

# Saddle River

July 2017

## M A G A Z I N E

A Social Magazine Exclusively for the Residents of Saddle River

### *The Barns of Saddle River*

A 2-Part Story by  
Mayor Al Kurpis

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*See Kids 2 Kids*

**Meet Saddle River's  
newest Firetrucks**

**Check out Photos  
from Around Town  
throughout this issue**

### ***MORE INSIDE***

**Precious Pets - Bandit & Max**

**Home of the Month**

**Saddle River Safety - Lyme Disease**

**Photos from Around Town**

**Teacher Feature - Ms. Wineburgh**

**Officer's Corner**

**Good Day Renee**

**Travel Tales - Iceland**

**Fashion Trends \*NEW\***

**Athletic Achievers \*NEW\***

**Equestrian Living \*NEW\***





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OCTOBER	4&18	11&25
NOVEMBER	1&15	8&22
DECEMBER	6&20	13&27

**Bulky Pickup:** For Monday & Thursday Collection  
 May 13 and October 14, 2017  
 For Tuesday & Friday Collection  
 May 20 & October 21, 2017

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# Attention

## SADDLE RIVER RESIDENTS:

### publisher's note

Are you ready for some fun? This issue has got to be one of our best yet with more content contributors than ever before, led by a two-part exclusive story on the glowing barns all over town and the history behind them. Even more impressive, the stories and pictures you see in this publication **all come from residents in Saddle River**. Contributors don't just write about happenings around town, they live them.

**In case you're losing count, here is a synopsis of the stories you'll see inside this July issue:**

- Healthy Living
- Wall Street Pulse
- Mayor's Corner (Did I mention the barns?)
- Meet Your Firefighter
- Precious Pets
- Empower Every Body
- Home of the Month
- Saddle River Safety
- Tour & Travel
- Equestrian Living (\*NEW\*)
- Movie Review
- Kids 2 Kids
- Fashion Trends (\*NEW\*)
- Teacher Feature
- Community Cars
- Sponsor Spotlight
- Good Day Renee (AKA Meet your Neighbor)
- In the Garden
- Your Saddle River Home
- Officer's Corner
- Around Town photos and Events



Aaron Klein | Publisher

These are just some of what's inside, so ... what are you waiting for?!



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# Resident WRITERS

If you or someone you know receives *Saddle River Magazine* and would make a great addition to the writers listed here, please reach out to [aaron.klein@n2pub.com](mailto:aaron.klein@n2pub.com). There are so many creative ways to be a part of *Saddle River Magazine*!



Mayor Al Kurpis  
"Mayor's Corner"



Blake Taranto  
"Kids 2 Kids"



Samantha Holden  
"Community Cars"



Austin Holden  
"Movie Review"



Morgan Morrissey  
"Precious Pets"



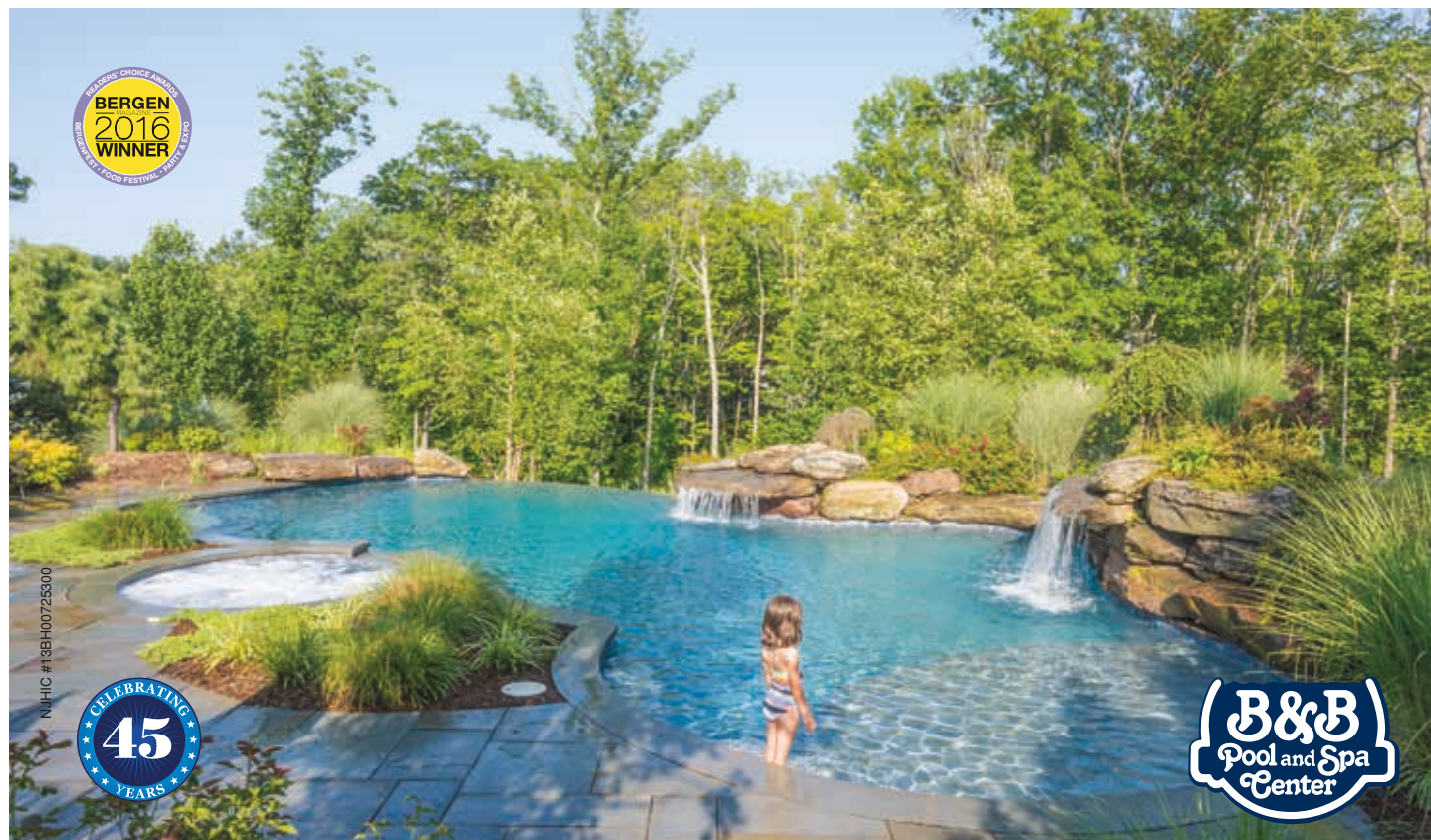
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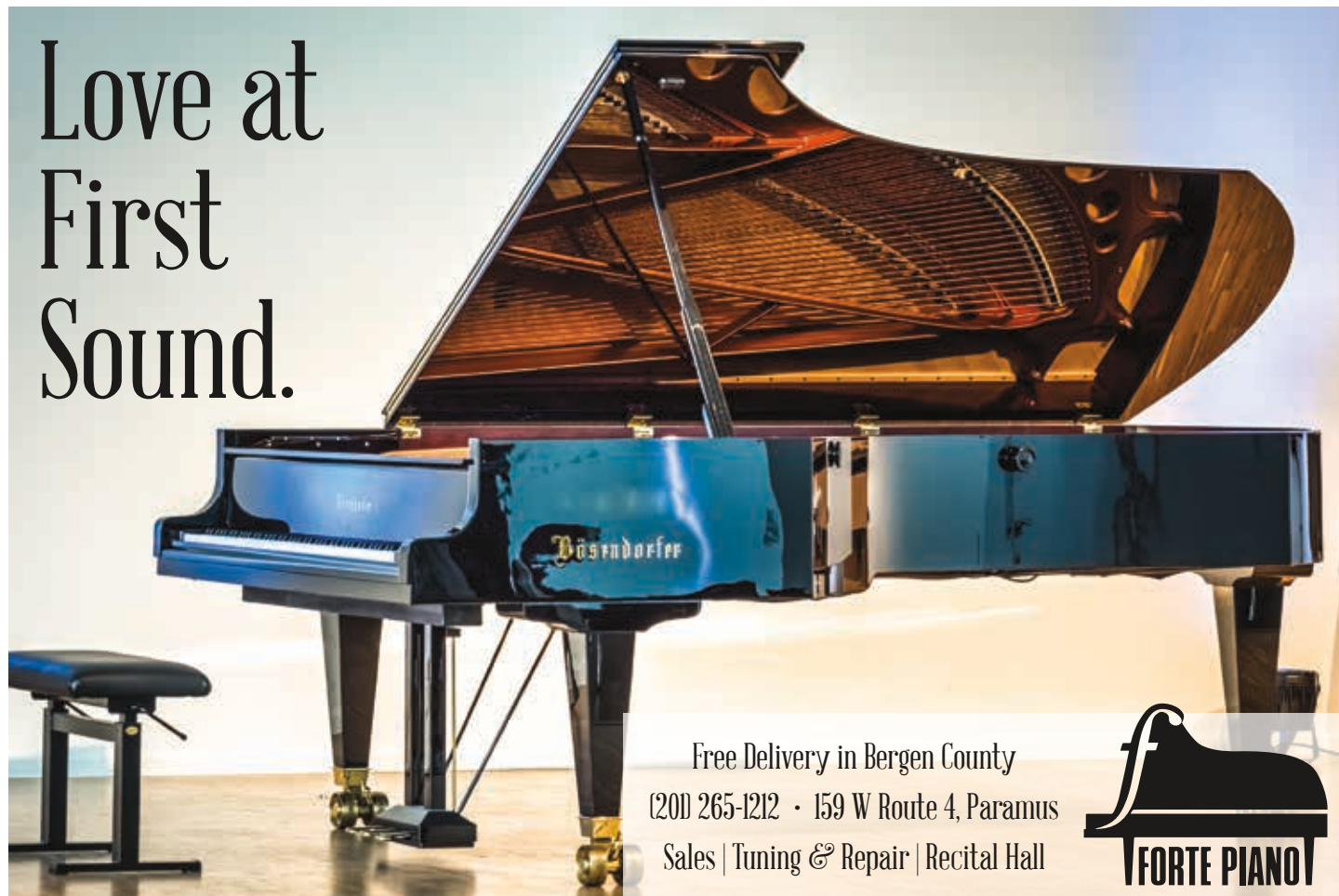
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# Bronzed Beauty or Oompa-Loompa?



## fashion trends

By **Mary Santorella**, Saddle River Public Relations

You know that feeling after you just made your big "self-tanner purchase" ... you have slathered it on and crossing your fingers you don't look like those characters Oompa-Loompa's in the 1971 film *Willy Wonka and the Chocolate Factory*. We have all been there!

Having that perfect tan with that perfect color that makes you look amazing ... does it really exist? So, is it possible to get an "almost real" tan without the sun's harmful rays? I'm here to tell you ... yes!

First, a little trivia, ever since a bronzed Coco Chanel came back from a Mediterranean vacation in the 1920s and made the tan

the hottest fashion accessory, women and men alike have been addicted to bronze skin and self-tanners. Did you also know that tanned people are perceived as more attractive ... it's called the "aesthetic glow" of a suntan!

If I haven't convinced you yet to make that purchase ... there is no denying a suntan's amazing ability to hide skin imperfections, diminish the appearance of cellulite, conceal broken blood vessels, spider veins, varicose veins, and wrinkles.

Wait ... modern research has proven that a tan can quickly and easily make you appear 10lbs. thinner ... this thing called "illusion"... can be very convincing. I'm sure there are some of you reading this article and saying "Yep, I bought it, I used it ... and I'll probably not do it again. Were you left looking orange like an Oompa-Loompa, streaky, sticky, smelly and swearing that you will never do it again?

Guess what? You will! But this time you will not be alone. And this time you will be making a smart purchase. I have tried and tested a whole new generation of self-tanners. I have the box right next to my desk and I am ready to name the ... BEST TOP 10 ... but I'm not.

I promised the self-tanner companies that I would be fair and give an unbiased review of each product ... which I will do ... in my next article!

Why? You ask. Because I want to hear from you first.

Please tweet me **@MarySantorella** your own review of whatever self-tanner you bought and used.

I promise to read all tweets and comment in my next article. I love hearing from my readers ... each one of you drives my passion ever more.

Give me topics that interest you and I promise to make it even more intriguing and interesting.

Till Next Month...

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# Congratulations!

kids 2 kids

By Blake Taranto, Saddle River Resident

I would like to take this opportunity to congratulate all of my classmates on our graduation from Wandell Elementary. Some of you I have known for eight years! We met when we were 3 years old, and we all cried when we walked into the school! We all have grown and changed throughout the years. We went from loving Pokemon and Monsters High dolls to TV shows and video games. We not only grew in inches and feet, we grew smarter. At Wandell, we learned Spanish, math and language arts. Wandell received a new Mac lab during our time, from the Wandell School

Education Foundation. They also gave every child and teacher a MacBook! We learned to type faster and use Google Classroom.

Let's not forget our teachers! They have been very supportive of us. Mrs. Garage and Ms. Pellegrino taught us about dinosaurs. The show was great. Mrs. Penna and Budds helped us with our gingerbread play. Mrs. Graziano and the Polar Express! Having popcorn and hot chocolate was great. Meeting Santa was also fun! Let's not forget Field Day! One of our favorite days of the year! Coach Kresch helps organize this fun day with lots of activities, food and music. The Battle Royale is my favorite! Wandell was such a fun place to learn. It feels like home when I walk in the door.



I will really miss everyone there! Thank you, Wandell, for all the wonderful memories!

Good luck Class of 2017!



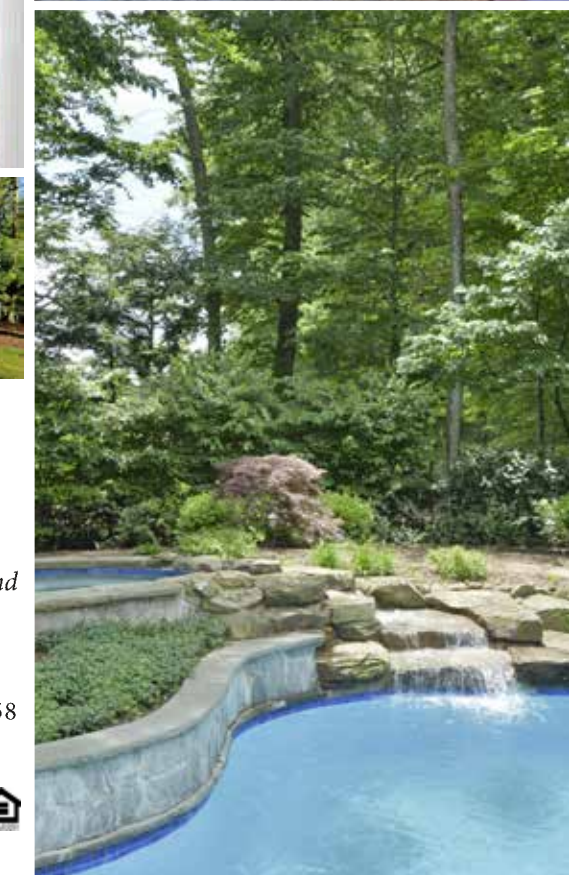
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Max

precious pets

By Morgan Morrissey, Saddle River Resident



Bandit

# BANDIT & MAX

Meet Bandit and Max, the Reichert family's cat and dog duo! Bandit, a Wheaten Terrier, joined the Reichert family in June of 2013 from a pet store on Route 17. From the beginning, the Reichert's say he was "super friendly, cuddly, and energetic." Max, a house cat, beat Bandit to the Reichert family by two years, being bought in 2011 from a shelter that fosters cats. Just like Bandit, the Reicherts say Max was "very talkative and friendly" from the beginning.

Like most dogs and cats, their daily schedules consist of eating, drinking, and playing, with occasional bathroom breaks. Bandit has a slightly more specific schedule, going outside to the bathroom at 8:00 a.m., 12:00 p.m., 4:00 p.m., and 9:00 p.m. daily. He eats and drinks throughout the day until his family and friends come home from school when he plays with them. Similar to Bandit, Max's day is generally laid-back, eating and drinking throughout the day with litter box breaks as needed. When his family and friends come home after school, he uses that time to play with them.

Although their average day is fairly nonchalant, they are extremely amicable pets. The Reichert's say Bandit is extremely companionable, playing and cuddling throughout the day. The family even say he jumps like a kangaroo! Even though he can be vigorous, he also knows when to calm down. Max is just as amiable — sitting on the laps of family members and joining in on conversations!

Affectionate, lively, and good-hearted, Bandit and Max are the ideal pets. They make excellent companions and together, are the perfect cat and dog duo any family would be lucky to have!



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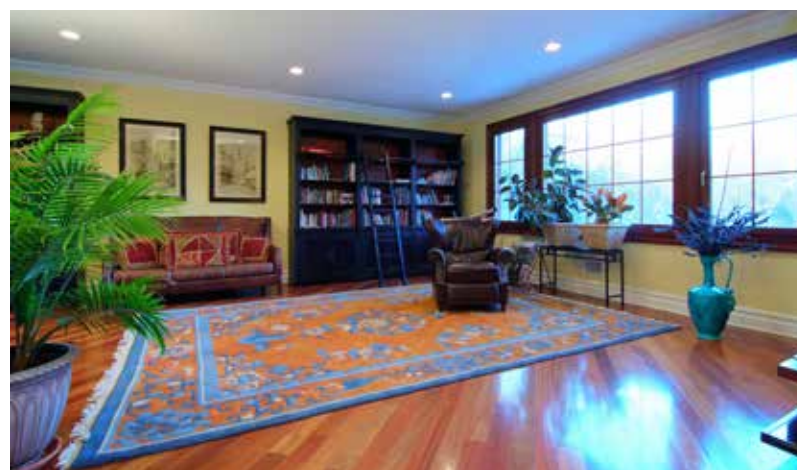
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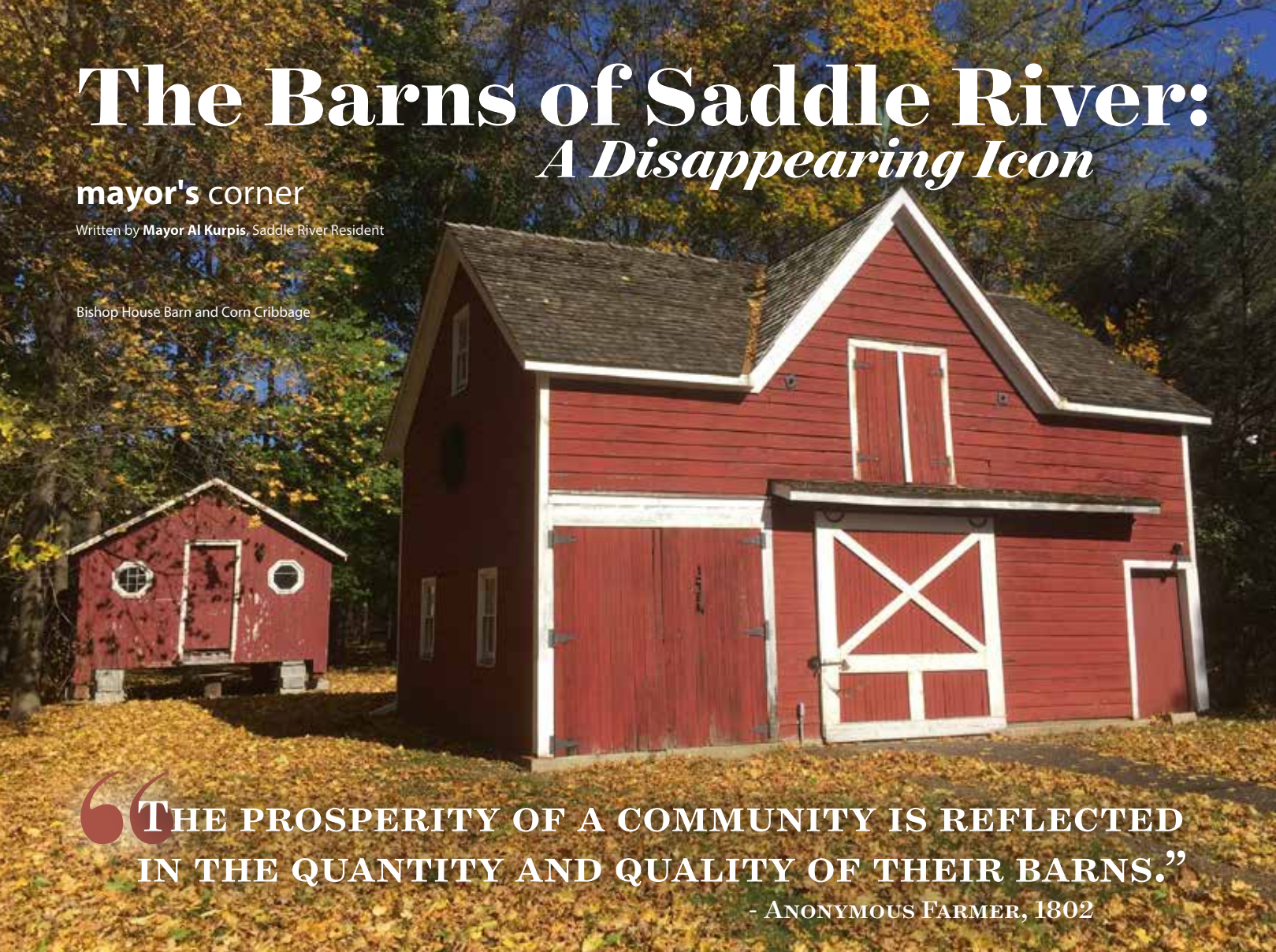


# The Barns of Saddle River: *A Disappearing Icon*

mayor's corner

Written by Mayor Al Kurpis, Saddle River Resident

Bishop House Barn and Corn Cribbage



“THE PROSPERITY OF A COMMUNITY IS REFLECTED  
IN THE QUANTITY AND QUALITY OF THEIR BARNs.”  
- ANONYMOUS FARMER, 1802

The Marker Barn



Whenever we catch sight of a barn, especially in a busy, metropolitan area like Bergen County, we are generally reminded of what we think of as a simpler life in a by-gone era. We have a momentary glimpse into the past, a time we perceive as being serene and peaceful. It is the barn that evokes these feelings. Sadly, there are few barns remaining, and of those that remain many are falling into disrepair or are being knocked down as more and more land is developed.

Yet with the demise of the barn, we forever lose a part of our story. It takes a unique group of individuals to recognize and preserve this iconic symbol of our heritage. This article highlights the remaining barns of Saddle River and is a tribute to the special people who have preserved

The Snyder Barn



The Cannery Barn



The Murphy Barn



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them, who love them, and who have agreed to share them with you.

In many ways, our early barns were even more important than our houses, because, without a building to protect the animals or the crops, we had no way to survive. Every homestead had a barn. Barns were functional, and not meant to be beautiful. With the invention of the 'horseless carriage', the barn in Saddle River became virtually unnecessary. Without having any usefulness, we began to see the beginning of the end of the barn. As we became a less agricultural society, needing to depend less on animals, the barn became irrelevant; hence, they began to disappear.

Today we live in a world where the stressful hustle and bustle of daily life is the new norm. The remaining iconic barns of Saddle River quietly speak to us and momentarily slow us down. They remind us of our peaceful past and the people who once lived here. They complement our community's pastoral landscape and contribute to the eclectic mix of nature and the beautiful homes that make up our extraordinary town. By preserving our barns we celebrate our unique past, a time of industry and self-determination. These are



Front side of the Halsch Barn



Back side of the Halsch Barn



The Zazzali Barn



The Asplint Barn



The Gildea Barn

Barnstable Court Saddle River Inn Barn



the values that contributed both to our country and to our community here in Saddle River.

Every remaining barn in Saddle River has a different story, unique to its owner. What they all share is a love for the fascinating history that permeates these beautiful structures. They have painstakingly preserved and restored them. Thank you to the residents, our 'barn keepers', who have agreed to share their beautiful barns with us and for keeping our history alive for present and future generations to enjoy.



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# Equestrian *living*

Written by **Sophia Ahearn**, Saddle River Resident



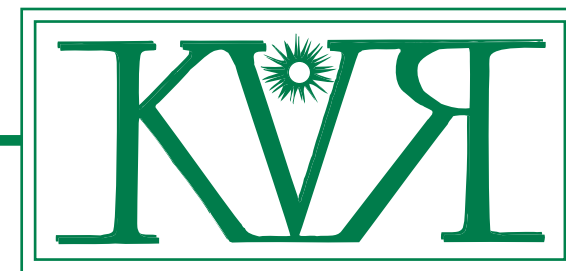
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The Saddle River Valley Club (SRVC) held its New Member Reception at the home of Dr. Bob Lahita and Carolyn Palmer on Thursday, May 22, 2017. Fifty club members attended bringing a variety of delicious homemade dishes and desserts while fine wines were provided by the club. Three couples were proposed as new members and are required to attend two events prior to receiving full membership. The next fun event is held at the famous Bishop House for their annual SRVC Picnic held on Sunday, June 11th. Prospective new members require a recommendation from a current member and then seconded by another member to join the club. Every resident of Saddle River is welcomed and encouraged to join this exciting club!

For inquiries go to: [www.saddlerivervalleyclub.com](http://www.saddlerivervalleyclub.com)



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## Before You Medicate - Investigate!

When it comes to treating mood disorders, sometimes the symptoms are a sign that something else may be awry.

Fatigue, low mood, insomnia, mood swings, inattention, agitation, rapid heartbeat, racing thoughts. Sound familiar? These symptoms often result in a prescription for an antidepressant or anti-anxiety medication.

But what if I were to tell you that these symptoms may be a message that something else is awry besides a “chemical imbalance “in the brain?”

In the six decades that psychotropic medications have been studied, the conclusions about their use and effectiveness have been confusing and conflicting. In October 2004, the FDA issued a “black box “warning about an increased risk of suicidal thoughts or behavior in children and adolescents treated with Selective Serotonin Reuptake Inhibitor (SSRI) medications. In 2006, the FDA extended this warning to young adults up to the age of 25.

As an adolescent and young adult medicine physician, I have great concern about these potential side effects as do many of my patients. But what do we do when we have symptoms that interfere with our ability to function in everyday life? Perhaps we should be digging deep and looking at the root causes of the symptoms before making a psychiatric diagnosis and starting medication.

The symptomatology that we often associate with psychiatric diagnoses may be due to a multitude of medical issues. A growing body of research is showing that the complex relationship between the gut, brain, immune and hormonal systems may drive symptomatology that may be labeled psychiatric.

If you pick up just about any health book or magazine published in recent years, you will likely find information about how inflammation is the driving force behind many illnesses including heart disease, obesity and diabetes to name a few. We now know that depression and other psychiatric illnesses may be driven by the inflammatory process as well. But what creates the inflammation?

The answer to this is likely multifactorial and unique to each patient. It is possible that the foods we eat, the integrity of our gut, the diversity of our gut bacteria, the medications we take, food sensitivities and psychological stress in and of itself can be driving forces in inflammation. This can become a vicious cycle: the

inflammatory process can trigger depression and it can be perpetuated by depression or other stresses. Other potential triggers of psychiatric symptomatology include autoimmune diseases such as Celiac Disease, Hashimoto's thyroiditis, Grave's disease and Lupus. Endocrine disorders such as hypothyroidism, hyperthyroidism and adrenal fatigue or insufficiency may also drive symptoms.

In addition, we need to consider metabolic issues such as blood sugar imbalance (dysglycemia), Polycystic Ovarian Syndrome (PCOS) and insulin resistance as potential symptom drivers. Micronutrients including B vitamins, folate, magnesium, vitamin D and zinc are essential to the body's functionality and production of neurotransmitters. Deficiencies in these micronutrients may affect mood. Fatty acid deficiencies can impact mood and should be investigated and addressed as well.

The potential causes of mood disorders are vast. While there may be a role for psychotropic medications in certain cases, untangling the web to discover your individual cause deserves a closer look in partnership with your doctor. So before you medicate – investigate. You may be surprised at what you find.

Stephanie Strozuk, MD, is the Functional Medicine doctor at The Body Image Boutique in Saddle River, NJ. She is board Certified in Pediatrics and also in Adolescent and Young Adult Medicine, and has obtained additional training through The Institute for Functional Medicine. Dr. Strozuk is the founder of Evolved Adolescent and Young Adult Medicine.

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## your saddle river home

By **Linda Rowe-Gray**, Long Time Saddle River Resident and Realtor, Special Properties/Christie's

# Getting WHAT YOU WANT!

When selling your home, everything from the price to whether the chandelier stays or goes is negotiable. But negotiating the terms should never be an, "I win, you lose." situation. Rather, it should be, "I win, you win!"

The best negotiations end with all parties feeling like they've won. When Buyers and Sellers feel they came to a fair and amicable agreement, they want to move forward together. To get to that point, negotiations often involve give and take on both sides.

### Home Sale Negotiation TIPS:

1. Let your Agent do your bidding. That's what you've hired the Agent for, so let 'em handle the bargaining! They will avoid things becoming too "personal."



2. Buyers and Sellers may have met when the Buyer visited the property. Once the offer is submitted, they should never see each other again until at the closing table. By remaining apart and unseen, there's no chance your words or body language can be misinterpreted. You want the other side to focus on the deal, not you.

3. Get it in writing is a universal truth in any business arrangement. It's a fundamental rule in real estate, too! Do not negotiate orally ... ever! Put every step of the negotiation in writing. If the Seller agrees to leave the deck furniture, put it in the contract. If the Buyer agrees to allow the Seller to remain in the house for two weeks after closing, put it in the contract. Otherwise, memories fade and the sale could fall apart when one side or the other says, "I don't remember agreeing to that!"

4. Don't go back and forth more than twice. If there is a third round of counter-offers, very often the chance of both parties coming together falls dramatically. When the Buyer makes the initial offer, the Buyer is thinking about the house and the Seller is thinking about his impending move. Essentially, they are both focused on their next move. When the Seller makes a counter-offer, both sides start to lose their focus. Too often, Buyers and Sellers begin to make it personal and focus on each other as a competitor, fail to prioritize, and that's when deals can break down. Consequently, determine what you want (and don't want), early in the negotiations.

5. If you reach an impasse on an item, don't dwell on it. Rather, skip it, get an agreement on everything else and then come back to it. That way, you can build positive momentum toward a done deal; otherwise, you may never get past a sticking point. By isolating points of disagreement, the negotiations can go much easier.

When buying or selling a home, always remember, the home sale negotiation process should not be a war of wills. It's a business transaction. Wars have casualties, not happy endings at the closing table. It's about both sides coming together amicably, getting all the papers signed and having the keys change hands.

For help with your real estate needs, please call Linda at **(201) 417-6085** or via email: [LGray@specialproperties.com](mailto:LGray@specialproperties.com)



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## teacher feature

By Ashley Valency,  
Saddle River Resident

# Ms. Wineburgh

Can you guess which teacher at Wandell has traveled to every continent in the world? If you guessed Ms. Wineburgh, you would be correct. Ms. Wineburgh grew up in Rockland County, New York. She attended Lesley College in Cambridge, Massachusetts as an undergrad. As a child, her least favorite subject was History because she felt that her teachers didn't know how to make it relevant to her life or interesting. Her favorite subjects were Science and Art. For her first Master's Degree, she enrolled at St. Thomas Aquinas College in Sparkill, New York. Later on, she went to Montclair State University in New Jersey and achieved her second Masters. Ms. Wineburgh has been teaching for 24 years, 17 years at Wandell. She currently teaches fourth grade. When she was a student, she thought about being a teacher. "I decided to teach so that children can learn better than I did." she says. On her first day of teaching, she was very excited and had some anxiety, but by the end of the day she felt that it was better than she ever thought it would be.

Ms. Wineburgh demonstrates a strong commitment to students in the Wandell community. Her favorite thing to teach her students is reading, as she enjoys teaching them the strategies they need to become successful readers. Ms. Wineburgh's favorite thing about Wandell is that she gets an opportunity to get to know the students and their families. Her favorite event at Wandell is field day because students get so excited about it. "The students love the competition and I enjoy seeing them outside of the classroom, having fun and getting exercise." Ms. Wineburgh stated. She also enjoys the community events in Saddle River where she gets to see former students and families from Wandell. She is looking forward to teaching new students in her upcoming classes this fall.

### Fun Facts About Ms. Wineburgh

- Her hobbies are traveling, reading, adventure sports, art, and working out.



- She has won awards for photography.
- She doesn't have any pets, so she tells her children that all the dogs in the neighborhood are their adopted pets. She is planning to get her children fish.
- If she could have another job for a day, she would be an ice cream truck driver and distributor.
- She majored Early Childhood Education, Literacy, and Teacher Leadership.
- Her idea of a perfect day includes spending time with her two sons, Jonah (3) and Jonathan (4 ½). She loves playing outdoors with them, hiking, visiting museums, reading to them and playing with family and friends.
- Her favorite place to visit is New Zealand.

### Ms. Wineburgh's Favorites

- **Book:** *Clan of the Cave Bear*
- **TV Show:** *Shark Tank*
- **Movie:** *Chitty Chitty Bang Bang*
- **Color:** Red
- **Animal:** Giraffe
- **Food:** Fish Tacos (her other favorites are unhealthy so she doesn't eat them)



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athletic achievers Written by Alex Goldfarb, Saddle River Resident

# Mr. Damian Ross

Mr. Ross is a trainer, martial arts instructor, and Saddle River Resident. He lives here in Saddle River with his wife, Angela, and his children Olivia & Damian. I interviewed him about his job.

**SADDLE RIVER MAGAZINE:** What inspired you to be a martial arts instructor?

**MR. ROSS:** I watched movies involving martial arts, which interested me.

**SRM:** As a child, did martial arts interfere with studying?

**MR. ROSS:** No. Martial arts were just a hobby for me, and I always made time for studying.

**SRM:** What is your favorite type of martial arts?

**MR. ROSS:** In martial arts, I like judo and wrestling.

**SRM:** Do any other family members do martial arts?

**MR. ROSS:** Yes, and it happens to be how I met my wife.

**SRM:** Do you find the hours of work overwhelming?

**MR. ROSS:** Not at all.

**SRM:** What do you eat before competitions?

**MR. ROSS:** Before the weight test, I normally won't eat, but after, I like to eat a peanut butter and honey sandwich on Ezekiel bread.

**SRM:** Is there an offseason in martial arts?

**MR. ROSS:** In wrestling, I have an offseason, and in judo, it depends, because you can always go practice.

**SRM:** How old were you when you first started martial arts?

**MR. ROSS:** I started wrestling when I was 7. I later began Tae Kwon Do when I was 15, then Combatives when I was 21, and Judo and Jujutsu when I was 28. I'm a second-degree black belt in Tae Kwon Do, second Degree black belt in Judo and a fourth-degree black belt in Tekkenryu, Jujutsu and Combatives.

**SRM:** What advice would you share with somebody starting martial arts for their first time?

**MR. ROSS:** Find a place to practice that you like, find a style of martial arts that you like, and follow your instinct.

**SRM:** If you could change one thing about your sport, what would it be and why?

**MR. ROSS:** The one thing I would change is the misconception that you need to spend years of train-

ing to protect yourself. Martial arts and combat sports are different than self-defense. Every year millions of people without any training at all successfully protect themselves and their families. Self-defense is a life skill, not a lifestyle.

**SRM:** Thank you, Mr. Ross. Is there anything else you would like to add?

**MR. ROSS:** As a lifelong martial artist, I realized that most people are too busy and don't have the time to dedicate to martial arts training, but everyone needs self-defense. The Self Defense Company will help people protect themselves through online training and personal protection products.

If you want to learn more about what Mr. Ross does, then visit [www.MyselfDefenseTraining.com](http://www.MyselfDefenseTraining.com)

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# Diane Luciana-Wafer



good day renée  
 By Renée Paige, Saddle River Resident

**Diane Luciana-Wafer isn't your average attorney...**

**GDR:** You have a very challenging job, tell us

**DLW:** Well yes, I am a litigation attorney in Hackensack NJ. My firm is Luciana-Luciana

**GDR:** Who is the other Luciana?

**DLW:** "My father, who is a criminal attorney. He is 93 years old and still works. He goes to court every day! If I need another brain when working on a case, I ask my dad for advice. He is always on point and so smart.

**GDR:** Ok I know you are a civil and criminal litigation attorney which means you have to fight hard for your client depending on the nature of the case ....but there was something else you had to fight hard for?

**DLW:** "YES MY OWN LIFE! I had been practicing law for 37 years. In that time, my sister Susan, my husband, Colin Wafer and myself were all diagnosed with cancer. I fought for years and beat it! Unfortunately, my sister and my husband did not!"

**GDR:** Oh Diane I am so terribly sorry! Was your sister Susan also an attorney?

**DLW:** No she was a paralegal in my office and we worked together for 16 years

**GDR:** What is the Susan Luciana breast cancer fund about?

**DLW:** "When my sister passed, I started Fundraisers. And a Foundation called "The Susan Luciana Breast Cancer Fund" Every year in October, myself and another breast cancer survivor, host a fundraiser starting with a dinner and plenty of tickets to purchase for various gifts, which raises money for the Foundation ... and then every year on Susans birthday, my parents donate money, and I match it with my own money. I never take a salary or reimbursements for any of the charity events.

**GDR:** You are amazing Diane! Now that you raise all this money and have formed this Foundation... What is it for?

**DLW:** "I am on the Englewood Hospital Foundation Board" and Englewood Hospital has a program called Patient Navigator at the breast center. The respective job is to direct patients to ME that have breast cancer and quality of life needs! (This is done through an application process and the patient must be eligible) So with the money from my sisters Foundation, I help them pay their rent or provide wigs or anything they need or want! For instance, one

woman wanted a stove to cook a Thanksgiving dinner, so I bought her the stove.

**GDR:** This is such a heartfelt story, Diane! You must have touched so many lives!

**DLW:** It turns out to be one woman a month and counting. I give them hope when they feel hopeless! And I feel that my life was saved and I just want to help! Susan would have wanted it this way!

**DLW:** I also have an organization called Women Lawyers in Bergen County. Over 100 women are involved, and It was formed to promote and mentor young lawyers. We sponsor legal education classes for these women. In addition, we donate to "Shelter our Sisters" which is a temporary shelter in Teaneck for battered women with children. It gives them a chance to get their lives together.

**GDR:** I had to cut the interview short for Diane was running off to her next accomplishment which was being honored as a DISTINGUISHED ALUMNI by FORDHAM UNIVERSITY LAW SCHOOL at the annual Chapter New Jersey Dinner!

I sat there teary-eyed just thinking "What a beautiful giving soul" I was talking to and what a touching interview with a woman that has accomplished so much by helping so many women! She worked every day as a widow, dealing with her own illness all while raising her two outstanding children, Derek, her son who is a volunteer firefighter here in Saddle River, and attends Syracuse University. And Elizabeth, her daughter who attends Fordham University and has studied abroad. Mufasa is the family cat which I nominated "best cat hair cut", pleasantly sat in on the interview.



**community cars**

By **Samantha Holden**, Saddle River Resident

# 2013 MERCEDES C-300 4-MATIC

Oh, what a marvelous Mercedes that is! This month on community cars we are going to talk about the 2013 Mercedes C-300 4-Matic. The engine is a 3.5 liter V6. It has 248 horsepower. The gas tank can allow the car to go 20 miles in the city and 27 miles on the highway. Four-Matic means that all four wheels on the car turn when you drive it. This is really good when you are driving in the snow. This car can seat four adults comfortably. In other words, this car can sit two adults and three kids comfortably since kids are smaller than adults. It handles very easily. I know this car personally because my maternal grandma drives this car in Saddle River. She does not like to drive on the highway, so you can maybe see her locally. If you see her then you will really see and find out that this Mercedes 2013 C-300 really is marvelous!



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## officer's corner

By Sabrina King, Saddle River Resident



# POLICE UNITY TOUR

The "thin blue line" was out in force in early May when Saddle River's own, Police Officer Dan Strasser, joined over 1,500 other police officers proudly wearing blue and riding bicycles to Washington D.C in the Police Unity Tour. The Police Unity Tour began in 1997 with 18 riders in New Jersey raising \$18,000 to raise awareness of law enforcement officers who have died in the line of duty. Since then, the event has grown into an annual tradition with nine chapters throughout the country comprised of over 2,000 members who have raised over \$20 million! The monies raised benefit the Law Enforcement Officers Memorial and Museum in Washington, D.C. and the National Law Enforcement Officers Memorial Fund.

Inspired by the Police Unity Tour's motto, "WE RIDE FOR THOSE WHO DIED," Officer Strasser made the grueling three-day, 300-mile bicycle ride from Florham Park to Washington D.C. with riders from Chapter 7. With police escorts along the way, support

teams accompanying the riders and supporters lining the streets, the Police Unity Tour brought together officers and communities from 40 states, and even some from other countries, to honor those who made the ultimate sacrifice to protect and serve.

Officer Strasser was inspired to participate in the ride to honor Waldwick Police Officer Christopher Goodell, who was killed in 2014 in the line of duty on Route 17 at the young age of 32. As Officer Strasser explained, "For me, the Police Unity Tour was just a very small way to honor police officers killed in the line of duty and to show my support to the families of fallen officers."

After completing the 300-mile ride, Officer Strasser joined the other chapters who rode from all parts of the country for the final ride into the National Law Enforcement Officer's Memorial for the Candlelight Vigil. "The Police Unity Tour was an experience of a lifetime," remarked Officer Strasser.

"The overwhelming support from the communities along the ride was heartwarming. It is hard to tell you a specific moment that was better than the rest; however, looking back today, the final few miles into the National Law Enforcement Officer's Memorial in Washington D.C. will stick with me forever."

In order to ride in the Police Unity Tour, officers must raise at least \$1,850 and purchase all their own equipment and gear. Officer Strasser raised over \$2,300! He would like to thank the generous Saddle River residents who donated money to the Police Unity Tour and to purchase his bike, as without them he would not have been able to show his support and represent the Saddle River Police Department in this great cause. It was such an incredible experience that Officer Strasser plans on making it an annual tradition and participating in next year's tour, but this time with other members of the Saddle River Police Department! Stay tuned for the opportunity to participate in next year's tour!

So thank you, Officer Strasser, for representing the Saddle River Police Department in honoring Police Officer Christopher Goodell and all of the other fallen heroes who made the ultimate sacrifice and gave their life in the line of duty!





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# Paying "YOUR FAIR SHARE"

The Borough of Saddle River has been successful in offering its residents the second lowest real estate tax rate in Bergen County. The low tax rate has resulted in sustained higher property values, despite the fact that the NJ State legislature has adopted crushing regulatory burdens and other financial restraints on property owners with little regard to property rights or the State economy.

Real estate taxes levied and the manner in which they are calculated in New Jersey is a special kind of marvel. When you want less of something, tax it! In an inverse correlation, property values diminish with the rise of property taxes creating a lower demand for housing and investment. Properties with higher taxes have always been less attractive to any rational buyer.

Real estate property tax in NJ is calculated based on a tax rate set by the NJ State bureaucracy and a periodic assessment of a property value performed by a government contractor. The assessment is based on the recent sales of similar properties in the vicinity within a specified period of time for comparison.

The calculation is based on two factors: the assessment of land and improvement, i.e. building or a house.

Land assessment, in general, is more uniform and consistent among properties. The main factors affecting land assessment are the size of a property, topography and its best use under the existing zoning restrictions and environmental regulations. This assessment is relatively straightforward and tangible.

On the other hand, the assessment of an improvement may vary tremendously from one property to another. It is calculated using a progressive scale based on factors such as the square footage, number of bedrooms, bathrooms, basement conditions, existing updates and the quality of the finishings. This progressive methodology forces a property owner with a larger or updated house to carry a higher tax burden than his neighbor with little or no difference to the services provided to both residents living in the same municipality. This tax burden distribution or so-called "fair share" is far from being fair or moral. It can be traced directly to Karl Marx Communist Manifesto, which dictates that those with their ability must provide to those with their need while bureaucrats are in charge of the process. In other words, under the existing property tax code, success is being punished and mediocracy rewarded which stifles growth and destroys the economy.

Except the times when a property is being assessed, there is very little correlation between the assessed value and market value. The primary reason is the fact that the market value is continuously changing with the market sentiment and the assessed value is generally constant during the period between the assessment intervals.

There are two different property tax rates -- one to calculate the tax bill and the other used to compare one municipality to another.

General Tax Rate is used to determine the amount of real estate tax levied upon a particular property. This rate is used to calculate the tax bill. For

example, if the current 2016 tax rate in Saddle River is 1.019% and a property assessment is at \$1,000,000 the tax bill would be \$10,190 for that particular year.

Effective Tax Rate is used to compare one municipality to another based on the assumption that all municipalities are at 100% valuation. This rate is calculated by the State of New Jersey Department of the Treasury using County equalization average ratios. This rate is not to be used to calculate the tax bill.

The bottom line is that low property tax is one the main reasons that attracts buyers and investors to Saddle River making it the best town to live in Bergen County.

For inquiries please contact Mark Zagorski, Broker Owner of Madison Adams Real Estate in Saddle River at [mzagorski@madisonadams.com](mailto:mzagorski@madisonadams.com)

## PROPERTY TAX RATES BERGEN COUNTY - 2016

	General Tax Rate	Effective Tax Rate
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Saddle River	1.019%	0.908%
Englewood Cliffs	0.979%	1.024%
Rockleigh	0.956%	1.042%
Franklin Lakes	1.641%	1.510%
Edgewater	1.779%	1.527%
Paramus	1.752%	1.686%
Mahwah	1.747%	1.606%
Palisades Park	1.901%	1.711%
Wyckoff	1.732%	1.780%
Ho-Ho-Kus	2.059%	1.820%
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.....		
Dumont	3.443%	3.080%
Bergenfield	3.171%	3.091%
Hackensack	3.378%	3.169%
Little Ferry	3.352%	3.287%
Bogota	3.773%	3.416%
Ridgefield Park	3.624%	3.545%

For a complete list of towns and tax rates go to: [www.madisonadams.com/bergen-county-towns](http://www.madisonadams.com/bergen-county-towns)

Source: State of New Jersey Department of the Treasury  
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# Your Local Wealth Manager is here to answer your questions

Derek Michalski, JD, LL.M., AIF®, a local resident, is a Wealth Manager with LPL Financial. He is also the principal and founder of Saddle River Investment Services, a full-service wealth management firm. He's a seasoned, experienced wealth advisor with a two-decades-plus career on Wall Street. Derek's legal background, education and investment career has spanned many fields, and thus he is able to provide truly holistic and multidisciplinary approach to the needs of our residents. Derek is a Fordham Law School Alumni and possesses tremendous experience in wealth management and estate planning matters. He also completed Fordham University Executive CERTIFIED FINANCIAL PLANNERTM program. Derek is also an Accredited Investment Fiduciary® by the Center for Fiduciary Studies. Professionals who have earned the Accredited Investment Fiduciary® designations are able to immediately show that they are interested in and working towards the best interests of their clients. They have gone through training, met qualifications, and passed the exam allowing use of the AIF® designation.

**Saddle River Magazine:** Thank you, Derek, for being here every month and thank you for providing our residents with important financial education. Since you started "Wall Street Pulse" column many more residents moved to our town. Please re-introduce yourself to them and to our steady readers please share with them again what is the most important part of your organization.

**Derek Michalski:** LPL Financial is the largest organization of independent financial advisors in the United States (based on total revenues, Financial Planning magazine, June 1996-2016). My firm Saddle River Investment Services is one of these independent offices created to service Saddle River Valley residents. There are several reasons we work with LPL Financial that are worth noting for present and future clients. The first is that LPL does not have any proprietary products, which means that we are not pressured to sell incentive based internal products. Both LPL and my office remain truly independent in providing unbiased recommendations, focused on the needs of each individual client. And in my opinion, that is what was lacking on Wall Street for decades, an unbiased, conflict-free advice with independent investment recommendation.

**Saddle River Magazine:** Thank you and looking forward to next month edition of Wall Street Pulse

### About LPL Financial

LPL Financial, a wholly owned subsidiary of LPL Financial Holdings Inc. (NASDAQ: LPLA), is the nation's largest independent broker-dealer (based on total revenues, Financial Planning magazine, June 1996-2016), an RIA custodian, and an independent consultant to retirement plans.

### About Saddle River Investment Services

Founded by Derek Michalski to services Saddle River Valley residents. His team comprises of highly trained and experiences professionals with expertise in retirement, 401k planning, insurance and estate planning strategies.

For more info please go to [www.SaddleRiverInvestments.com](http://www.SaddleRiverInvestments.com)  
For complimentary portfolio review please call Derek at **201-825-4088**

Questions for Derek please e-mail to: [Derek@saddleriverinvestments.com](mailto:Derek@saddleriverinvestments.com)

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Derek G. Michalski, JD, LL.M.  
Wealth Manager

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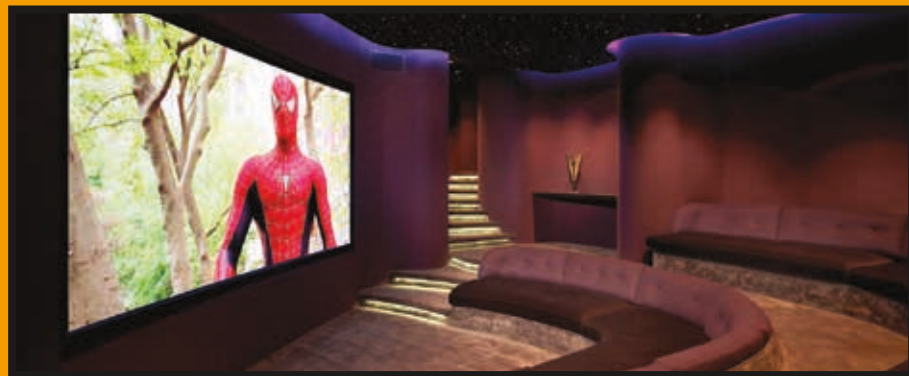
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saddle river safety



# LYME DISEASE: everything you need to know

### What is it?

Lyme Disease is an infectious disease acquired through contact with bacteria-infected ticks—most commonly the black-legged tick. Some symptoms of Lyme disease include fever, fatigue, headaches, and a bulls-eye shaped rash called erythema. According to the Center for Disease Control, this rash only appears in 70-80% of cases. These ticks can quickly move on to pets, but the rash they acquire may be different from the characteristic bulls-eye. See a doctor immediately if you believe a tick has bitten you and notice these symptoms, as they can get worse if left untreated.

### How do I avoid getting it?

Ticks are typically located in tall grass, so use insect repellent whenever camping or hiking. Parents should ensure that their children use insect repellent and wear clothes that cover their arms and legs sufficiently when playing outdoors.

### You can reduce the risk of ticks showing up in your yard by:

1. Maintaining your lawn with frequent mowing
  2. Removing stray trash and leaves from your property
  3. Keeping playground equipment and patio furniture away from woodland or forest area
  4. Lining the border between your property and the woods with gravel and woodchips
  5. Clearing any large bushes around the edges of your property
- Make sure you check your pets for ticks daily if they go outdoors. Ask your veterinarian for recommendations of products that help prevent ticks from latching onto your pet.

Treating Lyme disease can be easy. If you show any of the symptoms described, simply see your doctor immediately and get an antibiotic. Be sure to inform your doctor if you are pregnant or suspect you are pregnant, as certain antibiotics can hinder fetus development. Once treated, recovery from Lyme Disease should be full and rapid. Very rarely, in exceptional cases, does recovery take an extended period of time. Should symptoms persist, see your doctor for further treatment.

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Written by Margaret Engkvist, Saddle River Resident








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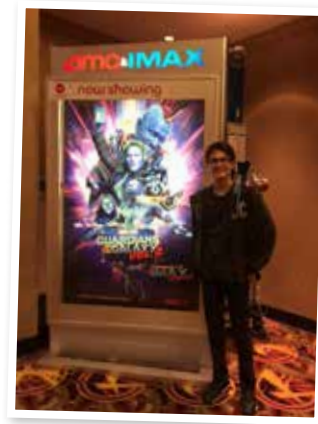
On Saturday, June 3rd, the Saddle River Fire Department held a quadruple wet down to christen its newest members, a quint ladder truck, a rescue truck and two SUVs. The quint ladder truck aptly named, the Punisher, refers to the five functions this truck provides: pump, water tank, fire hose, aerial ladder and ground ladders. The rescue truck named, the Guardian, will enable firefighters to aid those in a vehicle entrapment and other emergency situations.

The day began with local fire companies rolling in, running hose and raining water on the four trucks. Nearly thirty fire trucks from area fire stations came to christen the newest members of the SR Fire Department. Residents, firefighters, and their families enjoyed an afternoon of food, drink, music and actives all provided by the SRFD.





# Guardians of the Galaxy Vol. 2



movie review

By Austin Holden, Saddle River Resident

*Guardians of the Galaxy Vol. 2* is an American superhero film based on the Marvel comic's superhero team with the same name. It is a sequel to the 2014 film, *Guardians of the Galaxy*. This film is about the Guardians of the Galaxy on a mission on a seemingly routine mission to destroy a beast who is stealing power batteries and they end up exploring the home planet of Ego, the biological father of Peter Quill (Leader of the Guardians). While they explore the planet, not only do they find out revelations of good things but also of a few bad things that are a threat to the entire universe and the reason for the death of his mother. This film has many good comedy moments that can make you laugh as

if you were watching a comedy TV show. These Guardians of the Galaxy have not only become good friends but also a great family! This movie shows that you don't have to come from the same bloodline to be a family, to love each other, and to sacrifice for one another. Peter Quill aka Star Lord realizes at the end of the movie what a real father does for their child. This film might be good for the entire family, however, there is some mature content mentioned in this story.

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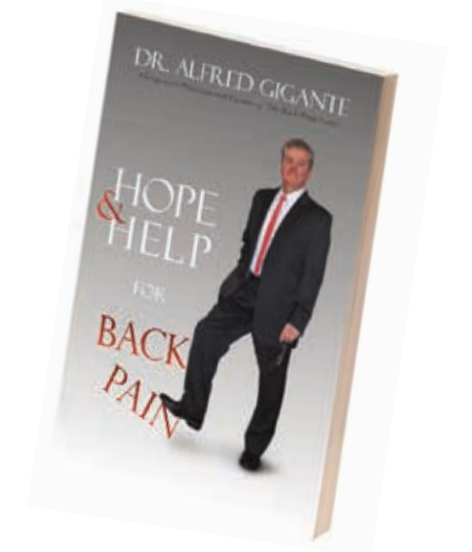
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Dr. Gigante, who has lectured internationally on relief care adds, "Our goal is simple: to get patients out of pain as quickly as possible. In fact, eight out of ten of all our new patients experience a significant improvement after their very first visit."

Call today for an appointment or a No-Charge Consultation. All new patients will receive a complimentary copy of his book, *Hope & Help For Back Pain*, which is designed for both practitioners and patients. Miracles can happen.



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## 1 DAY PAINTING

**Where did you grow up? How long have you lived in the area? Tell us about your family.**

I grew up in Waldwick and lived there until just after college. I'm married to a wonderful woman named Cate, we have two dogs (Otis and Watson) who are Shih-Tzu rescues.

I have an older sister who lives in Oakland with her husband and two sons. A younger brother, Cameron, who works with us as our Operations Manager. My mom lives in Mahwah and my father lives down the Jersey shore.

**Tell us about the events that led up to where you are now (i.e. education, career path).**

I have been painting since high school and continued to do that every summer while going to college for a great local painter and his son. I learned so much from them. After graduation, I got my first job in the corporate world as a salesman for an international trade show company. We would sell exhibit space at these overseas events and it was a great first experience. I got to travel all over the world and see some amazing things. After eight years with that company, I took a job with a similar company based out of

New York City and for two years I got to experience commuter life ... while the job itself was good, it just wasn't for me. It was shortly after that when I decided to become my own boss and start WOW 1 Day Painting.

**What is your business and how/why did you start your business?**

WOW 1 Day Painting is a full-service painting company specializing in residential, commercial, interior and exterior painting. We are all about teamwork and exceptional communication. Our big crews can complete a



painting project with the quality you expect in a timeline that is unexpected. I started this business to get back to my roots, to feel the gratification of completing a project and making a customer happy and to have a bit more control on my life.

**What is unique about your business (what sets you apart from the rest)?**

Our thought is, many hands make light work. We apply this concept to your painting project in order to limit the disruption painting can cause. So instead of having to endure weeks of painting,

our friendly and uniformed painters get the job done much faster while still maintaining high-quality work.

**What else we should know about you, your family, or your business?**

WOW 1 Day Painting is a franchise business and we are part of a great group of companies such as 1-800-GOT-JUNK but we are family owned and operated here in North Jersey. My wife is our bookkeeper and office manager while my brother is out in the field managing projects. As the owner, I still do all of the estimates and color consultations. You will have the personal touch of a family run business with the experience and support of a larger organization.

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# IN THE Garden

By Linda Rowe-Gray, Avid Gardener, SRGC Officer, and Saddle River Resident



The Saddle River Garden Club is a place to learn about gardening and, importantly, connect with other gardeners. Our Members love flowers and like sharing their love of flowers with friends. They are stewards of the environment, making choices in their everyday lives to conserve water, avoid or minimize pesticide use and to make a positive impact on our environment through plantings in their homes, gardens and community places. Our Members come from all walks of life and have one thing in common ... all share a love of plants and flowers and a willingness to learn and impart their knowledge to others.

Our Club met on April 18th and we were treated to an engaging session on floral arranging. Member Laurel Epstein led a hands-on demonstration of spring floral arranging

showcased in a lovely birch vase. She taught Members how to properly prepare the flower stems to maximize their bloom life. Laurel also showed Members how to choose the right types of stems and shared ideas to how best to organize stems. Laurel also imparted her knowledge of how to balance color, structure and texture for the arrangement. Members and Guests enjoyed her fun and lively presentation together with her deep knowledge and expertise in floral design and arrangement.

Many thanks to Laurel for opening up her home. A lovely time was had by all and our annual Bring A Friend/ New Member Acquisition Campaign was a tremendous success.

Saddle River Garden Club meetings are held on the third Tuesday of the month at 7:00 p.m. New members and guests are always welcome. Please contact President Joanne Kakaty at **201-962-8589** for information.



Members Joanne Kakaty, Karen Williamson and Lisa LoPiccolo crafting their own floral arrangement



GORGEOUS!



Laurel Epstein during floral design demonstration at her lovely home





A football injury in college was the root of Mr. Arahill's shoulder pain. While attending Catawba College in North Carolina, he tore the rotator cuff in his right shoulder during play. "Dr. Cahill surgically repaired the tear several years ago. He told me that eventually, I would need a shoulder replacement," says Mr. Arahill, a former Marine.

After college, he married his wife Elizabeth, and the couple moved to Wyckoff. Raising three children, golfing, and tending to their acre of property kept Mr. Arahill on the go. After owning his own IT consulting company for nearly 50 years, he tried retirement. That didn't fit his lifestyle. "I got bored," Mr. Arahill says. "I like working with people. I like doing something and accomplishing something every day, so I decided to utilize by years of experience and consult with companies in the area of processes re-engineering."

By this time, shoulder pain was impacting daily activities. Surgery was scheduled, and outpatient rehab prescribed. As an "alumni" of inpatient short-term rehab at CHCC, he knew where to he wanted to go. "I had two hip replacements – one in 2010 and the other in 2013. Both times I went to Christian Health Care Center for inpatient short-term rehab," Mr. Arahill says. "I was happy to learn that the Center now offers outpatient rehab."

Short-term rehab, both inpatient and outpatient, is beneficial for joint-replacement patients like Mr. Arahill, as well as individuals who have had surgery; are recovering from a stroke, cardiac surgery, or pneumonia; or have a chronic illness, such as cardiac disease, renal disease, or diabetes. Inpatient and outpatient physical, occupational, and speech therapy primarily take place in the 14,000-square-foot, state-of-the-art Bolger Gym & Wellness Center. The facility includes the Transitional Care Suite, a treatment modality unique to this area. The suite, which encompasses a kitchen/dining area, family room, laundry room, bedroom, and bathroom, offers patients a chance to relearn daily activities in a safe, private environment, under the guidance of their therapist. "The new gym is fabulous," he says. "It's a great environment."

Part of Mr. Arahill's successful outpatient rehab is credited to his active lifestyle and proactive approach. "I visited CHCC before surgery to talk to the rehab staff. They suggested that I build up my muscles prior to surgery. Dr. Cahill said that was the way to go," Mr. Arahill says. "If I was physically fit and my shoulder muscles were stretched and strong, recovery would be that much faster." The rehab staff incorporated swinging a golf club into Mr. Arahill's therapy program.

Today, Mr. Arahill is back on the links, walking four miles five times a week, tending to his acre of property, consulting, and stopping at CHCC to say hello to his therapists – and browse in de Snoep Winkel Gift shop. "I like to buy gifts for my wife there. It's a great shop," he says. "I like to support CHCC. It has been good to me."

For more information about short-term rehab, call Karen Hockstein at **(201) 848-4463**, email [khockstein@chccnj.org](mailto:khockstein@chccnj.org), or visit [ChristianHealthCare.org](http://ChristianHealthCare.org).

# Senior LIVING

**Joe Arahill was anxious to get back in the swing of things. With that motivation, the avid golfer was back on the links after only 15 sessions in Christian Health Care Center's outpatient short-term rehab program following a total shoulder replacement. "My goal for rehab was to get back on the golf course as quickly and safely as possible," says the active 82-year-old Wyckoff resident. "I played 18 holes the first time I went out after surgery. My shoulder feels wonderful, thanks to Christian Health Care Center and my orthopedic surgeon, James Cahill, MD."**

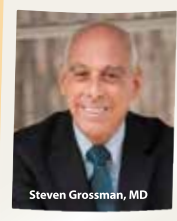
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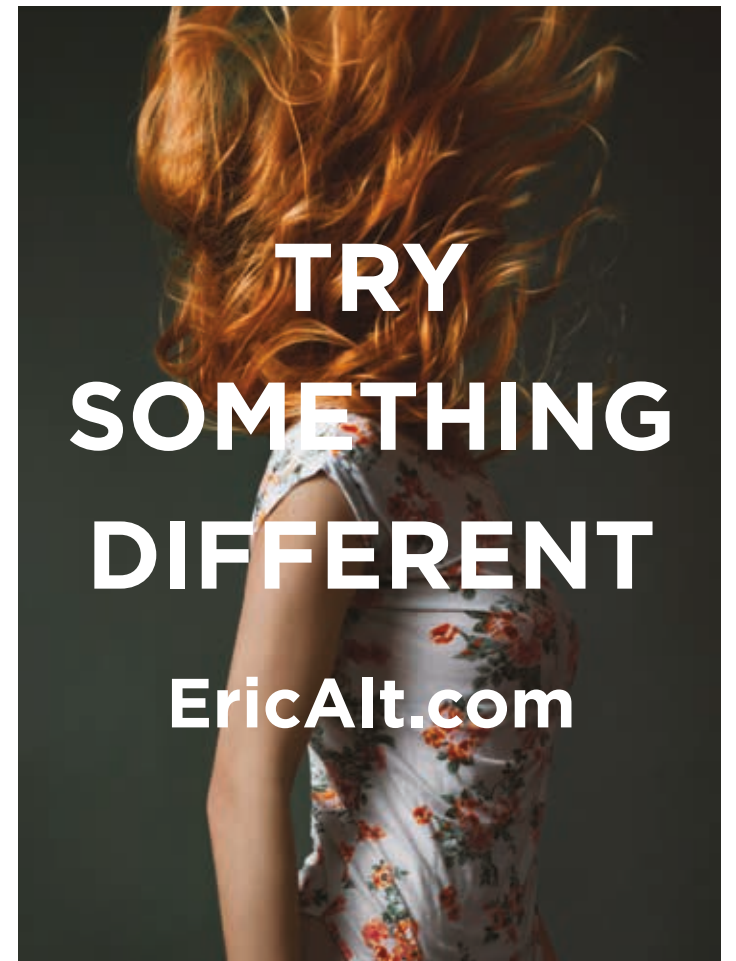


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# what is Mindfulness-Based Meditation

and why should I try it?

It seems like we are hearing more and more about mindfulness-based meditation and the role it plays in stress reduction. But what exactly is mindfulness-based meditation and why is the practice getting so much attention?

The practice of mindfulness dates back thousands of years and has roots in both yoga and meditation. “The overarching goals of mindfulness are for the individual to learn to be present in the moment and to be able to quiet his or her mind. This can make a significant impact on an individual’s stress level and overall well-being,” explains Jodie Katz, M.D., Director, Center for Integrative Medicine, The Valley Hospital.

It also enables us to let go of judging ourselves and our experiences. The process of knowing the experience as it is and ourselves as we are, without relentless judgment, is a large component of



the attitudinal foundation of mindfulness. We are encouraged to have a warm, open curiosity about life. In addition, according to an article in the Harvard Business Review, “Neuroscientists have also shown that practicing mindfulness affects brain areas related to perception, body awareness, pain tolerance, emotion regulation, introspection, complex thinking, and sense of self.”

Another wonderful aspect of mindfulness is that it is flexible and can be personalized to fit into an individual’s lifestyle. You can actually benefit from short meditations and, believe it or not, you can meditate just about anywhere!

Greater Good in Action, which was formed through a collaboration between UC Berkeley’s Greater Good Science Center and HopeLab, has the following tips for beginning your mindfulness practice:

- Pay close attention to your breathing, especially when you’re feeling intense emotions.
- Notice — really notice — what you’re sensing in a given moment, the sights, sounds, and smells that ordinarily slip by without reaching your conscious awareness.
- Recognize that your thoughts and emotions are fleeting and do not define you, an insight that can free you from negative thought patterns.
- Tune into your body’s physical sensations, from the water hitting your skin in the shower to the way your body rests in your office chair.

Mindfulness-based meditation can make a genuine impact on an individual’s ability to manage his or her stress. Adds Dr. Katz, “And, in today’s fast-paced and competitive environment, being able to mitigate the impact of life’s stressors on our physical and emotional health is more important than ever!”

Valley’s Center for Integrative Medicine offers a Mindfulness-Based Stress Reduction (MBSR) course for adults. To learn more or to register for an upcoming course, please call **201-389-0075**.

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### WHAT TO DO?

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- Snorkel in Silfra between the shifting tectonic plates
- Northern Lights
- Horseback Riding
- Snowmobiling
- Thingvellir National Park
- Gullfoss Water fall
- Geothermal area of Stokkur Geysir
- Walking Tour of Reykjavik
- Hallgrímskirkja Church
- Laugavegur Street Shopping
- Harpa Concert Hall
- Blue Lagoon

### WHERE TO DINE?

While staying the first couple of nights in the South Region of Iceland, you will need to mostly dine at the hotel or by a private chef in the villa. During my time exploring the Golden Circle, I did enjoy stopping at Fridheimar Farm for lunch to dine inside a greenhouse of tomato plants. Ice cream at Efstidalur Dairy Farm is a must after a full day of hiking and exploring the Golden Circle.

### My favorite dining choices in Reykjavik...

- Dill Restaurant: First Icelandic Restaurant to earn a Michelin Star
- Grillmarkadurinn and Fishmarkadurinn are equally a must try in this city. With ingredients purchased directly from the country's farms and fishermen, the quality of the food is excellent.
- While walking around the city a stop at Baejarins Bestu Pylsur for their Famous Hot Dog is something to check off the tourist list!

### FOR MORE FIRST-HAND INFORMATION, PLEASE CONTACT:

Julie Shotmeyer  
Co-Founder of Jet Set Getaways  
[julie@jetsetgetaways.com](mailto:julie@jetsetgetaways.com)



## travel tales



Iceland is a destination on the Top Travel List this year! To make the most of this experience, you truly need to be in the hands of reliable, trustworthy and luxury minded guides.

**Where to stay?** In my opinion, it's best to stay the first couple nights outside of the city of Reykjavik in the South Region of Iceland to experience the most beautiful landscapes and then end the vacation with a few nights centrally in the city. One thing to note ... the hotels in Iceland do not have the five-star service aspects we are accustomed to when traveling, therefore, for those who want top service, a private home/villa should be the focus.

### TOP CHOICES TO STAY IN THE SOUTH REGION OF ICELAND

#### ION Adventure Hotel

- Located in the prime location to explore the "Golden Circle"
- Modern Style
- Prime position for viewing Northern Lights inside the hotel at the Northern Lights bar

#### Hotel Rangá

- Member of Small Luxury Hotels of the World



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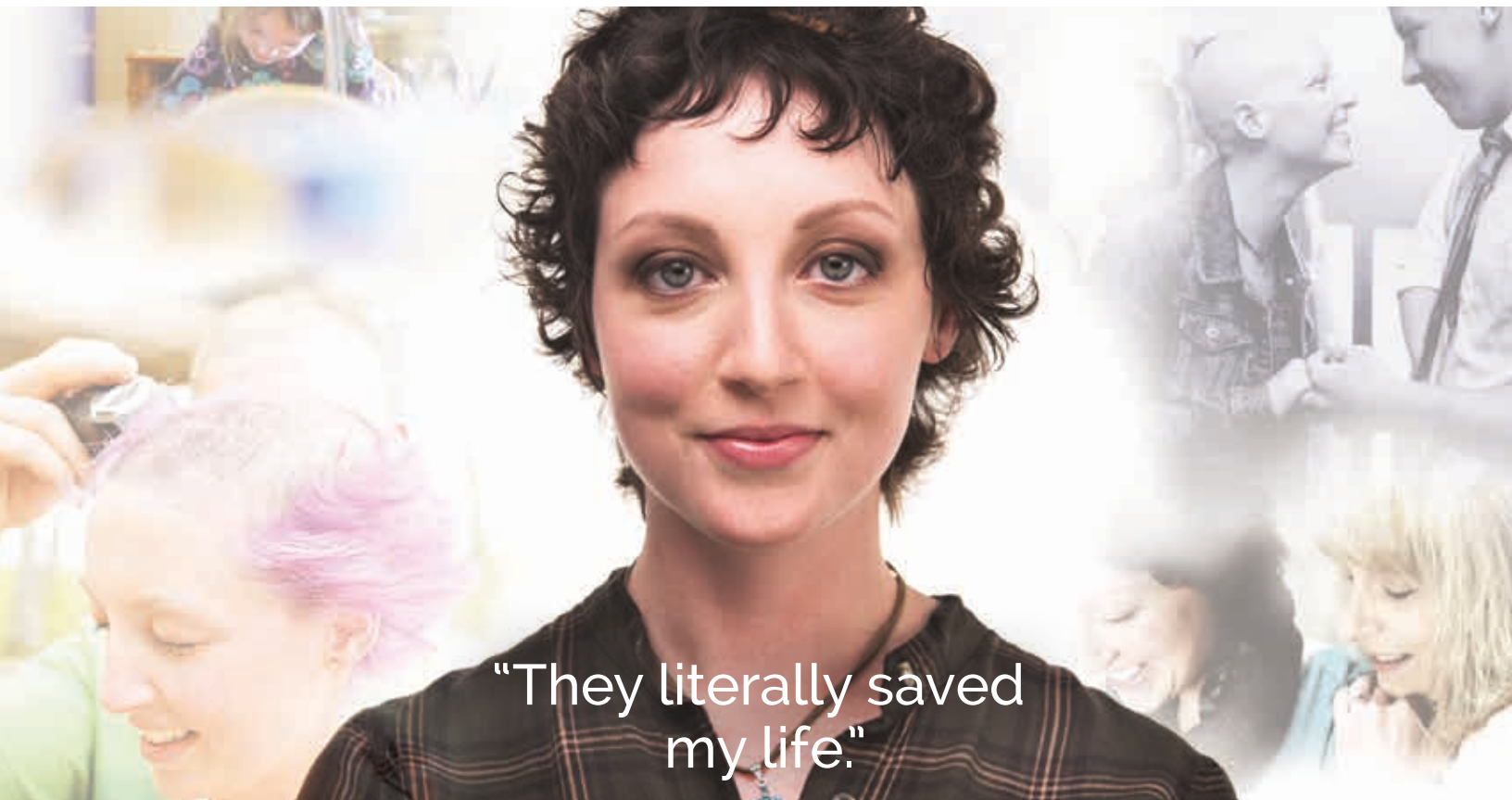
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