

Saddle River

June 2015

M A G A Z I N E

A Social Magazine Exclusively for the Residents of Saddle River



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25th Anniversary for its' foundation!



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Bulky Pick Up: Monday & Thursday May 9 and October 10, Tuesday & Friday May 16 and October 17

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Publisher's *Note*



Happy June!!! School is almost out and summer is here!

We wanted to just say how amazing you all are!!! Inside this issue, you will see the most submissions we have ever had! THANK YOU! You are all amazing and we are so glad you are sharing with us!

We wanted to welcome John Mirza Landscaping and Powder Hill Mngt. Both are great companies and we look forward to working with you!

As always...we thank the advertisers with us. They are exceptional and supportive of the Saddle River community. Show your support by using their services and telling them you saw them in the magazine!



Finally...HAPPY FATHER'S DAY to all the great dads out there!!! And a special happy happy to my husband! You are an amazing father! We love you!!

Susie
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The greatest joy for The Wandell School Education Foundation members, donors and volunteers is seeing visions and creative ideas become realities for our students. This vision began with two parents, Jean Kern and Christine Finnigan 25 years ago.

The Foundation was formed when the School Board and Town would not approve school improvements such as a new math program, a computer lab, revamping of the reading program as well as a science program! Jean had heard about a school in New York which had an education foundation and Ridgewood was the first school district in New Jersey to have one. Due to the strong efforts of Jean Kern and Christine Finnigan. ... Saddle River was the second!

Enrichment programs, curriculum enhancements, computer labs and technology upgrades would not have been possible without the Foundation and the unwavering support of the parents, teachers, and administrators who donate their time, energy and resources to our students. Since its inception, the Foundation has raised and contributed more than \$2,500,000 towards enriching our children's education. Those contributions came from you and generous people like you. We thank you for helping us to help our children succeed.

This year marks the 25th Anniversary of the Foundation and its focus on the enrichment of the educational experience of our

children. An anniversary like this must be celebrated because by working together, we have accomplished so much. We also celebrate the spirit of volunteerism in Saddle River represented by the Foundation board members and officers, by you our donors, but also by many other volunteers who work tirelessly in unpaid positions to improve our Saddle River community. They include our volunteer Board of Education (President Henry Senger, Irene Feldsott, John Lasalandra and Jen Connolly; our Town Representatives, Council President Al Kurpis, Councilman Ron Gray, Councilwoman Corinne Kerner, Councilman Paul Schulstad and Councilman Eric Jensen, our Fire Department we have Fire Commissioner Ron Gray, Chief Jake Kossowky, Assistant to the Chief, Brian Yates, who have all attended the event. We have SR residents who have recently answered the call to serve our volunteer Fire Department. Thank you Damian Ross, Nick Atkas, Mitch Kaufman, and Rich Engqvist for your support. John Lasalandra, Jo Ireland, Alisa DiGirolamo and Bianca Michelis from our sister organization The Home & School are also volunteers. This spirit of volunteerism is embodied in the tremendous amount of hard work done by these dedicated people, who are all appreciated by the residents of Saddle River. The spirit also rests firmly in the hearts of donors who choose to contribute their hard earned dollars to improve the educational experience for the current and future generation of Saddle River students.

We would like to share with you a few highlights from the 2014-2015 academic year, with a budget in excess of

\$225,000 allocated to Wandell!!! First, your generous donations allowed us to put in place a nearly all new curriculum that included new math, reading, science, spelling and language programs. In particular, the new Envision Math Program (Kindergarten through 5th Grade), provides our children with the same math background as the children at Dater Middle School. It is also fully-aligned to the Common Core State Standards. We also funded both Phase I and Phase II of the iPad Initiatives recommended by the BOE Technology Committee, led by Henry Senger and John Lasalandra. Children now have iPads to further develop their digital and computer skills prior to entering middle school where it is an everyday curriculum requirement. Grades 3, 4 and 5 now have their very own Mac Book Air Laptops, which are used by our children as an everyday classroom staple. In addition, Wandell now has a state of the art technology platform which needs continued financial support. Finally, it is the Foundation that was responsible for the fantastic production of this year's school play, The Wizard of Oz, which is a student, parent and community favorite!

The evening was truly a team effort and I would like to acknowledge the dedication of a small group of parents who make this event possible, my fellow Trustees which includes Alex Ruffino, Jackie DeRosa, Dana Taranto, Paige Egan, Tanya Valency, Jennifer Rossakis, Jaime Botta, Susan Koushagian, Katrina Cunningham, Liz Morrissey, Florence Black, and Hen-

riett Tasko. They are fabulous people, eager contributors, smart and great friends. To each of you, I extend my gratitude for your tireless efforts on behalf of our children.

As a final matter, we would like to thank the Wandell faculty who has a tremendous impact on our children's infinite potential every day. I would also like to give special thanks to all of the corporations who supported our event. Among them Hytorc Corp, Prominent Properties, ConnectOne Bank, Mariner Wealth Advisors, Maureen and William Raub Charitable Fund, Ramapo Country Day Camp, ER Express, Doherty Enterprises, JC Landscape, Park Ave Acura, Prestige BMW and Mini, Eric Alt Salon, Varka and Roxanne's, Capelli NY, and Dr. Brenda Pagan and Mr. Howard. And so many more!

Thank you all again for supporting Saddle River and the 25th Anniversary of the Wandell School Education Foundation.

Our next Auction is being held on March 4, 2016. Please mark it in your calendars and come spend an evening with us!

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Linda Gray

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Wandell School Education Foundation



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Wilmington, NC

FINDING THE BEST AT THE END OF THE ROAD

Written by N2 Staff Writer, Tracy LaFon

Positioned on the southern coast of North Carolina, the city of Wilmington is tucked away at the proverbial *end of the road* where three major highways all terminate between the Cape Fear River and the Atlantic Ocean. It is a place where charm, southern history, modern culture, salty breezes, and a little bit of Hollywood all come together – simply perfect for a weekend getaway or a relaxing vacation.

Downtown Riverfront

Booking a cozy bed-and-breakfast room in one of downtown Wilmington's authentic southern mansions is a trip back in time. The city is rich with museums, art galleries, lively nightspots, gardens, historic sites, and live entertainment. Rewards are in store exploring downtown, walking the Riverwalk, or taking a horse-drawn carriage ride over cobblestone streets. Here you will find enchanted shops in places such as the Cotton Exchange, the site of one of the biggest cotton export trades in the world. Riverboats, such as the Henrietta III, cruise the river, serving dinner and tales of bygone days. Downtown also boasts Thalian Hall. Opened in 1858, one of the nation's oldest operating theaters, hosts over 250 shows, plays, and events yearly. You won't want to miss the exotic creatures at the Cape Fear Serpentarium, or a tour of the most decorated warships of WWII, the Battleship USS North Carolina.

Beach Life

Wilmington shares its space with beaches providing warm water, white sand, and fun. The Boardwalk at Carolina Beach features family fun with arcades, thrill rides, fireworks, and live beach music mixed with the aroma of salt air and fresh baking doughnuts. Dunes, breaking waves, trees, and history meet at Kure Beach and Historic Fort Fisher – here you experience Civil War reenactments and sandcastles all in the same place. If you like beaches not spoiled by the glitzy tourist stops then there isn't a better place to stretch out in the sun than Wrightsville Beach. And, after dipping your toes in the surf, make sure to visit the sharks at the NC Aquarium or take a ferry ride.

Hollywood East

Arriving in Wilmington, you may experience déjà vu, feeling that you have seen this place before. In a sense you probably have. For the last 20+ years the area has been dubbed Hollywood East. Home to Screen Gems Studios, it has served as the location for hundreds of movies such as *The Jackal*, *We're the Millers*, *Weekend at Bernie's*, and *Iron Man 3*. TV productions

have enjoyed success here with shows such as *Darwin's Creek*, *One Tree Hill*, *Banshee*, *East Bound and Down*, *Under the Dome* and *Sleepy Hollow*. The studio is available for back-lot tours, and location tours feature stops where movies and series were filmed; occasionally you might catch a glimpse of a star or two.

Often times when you come to the end of the road it signals the fun times are over – when visiting Wilmington, it means the fun is just beginning.



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Pre-surgery conditioning can help you recover faster from joint replacement surgery

If you or someone you know have had joint replacement surgery, you know the recovery isn't always easy. The grueling rehabilitation sessions, the frustration of re-learning everyday movements, the weeks of waiting to return to "normal"...it's almost enough to make patients reconsider surgery.

But what if your recovery could be shorter and easier to tolerate? It can be, thanks to a pre-surgery physical conditioning program now offered at The Valley Hospital's Medical Fitness Center.

Called prehabilitation, or "prehab," Valley's program helps joint patients start the healing process even before being wheeled in for surgery — and it's yielding big benefits. "Prehab can help people return to a healthier, more active life sooner. It's a great addition to our full scope of joint replacement services," says Anthony Delfico, M.D., Director of Orthopedic Surgery at Valley.

Prehab isn't meant to replace post-surgery rehabilitation — rather, it helps adults get the most out of their rehab program. "Prehab builds

strength, endurance and range of motion — all of which can help them take on a rigorous recovery program," says Nicholas Alexander, M.D., Chairman of Valley's Total Joint Replacement Center.

Just how does prehab help? Patients typically experience:

Enhanced muscle strength, which helps not only the affected joint but also the surrounding muscles (which often need to compensate for a lack of full function during recovery).

Better body mechanics, balance and mobility, which helps patients as they re-learn movements like getting out of bed or climbing stairs.

Less pain after surgery, which makes physical rehabilitation easier and improves quality of life.

A fitness boost, including greater stamina, confidence and motivation to recover.

Best of all, prehab is appropriate for all fitness levels, so anyone can

participate. "Based on an initial assessment of current flexibility, range of motion, bilateral strength and functional performance, our exercise physiologists and certified athletic trainers then customize the program to meet individual patients' needs," explains Don Tomaszewski, M.S., ATC/L, Director of Valley's Sports Institute/Medical Fitness/Outpatient Rehabilitation Medicine.

Prepping with Prehab

A typical prehab program begins about six weeks before joint surgery and includes:

- Warm-up exercises
- Cardiovascular conditioning
- Strengthening of key muscle groups
- Balance/posture assessment and training
- Patient education

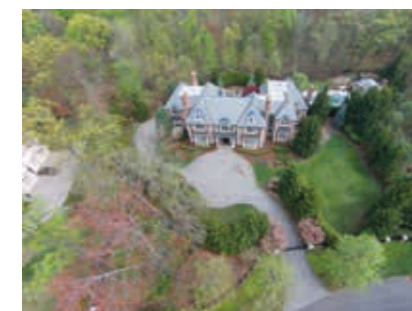
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kids2kids

Written by Blake Taranto

Things to Do Near Saddle River

HERPING
Herping is the act of searching for amphibians or reptiles. A great place to do that is the Ramapo Mountain Reserve. Here is a list of items to bring with you on your hike and search:

Wear long socks and comfy shoes

Bring water to drink and a snack

Wear deat or bug repellant

Bring a light back pack to put all your items

Bring little containers for creatures.

Once you are on your hike, begin by looking carefully under rocks and logs. Bring an adult and look out for poisonous snakes. You can wear work gloves if you are afraid to pick up creatures. You can find dunes salamanders and Eastern newts (pictured above). I like to bring mine home to study and then my parents make me release them.



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BUSINESS beat

MADISON ADAMS™ ARRIVES

Madison Adams™ is a new real estate brokerage firm in Saddle River. The Company was started by the energetic team of Helena and Mark Zagorski who strongly believe in property rights as the foundation of individual Freedom and prosperity.

When Mark and Helena decided to open their real estate business in Saddle River they realized that their brokerage had to be different, reflect a positive and sound image to reach the clientele which they sought, and yet reflect their philosophy about property rights. Madison Adams™ is a name which embodies their spirit and business philosophy and the Zagorskis hope that clients will recognize and embrace those same values when selecting a broker.

Their unusual background and education have been helpful in creating new and creative strategies and instrumental in demonstrating potential to their clientele. Having had previous successful careers, Mark and Helena bring extensive experience from their years in financial markets, investments and commercial real estate.

Helena began her career as an investment banker with Drexel Burnham and also worked for Credit Lyonnais and Banco

Real. This led her to a real estate career at Cushman and Wakefield where she serviced international commercial clients. Helena earned her MBA from Fordham University in Finance and completed post graduate studies at New York University in International Economics.

Mark's first business opportunity in the U.S. started at Hypo-Vereinsbank, a German based bank, as a fixed income derivatives sales/trader. A few years later he moved to a commercial real estate boutique in New York City. Mark earned a Finance and Investments degree at Baruch College and he also received a degree in mechanical engineering in Poland.

In order to reflect the Company's philosophy about strong property rights, Mark and Helena researched American histo-



ry and the founding of this great nation in pursuit of a perfect name that would be recognized by their clientele. They identified the two most prominent advocates for property rights James Madison and Samuel Adams who were instrumental in creating the standards for a Free Republic.

James Madison, commonly called the "Father of the Constitution," advocated for the preservation of Liberty by securing property rights under the 4th Amendment of the U.S. Constitution. He argued that property rights must be protected for personal safety and personal liberty.

Samuel Adams was influenced by John Locke, a 17th-century English philosopher whose ideas formed the foundation of liberal democracy and who wrote a number of essays about property rights as the foundation for Liberty. Samuel Adams, in his writings, reinforced John Locke's ideas to preserve Liberty through three basic laws of Nature - the right to Life, the right to Liberty, and the right to Property.

Madison Adams™ clientele enjoys the following benefits: professional photography, assistance with staging and preparation prior to listing, creative marketing and advertising, professional assessment of property value, access to the Madison Adams™ client portal and instant feedback. The Company also offers creative videos in select sales strategies.

Mark and Helena have enjoyed meeting many of the residents of Saddle River and surrounding areas and are encouraged by the support they have received for their newly established business which they truly appreciate.

To contact the Company

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restaurant Review

Photos by Jeffrey Steccato, Haviland Photography



Brady's at the Station
5 West Main Street
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Welcome to Brady's at the Station! The only authentic Irish bar & restaurant in

Ramsey, New Jersey. It is the perfect place to come for all types of celebrations, events, parties, or just to grab a delicious meal or drink in a great atmosphere. With two levels of outdoor seating, dining, and lively lounges that are always filled with people you know. Brady's keeps its patrons coming for more with a comfortable décor, smooth service and first-rate, outstanding blend of traditional Irish and American cuisine. Popular with singles and families alike and committed to community causes, Owner John Brady and his staff make it their upmost priority to have every visit to their restaurant a memorable one.

Nominated Business of the Year by Mahwah Chamber of Commerce!

After 10 years in business, John Brady, the owner of Brady's at the Station, has been asked to look back on his efforts to contributing to his community. This history of charity began in 2005, with the purchase of a restaurant and bar formerly known



as the Trackside Inn. John Brady purchased the business with his business partners and deemed it "Brady's at the Station" given its close proximity to the train station located on Main Street in downtown Ramsey, New Jersey. Almost immediately after opening his doors to the public, John had taken a great interest in helping various causes in the surrounding communities.

The first milestone was helping the local fire department, raising donations and offering food and drink at their local events. This resulted in him becoming an honorary member, which is by no means a title given to the average contributor. Over the years, Brady's at the Station has participated in significant charitable events ranging from the sponsorship of the High School Football team to the opening of the Ramsey Free Public Library. For the past 8 years, Brady's has held charity golf outings for various causes, raising tens of thousands of dollars at each occurrence. This past year, the Brady's golf outing donated over ten thousand dollars to the Several Sources Shelter located in Ramsey,

New Jersey, which is a home for young mothers in need. As John Brady has reflected over the past decade of business, a great amount of gratification and awareness has been brought to his own attention. Restaurants are where people gather, socialize, eat and drink, during both good times and also bad times. John Brady is happy and eager to continue making his own contributions to those who are in his community, and helping to soften the blow during those bad times which we all experience. John Brady, Brady's at the Station and the staff wish to thank you for this generous and thoughtful nomination, and promise to continue helping those who are in need.

We wanted to thank John and the staff for hosting such a great event for us! The food was delicious, the staff was great and the atmosphere was fun!!

DISCLAIMER: The business reviewed in this section provided products and/or services free of charge in exchange for this review.





Midnight Toast



starting line



Memorial Run Path



Winners Circle



On behalf of the Hughes and Zabransky Families, we'd like to thank all those that helped make the 4th Annual Susan Zabransky Hughes Memorial Run another great success!



A SPECIAL THANKS TO



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The Borough of Saddle River, The Saddle River Police Department, the Saddle River Fire Department, the Saddle River DPW and the CERT Team for providing logistical support

All of our volunteers, who make The Run possible

Mr. Stokes, Coach Kresch, the Wandell students & staff for their never-ending support and enthusiasm

Our musical entertainment provided by local rock band "Midnight Toast"

Mr. John Rosato for his energetic race announcing

All of the runners, walkers and spectators that helped make it a wonderful community event!

Proceeds will support Pony Power Therapies in Mahwah, a riding program for pediatric oncology patients from the Joseph M. Sanzari Children's Hospital at HackensackUMC and Susan's Suite, a dedicated 10-bed treatment area for cancer patients located in the Emergency & Trauma Center at HackensackUMC

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Lesley Dinallo
Paige Egan
Joette Fullerton

Emily Kaufman
Lisa LaManna
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Linda Rosato

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Tracy Slayne
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meet your OFFICER

Written by Maxx King



The Saddle River Police Department recently joined an exclusive group when it officially became accredited by the New Jersey State Association of Chiefs of Police (NJSACOP). According to the NJSACOP's website, "Accredita-

tion is a progressive and time-proven way of helping law enforcement agencies calculate and improve their overall performances... Accreditation status represents a significant professional achieve-

ment. Accreditation acknowledges the implementation of procedures that are conceptually sound and operationally effective."

The accreditation process is rigorous and time-consuming, having taken almost two years to complete. Led by Lt. John Gaffney, who continues to serve as Accreditation Manager, this honor could not have been achieved without the efforts of Chief McWilliams and all the officers and staff of the Saddle

River Police Department, and the support of the Mayor and Council. "This is a huge responsibility," explained Lt. Gaffney, "and I thank Chief McWilliams for his trust in me, and the entire department for their tremendous effort and support. We reviewed and amended 101 standards and policies and, as a result, our entire department is a more professional unit."

By reviewing and amending all the SRPD standards and policies to align with the "best practices" embodied in state and national standards, we can be assured that the SRPD is committed to excellence!

And this commitment does not end with achieving accreditation, as it is an ongoing process. Lt. Gaffney, as the Accreditation Manager, will be responsible for maintaining the new standards and policies and ensuring the department is following all required procedures. In addition, the SRPD will have to reapply for accreditation in 2018, since the accreditation is only valid for a three-year period.

So congratulations to the Saddle River Police Department for achieving this coveted and well-deserved honor!




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Written by Corinne Kerner. Photography by Tanya Valency.

Saddle River Magazine would like to extend an apology to Brian Yates. The article did not come out correctly last issue and we wanted to re-run this to apologize. We appreciate your support and work that you do.



Brian joined the fire department in 1987, has held every leadership position at least once was Assistant Chief twice and served as Chief twice from 1996-2001 and 2007-2009. He has returned to help current Chief Jake Kossowsky lead the restructuring of our volunteer fire department.

Brian has made tremendous contributions to the fire department over the years. He first started the Junior program to allow young adults to serve their community while learning firefighting, teamwork and leadership skills. He also developed the First Responder program to enable firefighters to help each other at emergency scenes. Under Brian's leadership, the fire department's ISO rating (a measure of community fire protection effectiveness used by home insurance companies) improved by three rankings and manpower grew to all time highs of 42 and 38, respectively, during his two tenures as Chief. But for Brian, the best part of being a firefighter is simply the "camaraderie and helping those in need."

Brian, his wife Kerry and their son Matthew live in HoHoKus. Brian was raised here in Saddle River, graduated from Wandell School and his parents Ron & Gail Yates remain 40 year residents. Brian graduated from Fordham University with a bachelor's degree in Economics prior to joining his family's engineering & sales business.

Brian is an experienced driver and incident command leader, so we rely heavily on him for evening/weekend fire calls. When he does find spare time, he enjoys cooking, racing and spending time with family. **Thank you Brian, for 27 years of dedicated and valuable service to Saddle River.**

Be An Everyday Hero.

Volunteer:

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

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Upcoming Firefighter I Classes

- Tues/Thurs nights-start 7/7/15
- Mon/Weds nights-start 8/17/15
- Contact SRFD for more information

around town

The Dexter Porter Show at the Metropolitan Room jazz club in New York City was a success!



The Saddle River Resident's Club members were front and center of the stage; the room was full. Dexter and his four-piece band performed music from his current repertoire and new song, "Don't Be on the Outside." Although there was not too much to eat at this place, the drinks kept coming and everyone had fun. The evening ended with a smooth ride home.



Saddle River Valley Branch of the Valley Hospital Auxiliary

Recently the Saddle River Valley Branch of the Valley Hospital Auxiliary held a "Spring Beauty Lift" luncheon at The Brick House in Wyckoff. Tamar Zapolanski, M.D. FAAD gave a special presentation about skin care techniques and products.

All proceeds benefited the Valley Hospital Breast Surgery Center and Valley Home Care's Butterflies Program for seriously ill children in the community.



St. Gabriel's Communion Breakfast

Photos by Jeffrey Steccato, Haviland Photography



On April 12, St. Gabriel's church enjoyed its annual Women's Communion Breakfast. This year's distinguished guest speaker was Major Meghan Cumpston, who has served multiple tours in Iraq and Afghanistan and is an instructor at the U.S Military Academy at West Point. Her remarks were both fascinating and compelling and provided the women of St. Gabriel's with a personal view into the life of a young, female, decorated Army commander.

Pictured are members of the communion breakfast committee along with Major Cumpston. Also pictured is last year's guest speaker, Kristine Johnson, with her daughter and Msgr Frank DelPrete, pastor of St. Gabriel's church.





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Movie Review!

By Austin Holden



Cinderella is a 2015 American romantic fantasy film directed by Kenneth Branagh. Starring Lily James, Cate Blanchett, Richard Madden, Sophie McShera, Holly Grainger, and Helena Bonham Carter this Fantasy film will make you

explore the origin story of a nice princess who had always dreamed of being one and how her dream comes true. It's very similar to

the movie that Walt Disney had in theaters many years ago. There is a mean stepmother and two step sisters who treated Cinderella nasty. They made her like slave and made her live in a nasty dusty tower room. There is a Fairy Godmother who gave her everything she needed to go to the ball. There is a prince who eventually becomes king after his father dies and he searches for Cinderella because he loves her.

I won't spoil the ending. If you want to know you'll have to go and see it. The whole family could go and see this but girls are more interested in this.



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Ask the Vet

By Dr. Nancy Shaw, DVM

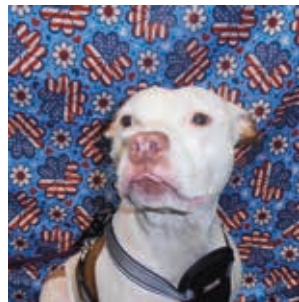


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What type and how much physical activity should I provide my dog and what are the benefits?

Simply walking your dog once to twice daily on a routine basis
five to seven days a week is ideal and can lead to greater physical
and mental health benefits for your canine buddy and you.

The physical benefits, such as drop in blood pressure and sta-
bilization of blood sugar, are well-known. Exercising your dog
in this way provides mental stimulation too! (This can lead to
a decrease in mischievous behavior which your pet may exhibit
when left alone for the day.)

Current recommendations for humans strongly point to the fact
that for better health we humans need only to moderately exer-
cise every day for about half an hour. A recent study by physi-
cians and veterinarians at the Uniformed Services University
of Health Sciences found that when people were informed that
their pet was overweight and were prescribed exercise, those
individuals began a walking routine. Ninety days later these
people and pets were reassessed and found to have lost weight.

So, walk your dog for the health benefits it provides to your pet
and also to you!



Tips from the Dr



Peter Ponzini D.C.
SportsMed
of Ho-Ho-Kus

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Our Physical Therapists

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Sean Santiago, DPT
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1. Can be used by athletes to enhance performance at a competitive level.
2. Helps treat severe injuries, joint deformities and issues associated with chronic diseases.
3. Restores the ability to perform daily tasks in a pain-free manner.
4. Can result in improvements to the work and home environment to increase safety.
5. Help individuals recuperate from chronic conditions.
6. Forms an essential part of the recovery and rehabilitation process following accidents, injuries and surgical procedures.
7. Has the potential to be a stand-alone treatment.
8. Can also be used in conjunction with other treatments for a complete health and wellness solution.
9. Can be used to treat arthritis, chronic obstructive pulmonary disease (COPD), heart disease, cancer, diabetes and even migraines.
10. Is appropriate for children and adults of all ages.



The Science Behind Physical Therapy



Physical therapy is a highly specialized skill that involves hands-on care from the therapist. This
helps individuals maintain, enhance or regain their functional capabilities.

The information gathered in the evaluation is used to construct a treatment program that may include:

Hands-on techniques to bring relief – Specialized motions and movements to increase joint
movement help to re-educate the body on how to move correctly. This helps in recovery following
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Mechanisms to reduce pain – The application of electrical stimulation through a controlled
stimulation unit can reduce pain in muscles, ligaments and tendons.

Water Therapy – In some cases, individuals perform prescription exercise programs in a swimming pool. The buoyancy of
water decreases stress on joints, increases range of motion, reduces pain and helps develop balance. Sessions in a whirlpool
can use the action of water to control pain and inflammation, and improve circulation and range of movement.

Vibration Therapy – Sometimes called percussion therapy, the method is effective in the removal of phlegm and congestion
for patients with chronic obstructive pulmonary diseases.

Ultrasound – Acoustic waves are used to accelerate healing in soft tissue injuries and strengthen bones.

Laser Therapy – Specific light wavelengths are used to stimulate healing at the cellular level.

Massage – Therapeutic massage techniques are customized to the patient's needs. Massage is used to counteract the effects
of daily stress and maintain range of movement. The stimulation of the body's internal healing mechanisms helps recovery.

Clinical Pilates – A specialized form of exercise (different from conventional Pilates) helps build core and pelvic floor strength.
It helps improve balance and function and can be performed with or without specialized equipment.

Traction – The method stretches specific joints in the body and alleviates pain and discomfort in the spinal region.

Walking Aids – Physical therapists help patients learn how to use mobility aids such as canes, crutches, walkers and
wheelchairs to improve mobility and prevent injuries.

The Lifelong Impact of Physical Therapy

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10. Recover from surgery



In fact, we are committed to helping all our patients, and our community to live a better quality of life and lead a
comfortable and active lifestyle. We treat patients with sports, work and auto injuries. We have helped individuals with a
wide variety of chronic diseases and deformities to get relief from pain, dysfunction and disability. In many cases, this has
reduced or eliminated the need for prescription medications.

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Photos by Jeffrey Steccato,
Haviland Photography

Park Ridge Animal Hospital (PRAH) employs 18 people and has been in business for 50 years, 24 of them owned by Dr. Donna Manderino. There are 4 veterinarians, a practice manager, 8 veterinary technicians and 3 customer service representatives/receptionists. The hospital also employs 2 high school students who help out after school.

Dr. Manderino bought the practice in 1991 after the past owner, Dr. Ed Mikus, decided to retire. It was a good opportunity to stay in the area and expand the practice. The hospital moved from Park Avenue, where it had been for 50 years, to its current state of the art hospital at 94 Berthoud Street in December 2013. The hospital provides comprehensive and

compassionate veterinary care to dogs, cats, and little pocket pets like guinea pigs and rabbits. In the process the doctors care for their owners as well.

PRAH provides extensive medical work ups, preventative care, senior care, dental prophylaxis and oral surgery and general surgery.

PRAH also provides well care with cold laser therapy which is unique. The laser stimulates energy in the cells to provide relief from pain and inflammation. It can be used for a variety of issues such as disc disease, orthopedic problems, skin disease, and ear infections. The doctors also use it on most post-operative cases to aid in pain and healing.

The vets at PRAH highly recommend VACCINATING your pets to protect them from contagious diseases, most

importantly RABIES which is a fatal zoonotic disease. Considering the recent rabid coyote in town and the human and dog exposure it causes, this cannot be stressed enough!

PRAH provides veterinary care for rescue groups, including Halfway Hounds which rescues and fosters dogs from shelters. Another group the hospital works with is Tails of Hope, which helps the military and their working dogs by supporting them with supplies and medications

while they are serving and protecting us overseas. Dr. Manderino worked at ground zero on 9/25/01 so she brings her strong feelings about supporting our service men and women and their military dogs to her practice.

Dr. Manderino and the staff at PRAH are passionate about their work and bring that passion to the hospital every day. Come by to see them!!



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Address	Neighborhood	Sale Price	Sold Date	DOM	Beds	Baths	Garage
16 Woodcliff Lake Rd	Saddle River	\$950,000	04/20/15	175	4	4.1	2
2 Fredrick Dr	Saddle River	\$1,375,000	04/15/15	116	3	2.1	2
11 Meadowlark Pl	Upper Saddle River	\$795,000	05/04/15	61	5	3.1	2
2 Fieldstone Ln	Upper Saddle River	\$840,000	05/02/15	15	3	3	2
14 Cottontail Trl	Upper Saddle River	\$985,000	04/30/15	61	5	4.1	2
7 Dogwood Hill Rd	Upper Saddle River	\$912,500	04/15/15	97	4	3.1	3+
27 Edgewood Rd	Allendale	\$736,500	05/01/15	130	4	3	2
21 Elmwood Ave	Allendale	\$850,000	04/30/15	3	4	2.1	2
64 Farley Pl	Allendale	\$795,000	04/28/15	31	5	3	2
350 N. Central Ave	Ramsey	\$462,000	05/08/15	161	4	2	2
10 Kate Ct	Ramsey	\$790,000	05/07/15	175	4	2.1	2
120 Grove St	Ramsey	\$330,000	05/01/15	28	4	1	0
21 E. Crescent Ave	Ramsey	\$466,000	04/30/15	162	3	2.2	1
45 Airmont Ave	Ramsey	\$650,000	04/20/15	98	4	3	2
11 Kimberly Ct	Ramsey	\$770,000	04/16/15	2	4	2.1	2
370 S. Central Ave	Ramsey	\$740,000	04/15/15	79	5	4	2



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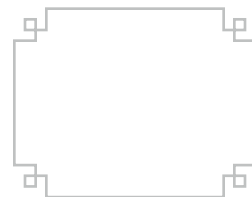


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