

Saddle River

April 2015

M A G A Z I N E

A Social Magazine Exclusively for the Residents of Saddle River



MEET

Mark and Selena

INSIDE. Picture by Jeffrey Steccato.

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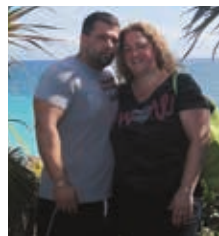
Hello residents!!

Welcome SPRING!!! My hope is that by the time you are reading this, the weather will be gorgeous out and NO MORE SNOW!!

I wanted to take a moment to welcome a few new advertisers to our family here at *Saddle River Magazine*. After hearing many of you, Prestige Motors is now a part of our family. We look forward to learning about some cool new rides! Also, I wanted to welcome Monsey Glass and Deck Remodelers. Check out their website...their decks are amazing!! Finally, I wanted to

welcome Mark and Helena to our family...both advertisers, as well as residents. They have a great story and a great company. Read more about them in the Meet Your Neighbors section.

As always, your stories and pictures are what make this magazine so wonderful. We appreciate your input and participation with it. Keep them coming!!

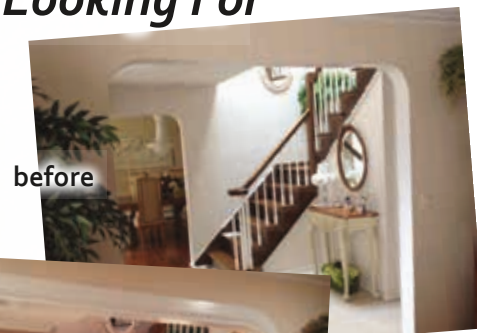


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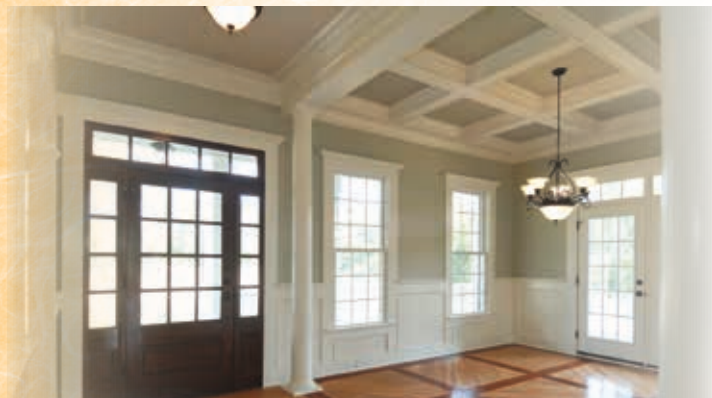
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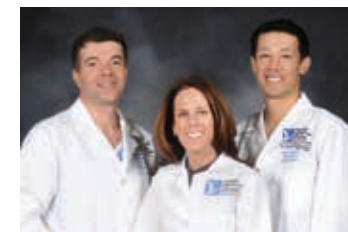
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Beating the Biological Clock



(left to right): Ali Nasser, M.D., Ph.D., Medical Director; Keri L. Greenseid, M.D.; and Dehan Chen, M.D., Associate Clinical Director.

For a variety of reasons, many women choose to postpone childbearing until they are in their 30s or even 40s. But the difficult truth is that the biological clock waits for no one, and fertility declines with age.

Increasingly, young women are turning to a procedure that allows them to freeze their eggs while they are fertile and store them until a pregnancy is desired.

“For young women who wish to postpone pregnancy, egg freezing can provide the peace of mind in knowing that when they are ready to start or expand their family, they will have their own eggs available to them,” said Ali Nasser, M.D., Ph.D., Medical Director of The Valley Hospital Fertility Center, located in Paramus, NJ.

Egg freezing follows the same initial steps as an IVF cycle. A woman takes fertility shots to boost her egg production and then has them extracted and frozen. When the woman is ready to become pregnant the frozen eggs are thawed, fertilized, and transferred to the uterus as embryos.

“Egg freezing allows women to store their healthy, unfertilized eggs until a time in the future when they are ready to start a family, diminishing the pressure of the “biological clock,” said Dehan Chen, M.D., Associate Clinical Director of the Fertility Center. Egg freezing can also be used to preserve fertility in young women diagnosed with cancer. The eggs are harvested and frozen prior to the start of cancer treatments, such as chemotherapy and radiation.

“It is important that any woman considering egg freezing speak with a reproductive endocrinologist and infertility specialist about their individual situation, estimated rate of future success, and the process involved,” said Keri L. Greenseid, M.D.

About The Valley Hospital Fertility Center

Choosing to undergo infertility treatment is a highly personal decision. The only bigger decision, perhaps, is which program to choose. At The Valley Hospital Fertility Center, Ali Nasser, M.D., Ph.D., Medical Director; Dehan Chen, M.D., Associate Clinical Director; and Keri L. Greenseid, M.D., understand the emotional and psychological concerns of couples seeking infertility treatment. Our medical and nursing staffs possess not only the medical expertise responsible for superior success rates, but the caring and compassionate approach that leads many patients to recommend the program to family members and friends. For more information, visit www.ValleyIVF.com. To contact the Center, call 201-634-5400 or e-mail the staff at valleyivf@valleyhealth.com.

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Movie Review! American Sniper

By Austin Holden

American Sniper is a film directed by Clint Eastwood and starring Bradley Cooper, Sienna Miller, Luke Grimes, Jake McDorman, Kyole Gallner, Cory Hardroit, Sam Jaeger, and Max Charles. It's about Chris Kyle's life experience when he was in the U.S. Army. He was a trained sniper and he recorded the most kills during the Iraqi War. It brings you there with him from his training, to his relationship with his wife and to his actual experiences during combat.

for him to watch. My dad served in Iraq twice. Once when I was 2 yo and when I was 3 y.o. He served as an orthopedic surgeon not as a sniper. He could identify with the Chris Kyle's personal torment during the conflict. I was glad that I could watch this movie with my dad. I had a way of seeing where he had to go and how he had to survive so many years ago. I remember thinking where did my dad go?

This movie was great in my opinion. The acting was awesome and realistic. It will make you remember it forever. It does not show how his life came to an end but leaves you hoping for a happy ending.

Anyone who appreciates what our armed forces do for us should definitely go to see this movie.

This movie is more appropriate for adults and teens because of the violence, language and other things that aren't child appropriate. Read the book first if you can. My dad read the book first and he said the book was more realistic but it made the movie better



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Thanks to Wandell students, more than 1000 children in Haiti will now get an education!

More than a thousand pair of shoes and backpacks finally arrived in Haiti. Back in September, Wandell students collected different sizes of black-soled shoes for boys, girls and teens so they can go to school.

Unfortunately, children in Haiti are NOT allowed to attend school without wearing black-soled shoes. It's also not uncommon for children to grow up in Haiti without ever owning a single pair of shoes, so children get turned away before the first lesson is ever taught. That's when the Wandell Home & School decided to participate in the first ever Wandell Cares SHOES 4 HAITI project.

More than a thousand pairs of shoes and backpacks were collected and distributed to the poorest places in Haiti. The first distribution site was in the mountain areas of Kap Wouj and St. Etienne where some kids there have never owned a pair of shoes.

The children in Haiti were so very happy first to receive a backpack and then to look inside and see a new pair of shoes and some school supplies.

The Wandell HSA would like to thank everyone involved who made this mission possible!

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Saddle River SPORTS

Written by Sabrina King



For Ethan Zaretsky, ice hockey is more than just a sport. Hockey has provided Ethan the opportunity to play with great teammates, travel and experience the thrill of playing hockey every time he steps out on the ice. Ethan is currently a seventh grader

at the Eric Smith Middle School in Ramsey and plays right wing for the NJ Wild. While he has only been playing hockey for the last two years, in that short time he has honed his skills and developed into a leading player.

One of the best parts about hockey is that involves the whole family. Ethan's brother Adam, a fifth grader at the Wandell Elementary School, also plays on the team and his dad, Steven, is one of the coaches. Ice hockey has brought Ethan and his family all over the East Coast, including Boston, Philadelphia and Delaware. He practices at the Ice House in Hackensack and has participated with his team in the Garden State Youth Hockey League Tournament and the Rock the House Tournament. His idol in hockey is Ryan Callahan, currently a right wing for the Tampa Bay Lightning and former captain of the NY Rangers. Ethan's dream is to play pro hockey in the NHL for the NY Rangers.

Through hockey, Ethan has learned far more than just skating, shooting and stickhandling skills. Throughout these experiences, Ethan has learned that teamwork, dedication and discipline are key. Ethan also earned a leadership award while attending the New York Rangers Hockey Camp. For someone who wants to get into the sport of ice hockey, Ethan definitely thinks it is a good idea. His words of advice? Play hard and have fun!



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Pictured above: Susan Zabransky Hughes assisting a rider at Pony Power Therapies in Mahwah.

meet your FIREFIGHTER

JAKE KOSSOWSKY | CHIEF Saddle River Fire Department

Written by Corinne Kerner. *Photography by Tanya Valency.*

Jake has a long history of serving Saddle River, beginning at the age of 17 when he first joined the fire department as a junior member. After years of training and experience, he became Assistant Chief from 2007-2009 under then Chief Brian Yates. Jake returned in 2014 to step in as Chief and lead the restructuring of our volunteer fire department.

How is he doing? Since being appointed Chief, the fire department has answered every call, operations have improved significantly and volunteerism is returning with 22 new members (8 of which are residents). But there is much work ahead. According to Jake, “the fire department is in a lot better shape than it was 6 months ago but we still have a long way to go. We are working on bringing all of the equipment and apparatus back up to top condition as well as consistently recruiting new members.”

Jake, his wife Lindsey and their newborn son Gunnar live in Ramsey. Jake’s connection to Saddle River dates back to when his parents Bob & Nancy Kossowsky lived in town. Jake attended Saddle River Day School before moving on to Ramapo College to major in Law & Society.



Be An Everyday Hero.

Volunteer:
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Donate:
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Mark Your Calendar:
“Field Day” Firefighter Challenge
Saturday, May 16, 2015
Hosted by Saddle River Fire Dept.
(Check saddleriverfd.org for more information)

meet your OFFICER

Written by Maxx King



Each month, this “Meet Your Officer” column profiles the men and woman who so proudly serve and protect the residents of Saddle River. But what is not always evident from these stories is how much our officers give back to the community, whether by volunteering their time or raising money for a great cause. Just this past February, members of the Saddle River Police Department participated in the 22nd annual Polar Bear Plunge in Seaside Heights, New Jersey. While the Saddle River PBA has been supporting this event for over 10 years, this year was particularly impressive. The officers willingly braved the 34 degree ocean temperature and 30 degree air temperature and plunged into the icy waters for a great cause...Special Olympics New Jersey. With a record 6,000 participants, the officers were once again proud to be part of this effort which raised over \$1.6 million to provide free athletic training and Olympic-type events for children and adults with intellectual disabilities.

Members of the SRPD have also supported the Special Olympics New Jersey for the last 15 years by participating in the Law Enforcement Torch Run. Law enforcement officers carry the “Flame of Hope” throughout the state, until it reaches its final destination to light the cauldron to officially launch the Special Olympics New Jersey Summer Games. Last May, members of the SRPD and DPW ran with the torch from the border of Upper Saddle River, through the borough and then handed the torch off to the Allendale Police Department. Look for your officers this year on Friday, June 12 carrying the torch to raise awareness and money for this cause!

The Special Olympics New Jersey is just one of the many organization to which the Saddle River PBA contributes. They are

also a proud sponsor of Saddle River’s own Susan Zabransky Hughes Memorial 5K Run/Walk, which takes place this year on Saturday, April 25.

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



Left to Right...Communication Officer Brian Winder, LT. John Gaffney, DPW Don Averna, Chief Tim McWilliams, Communication Officer Chris Frasciello, P.O. Diana Golonek and P.O. Ed Riedel



Pictured: P.O. Dan Strasser, LT. John Gaffney, P.O. Jeff Wells and P.O. Jeff Fortemps. Not pictured: P.O. Diana Golonek.

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How Physical Therapy Helps Biceps

A stress fracture, also known as a fatigue-induced fracture, consists of one or more small cracks in the bone. It is associated with a pattern of overuse, commonly seen in the lower extremity in athletes.



Causes

Repetitive motion is one the mechanisms that result in a stress fracture. The muscles become fatigued and are unable to absorb ground force, which is transmitted to the bone. This overload results in stress fractures over a period. High impact sporting activities that result in this injury include:

1. Track and field activities
2. Basketball
3. Tennis
4. Gymnastics

Symptoms

The main symptom is pain in the extremities which worsens with activity and subsides with rest.

Diagnosis

As with any bone injury, the confirmatory diagnostic test is an x-ray. In some cases, a CAT scan or MRI is requested if the x-ray is not conclusive.

Treatment

The pain stimulus is the body's natural mechanism to protect itself from severe self-inflicted injury. The rule of thumb for immediate treatment is:

- Rest
- Ice
- Compression
- Elevation

Rest (and limited weight bearing) is an important aspect of stress reduction on the bone and surrounding joints. Shoe inserts also help with shock absorption.

Stress Fracture Injury Prevention Tips

If something is tingling, numb or hurting, it is time to stop what you are doing and seek medical attention. If a stress fracture is ignored, the condition can get worse and escalate to a more serious injury. A stress fracture is an early sign of bone destruction, and it must be treated quickly and proactively. It is generally associated with dull, aching pain in a general area. As it progresses, the pain can escalate to sharp, piercing pain in a localized area. Ignoring a stress fracture will lead to further bone deterioration. This can result in long-term consequences ranging from increased recovery time to joint deformity.

If you are participating in ongoing, repetitive activity or a high impact sport, it is important to rest periodically from the task and do the following:

- Massage the limbs and joints
- Stretch the muscles
- Relieve the pressure by reducing weight-bearing on the affected joints

Anti-inflammatory and analgesic medication can help with pain relief. A physician may recommend prescription medication for pain relief and refer patients to physical therapy.

No Need To Stress - Your Physical Therapist Can Help

Recovery from stress fractures is a gradual process. Bone fragments need time to heal. The primary objective of physical therapy during the healing process is to prevent further injury. Once the healing process is complete, it is even more important to seek the counsel of a physical therapist. The therapist will design an exercise program geared towards gradual, progressive recovery of full function of the bones, muscles, and joints.



Physical therapy is an excellent choice for non-surgical treatment for mild to moderate cases of stress fractures. Some of the techniques used by physical therapists include:

- Cold compress to reduce swelling
- Strengthening the limbs and joints
- Bracing with splints to reduce load on the affected joints
- Ergonomically designed footwear
- Psychosocial rehabilitation for the professional athlete, looking for a speedy, successful and complete recovery

If you or someone you know has, or is at risk for a stress fracture, give us a call. We'll be sure to take the stress away.



meet your NEIGHBORS

MARK, HELENA & ROCCO



Please welcome to Saddle River our new residents, Helena and Mark Zagorski. The Zagorski's moved to town in September 2013. Rocco, their wire hair fox terrier, was born on an Ohio farm and joined the family in late October 2014.

Before moving to Saddle River Helena and Mark lived in New York City and Englewood, NJ. Although thriving in their careers, the Zagorski's sought ways to enhance their lifestyle and found their dream when they settled in beautiful Saddle River. The Zagorski family has since rebuilt their home and established a new business.

Helena has always been known for her exuberance and vivacious personality. She grew up in New York City and her career mostly revolved around activities on Wall Street, focusing on investments and real estate. Helena began her career as an investment banker at Drexel Burnham, and also worked at Credit Lyonnais and Banco Real. She began her real estate career at Cushman and Wakefield dealing with international clients in commercial transactions. Helena earned her MBA from Fordham University in Finance and completed post graduate studies at New York University in International Economics.

Mark emigrated from Poland in 1994 and became a proud citizen of the United States in 2001. He firmly believes that this is the best country on earth and appreciates the freedom and opportunities that this nation offers those individuals who strive to become successful. His first business opportunity came when he accepted a position at Hypovereinsbank, a German based bank, as a fixed income derivatives sales/ trader. He then moved to a commercial real estate boutique based 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.

Helena and Mark recently started a real estate brokerage firm, Madison Adams™ whose first office is in Saddle River. The



Pictures by Jeffrey Steccato

company focus is on the residential luxury market in New Jersey. Both Mark and Helena bring extensive experience in financial markets, investments and real estate. Mark and Helena are often asked how they selected the name Madison Adams. Both James Madison and Samuel Adams were the leading advocates for property rights, in which the Zagorski's strongly believe, hence the name.

Mark and Helena have met a large number of wonderful and supportive people since moving to the area and they have joined the Saddle River Valley and Saddle River Valley Residents Clubs. They look forward to meeting their neighbors and Rocco is searching the neighborhood for a playmate.

Ask the Vet



Why is it important to control fleas and ticks year-round in my pet, and how can I do so?

Fleas and ticks are a nuisance for your dog or cat, but they are far more than that. One flea on your pet can cause severe itching and scratching secondary to a flea allergy. This results in

discomfort and possibly infections of the skin. But did you know that these creatures also can spread serious diseases to your pets?

Fleas are notorious for the spread of disease throughout the centuries...think bubonic plague prevalent during the Middle Ages. Now we know that fleas can spread Bartonella, a microscopic organism, to dogs and cats. This organism can also be transmitted to humans, causing Cat Scratch Fever. Symptoms include fever, swollen lymph nodes, and effects on internal organs. Controlling fleas, the carrier of the organism Bartonella, will help control the spread of Cat Scratch Disease to your dog, cat, and you.

The bite of a single tick could result in your dog contracting a tick-borne illness such as Lyme, Anaplasmosis, or Ehrlichiosis. These diseases can be insidious. They can result in limping, fever, inappetance, and weight loss and can cause spontaneous bleeding secondary to blood disorders. The bite of just one tick can transmit the microbes that cause such problems to our dogs and maybe cats, too.

Fortunately, veterinarians have an arsenal of safe products to control fleas and ticks. Topical products obtained from your veterinarian are a safe and effective way to control fleas and ticks on your pet. If you prefer an oral product, there is a monthly pill that also eliminates these pests from your dog. Safe and effective flea and tick control is vital to maintaining a healthy pet and also a healthy you.

Dr. Nancy Shaw



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BEST *Hot Springs* **IN COSTA RICA**

Article Source: www.travelandleisure.com



For travelers looking to warm themselves in thermal waters heated by active volcanoes, there's no better destination than Costa Rica.

One of the country's top spots for tourism, the area around the Arenal Volcano offers more than a dozen bathing facilities, many of which feature amenities like swim-up bars, water slides, and tropical cocktails. While a few of the hot springs are only open for day visits, others are incorporated into hotels that allow guests round-the-clock access. It doesn't get much better than a relaxing, after-dinner dip on a romantic getaway.

While it might come as a surprise to some visitors, Arenal is not the only place to soak until your fingers turn to prunes. Newer outlets in Guanacaste surrounding the Rincón de la Vieja and Miravalles Volcanoes are also worth a visit, and in this region, baths in volcanic mud are very popular. Guests slather themselves in the mineral-rich mud, which then hardens and can be washed off after yet another dip in the hot springs.

Tabacon Grand Spa and Thermal Resort

Tabacon was the first hot springs facility in Costa Rica, and it remains the most impressive. Its two natural rivers are divided into dozens of bathing areas, and if you wander around enough, you'll find secret bars and private spaces. Oh yeah, and there's a waterslide and a swim-up bar with yummy cocktails.

Rio Perdido

A slightly newer site, Rio Perdido is tucked behind Bagaces, a little-explored mountain town in the foothills of the Miravalles Volcano on the way to Guanacaste. The springs here are totally natural and the setting is wildly picturesque, with warm green water surrounded by dry forest and incredible rock formations.

The Springs

Set back from the Arenal Volcano, this magnificent hotel and its sprawling grounds are the mecca of hot springs. There are more than a dozen pools to choose from, some of which feature water slides and swim-up bars. Although the water is pumped in, these pools are as therapeutic as any.

Eco Termales Hot Springs

For a more intimate hot springs experience, Eco Termales is a smaller facility in the Arenal area that is solely focused on its baths. The space around the pools teems with flora and fauna; I once floated on my back for 20 minutes here watching a toucan fly from one tree to another overhead. The on-site restaurant is also delicious.

Vandara Hot Springs and Adventure

Heated by Rincón de la Vieja, this hot springs and adventure facility includes zip-lining, horseback riding, and a giant water-slide. After you've finished with the activities, it's time for a dip in the Tizate hot springs, man-made pools filled with thermal waters heated by the nearby volcano. Mud baths and mineral treatments are also available.



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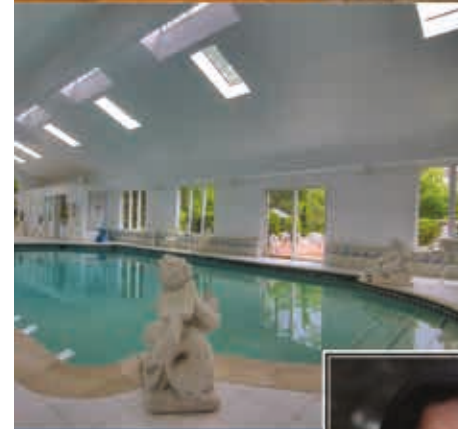
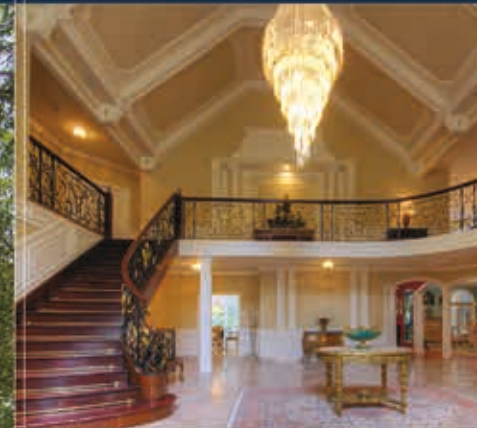


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199 E. Saddle River Rd	Saddle River	\$1,238,345	01/28/15	20	4	3	2
30 Lower Cross Rd	Saddle River	\$735,000	01/07/15	225	3	2	0
44 Danebury Downs	Upper Saddle River	\$1,575,000	02/20/15	87	5	4	1
28 Ridge Rd	Upper Saddle River	\$640,000	02/19/15	69	3	2	1
91 Hampshire Hill Rd	Upper Saddle River	\$999,000	02/12/15	78	4	2	1
34 Carlough Rd	Upper Saddle River	\$510,000	01/23/15	58	4	2	1
16 Blue Spruce Dr	Upper Saddle River	\$935,000	01/16/15	178	4	2	1
35 Cider Hl	Upper Saddle River	\$835,000	01/15/15	37	5	3	1



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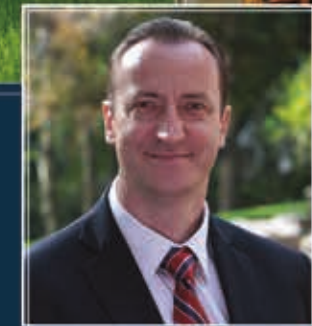
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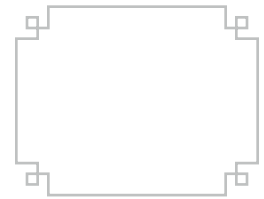
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