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Jodie Katz, M.D., Medical Director

Dr. Katz is a board-certified family medicine physician who specializes in functional medicine. Dr. Katz completed a practicum in Mindfulness-Based Stress Reduction at the University of Massachusetts. She is a certified yoga instructor.



Benita Burke, M.D., FACC, ABIHM

Dr. Burke is Medical Director of Valley Medical Group's Heart Care for Women and is board certified in integrative medicine by the American Board of Integrative Holistic Medicine.



Maria (Mary) C. Mazzer, R.N., HNB-BC, HWNC-BC

Mary is the Center's Health and Wellness Nurse Coach. She is a holistic practitioner and certified in holistic nursing and health coaching, an "M" Technique Practitioner, Reiki master, and a certified clinical aromatherapy practitioner.



Kristen Bradley, R.D.

Kristen is a Registered Dietitian who specializes in functional nutrition counseling.

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“In the past 16 years of specializing in women’s health care, I have developed a very individualized approach to servicing my patients. My intention is to provide you with the very best medical service!”



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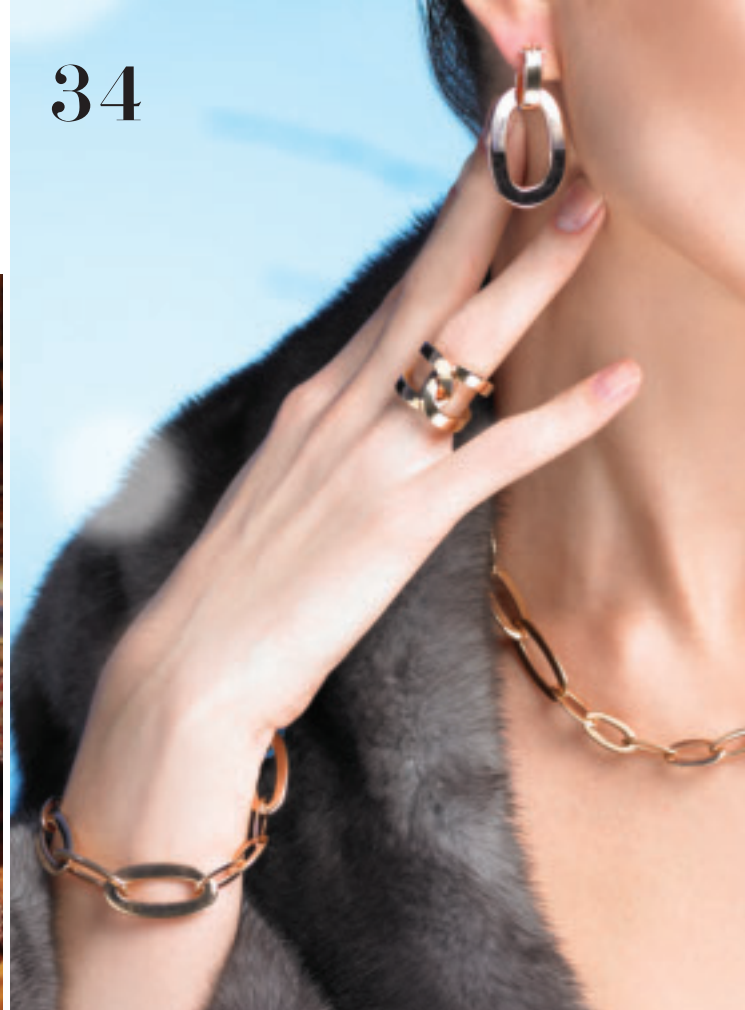
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- Da Vinci Robotic Surgery, Obstetrics And Gynecology
- A Fellow of American College of Obstetrics and Gynecology, Dr. Bozdogan is a member of the Minimally Invasive Robotic Association, American Association of Gynecology Laparoscopists.

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WHAT'S IN A GREAT GIFT?

OVER THE YEARS I'VE

learned there's no one formula for the perfect present. But it helps if a gift is useful, attractive and distinctive, something the recipient might have chosen but that also expresses *you*, the giver. In this issue (see page 26) we get you started with four pages of gifts we think are cool. And we made sure we included a wide range of price points—from \$15 to \$1,500—to suit everyone on your list.

There's much more in our pages to enhance your holiday enjoyment. Check out the no-fuss, party-ready outfits on page 30, dazzling jewelry on page 34 and six tasty soup recipes on page 44. Finally, we ask: Can a cocktail taste like apple pie? You'll find the delicious answer on page 54.

Parties are a key feature of this festive season, so it's fitting that we recall a soirée of our own. BergenFest, our annual food festival and "party of the year," was held at The Rockleigh. It drew a record crowd of more than 2,500 people, who came out to enjoy the food, drinks, entertainment and celebrity sightings. Turn to page 64 for photos showing all the BergenFest fun. Be sure to mark your new 2016 calendar for next year's event on September 29, and cast your digital ballot for the 2016 Best in Bergen Readers' Choice Awards. Go to healthandlifemags.com/votebergen to show your support for your favorite spots in the county.

Of course, the greatest gift—at the holidays or any time—is your own presence in the lives of family and friends. We at *Bergen Health & Life* are glad to have been a part of your life for another year of good health and good living, and we wish you a wonderful holiday season and a Happy New Year!



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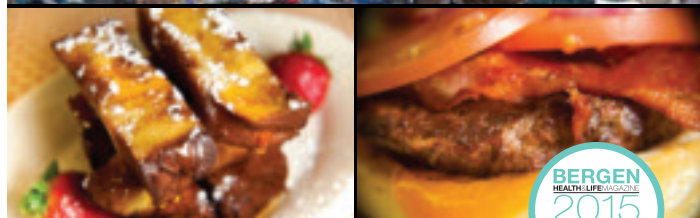
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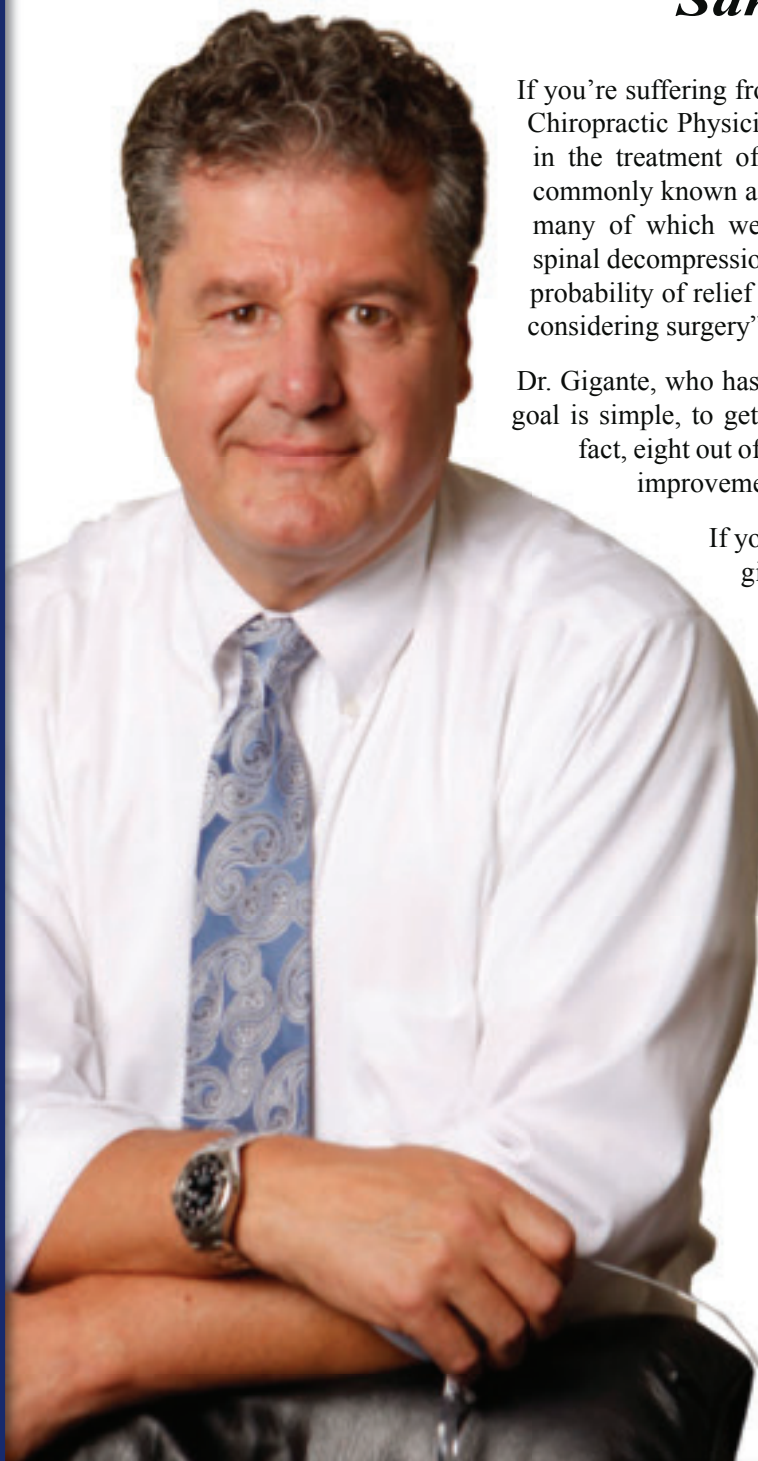
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Dr. Gigante, who has lectured internationally on spinal care adds, "our goal is simple, to get patients out of pain as quickly as possible". "In fact, eight out of ten of all our new patients experience a significant improvement after their very first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

If you are suffering from low back pain and/or sciatica, give The Back Pain Center a call.

If you are not sure if your problem requires chiropractic, physical therapy, medications or even possibly surgery, then call and ask for a no-charge consultation with Dr. Gigante. Together you can determine the right course of action for your condition.

The Back Pain Center was founded by Dr. Gigante in 1995, as the first team of Chiropractors, Physical Therapists and Pain Management Doctors, to dedicate their skills specifically to the treatment of low back pain and low back related leg pain. The Back Pain Center works with most insurance companies.



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TAKE THE STRESS OUT OF HOLIDAY TRAVEL TO NYC

There's no place like New York City during the holidays. Getting there, though, can dampen the festive mood. Avoid the headaches and take the ferry instead. It's just eight minutes from Port Imperial in Weehawken to Manhattan. Then hop on a free shuttle bus to Macy's, Radio City Music Hall and other popular spots. Until January 3, children under 12 ride free. Another plus: For the first time you can get up to 40 percent off tickets to more than 40 Broadway shows, including *Hamilton*, *Finding Neverland* and *Hand to God*, through NY Waterway's "Your Key to the City™ Broadway" program. Theater packages also include a 28 percent ferry discount and discounted parking at Port Imperial. To find out more, call 800.53.FERRY or go to nywaterway.com.



IS YOUR HOME WINTER-READY?

It needn't cost a fortune to prepare your home for Ol' Man Winter, says Nick Blassmann, a New Jersey-based home improvement expert with Home Depot. "There's a lot you can do for less than \$100 that can save you \$300-\$400 on heating bills," he says. These steps can also help you be comfier and more planet-friendly:

Plug leaks. Check doors, windows and ducts for drafts. Caulking and sealing leaks is critical. "About 40 percent of heat is lost because of leaks," says Blassmann. Make sure basement windows have window well covers. And don't forget electrical outlets on exterior walls. For less than \$3 you can buy a pack of covers that will keep air out.

Wrap your water heater. Wicked cold affects your water heater, especially if it's in a shed in your backyard. Put a blanket around it to help it stay warmer and not have to work so hard.

Insulate. Brave a trip to the attic to make sure insulation is at least 16 inches thick. Blassmann also advises insulating pipes under sinks. "Don't let them freeze," he warns. Leave cabinet doors open occasionally so warm air flows in.

Set and forget. Invest in a programmable

thermostat, which allows you to set certain temperatures for certain times of the day and days of the week. You can program it to automatically lower the temperature when you're at work, for example.

Change filters. Heater filters should be changed every 30 days, says Blassmann. When they're dirty they have to work harder, shortening their life span.

Clear gutters. Make like Santa and go up on the roof, clearing gutters before torrential rains and blizzards come. "Clogged gutters can cause water and ice to build up, which creates problems," says our expert.

Blassmann says many people are shy about admitting what they don't know and do things like apply weather stripping incorrectly. "Just ask," he says. "We will be happy to help."

There are Home Depot stores in Hackensack (201.336.3041), Lodi (201.226.9929), Mahwah (201.818.9754) and Paramus (201.262.3344), and there's winterizing info at homedepot.com.



GET THE JUMP

Ever bounced off a trampoline into a pit full of 10,000 foam cubes? You can do just that at Sky Zone—and you don't have to be a kid. The fast-growing national chain of indoor trampoline parks (100 spots in 34 states and three foreign countries) opened an Allendale location in September, and we understand the bouncing has been brisk.

The park offers "fun fitness" for all ages—you'll sign a waiver for yourself or your kids, and trampoliners are strictly separated by size for safety. Along with the cubes in what it calls the Foam Zone, there's open jumping, super-energized dodgeball or basketball ("SkySlam") and kids' birthday parties with pizza, ice cream and cake as well as jumping.

Sky Zone is open Tuesdays through Sundays from 4 p.m. (weekdays) or 10 a.m. (weekends) till 9 p.m. (except 7 p.m. on Sundays). A half-hour of jumping is \$15, an hour \$25, an hour and a half \$30 or two hours \$35. Walk-ins are welcome, but reservations are recommended to guarantee your jump time. Mandatory "Sky socks" are just \$2 and are yours to keep.

» Sky Zone, 80 Commerce Dr., Allendale, 201.574.1800; skyzone.com



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THE *skinny* ON CHRISTMAS COOKIES

How many treats will you eat between Thanksgiving and New Year's? With tasty goodies so central to the season's festivities—the pies, the cakes and yes, the cookies—it's easy to lose track of how the calories add up. To help you control your consumption (we're not saying don't indulge!), here's the calorie scoop on some classic Christmas cookies:



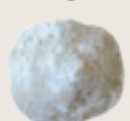
■ GINGERBREAD COOKIE
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■ SNOWBALL COOKIE
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■ JAM THUMBPRINT
58 calories



■ SUGAR COOKIE
66 calories



■ RUGELACH
97 calories

» TIP: Remember, goodies will go from your lips to your hips, thighs and elsewhere. So moderate the merriment to avoid the January blues.

TRES CHIC SHOPPING

Looking to go all out for your guy this holiday season? We have one word for you: Zilli. The luxury French menswear brand recently opened its fifth U.S. store at The Shops at Riverside in Hackensack.

Zilli is a favorite of A-list actors, business tycoons and members of royal families. Shop Zilli and you won't have to worry about buying yet another "ugly sweater" or boring tie. You'll find plenty of more exciting gift options—even if a \$14,800 suede jacket (yes, they have it) doesn't quite fit your holiday budget.

While Zilli is new in the neighborhood, it has a rich history. Founded in 1970 in Lyon, France, it remains a family-owned business, with founder Alain Schimel still at the helm.

» Zilli, The Shops at Riverside,
390 Hackensack Ave.,
201.342.9000;
zilli.fr/en/store/new-jersey-zilli/



PUPPY LOVE

» Dog: Belle, 5½ years old, Cairn terrier

» Owners: Ginny Harte and family of Tenaflly

This perky pooch, a rescue from Illinois, came to live with the Harte family when she was five months old, and she's been a "walking welcoming committee" ever since. "It's impossible to go on a quick walk with Belle," says Ginny. "She must greet every person and pet she sees. Even if they are a block behind us, Belle will stop and wait for

them to catch up just to say hello." Inside, the curious dog often looks out the window to see what's going on. "And whenever we pull into the driveway, she races to the door to greet us. We're so happy her 'forever home' is with us!"

» Think your furry friend is the cutest in Bergen County? Send us a picture of you and your pooch and we may publish it! Email editor@wainscotmedia.com.

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Marvin, a top quality window manufacturer, is known for its commitment to quality. If you ask any architect, they will tell you that Marvin has set the standard of excellence for over a hundred years. Global Home Improvement offers the full line of Marvin Windows and Doors including Infinity and Integrity products. Global also specializes in Marvin's signature line of classic, solid wood French & Patio Doors with an aluminum clad exterior.

ARCHITECTURAL ELEMENTS: MARVIN CUSTOM GRIDS

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A HINT OF DESIGN: MARVIN EXTERIOR FINISHES

CHOOSE THE EXTERIOR COLOR of your window frames to make them stand out or blend in. Marvin's low maintenance clad-wood products feature an extruded aluminum exterior finished in commercial-grade paint for resistance to fading and chalking. From rich colors to fresh, pearlescent finishes, Marvin's customization makes a dramatic difference to the face of your home. Rely on the color experts at Global Home Improvement to make sure you find the right exterior window finish combinations for your home.

ENERGY EFFICIENT: MARVIN HISTORIC HOME SOLUTIONS



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THESE DAYS, PLASTIC surgeons don't always do surgery. A host of cosmetic procedures that don't involve the scalpel promise to banish wrinkles, veins and scars; tighten sagging skin; give you fuller lips; and even help contour your abdomen and thighs.

For some time, nonsurgical injections of muscle paralysis agents (such as Botox, or botulinum toxin) to relax the muscles that create wrinkles, and of dermatologic fillers (such as Juvéderm) to soften wrinkles by enhancing facial volume, have helped many people improve their looks. As technology has advanced, new procedures and products have become available.

What improvement are you looking for? Check the six kinds listed. For each, there's at least one cosmetic procedure offered in Bergen County that practitioners call cutting-edge. Weigh the potential benefits against the cost and any needed recovery time. And remember that in some cases benefits are only temporary, so the procedure must be repeated.

1 PLUMP UP SKIN AND ERASE LINES

■ SILK or VOLUMA XC

What they're used for: These injectable products, introduced just this year, reduce the appearance of lines and wrinkles around the mouth and increase the youthful fullness of lips and cheeks.

How it's done: The fillers have a base of hyaluronic acid, a substance that occurs naturally in the body but can also be made

in a laboratory. "Silk, from the Restylane family, is a thin, soft filler designed for the fine surface lines in the lower cheeks, the temples, below the lower eyelids and in the body of the lips for softer fullness," explains plastic surgeon Scott A. Spiro, M.D., of Spiro Plastic Surgery in West Orange. "A second new option, Voluma XC from Juvéderm, fills a niche at the other end of the spectrum. It's a thicker product that can help add fullness and subtle lifting to the cheeks."

Time: 15–30 minutes in the office.

Pain: "We pretreat patients with topical numbing cream, so there's very little immediate discomfort and none later," says Dr. Spiro.

Recovery: Treated areas may experience a week of minor swelling, bruising and tenderness.

Cost: Varies widely.

Tip: The effects of a Silk treatment may last from six to 18 months, while Voluma XC's benefits are expected to last a year or longer. "These are opportunities for me to use artistry in shaping a face right here in my office," says Dr. Spiro.

2 GET RID OF DARK CIRCLES AND PUFFINESS

■ PLATELET-RICH PLASMA

What it's used for: Treating fine lines, dark circles and puffiness under the eyes, and other areas of different pigmentation of the skin.

How it's done: This procedure is safe, but can sound a bit scary at first. A tube containing a sample of your blood is spun in a sterile centrifuge to separate the plasma. The platelet-rich plasma is then spread on the skin, and a micro-needling procedure is used to

cause minuscule skin punctures, needling the plasma back in. PRP thus stimulates your own collagen to grow for total facial rejuvenation.

Time: About an hour.

Pain: None, thanks to topical cream applied to your face beforehand.

Recovery: "There is no recovery time," says plastic surgeon John T. Cozzone, M.D., of Art Plastic Surgery in Paramus. "But there will be some redness on the skin into the next day."

Cost: One treatment, about \$750.

Tips: Five to six treatments are recommended, a month apart, to maintain the skin's pristine condition. In a new application, PRP is starting to be used to treat patients' hair-loss problems—the plasma is injected into the scalp. This approach promises to help people with alopecia or thinning hair, even in the eyebrows.

3 BANISH WRINKLES AND SCARS

■ HALO HYBRID FRACTIONAL LASER

What it's used for: To improve skin texture, repair sun damage and liver or age spots, remove fine lines and wrinkles and reduce pore size.

How it's done: Laser treatments can be either "ablative" or "non-ablative" depending on the laser's wavelength. With ablative treatments, a light beam aimed at the skin destroys its outer layer (epidermis), prompting the development of a new skin surface that is smoother and tighter. With the non-ablative option, the epidermis is not destroyed, but collagen underneath the skin is damaged, triggering the growth of new collagen, tightening skin and enhancing its appearance. Plastic surgeon Paul M. Parker, M.D., of The Parker Center in Paramus, says the Halo Hybrid Fractional Laser treatment uses a combination of wavelengths.

Time: "The treatment takes about 25 minutes, but patients need to be at the office an hour before to have numbing cream applied to the face," says Dr. Parker.

Pain: For an hour after the Halo treatment, you may experience a sunburnt feeling on the face.

Recovery: You should take it easy the day of your treatment, but can resume daily activities the next day.

Cost: Three categories are based on the aggressiveness of the laser. The most popular is \$1,000; there are also options at \$900 (non-ablative only) and \$1,700.

Tip: "After the Halo treatment, maintain your skin's condition by using a sunscreen with a high SPF [sun protection factor] to guard it from the sun," says Dr. Parker.

■ ALMA PIXEL CO2 FRACTIONAL LASER

What it's used for: To eliminate scars or make them less noticeable and to treat deep wrinkles, age spots and severe sun damage.

How it's done: Laser resurfacing is an established skin treatment; this "new wrinkle" breaks the laser beam into tiny beamlets, which penetrate to the skin's deeper layers, stimulating the body's natural collagen-making process. The ablative laser can resurface scars by causing regeneration of the injured tissue and blending it with other tissue to create an even complexion.

Time: Treatment takes 20 minutes, but patients come in earlier to have numbing cream applied to the face.

Pain: None, because of the cream.

Recovery: Downtime after the procedure is five to seven days. "You will be red for two to three weeks," says plastic surgeon Luis A. Zapiach, M.D., of Art Plastic Surgery in Paramus.

Cost: From \$800 to \$5,000, depending on the area of treatment.

Tip: Although similar treatments may require a skin test in advance, only a list of allergies is needed with CO₂ fractional laser resurfacing, according to Dr. Zapiach.

4 STOP THAT SAG

■ THERMITIGHT

What it's used for: Relieves sagging skin on the face, neck, abdomen and thighs.

How it's done: It delivers thermal

energy under the skin to reverse the pouchy effects of aging on the skin's surface. "ThermiTight is for people who want more results than a noninvasive treatment but do not want surgery," says H. William Song, M.D., of Omni Aesthetics in Oakland. A tiny probe is inserted under the skin, and radiofrequency energy is applied directly to the tissues, causing immediate shrinkage.

Time: Less than an hour.

Pain: None, due to a numbing solution injected under the skin.

Recovery: Swelling or redness may last a few days, but you can resume normal activities the day after the procedure.

Cost: A one-time treatment, \$3,000.

Tip: "It does take a couple of months to see the results, but they will last for years," says Dr. Song.

■ ULTHERAPY

What it's used for: Relieves sagging skin of the brow, chin, neck and décolletage.

How it's done: It uses a focused ultrasound; delivered via a handpiece that moves slowly over the treatment area, the sound waves stimulate the body's production of collagen and thus tighten and lift the skin.

Time: About two hours.

Pain: There is minimal discomfort—"a bit of a burning sensation," says Dr. Song. Patients are given an anti-inflammatory medication such as Advil or Motrin beforehand.

Recovery: There is no downtime, but there may be some swelling.

Cost: Starts at \$2,500.

Tip: It can take up to six months to see the final results.

5 IMPROVE YOUR BODY'S SHAPE

■ COOLSCULPTING

What it's used for: Body contouring for the abdomen, hips and thighs.

How it's done: This new device safely freezes fat cells underneath the skin so that they die and are sloughed off by the body. It was created a few years ago by dermatologists at Massachusetts

General Hospital in Boston, who discovered that under controlled conditions, subcutaneous fat cells are more vulnerable to cold than other kinds of cells. You'll notice results in one to three months, and a two- to three-centimeter reduction at the waistline can be expected. Two treatments are recommended.

Time: About an hour.

Pain: None.

Recovery: None. You can resume daily activities right after the procedure. "You may feel sore and a bit numb for a couple of weeks afterward, as if you had been exercising every day," says plastic surgeon Jordan P. Farkas, M.D., of The Breslow Center in Paramus.

Cost: Treatments start at \$750.

Tip: Not everyone is a candidate for CoolSculpting. "It's not meant to be a weight-loss tool and will not be very effective on someone who is overweight," says Dr. Farkas. "The men and women who choose this treatment should be within 5–15 pounds of their ideal body weight."

6 ELIMINATE UNSIGHTLY VEINS

■ SCLEROTHERAPY

What it's used for: To remove varicose veins and spider veins.

How it's done: A chemical solution is injected directly into the veins through fine needles. This causes the veins to corrode from the inside so that blood is rerouted through other veins. Nearby tissue absorbs the remnants of the veins.

Time: 15 minutes to an hour, depending on the veins treated.

Pain: Very minimal.

Recovery: There is no downtime.

Cost: Treatments start at \$250.

Tip: The not-so-good news? Spider veins may reappear elsewhere. "They can act like roots on a tree, causing another visible vein to come up near or adjacent to the area where one was recently removed," says Dr. Farkas.

Reporting by Danielle Cookson

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What guy won't love a 3-in-1 grooming kit? (C'mon, don't deny it.) This set includes an eau de toilette spray, a hair and body wash and an after-shave balm. \$85

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» CHEF KIT BY CURIOUS CHEF

One way to get the kids off their electronic devices and into the kitchen? Give them their own 11-piece chef's kit. Included: a colorful child-sized apron, spatula, whisk, measuring spoons and more. \$24.99



» MARC JACOBS VARIETY SET

Brrrr! It's cold outside, but you can still smell the daisies with this 4-piece fragrance set. Included: Daisy, Daisy Delight, Daisy Eau So Fresh and Daisy Eau So Fresh Delight. \$49.99



» BRACELETS BY ELIZABETH MARTIN

Betcha never heard of a bracelet made from fossilized dinosaur bone before. This beautiful collection of wrist bling includes just that—along with bracelets featuring antique coin charms and vintage beads. From \$250 to \$1,500



» ALMA PORCELAIN LACE CONTAINER BY LAURIER BLANC

This versatile (did we mention gorgeous?) golden cachepot can be placed on a side table to hold a small potted plant or on your vanity to store loose jewelry. \$119



» VINTAGE GANACHE CAKE BY MARIEBELLE

A cake in a book? You'll be the talk of your book club with these vintage-inspired books containing a chocolate ganache cake (yes, you read that right!) along with European wafers. \$40 each

» BAGS BY MASSIMO PALOMBA

Invest in a good bag and it will last you season after season. Two on our wish list: a roomy, soft-as-suede nubuck shoulder bag, \$550, and a leather cross-body clutch with an adjustable strap, \$265.

» DAILYWARE FOOTED PLATTERS

Use these three versatile glass platters to display holiday desserts or an arrangement of pretty ornaments. You won't run out of reasons to keep them out post-holidays. Promise. \$29.99

» TIE BY ISAIA

What would the holidays be without the gift of a tie? This one's made of textured wool; its blue-and-gray floral design is a match for most suits. \$235

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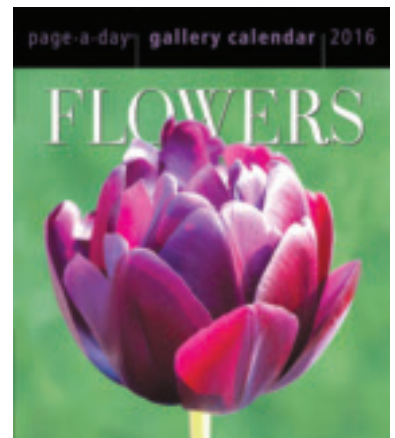
» SNEAKERS BY TO BOOT NEW YORK

Sometimes it's worth spending a bit more for shoes that are as comfy as sneakers (they're made of nubuck!) yet hip enough to go with most outfits. Navy high-top, \$398, olive and smoke low-tops, \$350.

» CUFF LINKS BY TATEOSSIAN

Made of meteorite and black diamonds, these mechanically inspired cuff links will have a guy's friends and family reaching for his wrists to get a closer look. \$195








PARTY READY

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5 EASY PIECES
(AND SOME
JEWELRY, OF
COURSE)!



1 Wear a long-sleeve silk blouse in a dark hue with a wide range of skirts and pants. Navy blouse by Brunello Cucinelli.

2 Expand your wardrobe options with a classic suede pencil skirt in a solid, neutral tone. Tan suede skirt by Brunello Cucinelli.

3 A luxurious fur snood scarf adds instant impact to any ensemble. This fox scarf by Eleventy.





4 A change of shoes and jewelry takes a simple, classic silk dress from daytime to dinner and after. Navy dress by Brunello Cucinelli.

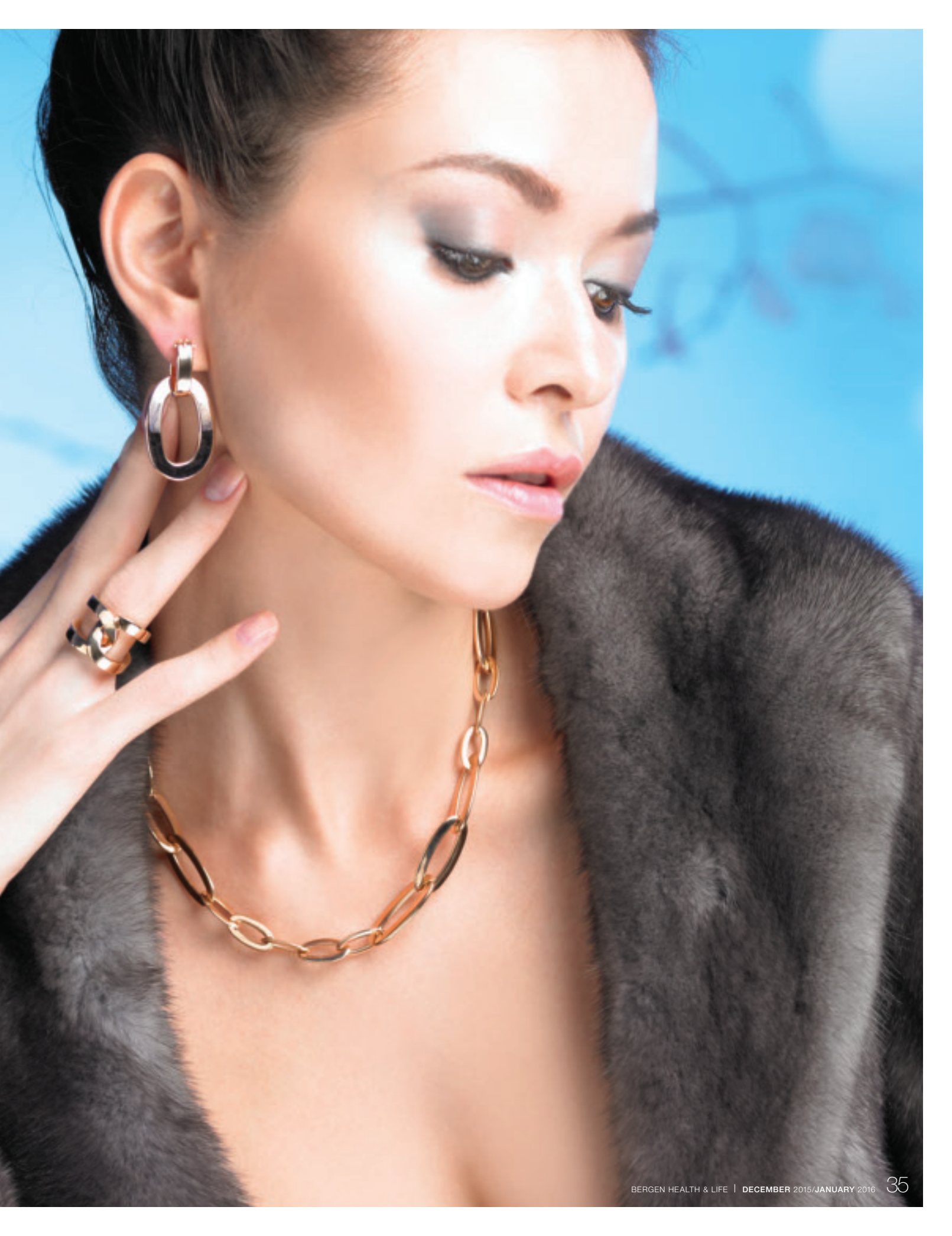
5 A sleek, tailored coat is the perfect topper for any outfit in your wardrobe. Gray alpaca fur and wool coat by Pas de Calais.

SPARKLE, SHIMMER, SHINE!

GIVE HER ONE OF THESE
SUBTLE STATEMENT PIECES AND
SHE'LL FEEL LIKE A PRINCESS
IN HER VERY OWN STORY.

Snow may be falling soon, but you can still enjoy the links—18-karat rose gold links by Italian jewelry designer Roberto Coin. His timeless yet modern Oro collection includes oval drop hoop earrings, an open knot ring, a classic link necklace and a classic link bracelet. All from Sidney Thomas at Westfield Garden State Plaza in Paramus.



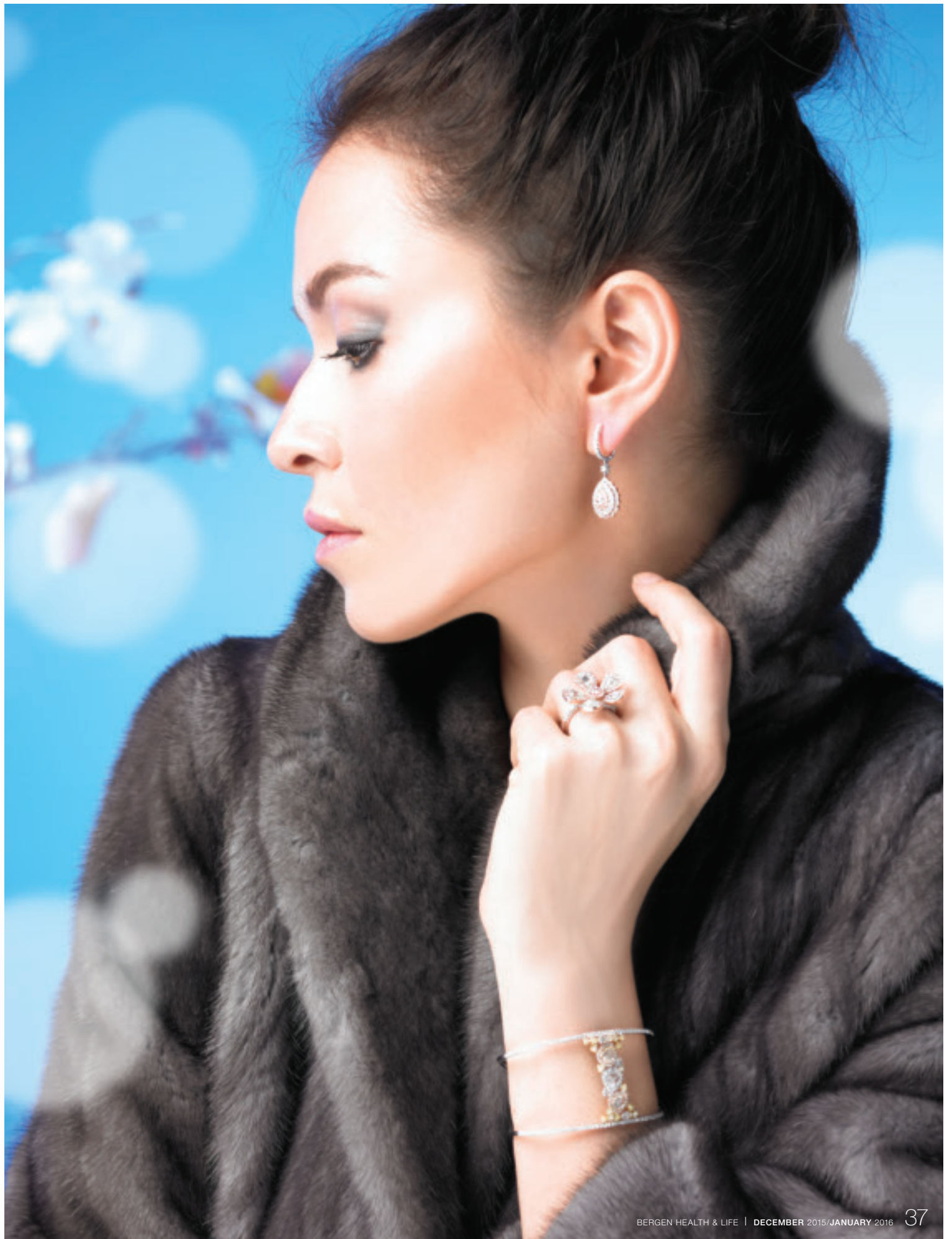




This page: Sometimes, flowers aren't delivered in a vase. Take, for example, these delicate 18-karat two-tone triple-flower drop earrings featuring 3.36 carats of yellow and white diamonds. They're perfectly paired with a 14-karat two-tone flower garland necklace designed with .74 carat of yellow diamonds and 2.17 carats of white diamonds. Both from Devon Fine Jewelry in Wyckoff.

Opposite: Diamonds also play a starring role in these creative custom designs: 18-karat white and rose gold earrings set with white diamonds totaling 1.11 carats, pink diamonds totaling .64 carat and two pear-shape pink diamonds in center at .60 carat; 18-karat white and rose gold flower ring set with five rose-cut pear-shape diamonds totaling 2.08 carats; and 18-karat white, yellow and rose gold full- and rose-cut diamond cuff bracelet totaling 4.17 carats. All from Yanina & Co. in Cedar Grove.

Blue Iris mink coat available at Steven Corn Furs in Paramus.



A Perfect Fit with Customized Knee Replacement.

At 73 years young, Phyllis Teats is a grandma on the go. Whether hosting a poolside picnic or cheering at her grandson's ball games, there's not much that keeps her on the sidelines. Even with crippling pain from severe arthritis, Phyllis hobbled to activities with ice packs, creams, wraps and other remedies—until she realized that two bad knees had diminished her enjoyment of life.



"My arthritis was so bad that my bones were rubbing together and I was in constant pain. I was walking like a soldier," said Phyllis. "I could barely stand during the day or sleep at night, and began to fear that my legs would give out."

In May 2013, Phyllis consulted with board-certified orthopaedic surgeon Robert A. Kayal, MD, FAAOS, who recommended customized knee replacement. Unlike traditional surgery, this cutting-edge procedure uses MRI imaging and computer software to generate a 3-D model of the joint.

"Just as no two personalities are alike, knee joints are unique to each individual," said Dr. Kayal. "With this revolutionary technique, Phyllis received two new and improved joints made especially for her."

Phyllis elected to have both knees replaced, and both procedures were highly successful.

She can once again bend her knees without pain, and is noticing greater balance, stability and motion. With a spring in her step, Phyllis is anticipating this summer's baseball games, barbecues and other family activities. "I'm improving every day, and life is even better than it was before," she said.



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A Beautiful Smile Opens Doors and Hearts

VOTED 2015 TOP DENTIST by NJ Monthly, Dr. Angela Aaron offers painless treatment, flexible hours, and unsurpassed attentiveness at her beautiful state-of-the-art Waldwick office where patients feel more like they've entered a spa rather than the average dental office. Here are a few comments proving why Dr. Angela's patients now love going to the dentist.

- "I had two root canals completed by Dr. Aaron and the experience was great. There was no pain at all and the procedure only took around an hour or so."
- "The office is like no other dental office I have ever been to. The office is very modern and an absolute delight just to sit in. While being examined I was watching my favorite show on Netflix and the examining chairs even have a massage and heat feature. Not to mention my root canal was painless."
- "I was procrastinating with my dental checkups for a while and one day ended up with pretty bad toothache. I was recommended by friend of mine to call Dr. Aaron's office. They were able to see me the day I called and my problem was taken care of shortly."
- "This is my first experience with pain free dentistry. I had two root canals and two crowns. I would highly recommend coming to this office."
- "I love this office. Dr. Aaron makes going to the dentist such a painless and stress free time. I no longer dread going to the dentist, I am actually excited to step through her door."

Dr. Aaron promises that you will always know what is going on, why it is necessary and the best way to get it done. She will make your needs her number one priority because she is dedicated to keeping you happy and healthy. Each patient is given top quality care and a personalized approach every step of the way because at Dr. Aaron's office your smile and oral health is most important.

Dr. Aaron accepts most insurances, major credit cards and CareCredit financing.

SERVICES:

- Root Canals
- Extractions
- Cleanings and Gum Treatment
- Teeth Grinding Relief
- Dentures
- Crowns & Bridges
- Implant Restorations
- Custom Sports guards
- Teeth Whitening
- Complete Smile Makeovers
- Tooth Colored/ Cosmetic Fillings
- Porcelain Veneers
- Lumineers
- Invisalign
- Most Emergencies Seen Within 24 Hours

MEET THE DENTIST



Angela Aaron, D.D.S.

AREAS OF PRACTICE

- General Dentistry
- Family Dentistry
- Cosmetic Dentistry
- Restorative Dentistry

EDUCATION + TRAINING

- Brooklyn College, BA in Psychology
- NYU College of Dentistry, DDS
- Residency in general Dentistry: Lutheran Medical Center
- The American Dental Association, Member
- American Top New Jersey Dentist Award, 2015
- Certified in Invisalign, Lumineers, Botox and Dermafillers

ANGELA AARON, D.D.S.

20 Franklin Tpk., Ste. 210, Waldwick, NJ 07463

201.857.2842

draarondental.com



Robert Scherrer, D.M.D.

- University of Medicine and Dentistry of New Jersey, Graduate
- Best of the Quest for the Best Award, Aquasil for Bridge Impressions (for precision and quality of bridge impressions nationwide)
- American Dental Association, Member
- Academy of General Dentistry, Member
- New Jersey Dental Association, Member
- Top Dentist in Bergen County, 201 Health Magazine, repeat recipient
- Top Dentist in New Jersey Monthly Magazine three consecutive years 2013, 2014 and 2015

SERVICES OFFERED:

- Cosmetic Reconstruction
- Crown and Bridge
- Dental Implant Restorations
- Porcelain Veneers
- Endodontics (root canals)
- Laser Dentistry
- Teeth Whitening
- Gum Disease Treatment

Expertise in advanced cosmetic dental reconstruction

SINCE OPENING his first dental office in North Bergen in 1991, Dr. Robert Scherrer continues to bring advanced cosmetic and family dental care to New Jersey. Over the years, Dr. Scherrer has honed his skills while never losing sight of his goal to provide comfortable, friendly dental care in an exceptional setting.

Continuing education has remained a top priority for Dr. Scherrer, who considers himself a lifelong learner. His recent focus has been on giving patients the smile they have dreamed of through the artistry of cosmetic dentistry, as well as combining the oral health benefits of general and restorative dentistry.

Another exciting area in cosmetic dentistry is in the field of implant dentistry. Dr. Scherrer routinely replaces missing teeth because it is a health solution for people of all ages. The alternative was to place a bridge over the area, which meant compromising the teeth next to the missing space. Today's dental implants are long-term replacements that look and feel natural, allowing the patient to regain their confidence when smiling.

Dr. Scherrer recently relocated his established practice to Ridgewood to a new 2,400-square-foot office outfitted not only with spa-like amenities such as massage chairs, but also with the latest dental technology, including laser therapy. For comfortable, advanced dentistry you can trust and afford, call Dr. Scherrer for a consultation.

“Dr. Scherrer is not only an amazing dentist, but he is also a kind, caring and compassionate person.”

—PATIENT TESTIMONIAL

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We love to make you smile

DR. JODY BARDASH, DMD of Dental Professionals of Fair Lawn has a clear goal—to give every patient the gift of a brilliant smile to let their self-confidence shine through. Dental Professionals of Fair Lawn, a comprehensive, state-of-the-art dental facility, uses the most advanced techniques for general and cosmetic dentistry to help patients achieve healthy, beautiful smiles for life. In fact, dental specialists come to Dr. Bardash as patients, not only because he is consistently recognized as a Top Dentist by the Consumers' Research Council of America, but because he has a reputation as one of the finest cosmetic dentists in the country.

From a simple procedure such as teeth whitening, to treatments such as DaVinci Porcelain veneers or implant restorations for missing teeth, Dr. Bardash will thoroughly discuss all options during a complimentary consultation. In addition, Dr. Bardash offers non-invasive facial enhancements such as Botox and facial fillers to beautifully frame even the most breathtaking smile.

Dr. Bardash currently serves as an attending in the dental residency program at Hackensack University Medical Center, and he is a member of a number of prestigious associations, including the American Academy of Cosmetic Dentistry. Recently Dr. Bardash was privileged with donating his time and talents to the Health & Humanitarian Aid Foundation (HHAF). As the director of the dental outreach mission, he returned to the jungles of Ghana, Africa, where he treated the dental needs of villagers living in remote and impoverished regions.

Contact Dr. Bardash's office for a complimentary cosmetic dentistry consultation.

"Dr. Bardash made it so I wasn't
afraid to smile anymore." —MAURICE M., PATIENT

MEET THE HEALTH PROFESSIONAL



Jody Z. Bardash, D.M.D.

- American Academy of Cosmetic Dentistry, Member
- American Dental Association, Member
- Academy of General Dentistry, Member
- American Society for Dental Aesthetics, Member
- Health & Humanitarian Health Aid Foundation, Active Member
- Consumer's Research Council of America's Guide to America's Top Dentists, 2003 to present
- Bergen Health & Life Magazine's Readers' Choice Top Dentist, 2015
- 201 Magazine's Top Dentist, Repeat Recipient

SERVICES OFFERED

- | | |
|------------------------------------------|------------------------------------------|
| • Smile Makeovers | • Teeth Whitening |
| • Invisalign/Orthodontics | • Laser Dentistry |
| • Dental Implants | • CAD/CAM Restoration Dentistry |
| • Sedation Dentistry | • Crown and Veneers in One Visit |
| • TMJ Treatments | • Botox/Juvederm, plus other injectables |
| • Sleep Apnea/Snore Guards | |
| • Family Dental Care/Pediatric Dentistry | |

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DENTISTRY HAS ADVANCED in ways unimagined even a few years ago. River Edge Dental's Dr. Marlen Martirossian, better known as Dr. Marlen, has dedicated himself to the growing field of reconstructive, comprehensive and neuromuscular dentistry. "We treat the whole person, not just their teeth. This allows our patients the convenience of visiting one office versus multiple specialists and knowing their care is integrated towards one goal—their overall health," says Dr. Marlen.

He examines gums and jaw muscles, both which play a profound role in stress and pain associated with poor oral function, while discussing a patient's fears, concerns and goals in order to achieve an ideal treatment plan. This comprehensive approach blended with his advanced cosmetic training allows Dr. Marlen to transform smiles with an artistic eye. He is often described as "masterful," and "the best" by his patients who appreciate his friendly, approachable style of dentistry.

River Edge Dental advanced technology includes a 3D scanner to create accurate dental impressions (minus the gooeey material). The 3D cone beam technology (the gold standard) allows Dr. Marlen to diagnose sleep apnea, TMJ disorders and to place dental implants more predictably.

Other onsite services include ALCAT testing for food sensitivities followed by nutritional counseling, testing saliva to determine the cause of gum disease and testing for the HPV virus which is a primary cause of oral cancers.

Dr. Marlen is consistently rated as a "Top Dentist" by the Consumer Research Council of America, and he is recognized as a member of the American Academy of Cosmetic Dentistry and The International Association of Comprehensive Esthetics.

MEET THE HEALTH PROFESSIONAL



Marlen Martirossian, D.D.S.

AREA OF PRACTICE:

- Implants and Reconstructive Dentistry
- TMJ & Sleep Apnea Dentistry
- General & Cosmetic Dentistry

EDUCATION + TRAINING:

- Las Vegas Institute of Advanced Dental Studies
- New York University College of Dentistry
- Hunter College
- Doctor of Dental Surgery (D.D.S.)

SERVICES

REPAIRING

- Bonding / Bridges / Crowns
- Color Matched Composite Fillings
- Inlays / Onlays

RESTORING

- Comprehensive Full Mouth Rehabilitation
- Aesthetic Restorations

ENHANCING

- Cosmetic Smile Makeovers
- Invisalign
- Lumineers
- Laser Whitening
- Porcelain Laminate Veneers
- New You Dentures
- Snap On Smile
- Advanced Implants

MAINTAINING

- Preventive Therapies
- Sealants
- Cleaning

TREATING / CORRECTING

- Neuromuscular Dentistry
- Snoring Solutions
- Root Canal Therapy
- TMJ Treatment
- Occlusion Alignment
- Extractions
- Gum Disease Laser Therapy
- Periodontics

FEATURING

- Spa Amenities
- Same Day Emergency
- TENS- Facial Muscle Relaxation
- T-Scan Computerized Bite Assessment
- K7 Occlusal/Bite Analysis

RIVER EDGE DENTAL

130 Kinderkamack Rd., River Edge, NJ 07661

201.343.4044

RiverEdgeDental.com

SOUP^{OF}_{THE} DAY

YOU KNOW SOUP IS A WARM, NUTRITIOUS PICK-ME-UP, BUT IT'S ALSO FULL OF SURPRISES. TONIGHT, WHY NOT TREAT YOUR FAMILY TO ONE OF THESE HEARTY CHOICES?

TOMATO SOUP WITH SMOKED PAPRIKA AND BACON

SERVES 4-6

- 4 slices thick-cut bacon
- 1 Tb. unsalted butter
- 1 yellow onion, chopped
- 2 cloves garlic, minced
- 2 cans (28 oz. each) crushed tomatoes
- 3 Tbs. heavy cream
- 1¼ tsp. smoked paprika
- salt and freshly ground pepper

In a large, heavy saucepan, fry the bacon over medium heat, turning once, until crispy, 8-10 minutes. Transfer to paper towels. Let cool, and then crumble.

Add the butter to the pan and melt over medium heat. Add the onion and garlic and saute until very soft, about 5 minutes. Add the tomatoes and bring to a boil. Reduce the heat to low and simmer for 20 minutes. Remove from the heat and let cool slightly.

Working in batches, puree the soup in a blender. Return to the saucepan and add the cream, paprika, and ½ tsp. salt. Return just to a boil, turn off the heat, taste and adjust the seasoning.

Serve, topped with the bacon and a generous grinding of pepper.

SAFFRON FREGOLA WITH SEAFOOD

SERVES 4

- 1 tsp. saffron threads
- ¼ cup dry white wine
- 2 Tbs. olive oil
- ½ lb. medium shrimp, shelled and deveined
- ½ lb. medium scallops, tough muscles removed
- 1 small yellow onion, chopped
- 2 cloves garlic, minced
- 2 cups chicken broth
- 1 cup fregola (Sardinian cous-cous) or Israeli couscous
- salt and freshly ground pepper
- ½ lb. clams, scrubbed
- 2 Tbs. minced flat-leaf parsley

Crush the saffron in a bowl and add the white wine. Set aside.

In a large, heavy pot, warm 1 Tb. of the oil over high heat. When the pan is very hot, add the shrimp and sear for 1 minute on each side. (Do not cook all the way through.) Transfer to a bowl. Add the scallops and sear for one minute on each side, also without cooking all the way through. Transfer to the bowl with the shrimp.

Add the remaining 1 Tb. oil, onion and garlic to the same pot and saute until soft, about 5 minutes. Add the saffron mixture and cook for 2 minutes. Add the broth and bring to a boil. Add the fregola, stir to combine, and reduce the heat to medium-low. Cook for 12 minutes. Season with salt and pepper.

Add the clams, discarding any that do not close to the touch. Cover the saucepan tightly and steam for 3 minutes. Remove the lid and quickly add the shrimp and scallops. Tightly cover the saucepan again and continue to cook just until the clams open and the shrimp and scallops are cooked through, about 3 minutes. Discard any unopened clams. Serve, sprinkled with the parsley.



SQUASH SOUP WITH SAGE BROWN BUTTER

SERVES 4-6

- 1 butternut squash (2 lb.), peeled and diced
- 3 Tbs. olive oil
- salt and freshly ground pepper
- 2 Tbs. unsalted butter
- 1 yellow onion, chopped
- 2 cloves garlic, minced
- 4 cups vegetable broth

For the SAGE BROWN BUTTER:

- ¼ cup unsalted butter
- 6 sage leaves

OPTIONAL:

- heavy cream for garnish

Preheat the oven to 400°F and line a baking sheet with parchment paper. Toss the squash with the oil and season with salt and pepper. Place on the prepared baking sheet and roast until tender, about 25 minutes.

In a large, heavy pot, melt the butter over medium-high heat. Add the onion and garlic and sauté until translucent, about 5 minutes. Add the roasted squash and broth and bring to a boil. Reduce the heat to low and simmer for 20 minutes to blend the flavors. Remove from the heat and let cool slightly.

Working in batches, puree the soup in a blender. Return to the pot and season with salt and pepper.

To make the sage brown butter, melt the butter in a small frying pan over low heat. Add the sage leaves and cook until the butter begins to brown and the sage is very aromatic, 3-4 minutes.

Serve the soup drizzled with the brown butter, 1-2 sage leaves, and a swirl of cream, if desired.

SWEET POTATO CORN CHOWDER WITH AVOCADO

SERVES 6

- 2 Tbs. olive oil
- 1 small white onion, finely diced
- 2 cloves garlic, minced
- 2 tsp. ground cumin
- ½ tsp. ground coriander
- salt and freshly ground pepper
- 2 sweet potatoes (1½ lb.), peeled and diced
- 3 cups vegetable or chicken broth
- 1 red bell pepper, seeded and finely diced
- 8 ears fresh corn, husks and silk removed and kernels cut from cobs, or 3½ cups thawed frozen corn kernels
- 2 Tbs. minced cilantro
- 1 ripe avocado, pitted, peeled and diced
- ½ cup sour cream (optional)

In a large, heavy pot, warm the oil over medium-high heat. Add the onion and garlic and saute until translucent, about 5 minutes. Add the cumin, coriander and salt and pepper to taste and cook for 1 minute. Add the sweet potatoes, stir to coat, and cook for 3 minutes.

Add the broth, bring to a boil, and reduce the heat to low. Simmer until the sweet potatoes are tender, about 20 minutes. Add the red pepper and corn and cook until the vegetables are tender, 10 minutes. Remove from the heat and let cool slightly.

Puree half of the soup in a blender. Return to the pot. Stir in the cilantro and season with salt and pepper. Serve, garnished with the avocado and the sour cream if desired.





WHITE BEAN AND HAM SOUP

SERVES 4-6

- 4 slices thick-cut bacon
- ½ lb. cooked ham steak, cubed
- 1 Tb. olive oil
- 1 small yellow onion, diced
- 3 cloves garlic, minced
- 2 celery ribs, diced
- 2 cups chicken broth
- 2 cans (15 oz. each) white beans, drained
- salt and freshly ground pepper

For the CORN BREAD CROUTONS:

- 1 Tb. unsalted butter
- 1 small loaf corn bread, cut into ½-inch cubes

Set a large, heavy pot over medium-high heat. Add the bacon and cook until crispy, about 8 minutes. Transfer to paper towels to drain. Let cool, then crumble into bite-sized pieces. Set aside in a bowl. Add the ham to the pot and cook, stirring often, until browned, about 4 minutes. Add the ham to the bowl with the bacon.

Add the oil, onion, garlic and celery to the pot and sauté until the vegetables are soft, about 5 minutes. Add the broth and beans and bring to a boil. Reduce the heat to low and simmer for 10 minutes. Remove from the heat and let cool slightly.

Puree half of the soup in a blender. Return to the pot along with the ham and bacon and stir to combine. Season with salt and pepper.

To make the corn bread croutons, in a frying pan, melt the butter over medium heat. Add the corn bread cubes and cook, turning once, until they are golden brown on both sides.

Serve, topped with the croutons.

TURKEY NOODLE SOUP WITH SPINACH

SERVES 8-10

- 2 Tbs. olive oil
- 1 yellow onion, chopped
- 3 cloves garlic, minced
- 3 carrots, peeled and finely diced
- 4 celery ribs, finely diced
- 1½ Tbs. minced thyme
- 8 cups chicken broth
- ½ lb. wide egg noodles
- 2½ cups shredded cooked turkey meat
- 2 cups packed spinach leaves
- salt and freshly ground pepper

In a large, heavy pot, warm the oil over medium-high heat. Add the onion, garlic, carrots, celery and thyme and saute until the carrots begin to soften, about 8 minutes. Add the broth and bring to a boil. Add the egg noodles and cook until al dente, about 5 minutes. Add the turkey and spinach and stir to combine. Simmer the soup for 5 minutes to blend the flavors. Season to taste with salt and pepper and serve.





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SAN MARZANO

Holiday Dinner
2015 EDITION

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After the success of our signature Jersey Italian Gravy, we were asked a lot what our next product would be. A whole lot. What could we say? We knew that whatever we rolled out just had to be the best of the best. So we thought... and thought... and thought. And then inspiration struck!

The holidays are an amazing time of year, a time when we gather with friends and family, and always bring out the best to share: the best gifts, the best cheer, and most importantly the best foods. So why not make a sauce that captures the excellence of the holidays, and makes celebrating easier and more delicious than ever?

We hope you'll be as excited about our special San Marzano Holiday Dinner Edition Gravy as we are. This is a small-batch run that's available only for a few months. We use the best San Marzano D.O.P. tomatoes imported from Italy and follow a specially crafted recipe based on traditional Italian sauces. Its memorable flavor enhances holiday classics like seafood linguine, baked pastas, cannelloni, eggplant and more. And it makes a great gift!

We think it'll bring some magic to your table, and we're thrilled to share it!

Peace on Earth,

Carlos and Constance Vega
Founders



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BARLEY

visible

RARELY A STAR ON ITS OWN, THIS NUTRITIOUS, NUT-LIKE GRAIN IS A GREAT ENSEMBLE PLAYER.

HOW OFTEN DO YOU SIT DOWN TO ENJOY a bowl of barley? Seldom, perhaps. But as a can-do ingredient, this versatile grain—ranked fourth in a recent list of the world's top cereal crops—is an unsung hero in the modern foodscape. It has a subtle, nut-like flavor, an appealing beady shape and a pasta-like consistency, and it's surprisingly easy to incorporate into some of your favorite meals. Barley's a sturdy utility performer that deserves to be in the spotlight.

POWER UP

Many healthy cereal options use barley as their base, and starting your morning with one of them does your heart a favor. The grain's soluble fiber not only helps with digestion, but also contains beta-glucans that help lower total cholesterol levels by binding with bile acids to help remove those acids from the body. Research also shows that beta-glucans can boost the immune system and help protect against cancer. According to the U.S.D.A., a cup of cooked pearl barley contains 193 calories, just six of them from fat, and furnishes more than one-third of your daily requirement of iron.

DID YOU KNOW?

This member of the grass family was first grown as a crop more than 10,000 years ago, and there's evidence of its production in what is now Sudan as early as 5000 B.C. Its sturdiness in cold weather allowed it to be cultivated millennia ago in Tibet, where it is an important crop to this day. Worldwide, more than 100 million tons of barley are produced annually, with Russia the top producer and France and

Germany roughly tied for second place. Among U.S. states, Idaho—famous for potatoes—is also the barley champ.

What distinguishes ordinary barley from barley malt, used in making beer and whiskey? Simply put, barley malt is grain that has been soaked and allowed to partially sprout, giving it a slightly sweeter flavor. But the process is anything but simple, and certain carefully

chosen strains of barley are known to be better for malting.

BUY/STORE/SERVE

The biggest consideration for the barley buyer is whether to choose a hulled or pearl variety. Pearl barley takes less time to cook, but the refining process it goes through means it's not considered a whole grain. Hulled barley requires a bit more care, but because the bran layer is left intact it has more nutritional value and a deeper flavor. Whichever you choose, keep barley as dry as possible as you store it. Before boiling, give it a quick wash and let it sit in water for a bit. Adding barley to onions, carrots and beef stock in a soup is a great way to enhance texture; also, barley combines well with mushroom in dishes and makes an excellent addition to a kale and nut salad. Finally, in many recipes that call for rice or risotto, barley is an able understudy that can step in and play the part well.

—HARRY DOWDEN





inspiration strikes

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INTRODUCING A LA MODE

IN THIS COCKTAIL, THE CLASSIC AMERICAN DESSERT
MEETS THE NATION'S OWN TRUE WHISKEY—DELICIOUSLY.

The creation of New York mixologist Karin Stanley, this combination of apple cider, bourbon and Licor 43 (a citrus and vanilla-tinged Spanish liqueur) is a creamy ode to apple pie a la mode. It's represented here with lightly whipped brown sugar cream. And it's almost better than the pie itself. Because, well, bourbon.

INGREDIENTS

Serving: 1

- 1 ounce bourbon
- ½ ounce Licor 43
- 5 ounces fresh apple cider
- 4 ounces heavy cream
- 1 cube brown sugar
- Freshly grated nutmeg

DIRECTIONS

- Add heavy cream and brown sugar cube to a cocktail shaker.
- Add the coil of a Hawthorne strainer and dry shake, without ice, for 10 seconds or more, to aerate but not whip into stiffness. It must be lightened but still pourable.
- In a saucepan, heat bourbon, Licor and cider over a low burner until steaming.
- Pour into a tempered mug.
- Holding a slotted spoon closely over the surface of the drink, pour a finger's worth of cream through it to float atop the drink.
- Garnish with freshly grated nutmeg.





Anthony Francos

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MASA SUSHI & GRILL Japanese fare featuring sushi, 81 W. Allendale Ave., 201.934.6616

SAVINI Italian cuisine, 168 W. Crescent Ave., 201.760.3700

CARLSTADT

BIGGIE'S CLAM BAR Seafood restaurant, raw bar and tavern, 430 Route 17 South, 201.933.4000

TERRE À TERRE Farm-to-table restaurant featuring an extensive list of local foods, BYO, 312 Hackensack St., 201.507.0500

CLOSTER

BUON GUSTO Casual Italian dining, 534 Durie Ave., 201.784.9036

HARVEST BISTRO & BAR French/American fare, 252 Schraalenburgh Rd., 201.750.9966

LOCALE Eclectic Italian cuisine with Mediterranean influences, 208 Piermont Rd., 201.750.3233

SEAR HOUSE Upscale steak house with seafood options, 411 Piermont Rd., 201.292.4612

CRESSKILL

SAMDAN Middle Eastern fine dining, 178 Piermont Rd., 201.816.7343

UMEYA Japanese cuisine, 156 Piermont Rd., 201.816.0511

DUMONT

CUBAN EDDIE'S Classic Cuban fare, 110 W. Shore Ave., 201.338.2382

FINK'S BBQ Traditional barbecue food, 26 W. Madison Ave., 201.384.3210

EAST RUTHERFORD

TAOS Asian fusion and seafood, 356 Paterson Ave., 201.460.8988

EDGEWATER

THE CRAB HOUSE Casual riverside dining with Manhattan views, 541 River Rd., 201.840.9311

FLEMING'S STEAKHOUSE Premium steak and seafood accompanied by an award-winning wine list, 90 Promenade, 201.313.9463

GREEK TAVERNA Traditional Greek cuisine, 55 Promenade, 201.945.8998

HAVEN RIVERFRONT RESTAURANT & BAR Waterfront eatery offering New American cooking with a seafood emphasis, 2 Main St., 201.943.1900

KINARA Northern Indian cuisine, 880 River Rd., 201.313.0555

THE MAGIC POT Fondue and crêpe dishes, 934 River Rd., 201.969.8005

MAVI MEZE GRILL Traditional Turkish cuisine specializing in small plates, 725 River Rd., 201.941.0066

THE RIVER PALM TERRACE Classic American steak house and seafood restaurant, 1416 River Rd., 201.224.2013

ROBERTO'S II Gourmet Italian dining, 936 River Rd., 201.224.2524

ELMWOOD PARK

ROYAL WARSAW Polish cuisine, 871 River Dr., 201.794.9277

TWISTED ELM New American fare with craft beer selections and natural wines, 435 River Dr., 201.791.3705

ENGLEWOOD

AKAI LOUNGE Elegant sushi lounge, also offering other traditional Japanese dishes, 11 N. Dean St., 201.541.0086

BLUE MOON MEXICAN CAFÉ Traditional Mexican cuisine, 23 E. Palisade Ave., 201.541.0600

DARUMA Japanese cuisine featuring a sushi bar, 45 N. Dean St., 201.567.9600

LA'MEZZA Lebanese fusion cuisine, 63 Nathaniel Pl., 201.569.2662

PINTXO Y TAPAS Elegant Spanish tapas restaurant, 47 N. Dean St., 201.569.9999

SOLAIA Thai/Mediterranean fare, 22 N. Van Brunt St., 201.871.7155

FAIR LAWN

THE RIVER PALM TERRACE Classic steak house and seafood restaurant, 41-11 Route 4 West, 201.703.3500

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FORT LEE PIZZA Pizza, pasta, salads and wings, 2469 Lemoine Ave., 201.947.2420

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HOUSTON'S Traditional American eatery, 1 Riverside Sq., 201.488.5667

LOTUS CAFÉ Cozy, authentic Chinese restaurant, BYO, 450 Hackensack Ave., 201.488.7070

MAGGIANO'S LITTLE ITALY Family-style Italian restaurant, 390 Hackensack Ave., 201.221.2030

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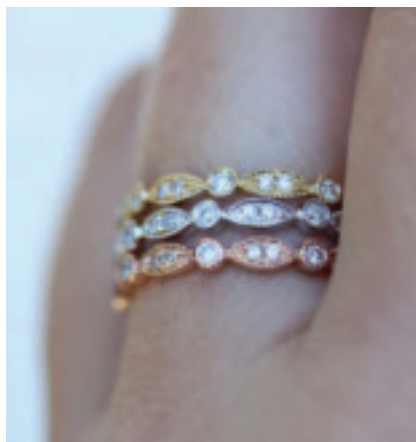
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TIME TO FIX THE MIX?



WHEN THE ASSETS IN YOUR INVESTMENT PORTFOLIO GET OUT OF WHACK, REBALANCING CAN PUT THEM RIGHT—AND PROTECT YOUR FUTURE.

“DON’T PUT ALL YOUR EGGS IN ONE BASKET,” AN OLD SAYING warns us, and there’s true wisdom there. If your balanced investment portfolio becomes too heavily concentrated in the “basket” of stocks and not enough in bonds—or vice versa—you could be putting your nest egg at greater risk than you intend.

Rebalancing can help. It means redistributing funds among asset classes to get you back to your intended “target asset allocation”—the percentages of invested funds placed in categories such as stocks, bonds, money-market funds or cash. Says Ray Tenpenny, a Cranford-based regional sales executive at the online brokerage firm Merrill Edge: “Think of rebalancing as getting your portfolio back to the mix of investments you chose based on your risk tolerance and life priorities.”

“Rebalancing helps ensure that you never take on unintended risk when one asset class outperforms another,” says financial planner Robert Taylor, vice president and senior branch manager for Fidelity Investments in Morristown.

Suppose that two years ago, planning your investment strategy, you decided to put 60 percent of your funds in stocks and 40 percent in bonds. Then stocks went crazy. Now you find that because of the growth in the shares of stock you own, you have 63 percent of your money in stocks and just 37 percent in bonds. That would be fine if stocks always went up, or if stocks were always a better bet than bonds. But we know those things aren’t true. And if stocks now happen to zoom downward, your 63 percent puts you in greater danger than the old mix—the one you chose—would have.

In this case, rebalancing means “you sell a portion of your stocks and buy more bonds to get the portfolio back to your desired level,” explains Robert Johnson, Ph.D., president and CEO of the financial services institution The American College in Bryn Mawr, Pa. “Rebalancing also forces you to buy assets

that have recently underperformed and sell those that have recently done well. That discipline will provide great returns in the long run.”

But before you take this action, be aware of any transaction costs you may have to pay to accomplish such a shift and figure those into your decision. If you rebalance too often, it could cost you more than the adjustments would be worth.

Fortunately, some investment firms—especially with retirement accounts—offer free automatic rebalancing at specified intervals. There is also software that triggers a rebalance if a certain degree of change—say, 5 percent up or down—takes place in the percentage share allocated to a certain asset class.

Is automatic rebalancing better? “It’s a personal preference,” says David Walters, a portfolio manager with Palisades Hudson Financial Group. “It may be easier, but many investors prefer a more customized approach that you can’t get from software.”

How often to rebalance? It’s different for different people. “For the typical investor, in normal market conditions, annual rebalancing is likely very efficient,” says Johnson. “But in highly volatile market conditions it could be that you should rebalance more frequently.”

Of course, rebalancing isn’t magic. By reducing your stock holdings from that 63 percent to 60 percent, you could limit your gains if stocks continue upward, warns Jim McCarthy, managing director of Directional Wealth Management in Rockaway. But long-term planning remains your best guide.

Says Joshua Austin Scheinker, senior vice president/wealth management for Scheinker Investment Partners of Janney Montgomery Scott in Baltimore: “No one has been able to time markets, but with a disciplined approach you can help reduce your overall portfolio risk—and hopefully enhance returns.”

—**SHERYL NANCE-NASH**



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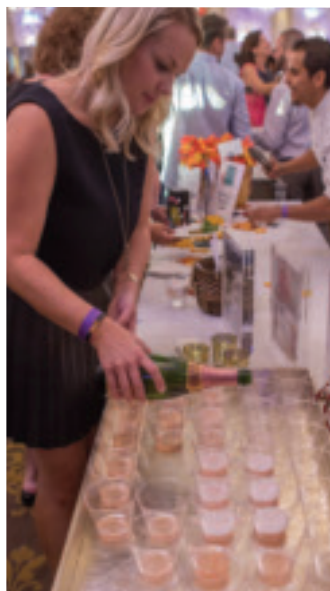
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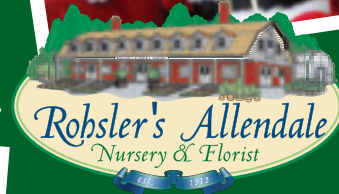
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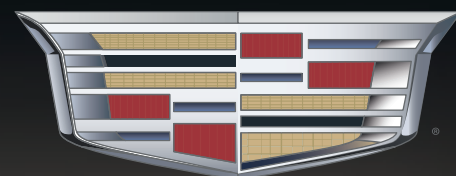
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Painting + wine = a whole lot of fun. Faux Time Design hosts **PAINT AND WINE NIGHTS** at its Closter studio. Grab your friends and your favorite bottle of wine and head on over. No painting expertise is required—an artist guides you as you reproduce the evening's featured painting. Admission: **\$40**. See fauxtimedesign.com.

DEC 5 Cresskill's **HOLIDAY CRAFT FAIR** features the area's top handcrafters from 11 a.m. to 4 p.m. Perfect for gift buyers or craft lovers, the fair benefits the Cresskill American Legion and local veterans. Admission: **FREE**. Contact Patti Yakowicz at 201.280.8359 or info@thecraftique.com to learn more.

DEC 6, 13 & 20 The Ramapo Valley Railroad hosts its annual **HOLIDAY TRAIN SHOWS AND OPEN HOUSES** from 1 to 4 p.m. Ten to 12 model trains will be running, and new ones have been added this year. Admission: **\$5** for adults, **\$1** for children. Learn more from Dennis Alderman at 845.359.0746.

DEC 8 Learn to **MAKE COMFORT FOODS** at the Le Gourmet Factory Cooking School in Englewood, 7 to 9 p.m. The evening's menu includes apple salad with creamy apple vinaigrette, chicken and dumplings and apple clafoutis. Admission: **\$65**. Register at lgfcookingsschool.com.

DEC 9 Celebrate the Festival of Lights with Kaplen JCC on the Palisades' **CHA-**

NUKAH CELEBRATIONS. Seniors, enjoy singing and dancing in the Taub Auditorium in Tenaflly from 11:15 a.m. to 12:15 p.m. Families with children, join in the lobby from 3 to 5 p.m. to make an edible dreidel out of marshmallows. Both events: **FREE**. To find out more or register, call 201.569.7900.

DEC 13 At the Bergen County Zoo's **HOLIDAY WITH THE ANIMALS** in Paramus, 10 a.m. to 4:30 p.m., there will be free refreshments and train rides, costumed characters and photos with Santa. Admission: **FREE**. Call 201.262.3771 to learn more.

DEC 17 Try Reiki, a Japanese healing and stress reduction technique, at the Englewood Public Library's **REIKI WELLNESS CIRCLE** from 7:15 to 8:45 p.m. Enthusiasts say Reiki can help relieve migraines, asthma, back pain, anxiety and depression. Admission: **FREE**. Go to englewoodlibrary.com to learn more.

DEC 20 The Bergen Performing Arts Center in Englewood presents **A CHRISTMAS CAROL**, a musical rendition of the Dickens classic about miser Ebenezer Scrooge discovering the holiday's true meaning. Performances at 1 and 4 p.m. Tickets: **\$15–\$39**. Go to bergenpac.org to purchase tickets.

JAN 6 Brides-to-be, don't miss the **ELEGANT BRIDAL SHOW EXPO** at The Elan in Lodi from 7 to 10 p.m. Admission: **FREE**. Register online at elegantbridal.com.

JAN 9–30 Bergen County Players presents **GOOD PEOPLE**, a dramedy about two friends from South Boston who dated briefly in high school—and meet again 30 years later. Admission: **\$21** Friday or Saturday at 8 p.m., **\$17** Sunday at 2 p.m. Learn more and buy tickets at bcplayers.org.

JAN 23 Looking for a summer camp for your children? Head to Sensational Summers' **NJ CAMP FAIR**, 12 to 3 p.m. at The Shops at Riverside in Hackensack. Admission: **FREE**. Go to njcampfairs.com for more.

JAN 30 In **EVERYTHING EVERLY** the hits of the Everly Brothers are performed by another pair of sibs—the Guthrie brothers—at the Sharp Theater in Mahwah. The show runs from 8 to 10 p.m. Tickets: **\$27–\$35** for adults, **\$20** for children under 17. Go to ramapo.edu for more info.

Send event listings to: *Bergen Health & Life*, 110 Summit Ave., Montvale, NJ 07645; or email us at editor@wainscotmedia.com. Listings must be received two months in advance of the event and must include a phone number that will be published. Share events online by clicking the "Submit an Event" link below the Community Calendar at bergenhealthandlife.com.

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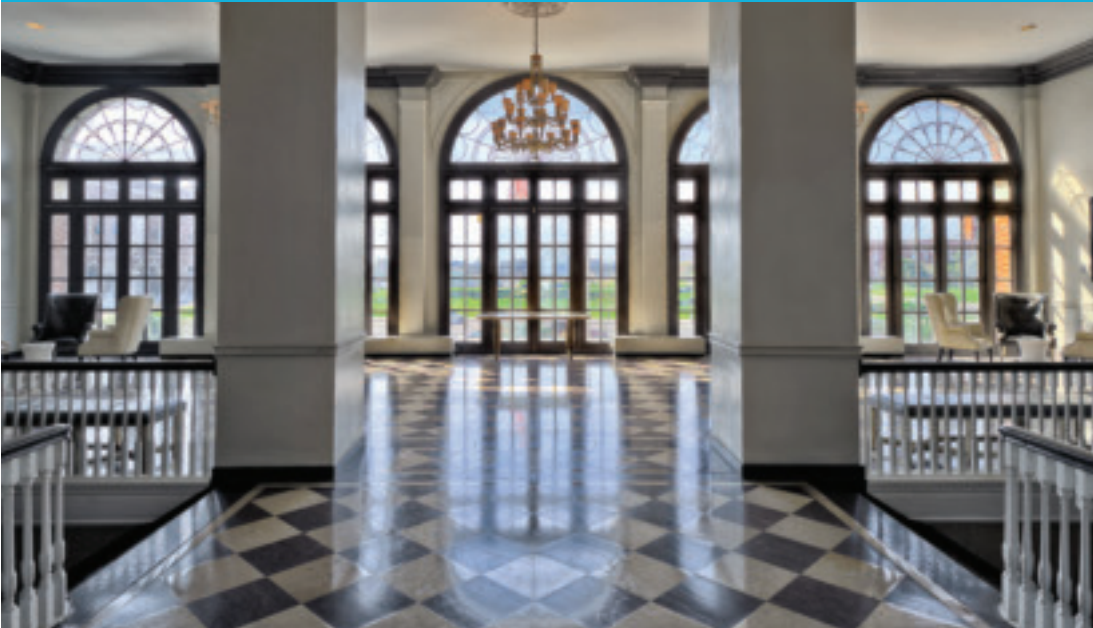
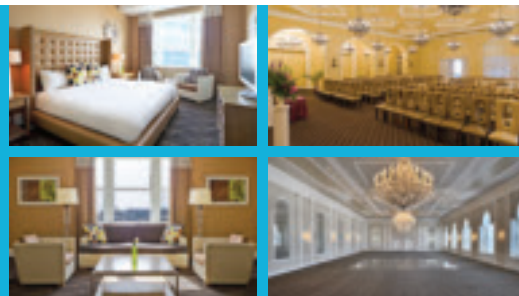
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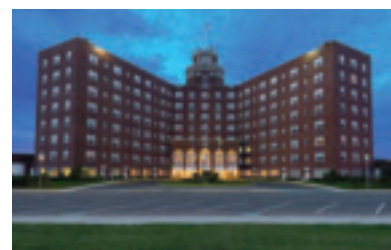
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BIG SKY'S THE LIMIT

SKIP THE CROWDS AND COME TO MONTANA, WHERE AMERICA'S LARGEST SKI AREA OFFERS PERFECT POWDER, BREATHTAKING VISTAS AND THE FLAVOR OF THE WEST. BY **EVERETT POTTER**



This page: About an hour south of Bozeman, Montana, you'll find the magnificent Big Sky Resort, with some of the most thrilling powder skiing this side of Switzerland. And you won't spend half the day waiting in lift lines. The elegantly rustic Mountain Guest House at the Yellowstone Club has openings for new members. *Opposite:* Scissorsbills Saloon serves a mean grilled elk steak. Karl Marx didn't actually get to be a dictator, but this run named for him is one of Big Sky's famous "Dictator Chutes."

I'M NOT EXAGGERATING WHEN I TELL YOU I CAN SMELL the adrenaline in the tiny tram at Big Sky Resort, which is rapidly ascending a sheer rock face to the 11,166-foot summit of Lone Mountain. Crammed inside with me are a dozen pumped-up skiers, gazing out at the seemingly limitless expanse of peaks and the vast sky that gives sprawling Montana its nickname—"the Big Sky country"—and names this resort as well.

Big Sky Resort, which was opened in 1973 by the legendary NBC newsman Chet Huntley, is directly below. On the mountain's north side is Moonlight Basin, a real-estate-development-turned-ski-resort that merged with Big Sky a couple of years ago. Like most of the other skiers and boarders on this tram, I've been happily skiing between the two, which is easy enough because they are connected. Michigan-based Boyne Resorts, which operates them both, added even more terrain when it acquired a private ski area on Spirit Mountain. With these properties combined, the new Big Sky Resort offers 5,750 acres of terrain, nudging ahead of Vail's 5,289 to become the largest ski area in America.

"It's blowing a little hard up here," says a guy wearing enough gear to ascend Everest as we step out of the gondola. A little hard? I'm being blown backwards on my skis. The wind actually clocks at 80 miles per hour, but I won't learn that until I ski down Marx, one of Big Sky's famous Dictator Chutes. That's dictators as in Castro, Lenin and Marx (an honorary dictator, I guess).

I am sweating bullets as I ski down the thick, wind-blasted powder on Marx, which turns out to be steeper than anything I've ever wanted to ski. How steep? Let's put it this way: If I fell, I'd probably end up in Utah.

But later I also cruise my way into corduroy bliss. Well-heeled doctors, lawyers and corporate chiefs from Minneapolis and Chicago are enjoying the exceptionally long and well-groomed runs and the absence of crowds at both Big Sky and Moonlight Basin. Nearly 40 percent of the terrain is ideal for beginners and intermediates.

Big Sky Resort lies about an hour's drive south of Bozeman, which is well served by major

airlines. Yet this is not Colorado. There are no crowds or lift lines here, despite the fact that the Big Sky area has some of the most extraordinary natural attractions in the lower 48 states. Yellowstone National Park is a few miles down the road from the ski resort. The Gallatin and Madison rivers, nirvana for the fly-fishing set, are within casting distance. And the skiing is as good as it gets: On a typical day, when you jump on a high-speed quad there will be empty chairs ahead of and behind you. You can ski more in a morning here than you can all day at another resort where you have to wait in line for 20 minutes after every run. The numbers tell the story: Big Sky draws about 370,000 skiers a year, while Vail gets 1.7 million. You will have no trouble finding a place to sit at lunch. Dinner is fun, not a mob scene with Type A's jostling for reservations.

The ski village offers a welcome bustle, and there's an activity center where non-Alpine sports like tubing, zip-lining and snowshoeing are offered. There are bars and restaurants here, though if you're used to Vail or Aspen the vibe seems pretty sedate and cowboy-flavored. Places like Scissorbills Saloon and the Cabin Bar & Grill invite you to tuck into hearty steaks and Montana elk. Lodging choices run the gamut, but condo-style accommodations rule. The Lodge at Big Sky and The Summit at Big Sky both offer condos at the mountain's base, as does the Big Sky Resort Village Center, which is a bit more upscale.

I prefer staying over at Moonlight Basin, where lodgings are a bevy of newly built homes, condos, town homes and cabins, all with a strict Western stone-and-timber aesthetic. My favorite is the Cowboy Heaven luxury suites, where it can be hard to leave one's 860-square-foot, two-bedroom Cowboy Cabin. There are handsome leather chairs, drop-dead views of the Spanish Peaks range and a private alfresco hot tub.

Just outside Big Sky Resort is the legendary Buck's T-4 Lodge, a rambling but comfortable place with a slight roadhouse feel, with log walls, stone fireplaces and trophy heads. The star attraction here is the restaurant, arguably the area's best, and a wine cellar that has been winning *Wine Spectator* awards for two decades. A destination for those who love cross-country skiing is Lone Mountain Ranch, one of the greatest dedicated Nordic resorts in the United States. Even if you're not staying there, it's a treat to enjoy an evening sleigh ride followed by a three-course dinner in the candlelit lodge.

There's another great skiing option nearby, but it's only available to member-residents. It's the Yellowstone Club, which opened in 1999 and owns the 9,860-foot Pioneer Mountain, with more than 2,000 skiable acres. Then there's the other Yellowstone, the park, easily accessible to all of us. This national treasure gets just three percent of its 3 million tourists in wintertime. From Big Sky, you can arrange to head into the park with an outfitter on a snow coach tour to see bison and elk herds and observe the geysers steaming in the winter cold.

The park welcomes cross-country skiers, snowshoers and snowmobilers. There are tracks set for cross-country skiers, and the park's unplowed roads and trails are fair game for those on snowshoes. There are also miles of backcountry wilderness to explore, but unless you're an experienced backcountry skier or snowshoer, contact one of the park's nearly two dozen licensed guides to take you safely into the wild. Snowmobilers will also need to go with a registered company.

Whether you take your skiing straight or pair it with these other activities, don't come to Big Sky for a scene, or to be seen. Come for true Montana hospitality and a chance to try Wild West skiing in the biggest mountain complex in the United States.



YOGA DOES A **HEART GOOD**

Sure, yoga can increase flexibility and improve balance. But did you know that it can reduce the risk of heart disease just as much as conventional exercise? According to research, yoga participants lowered their low-density (bad) cholesterol by 12 points.

—European Journal of Preventive Cardiology

40

The percentage of age-related skin changes that can't be blamed on genetics.

—Clinical, Cosmetic and Investigational Dermatology

FORGET ABOUT **BEATING THE CLOCK**

People who set arbitrary time limits on their tasks were less happy than people who didn't. Of course, real work deadlines can't be ignored, but living by the clock shouldn't be the norm.

—Journal of Personality and Social Psychology

3

The minimum number of servings of fish per week it takes to maintain bone mineral density in older adults.

—Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University

THE **WEIGHT/** **CANCER** CONNECTION

Added pounds have been associated with a higher risk of a brain cancer known as meningioma. Being overweight upped the risk of developing this cancer by 21 percent; and obesity increased the risk by 54 percent.

—Neurology

25

The percentage increase in the amount of fruits and veggies purchased at the supermarket among shoppers who ate a healthy snack before heading to the grocery store.

—Cornell University



TAKE A NAP

A couple of half-hour naps can reverse the effects of a poor night's sleep.

—Journal of Clinical Endocrinology & Metabolism

DID YOU KNOW?

The tongue is the only muscle in our body not attached to something at both ends. And just like fingerprints, everyone's tongue print is different.

—Delta Dental

FEED YOUR **MIND** WITH **GREENS**

Folks who eat one to two daily servings of leafy greens had the cognitive ability of someone 11 years younger.

—Rush University Medical Center



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With a new year right around the corner, there is no better time to make a commitment to your health.

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It all starts at www.ValleyHealth.com. Browse our upcoming events, select a Valley doctor, or keep up-to-date with the latest health issues by reading our *To Your Health* blog. Pledge to make 2016 the year you take your health to a new level. *We're here to help.*

Best wishes to you and your family for a happy and healthy New Year.