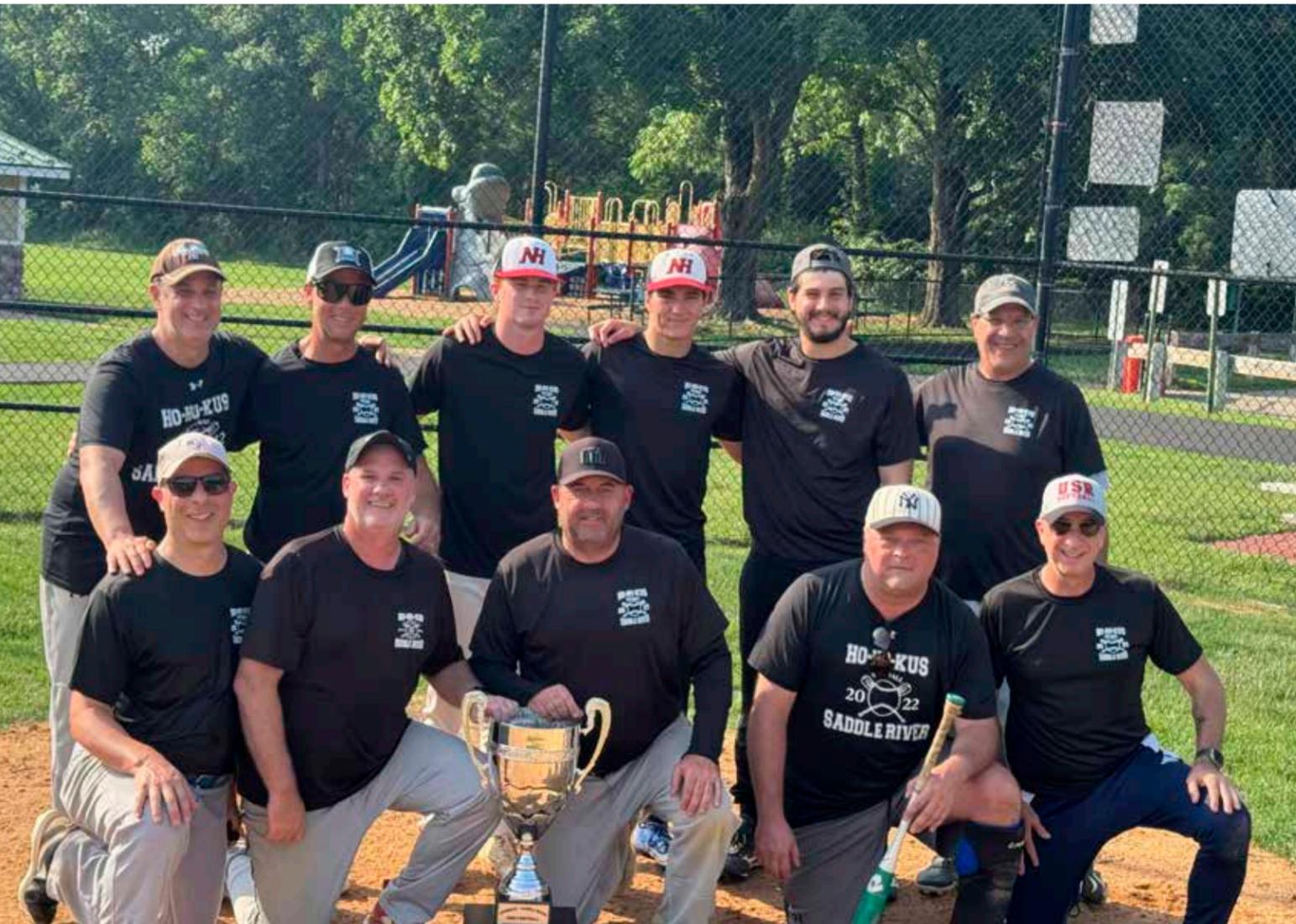
PRE-K 3 TO GRADE 12
SADDLE RIVER, NJ
201-327-4050

SADDLERIVERDAY.ORG/TODAY

STEP UP TO THE PLATE

With the HoHoKus-Saddle River Men's Softball League

CELEBRATING OVER 50 YEARS OF TRADITION, COMPETITION, & COMMUNITY



2024 Spring HHKSR Champions

IF YOU'RE LOOKING FOR camaraderie, competition, and good old-fashioned fun on Sunday mornings, look no further than the HoHoKus-Saddle River Men's Softball League. Founded in 1974 by Les Schenkler, this long-standing league is unlike any other in Bergen County — and perhaps the entire region.

What Makes Us Different?

- **A UNIQUE DRAFT FORMAT** – Each spring, players are drafted based on skill level to ensure evenly matched teams. This system not only balances competition but fosters lasting friendships and team spirit.
- **WOOD BATS ONLY** – Embracing the traditions of Major League Baseball, we play with wood bats — not aluminum — keeping the game authentic and the scores tight.
- **MODIFIED FAST PITCH** – Our pitchers deliver heat as high as 60 mph, with rules that emphasize control over speed. It's a thrilling blend of precision and power.
- **TWO FULL SEASONS** – The Spring Season (April–June) features the official draft, while the more laid-back Fall Season (September–October) allows captains to build and field their own teams.
- **GRASS FIELDS, REAL BASEBALL RULES** – We play on real grass at Rindlaub Park in Saddle River and fields in HoHoKus. And yes — three strikes, not foul-outs.

A League for Every Generation

From recent college grads to men in their 70s and 80s, their roster spans decades. Whether you're 22 or 82, if you've got the spirit and love of the game, you're welcome here. Legends like Bobby Castellano — still pitching in his 80s — and lifelong

members like Bob Howell, who's been part of the league since 1980, embody the strength of this community.

Les Schenkler: The Man Behind the Saddle River / HoHoKus Softball Tradition

When Les Schenkler moved from Brooklyn to HoHoKus in 1972, he didn't just find a new home—he laid the foundation for a beloved community tradition. For nearly 20 years, Schenkler was the driving force behind the HoHoKus-Saddle River Men's Softball League, transforming quiet Sunday mornings into spirited gatherings that brought neighbors together.

"I just moved, didn't know anybody," Schenkler recalled. "I used to take the train into the city for work with the Port Authority of New York and New Jersey. One day, I sat next to a guy who also lived up here. We started talking about baseball and softball, and I asked, 'Are there any leagues around that are just for fun? Not a jungle—just slow-pitch and relaxed?'"

That chance encounter set the wheels in motion. The man offered to help connect him with local contacts, saying, "If you run it, I'll get you the information." With that encouragement, Schenkler got to work.

"I started pulling together some people I knew," he said. "It was always supposed to be a 'have fun' league—no nonsense, no egos. Just get out there and play."

From those humble beginnings, the league quickly flourished. "The first year, we had about 40 guys. Eventually, we built it into 10 teams, each with 12 to 14 players," he shared. "We played every Sunday morning at 10. Three games in HoHoKus, one in Saddle River."



Player Highlight – Bobby Castellano: 86 Years Young

Bobby Castellano is one of the most enduring and inspirational figures in the HoHoKus-Saddle River Men's Softball League. A league original, Bobby joined in 1978 during a busy time in his life, commuting each day from Saddle River to New York City and raising three sons with his wife, who handled much of the parenting during the week.

Looking for a way to unwind and connect on weekends, the league was a perfect fit. "It was the best of both worlds," Bobby recalls. He and his wife became known for hosting post-season cocktail parties, complete with slide shows and game reels—events that became cherished league traditions.

Even now, at 86, Bobby's energy and fitness continue to amaze. Still active behind the plate and on the mound—two of the game's most demanding positions—he remains a competitive force. "They couldn't believe it," he laughs, recalling a recent game where he pitched against college-aged players. "Here I am, at 86, still throwing strikes!"

Bobby credits his vitality to a lifetime of athletic activity and the strong friendships formed through the league. "I love playing against my old teammates' grandkids," he says, noting how the game continues to bridge generations.

Born and raised in Brooklyn, Bobby is the proud son of Italian immigrants. As a five-year-old child, he often accompanied his widowed father on many outings, calling himself the "bait" that helped close deals. One such trip led to his father meeting a woman from Trinidad—Bobby's eventual stepmother. "It was a different time," he says warmly, and it sounds like they had a joyful life together.

Off the field, Bobby still runs a successful sales engineering firm with his three sons. But it's on the diamond where his spirit shines brightest. More than an athlete, Bobby Castellano embodies resilience, joy, and the timeless power of sport—and he has no plans of stopping anytime soon.

More Than Just a Game

It's not unusual to see players spending time together long after the final out, or families enjoying their end-of-season picnic together. In this league, the bonds formed go well beyond the diamond — from business connections to lifelong friendships.

Games You Can Count On

Sunday morning games begin at 8:30 a.m. — usually one per week, with occasional doubleheaders — leaving you plenty of time to enjoy the rest of your day. And with a robust bullpen of reserve players, no team is ever short-handed.

Join the Tradition

Whether you're a seasoned slugger or just getting back into the game, the HoHoKus-Saddle River Men's Softball League invites you to join a league that values tradition, fun, and fellowship.

Interested?

Contact: Bill Figundio at hkh.sr.softball@gmail.com

We're always welcoming new players and fans. Come play ball — meet new friends and be part of something special.

In this league, the bonds formed go well beyond the diamond — from business connections to lifelong friendships.



Over time, a culture of camaraderie and humor developed alongside the competition. One tradition stood out: the legendary Saturday night parties before the season's final game. "Everyone chipped in—we'd rent out restaurants, bring our wives, have cocktails. That party became a big deal," Schenkler said.

And then there was the league's signature honor—the HoHoKus-Saddle River Softball Hall of Shame. "It was all comedy," Schenkler laughed. "No one knew who'd get in. I'd write up funny stories about people's quirks or goofy moments and read them aloud. It was a blast."

The league welcomed everyone—from athletic newcomers to seasoned veterans. Schenkler brought a touch of professionalism to the fun. "I ordered equipment, made sure each team had matching shirts. Just enough to make it feel real," he said.

After nearly two decades, Schenkler stepped back. "I ran it until I was 65. I'm 85 now," he said. "It got to be too much. I went to one game after that, but I knew it was time."

In his career, Schenkler also left a mark—serving the Port Authority, Bergen County, and as Borough Administrator in Allendale and Saddle River. But it's the league he remembers most fondly.

"It wasn't just about softball," he said. "It was about connecting, laughing, building community. It turned into something really special."





Saddle River Solemnly Commemorates Memorial Day And Remembers The Fallen Heroes!

Thank you to all the speakers, guests, police and firemen who attended and the staff who worked so hard to make it happen.

SUBMITTED BY RAVI SACHDEV, PRIVATE CITIZEN AND SADDLE RIVER RESIDENT





Make your interior really stand out from the crowd.

0% FINANCING UP TO 18 MONTHS

PARAMUS
KITCHEN AND BATH

FULL KITCHEN AND BATH REMODEL SERVICE
DESIGN CONSULTATION TO INSTALLATION
PARAMUSKITCHENANDBATH.COM • 201-347-3246
300 NJ-17 NORTH, PARAMUS

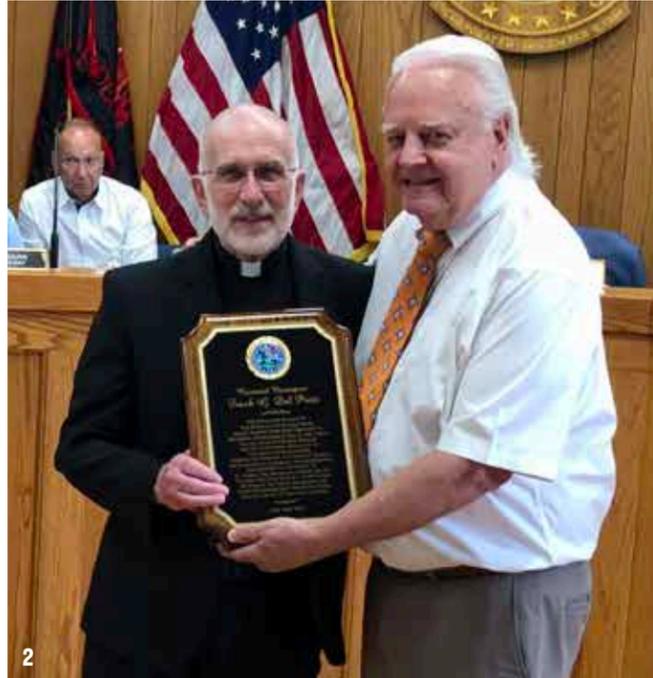
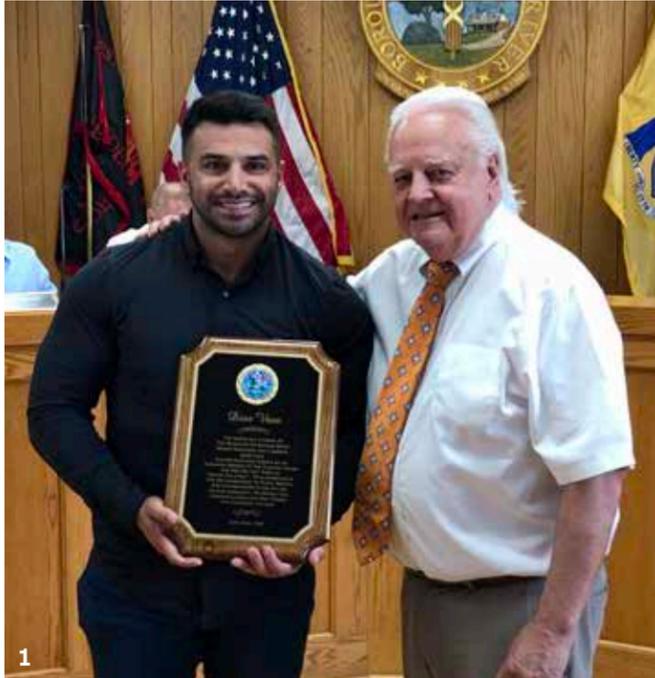
BBZ
LIMOUSINE & LIVERY SERVICE

OUR PROFESSIONAL CHAUFFEURS, LUXURY VEHICLES, AND DEDICATION TO CUSTOMERS WILL GET YOU THERE ON TIME AND IN STYLE.

SPECIAL OCCASIONS | PARTY BUSES
POINT TO POINT TRANSFERS | CORPORATE | NIGHT OUT
1-800-815-5466 | BBZLIMO.COM

NOTABLE EVENTS

SUBMITTED BY RAVI SACHDEV, PRIVATE CITIZEN AND SADDLE RIVER RESIDENT



1. Dior Vass received recognition for his work in Saddle River
 2. Monsignor Frank DePrete retires and receives acknowledgement for years of service to his community
 3. Cindy Kirkpatrick, Saddle River Clerk, being recognized and promoted with additional responsibilities!



Helping Families Preserve Their Wealth For Over 30 Years

Jinhee Bae
Christine M. McGuire
 ATTORNEYS AT LAW

Power Law Firm LLP
 Continental Plaza
 433 Hackensack Ave., 1st Floor
 Hackensack, NJ 07601



201-543-5800
WWW.POWERLAWFIRM.COM

WILLS AND TRUSTS | PROBATE AND TRUST ADMINISTRATION | MEDICAID & ELDER LAW PLANNING
 SPECIAL NEEDS PLANNING | BUSINESS OWNERS & ASSETS PROTECTION | MINOR CHILDREN AND YOUNG ADULT PLANNING



ELIO4MASSAGE
 IN-HOME MASSAGE
 THERAPY



ELIO4MASSAGE offers specialized white glove treatments in the comfort of your home. To relieve pain & discomfort and improve mobility to your body.

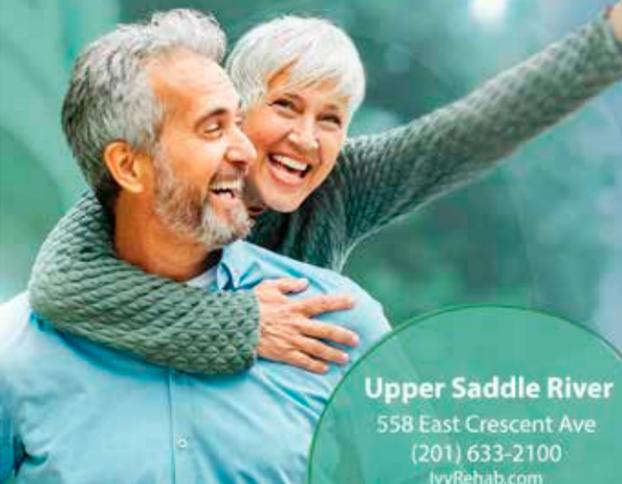
- ✓ Tailored treatments for your needs
- ✓ Techniques to reduce discomfort
- ✓ Restore mobility and strength
- ✓ Stay active and injury-free

Practicing massage therapy for over 30 years. Recognized as one of the Best Massage Therapist in the Country! Therapist to the NY GIANTS AND YANKEES!

schedule with Elio4Massage at:
 1-312-768-0802
elio4massage.glossgenius.com
 Lic#18KT01157600



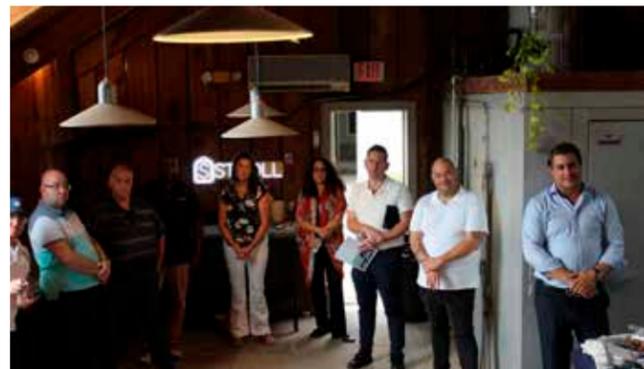

Dedicated to helping you
Live Life to the Fullest.
 Now accepting new patients!



Upper Saddle River
 558 East Crescent Ave
 (201) 633-2100
IvyRehab.com

A Gathering at an Historic Aquatic Haven

Dozens of local business owners recently gathered for this month's **Business-2-Business networking event**, hosted by **Stroll magazine** and **BeLocal Bergen** at Fitz's Fish Ponds in Saddle River. This unique venue—which stands on the grounds of the historic Waterford Gardens—offered the perfect blend of heritage and elegance for community networking.



Rediscovering a Legacy: Waterford Gardens Reimagined

Fitz's Fish Ponds acquired the iconic Waterford Gardens—America's first commercial water lily farm originally founded in 1895—late in 2024. The renovation beautifully balances that storied past with modern pond design, restoring Dutch-framed greenhouses and revitalizing historic ponds with state-of-the-art aquascapes, koi displays, and lush plant life.

A Tour of Aquatic Splendor—and a Taste of Luxury

Attendees were treated to an immersive tour of the facility, discovering why Fitz's is regarded as the largest U.S. importer of Japanese koi. The highlight? Viewing majestic koi valued at over **\$20,000**, a testament to the caliber of Fitz's offerings.

To complement the aquatic extravaganza, lunch was graciously provided by **B'Teavon Events**, adding a delightful social touch to the day's professional networking.

To join our business networking events, email StrollSaddleRiver@gmail.com

HEARING LOSS & THE LONELINESS EPIDEMIC

What You Need to Know

BY DR. ANN MARIE OLSON



In 2023, the U.S. Surgeon General issued a stark warning about an epidemic of loneliness and social isolation—and hearing loss plays a surprisingly large role in fueling it. While many people associate hearing loss with aging or inconvenience, few realize its serious impact on mental and emotional health. Difficulty hearing often leads to missed conversations, strained relationships, and gradual withdrawal from social settings. Over time, this isolation can have a profound effect on quality of life, increasing the risk of depression, anxiety, and cognitive decline.

Hearing loss affects roughly one in eight Americans over age 12—and that rate climbs to nearly half for adults over

75. Hearing loss serves as a powerful barrier to meaningful connection: it impedes conversation, increases listening fatigue, and erodes confidence. A person who is constantly asking others to repeat themselves may feel embarrassed or frustrated and eventually choose to skip the family dinner or bridge club.

That's where hearing aids come in—not just as devices, but as gateways to reconnection. When fitted and programmed by a dedicated audiologist, hearing aids can restore speech clarity, enhance situational awareness, and reduce the mental effort required to follow conversations. Research shows that when people with hearing loss wear properly adjusted hearing aids, they report better relationships, improved confidence, and more social participation.

Here in Saddle River, our tight-knit community thrives on neighborly chats, family gatherings, school events, and community social engagements. If you or a loved one are struggling to follow the ebb and flow of conversations—even in a small group—the impact on your well-being and your sense of belonging shouldn't be underestimated.

WHAT CAN YOU DO?

1. Schedule a comprehensive hearing evaluation. It's a noninvasive and quick way to identify even subtle changes in hearing.

2. Explore modern hearing aid technology. Today's devices are discreet, comfortable, and capable of adapting to noisy group environments, crucial in restaurants, social events, or church gatherings.

3. Commit to wearing them consistently. Hearing aids are most effective when worn daily and properly maintained.

4. Engage socially. With improved hearing, you'll find phone conversations easier, laughter more resonant, and everyday chats more rewarding.

Loneliness isn't simply an emotional state—it's a dangerous public health issue. But it's also preventable, especially when hearing loss is part of the problem. By addressing hearing loss early and wearing appropriate hearing technology, residents of Saddle River can reclaim confidence, reconnect with friends and family, and counteract the epidemic of isolation. If you're ready to rejoin the conversation, I'd be honored to help guide your path back to connection.

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
NJ Hearing Aid Dispenser Lic #936

The Cardinal's Cry

BY SIRAHN TOUFAYAN



As light breaks
Across glens gleaming
In pale morning's embrace,
The peaceful quiet is broken by sudden
shrill singing.

Through bare boughs
Crowded and cold,
Flashes of red feathers plow
Through the colorless world.

Small sprouts emerge,
As warmth seeps into the woods,
And the sweet silence's dirge
Ends with the start of the song of the birds.



Saddle River Resident, and a freshman at Northeastern University

TAKE CONTROL OF YOUR HEARING TODAY!

CALL TO SCHEDULE A DEMO OF THE LATEST ADVANCEMENTS IN HEARING AID TECHNOLOGY!

Helping Bergen County Hear Better Since 2005



Dr. Ann Marie Olson
Doctor of Science in Audiology
NJ Audiologist Lic # 41YA00082000
NJ Hearing Aid Dispenser Lic #936



Dr. Donna Szabo
Doctor of Audiology
NJ Audiologist Lic # 41YA0004600
NJ Hearing Aid Dispenser Lic #489

When You Are Ready To Hear, We Are Ready To Help

1-551-400-8260
www.sophisticatedhearing.com
531 North Maple Ave, Ridgewood, NJ



Back-to-School Snack Ideas Kids Will Actually Eat



BACK-TO-SCHOOL SEASON means new schedules, packed lunches, and the endless search for snacks that are both healthy and kid-approved. The ideal snack fuels energy, supports concentration, and keeps tummies happy until the next meal—all without causing a sugar crash. Here are some fresh ideas that balance nutrition and fun.

1. Build-Your-Own Snack Boxes

Channel your inner bento artist! Divide a container into small compartments and fill with a mix of:

- Cheese cubes or string cheese
- Whole-grain crackers

- Apple slices or grapes
- Baby carrots or cucumber rounds

The variety keeps kids interested and lets them mix and match bites.

2. Energy Bites (No-Bake)

Perfect for grab-and-go mornings, these little power balls combine rolled oats, nut or seed butter, honey, and mix-ins like mini chocolate chips or dried fruit. They're easy to prep in big batches and freeze well—meaning you always have a quick snack ready.

3. Yogurt Parfaits

Layer Greek yogurt with fresh berries and a sprinkle of granola for a protein-packed treat. Use small, reusable jars so kids can shake it up themselves at lunchtime. Tip: Keep the granola separate until it's time to eat to maintain crunch.

4. DIY Trail Mix

Skip the store-bought blends (often loaded with candy) and let kids create their own mix at home. Offer nuts or seeds, whole-grain cereal, pretzels, dried fruit, and just a touch of dark chocolate for a treat.



Choosing snacks with whole ingredients over processed, sugary treats helps kids avoid energy spikes and crashes.

5. Fruit Kabobs

Everything tastes more fun on a stick! Alternate pieces of melon, pineapple, strawberries, and grapes on skewers. For extra protein, serve with a yogurt dip.

6. Mini Veggie Wraps

Spread hummus or cream cheese on a small tortilla, add thinly sliced veggies (bell peppers, spinach, shredded carrots), roll tightly, and slice into pinwheels. They're colorful, crunchy, and kid-sized.

Snack Packing Tips for Parents:

- **Balance is key:** Include a mix of protein, fiber, and healthy fats to keep kids full and focused.
- **Prep ahead:** Chop fruits, portion snacks, and store in easy-grab containers to save weekday stress.
- **Make it fun:** Use colorful silicone muffin cups or fun-shaped cutters to make snacks feel special.
- **Get kids involved:** Let them choose from a selection of healthy options—ownership often means they'll actually eat it.



Why Smart Snacking Matters

After-school and mid-morning snacks aren't just about quieting hunger—they can improve mood, support learning, and keep energy steady. Choosing snacks with whole ingredients over processed, sugary treats helps kids avoid energy spikes and crashes. Plus, creating snack time rituals can be a comforting part of the school day routine.

So, as backpacks get packed and the calendar fills up, remember: snacks don't have to be complicated to be delicious, healthy, and kid-approved. A little creativity (and some prep time) goes a long way toward keeping those after-school "hangry" moments at bay.

STORIES FROM OUR FAMILY KITCHEN

The sweet spot between Summer and Fall

BY PAULIE VALETUTTI



September is a funny month in Bergen County. The days are still warm enough for shorts and flip-flops, but the nights whisper that sweater weather is coming. Our farmer's markets are caught in the same tug-of-war, think baskets of late-summer tomatoes and sweet corn sitting next to early apples and butternut squash.

My 6-year-old daughter loves this "double season" because she insists it means we get to have two kinds of dinner in one. Last week, she asked for corn on the cob **and** roasted sweet potatoes. I told her she might just be a food genius.

This time of year also reminds me of my grandmother, who grew up in Fort Lee in the 1930s. She had a knack for making a meal feel like the season was turning right there on your plate. She'd make tomato salad drizzled with olive oil and basil from her backyard, served alongside something slow-cooked and cozy such as chicken with apples, so you tasted both the last bit of summer and the promise of fall.

Eating seasonally isn't just about flavor (though it's unbeatable); it's about nutrition, too. Late-summer vegetables like peppers and tomatoes are still loaded with vitamin C and

antioxidants, while early fall produce like squash and apples add fiber and beta-carotene which is perfect for immune support as we head into cooler months.

One of my favorite ways to celebrate September's overlap is with a **Sweet Corn & Apple Salad**. It's quick enough for a weeknight, fancy enough for company, and healthy enough to make me feel like I'm winning at dad life.

Next weekend, my daughter and I will head to the Ramsey Farmers' Market to see what's new. She'll probably try to convince me to buy both peaches **and** cider donuts, and honestly, I won't fight her on it. September only comes once a year, and it tastes too good to miss!

Sweet Corn & Apple Salad with Maple-Lime Dressing

Serves: 4

INGREDIENTS:

- 3 ears fresh sweet corn, kernels cut off the cob
- 1 crisp apple (like Honeycrisp or Gala), diced
 - 1 small red bell pepper, diced
 - ¼ cup red onion, finely chopped
- ¼ cup fresh cilantro or parsley, chopped
- 2 tbsp toasted pumpkin seeds (pepitas)

Dressing:

- 2 tbsp extra-virgin olive oil
- 1 tbsp pure maple syrup
 - Juice of 1 lime
 - ½ tsp sea salt
 - ¼ tsp black pepper

INSTRUCTIONS:

1. In a large bowl, combine the corn, apple, bell pepper, red onion, and herbs.
2. In a small jar, whisk or shake together the olive oil, maple syrup, lime juice, salt, and pepper.
3. Pour dressing over salad and toss gently to combine.
4. Sprinkle pumpkin seeds on top just before serving.

TIP: For even more fall flair, add roasted diced sweet potato or butternut squash.

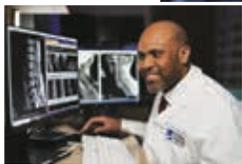


SADDLE RIVER RESIDENT, HUSBAND, DAD, CHEF

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.

Client: Coldwell Banker - Michael A. Randy
Size: 2
Location: Last Page & Inside Back Cover

The path to back pain relief



begins at our new
Spine Center.



Everything medicine can do. A few things medicine can't.

Eighty percent of us will experience back pain at least once in our lifetime. Valley's Spine Center offers solutions. It all starts with a team of medical, surgical, pain management, and rehabilitation specialists delivering highly skilled treatment and ongoing management of acute and chronic back pain conditions. And with an experienced navigator dedicated to helping you schedule tests, imaging, and physician visits, you'll get the care you need – plus peace of mind.

Make the call. Valley's Spine Center experts are waiting to help.

To schedule your over-the-phone evaluation with Valley's Spine Center navigator, call 201-689-3800. For more information, visit ValleyHealth.com/SpineCenter

