

Saddle River

April 2016

M A G A Z I N E

A Social Magazine Exclusively for the Residents of Saddle River



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2016 RECYCLING SCHEDULE

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JULY	6&20	13&27
AUGUST	3&17	10&24
SEPTEMBER	7&21	14&28
OCTOBER	5&19	12&26
NOVEMBER	2&16	9&23
DECEMBER	7&21	14&28

Bulky Pickup: Monday and Thursday May 14 and October 8
 Tuesday and Friday May 21 and October 15

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Publisher's Note

I am sitting here writing this and it is 74 degrees out!! **Spring is coming!**

I wanted to thank all of the submissions this month. As usual, the turnout was great! I hope you enjoy this issue of the magazine.



As always, a huge thank you to all of our advertisers and they are the only reason why you get to have this wonderful magazine. Make sure to use them and tell them thank you!

Susie and Doug

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healthy living

Give Yourself the Best Chance to be Pain Free

There are many individualized treatments and therapies offered at pain management centers that can be used to

treat chronic and acute pain, especially for pain that is caused by something out of your control, such as severe illness or injury.

Effectively managing your pain, regardless of its cause, is crucial because the consequences of pain are both physical and emotional. As Robert Silverman, M.D., Medical Director of The Valley Pain Management Center explains, people with pain "want to do things, they want to go on trips, and they don't feel up to it." He continues to say that this can lead to "psychosocial issues, frustration and depression [because] if you are feeling that there is no hope for you, that your life is over as you remember it used to be, it's very difficult to go on."

keeping a good regimen. Also, reduce your sugar and caffeine in-take to avoid unnecessary tension.

- If you are experiencing high anxiety about your pain or your life in general, be sure to consult your doctor to determine what you need to do to address it. Often, anxiety manifests itself physically in the form of joint and muscle pain or stomach-related issues.

If self care is not enough, specialists at the Valley Pain Management Center can provide you with a comprehensive evaluation and advanced therapies that combine the unique medical expertise of each of the Center's physicians with safe, effective integrative therapies. The Center takes a multidisciplinary approach that treats the whole individual and includes the consultation of other medical disciplines as necessary.

To learn more about the treatments available at the Valley Pain Management Center, please call 201-634-5555.

In order to achieve the best results from your prescribed treatments, you should simultaneously take personal initiatives to enhance your physical and mental health. Some recommended techniques are:

- Set aside time to exercise at least a few times a week. Exercising can boost your energy levels and your mood. Talk to your doctor about which exercises are safe for you. Exercise can include going to the gym, talking a 20 minute walk, or simply taking the stairs rather than the elevator. Should you find that your pain worsens during a certain exercise, do not continue.
- Establish a steady routine to get the amount of sleep you need to feel your best. Feeling more awake during the day will help you tolerate your pain and deal with any of its emotional repercussions. If getting to sleep is a challenge for you, make sure to end any highly-stimulating activities and use of electronics at least an hour before you go to bed.
- Managing your day-to-day stress is key. This type of stress causes your body to hold tension, resulting in unnecessary and worsening pain. Plan out your clothes and meals the night before to avoid stress related to getting to work on time. Having a sense of preparation will also give you confidence and a peace of mind, minimizing any tension and pain that is aggravated by, or related to stress.
- Reassess your diet and make sure you are getting enough nutrition. Nourishing yourself will give you positive energy and help you to avoid having mood swings. When you eat healthier, your body will be able to better manage pain and you will be able to think more clearly when it comes to asserting self-control and

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The Ramapo Concours d'Elegance will be a "competition of elegance" where the finest rare and classic Concours-quality automobiles will be displayed and judged for their historical accuracy. The event promises to be an unforgettable weekend, featuring vintage, classic automobiles, high-quality vendors and delicious food, plus a scenic drive and much, much more. Ramapo College's beautiful campus in the foothills of the majestic Ramapo Mountains will provide the backdrop for this inaugural event. The Concours will begin at Ramapo College on Friday evening, June 10, 2016, with a cocktail reception for all sponsors. On Saturday, June 11, the "Concours and Awards Ceremony," recognizing the best vintage automobiles, will take place from 9:00 a.m. to 5:00 p.m. On Sunday, June 12 from 9:00 a.m. to 12 p.m., there will be a relaxing and scenic drive. There is limited space available, so please contact us today if you are interested in joining us. Saturday's "Concours and Awards Ceremony" is open to the public

and offers local car clubs and automobile manufacturers alike, the opportunity to view these exemplary vehicles and potentially display some of their own.

This exclusive gathering of vintage automobiles will showcase Ramapo College and HackensackUMC's vital roles in our community. This unique automotive event will provide the opportunity to raise significant funds for educational excellence which is the hallmark of Ramapo College and the highly specialized world-class health-care provided at Hackensack University Medical Center.

Established in 2014, the Ramapo Concours d'Elegance is in benefit of Ramapo College and Hackensack University Medical Center. Both leading institutions in education and medicine in the state of New Jersey, each have combined in efforts to raise funds for their foundations. In order to better serve the youth of New Jersey.

monthly drive

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OFFICER'S corner

By Maxx King

The members of the Saddle River Police Department not only serve and protect the residents of Saddle River, but also give back to the community in many ways. Whether volunteering their time or raising money for a great cause, the SRPD is an important part of our community.



Sgt. Tim Gerity, P.O. Diana Golonek, Sgt. Ken Waldeck, Lt. John Gaffney, P.O. Jeff Fortemps



meet your firefighter

Richard & Jack ENGKVIST

Firefighters


By Corinne Kerner | Photography by Tanya Valency

The Engkvist family has lived in Saddle River for over 23 years and all three of their children are Wandell alumni. Many of us remember Margaret serving as the President of the Wandell Education Foundation, running the school plays and volunteering at endless events. You may recall Rich donating his talents over the years to help the school with telecommunications issues. Introducing the latest round of Engkvist community service – father Rich and son Jack stepped up together to join the Saddle River Fire Department over a year ago, at a critical time in the rebuild of our volunteer force. They attended fire academy together, pushed each other forward and laughingly acknowledge that without each other, they may not have made it through. They are our only father-son team on the roster. What are you doing with your son next Tuesday night?

Rich is a busy dad and owns two growing companies – Master-Tech and NJ Telephone – that offer voice, data and cloud solutions. He grew up in Hillsdale and often drove through Saddle River, thinking he wanted to live there someday. Jack is a senior at Bergen Catholic High School and heads off to University of Miami next year to study business. He enjoys basketball and serving his community, so when friend and neighbor Derek Wafer recruited him to the fire department, it wasn't a tough sell. **Thanks Rich, Jack and the Engkvist family for years of dedication and service to your hometown.**

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Just this past February, members of the Saddle River Police Department participated in the 23rd annual Polar Bear Plunge in Seaside Heights, New Jersey. While the temperature outside was milder this year, the officers willingly plunged into the icy waters for a great cause...Special Olympics New Jersey. With over 6,000 participants, the officers were once again proud to be part of this effort which raised \$1.7 million to provide free athletic training and Olympic-type events for children and adults with intellectual disabilities.

The Saddle River PBA is also once again a sponsor of Saddle River's own Susan Zabransky Hughes Memorial 5K Run/Walk, which takes place this year on Saturday, April 23. Not only are they a sponsor, but the Run couldn't be held without the efforts of the SRPD on race day to ensure the safety of runners and spectators alike.

Members of the SRPD have also supported the Special Olympics New Jersey for over 15 years by participating in the Law Enforcement Torch Run. Look for your officers this year on Friday, June 10 carrying the torch to raise awareness and money for this cause!

So **THANK YOU** to the Saddle River Police Department for always going above and beyond the call of duty and keeping our community safe!

Be An Everyday Hero.

VOLUNTEER:

Stop by the fire department any Tuesday night 7:30pm or email joinsrfd@gmail.com.

- Firefighter I night class starts 5/10
- Firefighter I summer classes (Mon-Fri) start 6/20 and 7/18

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The Engkvist family-Allison, Rich, Paige and Jack with mom Margaret taking the photo!

Fashion Trends

Serenity, the Pantone IT color for spring, looks as soothing as it sounds. It's a baby blue hue spotted in every spring 2016 collection. We've rounded up our favorite serenity looks and have them in store for you today!!



something blue

our IT picks for the IT color of the season...

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Bow Crop Top: This top is currently our boutique favorite. Pair it over a white high waisted wide leg pant or skinny denim and throw on nude pumps for the perfect spring look.

Shift Dress: This shift dress can be dressed up with a statement necklace and a pair of wedges for an evening look or dressed down with a pair of gladiator sandals for a daytime look. You'll be sure to go to your closet many times to grab this dress throughout spring and summer. It is an easy throw on and effortlessly chic.

Strappy Halter: This top is definitely flirty and fun. It looks best worn over white skinny denim with wedges.

Flowy Layered Dress: This dress is a show stopper. It is sexy and extremely comfortable. It is perfect for a spring day time or evening party!

*Although a big color trend for this season specifically, you can never go wrong having **pastel blue** pieces in your wardrobe for spring. It is a staple color year in and year out for the season and well worth the investment!*



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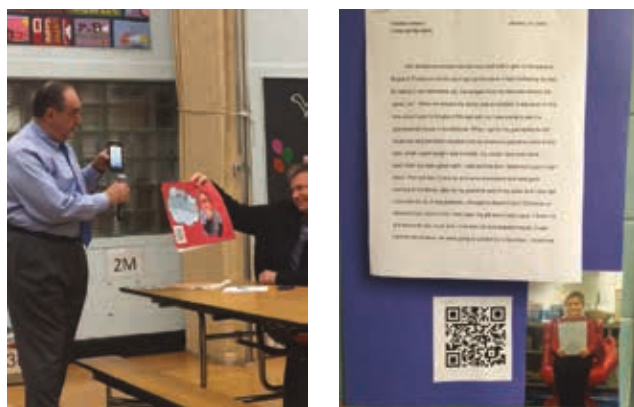


Thanks to all who participated in this years *Souper Bowl Drive!*

QR Codes are working in the classrooms.

Wandell teachers are now using this tech savvy technology to maximize education, tapping students for assessments, research, and even student scavenger hunts using Quick Response (QR) codes.

Dr. Ronzitti shared some examples of what a QR code is and how we are using them in the classrooms. We have some great examples mounted outside of the second grade and Kindergarten classrooms. The second grade, Kindergarten teachers and Mrs. Kilgallen worked very hard to develop this very simple concept into a beautiful showcase of student work. These great little codes are like bar codes that you can scan to share words, links to websites, and audio recordings.



massages, hair stylists and high-end skin care, and so much more! Residents and parents from Saddle River and surrounding areas came out to support the only school in the Saddle River School District.

within budgetary caps. In the past twelve months alone, over \$300,000 has been spent, or earmarked, to provide financial support for innovative and progressive improvements that enrich the academic experience at Wandell. These improvements in the quality of the education at our school would not have been possible without the generosity of the Wandell parents, faculty and community.

The night was hugely successful raising nearly \$150,000! The Foundation was established in 1990 to undertake fundraising activities for the benefit of the children at Wandell School. It has raised over \$2.2 million since its inception. The Foundation is dedicated to enhancing the Wandell school curriculum by providing equipment, technology, programs and staff development that cannot be funded

For more information on the Foundation, please visit the Wandell website at www.wandellschool.org and click on the shortcut to the Wandell Education Foundation. The Wandell School Education Foundation wants to thank all of the teachers, parents and supporters who made our auction a huge success!

The Wandell School Education Foundation held its 26th annual Dinner Dance and Auction at Seasons on Friday, March 4th. The theme was Gatsby Style. Auction items included trips to the Bahamas and Cabo San Lucas, gift certificates to sought-after restaurants, tickets to sporting events, beauty items including

This Old Gingerbread House Musical *A sweet and tasty lesson for our 1st grade class.*

This program has now become part of our 1st grade curriculum as it compliments their existing Gingerbread Unit they currently educate in class. This course is crucial to our young pupils who will come away with a skill and proficiency tool that includes; self-confidence, teamwork, physical movement and problem-



solving. It also instills in our children, an invaluable lesson in having empathy, understanding, and respect for others. And for helping those who need an extra hand.

Thank you to all faculty & staff involved along with the Home & Schools who purchased The Teacher's Handbook, Reproducible Student Parts & Performance/ Accompaniment CD and the most edible set that can be used year after year.





On February 25, 2016 acclaimed author, Phil Bildner visited Wandell School. Mr. Bildner gave three presentations to students in grades PreK to grade 5 and answered questions and interacted with students during a special luncheon. Students had to write an essay or poem on why everyone should be created equal in order to attend the luncheon. Mr. Bildner has also written several picture books as well as chapter books. His most recently published the first book in a series called, A Whole New Ballgame and will have another picture book out in April that he wrote with the famous Yankee Shortstop, Derek Jeter. The Wandell Home and School Association sponsors author visits for the students annually. A great day was had by all.



The Friends of Hackensack University Medical Center recently gathered for a luncheon at the Saddle River Inn and engaged in a timely conversation on “Concussion and Healing the Injured Brain” with Stephen Percy, Jr., M.D., vice chairman, Department of Pediatrics and Section Chief, Children’s Hospital General Medicine, Joseph M. Sanzari Children’s Hospital at HackensackUMC. Dr. Percy provided information and news about the symptoms, latest findings, and recovery from a mild traumatic brain injury. This subject, of concern to all, generated many questions and much discussion.

Many Saddle River residents joined the more than 80 in attendance to learn more about preventing, recognizing and treating concussion.



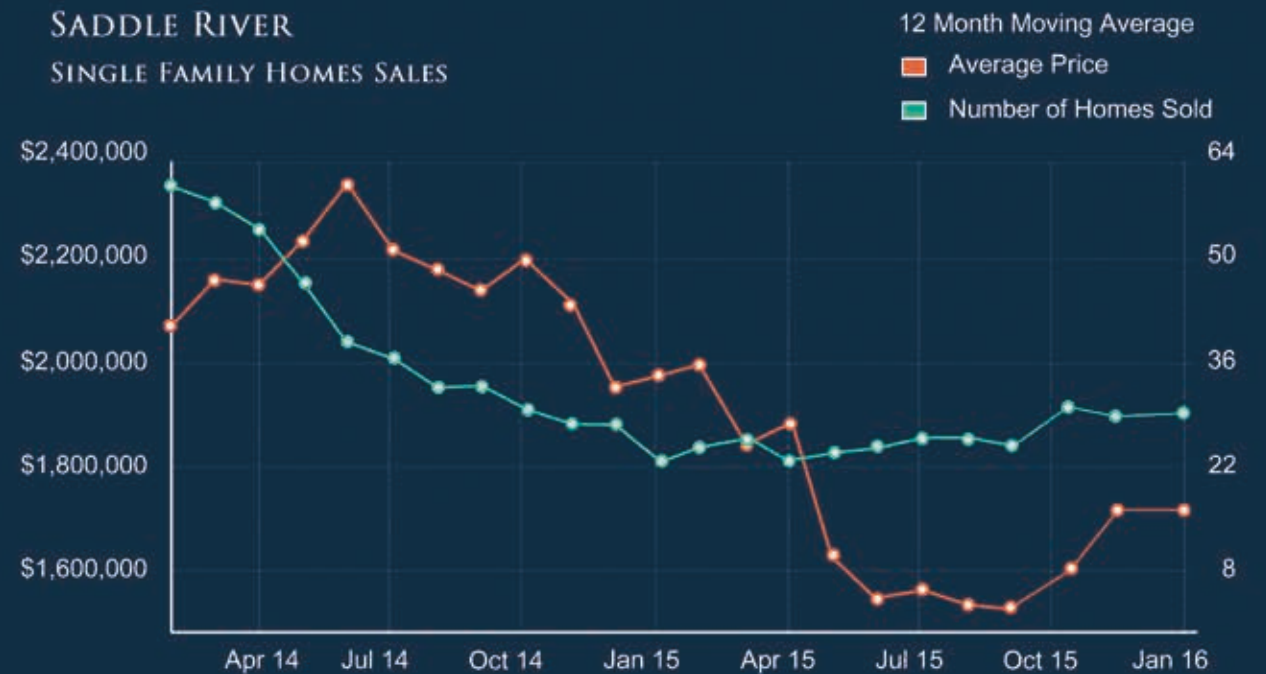
The Friends of HackensackUMC continues to provide opportunities for area residents to get a closer look at the medical center’s state-of-the-art services, healthcare professionals and leadership.

If you would like additional information regarding the Friends program, please contact Cindy Martins at cmartins@hackensackumc.org or 551-996-3634.



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When you do business with Madison Adams,™ you can be sure that we do not take your patronage for granted.

What services do you provide?

Madison Adams™ is a real estate brokerage and marketing company based in Saddle River, NJ. The company's focus is on residential luxury markets in New Jersey. Our promise is to deliver the best service possible based on our fundamental core values of Integrity, Stewardship and Competence.

Our marketing plan is very extensive including print and online advertising collateral, professional photography and lifestyle videos. We provide guidance throughout the selling and transaction process and advice to property owners in what it actually takes

to attract a buyer and to sell the property in a relatively short period of time at the best price and terms given current market conditions. We devise a custom marketing and advertising strategy for each listing based on our expertise, experience and supply and demand forces existing in the current environment.

Our Company is very resourceful. We always partner up with the best experts in the field whether it is a real estate attorney, contractor, or an interior designer. For example, recently the Company has added to our team an interior decorator Eve Ardia of Saddle River Interiors. Eve is very creative with an eye for details, great taste and the knowledge of the latest trends, which

are very important aspects in understanding what buyers are looking for. Eve always has great ideas to enhance and highlight the most prominent features of a property before bringing it to the market. She also has a great and longstanding reputation in Saddle River interior design. Eve's clients always appreciate her work.

"Eve is a flawless designer. She combines her impeccable taste and instincts for what I want my house to be. For 20 years she has been decorating for me and I love every room she has done." ~ Mary Higgins Clark, #1 international and New York Times bestselling author

How different is your company from the competition?

One of the three pillars of our success is our integrity. We always do what is right and tell it like it is; we don't cut corners. Homeowners always appreciate our sincerity and straightforward opinion. As a result, our clients often align their expectations with the current market conditions and we get things done.

Madison Adams™ uses the latest technology and techniques to introduce a property to market, advertise it with a carefully planned property-specific strategy and conduct a transaction also managed on our proprietary Intranet system. Sellers don't have to guess what is going on with the listing. They are always informed about the status of the listing and have access to instant feedback from buyers through a private account on our Intranet.

Our team is very creative. One of our marketing products is a property video. Our videos have received positive feedback from our customers and often have been very instrumental in selling the property. The videos are always interesting, original and never boring. They often portray a lifestyle rather than just a property. We write, shoot and produce all videos in-house and source sound, music and select video clips from the best recording studios.

What are your future plans for the business?

During the first year of our operations in 2014 and part of 2015 we have developed the entire platform and proprietary systems in place to manage our listings and transactions. Everything is available online for our clients and agent associates. Today we are actively pursuing talented and motivated



individuals seeking a successful career in real estate. We are very competitive; we have the tools and the platform for growth.

What is your opinion about the real estate market in Saddle River?

We have received a very positive feedback from the Saddle River residents and some are already working with us while others are definitely considering it. They see the added value in our services, creativity and high energy. We look forward to delivering a successful sale when the time comes. Our team of real estate marketing specialists has the skills and is well positioned for the Saddle River market.

Who are the principals?

Mark Zagorski, broker owner and Helena Lobo-Zagorski, Vice President. We are both highly educated and bring extensive experience from our years in financial markets, investments and commercial real estate. We like what we do and enjoy the interaction with our clients. We never take anything for granted; we earn our trust with hard work and consistency.

"Helena and Mark provided excellent professional service. She was knowledgeable and worked hard. She was responsive and always returned calls in a timely fashion. She and Mark also provided valuable professional advice to help us sell our property." ~ Ningling - Cresskill, NJ

To contact the Company

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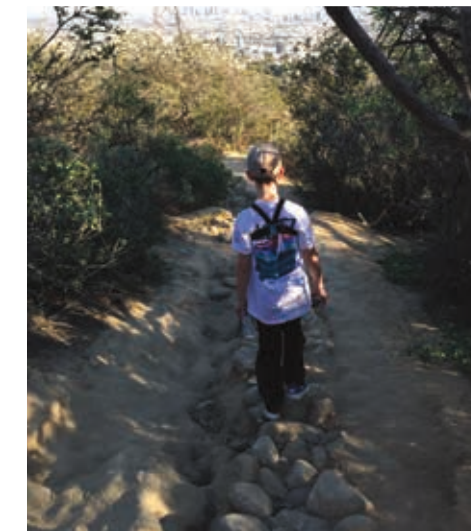
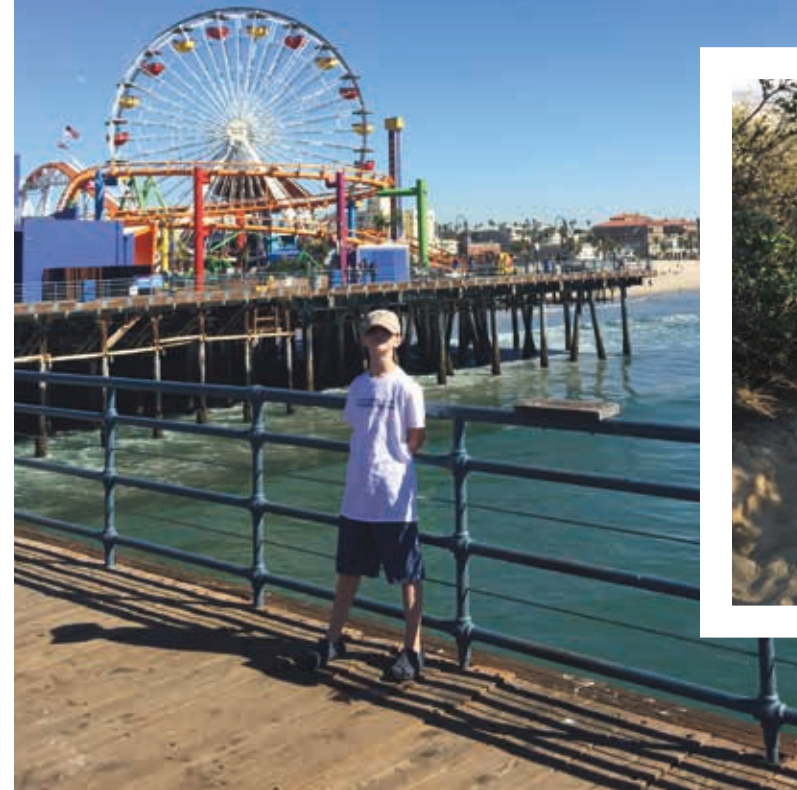


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By Blake Taranto



The United States has many beautiful places to visit. In my opinion, California is one of the best. Though a desert, California has beautiful beaches and tall mountains. During our spring break, I was able to go hiking at Runyon Canyon. When I was up there I saw some of the coolest animals. The first thing I found was the horrid Desert Centipede. Then I saw some nicer animals, like the Eastern fence lizard, and the rare desert iguana. We also visited Universal Studios, which was very cool. My favorite ride was the Studio tour! The animation is amazing! We also visited Santa Monica Pier. My sister and I rode the roller coaster. The views were beautiful. The most fun thing about my vacation was my time with my buddies Austin and Lincoln. It was a pleasure going to Los Angeles, California and I hope I we go back soon.



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51 CHESTNUT RIDGE

"Le Palais of Saddle River" this gated "Chestnut Ridge" area estate has just had a stunning renovation! Grand wrought iron bridal staircase with 2.5 story entry foyer leads to the ballroom with 2 patios and floor to ceiling fireplace. Designer, gourmet kitchen with state of the art appliances is a chef's dream. 12 Foot ceilings throughout accent the formal living room and dining room both with fireplaces. The master bedroom suite with fireplace, sitting room and balcony includes a grand scaled master bath with steam shower, additional rain shower, 2 water closets and a jacuzzi. 4 Additional bedrooms all en suite on 2nd floor. There is a media room, mahogany library, full finished basement with theater and an elevator in the main house. The gunite pool and heated cabana are on the mature professionally landscaped grounds. Magnificent! **Offered at \$7,400,000**

11 DENISON EAST

Gated estate/retreat nestled on one of Saddle River's most prestigious cul-de-sacs. This all brick mansion just underwent a million dollar plus total renovation. *Kitchen won 2016 HGTV & National Kitchen and Bath Association Awards! The owner, a well-known and acclaimed interior designer hand-picked finishings from around the world. 6 bedrooms. 6 baths. 3 powder rooms. 3,000 sq. ft. master bedroom en suite with onyx floors and nickel finishes. Grand 2 story entry foyer, formal living room/fireplace, formal dining room/fireplace, family room/fireplace, English library, and billiard & music rooms. Peter Salerno custom gourmet kitchen (winner of Wolf & Sub-Zero regional competition) with 20 ft. breakfast room. Venetian plaster, marble floors & porcelain tile throughout. 12 ft. ceilings, elevator to all 3 levels. Lower level has theater, gym, fireplace & 1.5 baths. Heated 12 plus car garage. Gunite pool, fully equipped cabana. Must see! Owner has New Jersey real estate license. **Offered at \$6,888,000**



64 STONY RIDGE

New mahogany mansion! Highest quality construction, smart house. Hand cut stone exterior & entry walls & stanchions. True slate roof with heated copper & lead gutters, Zeluk windows, & massive iron railings. 2 Story mahogany & marble entry foyer with sweeping staircase & coffered ceiling; incredible great room with 25' ceiling & stone fireplace. Gourmet chef's kitchen with cherry cabinets, marble countertops, & stone fireplace; formal dining room with 12.5' ceiling, recessed cove lighting, stone fireplace; gym with full bath, indoor pool & spa; office, laundry; 4 car 'accessorized' garage w/ 10' doors, heated, 16' ceilings, utility bathroom. Master suite with sitting room/fireplace, built-ins, & in-laid mahogany floors. Master bath with his/hers areas, cedar walk-in closets, extensive built-ins, jacuzzi, motorized skylights, & spiral staircase to kitchen. Large bedrooms with separate full baths & large cedar walk-in closet. Large rec area with bar, wine room, walk-in bank vault, walk-in refrigerator/freezer. Professional landscaped grounds, cabana, full bath, kitchen, 15' outdoor bbq, and 3,000 sq. ft. heated patio. **Offered at \$4,995,000**

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Around TOWN

The Saddle River Valley Club hosted a 'Top Secret' 007 event, Shaken Not Stirred at the Bishop House in Saddle River on March 5, 2016. The event was sold out! Club Members enjoyed their martinis from Q's secret cocktail recipe, and a full dinner all prepared with love by Miss Moneypenny, secretary to M. We wish you were there. Please visit the Club's website for the upcoming events at www.saddlerivervalleyclub.com

•••

The Valley Club of Saddle River continues to expand its membership and appeal by inviting and introducing new and prospective members to their semi-annual dinner business meetings. The well attended kickoff was recently held at Allendale's Mezza Luna. A new members' cocktail reception is scheduled for May and a picnic in June. For further information about the Club, please contact: r.lahita@att.net



President Bob Lahita swearing in new members Gracean and Jerry DeCrosta



Emilia Daniele, Rosemarie Habicht, Irina Holiat, Corinne Kerner, Ron Yates, Manny and Doreen Gonzalez, Helena Lobo-Zaborski



Claudine Siero and George Maloof



Angela Scorese, Emilia Daniele, Carole Fitzpatrick, Pat Scorese



Carol Lamella, Sylvia and Bob Re, Maurice Burke

The Valley Club of Saddle River entered its seventy-eighth year with an enthusiastic Super Bowl party, hosted by member, Eric Jensen. Football, clever commercials, half time spectacular, camaraderie, and an amazing buffet brought members together for another memorable and fun evening.



Leonidas Samouilidas, Bob Sellner, and Alexandra Samouilidas



Louise Simon, Jacqui Hill, Carol Shea, Helena Lobo-Zagorski, Ann Turturro



Eric Jensen, Corinne Kerner, Liz Salazar



Manny and Doreen Gonzalez, Frank Williamson



Claudine Siero, Bob and Ricki Sellner



Jennell and Bill Wilson, Nick Turturro, Mark and Helena Zagorski, John Simon, and Pat Callanan



John Bishop, Bob Sellner, Bob Lahita, Carolyn Palmer



Host Eric Jensen and Jill Upichard



Members enjoying an evening of fine dining



Irina Holiat, Jim and Catharine Napolitano

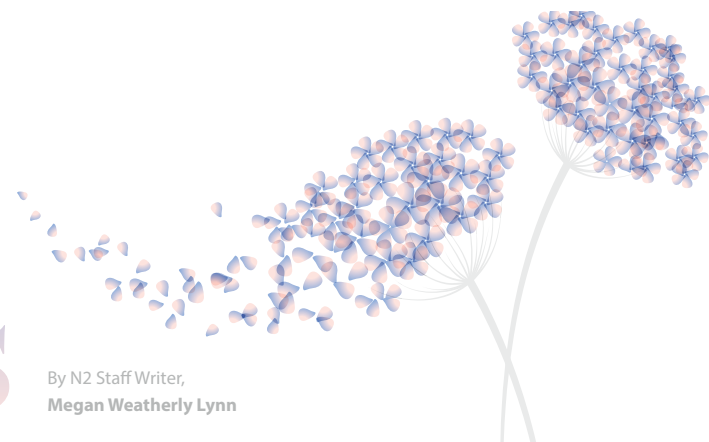


Patrick and Jacqui Hill, Irina Holiat



Ann Turturro and Ricki Sellner

SPRING 2016 DESIGN TRENDS



By N2 Staff Writer,
Megan Weatherly Lynn

Spring is the perfect season to refresh and update the style of your home. 2016 brings with it many exciting ideas and creative liberties. Designer Jonathan Adler sums it up perfectly, saying “We live in an anything-goes world where it’s okay to mix high with low, mid-century with minimalist modern, colors, patterns and everything in between. The best trend I’m seeing is people forgetting about the ‘rules’ and loving what they love unapologetically.”

COLOR OF THE YEAR

Each year, Pantone releases a Color of the Year, which influences fashion and design trends in a major way. Leatrice Eiseman, Executive Director of the Pantone Color Institute, best describes the color pair of 2016, saying “joined together, Rose Quartz and Seren-

ity demonstrate an inherent balance between a warmer embracing rose tone and the cooler tranquil blue, reflecting connection and wellness, as well as a soothing sense of order and peace.”

ECLECTIC KITCHENS

The kitchen, often referred to as the heart of the home, has become a blank canvas for showcasing personal style. Black stainless steel appliances are an increasingly popular alternative to the more traditional stainless options. Mismatched upper and lower cabinets are a wonderful way to incorporate various paints, stains and finishes. Countertops made of concrete, recycled glass or wood add texture and individuality.

FORMAL SPACES

In an intentional effort to be more present, many are opting to turn off the television in favor of tech-less living rooms. Creating spaces for conversation and relaxation is becoming increasingly more important. For the same reason, formal dining rooms are making a comeback. Fireplaces (both traditional wood-burning and more sleek, electric versions) will be focal points for many of these formal spaces.

BATHROOM RETREATS

To many, the bathroom is becoming just as much about luxury as it is function. Heated flooring, steam showers and towel warmers create a relaxing environment. The bidet, a sanitation staple in many other countries, is gaining popularity in the United States. Adding a lounge seating area to your bathroom can make the space feel more spa-like. Bathroom mirrors that make a statement and metallic wallpapers add elegant touches.

DESIGN ACCENTS

Adding some unique accents to your spaces will truly make your house a home. Whether you collect pieces while traveling or create your own artwork, here are some trending ideas for 2016:

- Geometric patterns in tile, fabrics, and artwork
- Graphic, colorful throw pillows
- Black and white mixed with wood tones
- Mixing various shades of gray
- Typography art, including signage or marquee lights
- Artisan wares, such as woven baskets and tapestries
- Framed photography as art, purchased or DIY

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