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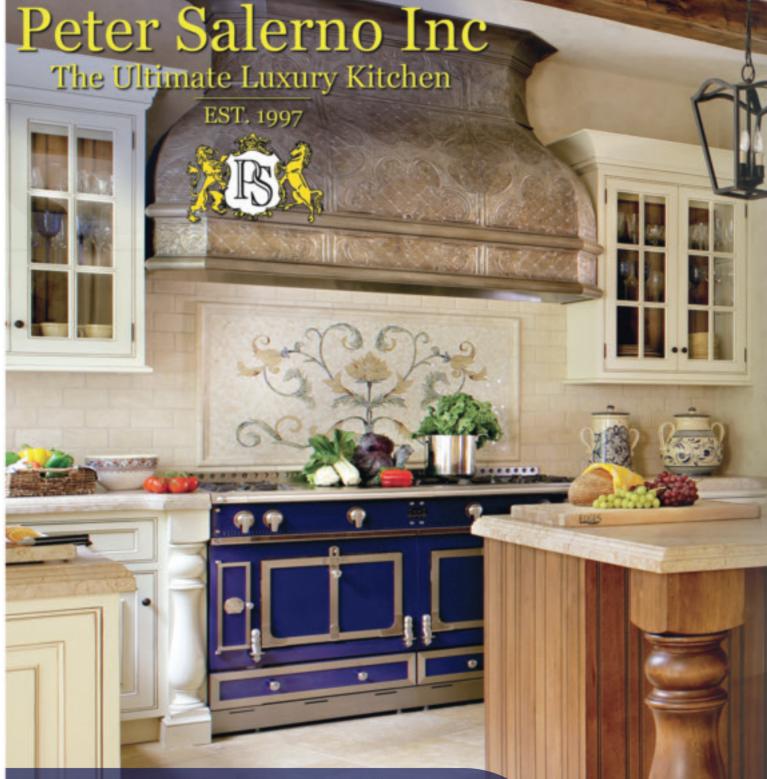
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{ SEPTEMBER 2016 }



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BEST IN BERGEN

The returns are in! Check out the county's finest in 144 categories.

^{*p*} **125**

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{ EDITOR'S NOTE } Bigger and better!

Welcome to the "new" BERGEN.

Fifteen years ago this month, we published the debut issue of *Bergen Health & Life* magazine, the first consumer magazine in the county and the state—to cover health topics in every issue. We believed and you agreed—that to fully enjoy the lifestyle of our great county, you needed to be healthy in body and mind. Of course, we still believe that, and our passion for celebrating and enhancing readers' lives has never been more vital to us.

Then why change, you ask? Well, for starters, let's face it: Our old name was a mouthful, and almost all of our loyal readers and advertisers referred to us as BERGEN. So we reasoned that BERGEN it should be. Once we decided to change our name, it seemed to make sense to refresh our look. You'll notice that the design is a lot cleaner and more modern, and that translates into



Rita Guarna Editor in chief editor@wainscotmedia.com

EASIER TO READ. And we're adding more local coverage. We polled our readers and discovered that—along with fashion, travel and home décor—local life is what's most important to you.

What hasn't changed is our dedication to all things Bergen County and on giving you cutting-edge information you can count on. Celebrating life in Bergen County with YOU is still our primary goal.

To that end, I present our biggest issue ever, and fittingly, the results of our Best in Bergen Readers' Choice Awards—the finest bakeries, barbers (and don't miss our profiles of two of the hippest barbershops I've ever seen), BBQ joints and breakfast spots, plus dozens of other local merchants and services. This year, your votes totaled 5,770—a record-breaking number for this countywide competition. Turn to page 125 for the results. There you'll find old favorites and lots of new places to try.

You'll get a chance to celebrate our winners later this month at our 9th annual BergenFest Party and Expo at The Rockleigh on Thursday, September 29. Last year, more than 2,500 readers turned out, and our bash was a smash. This year's event promises to be even better as we celebrate our "birthday" and our relaunch.

Meanwhile, enjoy this issue of BERGEN. And I hope to see you at BergenFest on September 29!





Here I am with the Wainscot Media team, celebrating our "birthday" at the Ho-Ho-Kus Inn.



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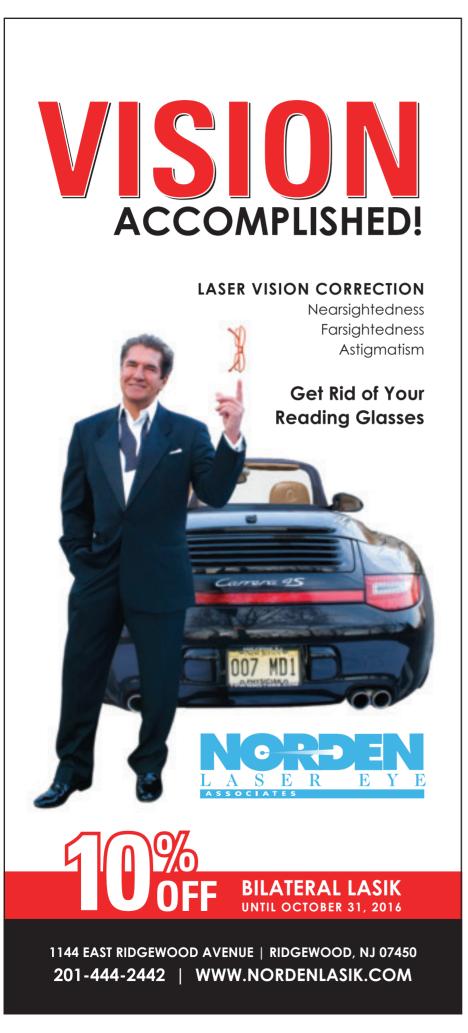


In September, celebrate Family Meals Month by gathering your family around the table to enjoy home-cooked meals with the people you love most. Our markets are filled with inspiration for quick, simple and delicious family meals. The best moments at the family dinner table start with Kings.



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Timeless Tips! These five Bergenites reached triple digits. Can you? Members of our centenarian quintet share secrets and stories that we couldn't squeeze into the pages of BERGEN. Check them out at bergenmag.com/centenarians.

*



Win It! Christmas may not be on your radar screen, but you can still enter the contest to win a copy of Mima Sinclair's new book, Gingerbread Wonderland: 30 Magical Houses, Cookies & Cakes. Enter at bergenmag.com/ gingerbread.

Facebook feedback: "I'm so excited about this!" —Cindy Irene Barnum, Paramus, on the September rebrand of BERGEN

"Great issue, always enjoy reading your magazine!" —Karen Russo, Franklin Lakes, on the July/August issue



CORRECTION: The builder of the swimming pool featured on the cover and on pages 34-35 of the June issue was Tranquility Pools of Haskell. We listed its sister company and regret the omission.



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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."

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.

> AUTHOR OF: Hope & Help for Back Pain

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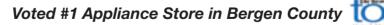
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{ A MILESTONE }

15 Years...

It seems like only yesterday that *Bergen Health & Life* kicked off its first issue as *the* magazine to celebrate life in Bergen County. Now in its 15th year of publication, we have indeed celebrated together and also consoled each other as life changed forever on one fateful autumn day. There have been bumps in the road to be sure, but we're as hopeful as ever as we relaunch the magazine. Today, the reimagined BERGEN will feature all that's hip, new and exciting about us and life here.

We're so glad that our readers and advertisers have joined us on this journey. And we thought it would be fun to take a stroll down memory lane.



28



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{ BERGEN BUZZ }

THEY'RE IN THE RUNNING

Habitat for Humanity of Bergen County will be off and running with thousands of other athletes at this year's TCS New York City Marathon. The Englewood-based organization, which seeks to eliminate homelessness and poverty housing by building affordable homes, has been named one of the race's 340 community charity partners. As a charity partner, Habitat Bergen is granted five runner entries to the marathon. Each runner is required to raise a minimum of \$2,500 for Habitat Bergen. "This is a dynamic platform for our dedicated charity runners to raise significant funds and increase awareness about causes that are special to them," says Jacey Raimondo, executive director of Habitat Bergen."We look forward to supporting our runners and are forever appreciative of their fundraising efforts that benefit Habitat Bergen's mission of providing affordable housing in Bergen County." This year's NYC Marathon will take place on Sunday, November 6. For more information about Habitat Bergen or to sponsor one of the athletes, check out habitatbergen.org.

DID YOU KNOW? Habitat Bergen volunteers logged more than 34,000 hours while repairing 80 homes in Fairview, Hackensack, Little Ferry and Moonachie as part of its Sandy Restoration Project, which was completed last December.

{ BERGEN BUZZ }

Culinary Corner

Local flavors abound

Joining the ranks of Ridgewood's diverse selection of upscale seafood dining rooms. steakhouses. ethnic establishments and brunch hot spots is White Maple Café, a neighborhood restaurant whose inventive menu spotlights the farmto-table approach. It's the creation of Wyckoff's Ryan Brining, who previously worked with famed New York City restaurateur Daniel Boulud and was part of the team that relaunched the historic Rainbow Room.

So what should you try at White Maple? Just about everything, says Christine O'Meara of Ridgewood, who's particularly fond of the bacon mac and cheese. The salads are loaded with produce straight from New Jersev farms, while bison burgers and steaks are cooked to perfection, as is the roasted chickensourced from Goffle Road Poultry Farm. White Maple Cafe, 47 E. Ridgewood Ave., Ridgewood, 201.447.1953; whitemaplecafe.com

Prime-time dining

Barbara and Angelo Colella ran Valentino's in Park Ridge for nearly 20 years, and they say it's likely that many customers missed the turn into the restaurant's driveway at least once. That won't happen at their new Italian steakhouse. 103 Prime, which opened at the old Valentino's location

in July and was named for its exact location on Spring Vallev Road. Once inside, you'll be

greeted with an extensive menu of seafood, pasta, steaks and chops. "The octopus was grilled to perfection," reports Carol Bialkowski, BERGEN managing editor, whose full review appears on page 40. 103 Prime, 103 Spring Valley Rd., Park Ridge, 201.391.2220; 103prime.com

Turkish delight along the river

Whether or not you follow the Mediterranean diet. you'll love the cuisine served up at Hudson Mediterranean Grill, which opened along the waterfront in Edgewater last month. Owner Gokhan Cakmak. the former chief executive of New York's Simit & Smith Bakery, brings his artisanal and Turkish influence to the restaurant. and it's evident in every dish. All incredients are natural and free of GMOs, and the halal meats are sourced from local suppliers.

For the home-cooking you crave, start with the grilled octopus salad and baba ghanoush, then follow up with an order of Turkish meatballs and free-range chicken kabobs. You'll enjoy the riverfront view, but you'll fall in love with the food. Hudson Mediterranean Grill, 725 River Rd., Edgewater, 201.699.0192; hudsonmediterraneangrill.com



of the **JACK O'LANTERNS**

There's no need drive to Westchester or Long

Island to see thousands of carved pumpkins ablaze—the Rise of the Jack O'Lanterns is coming to Secaucus October 27–30. The Meadowlands Exposition Center will be transformed into a Halloween wonderland, where visitors stroll along a scenic path lined with displays of intricately carved 100-pound pumpkins and multi-pumpkin "structures"—life-sized dinosaurs and dragons, Minions, Muppets, *Star Wars* characters and thousands more. And you can see the artists in action at four live-carving stations. "It sounds like so much fun," says Karen Kleimann of Wyckoff. "And it's so convenient to Bergen County." A limited number of discounted tickets are available now at therise.org/njny. Full-price tickets (\$26 for adults, \$22 for children 3–12) go on sale to the general public on September 6.

The cake queens of Cresskill

Karin Cakirdas along with her sister. Karolin, and her aunt Elizabeth Ohanian each left corporate jobs about four years ago to enter the luxury cake-making business. Today their Cresskill storefront, Keremo Cakes, is making headlines on the heels of a triumphant appearance on the Food Network's Cake Wars.

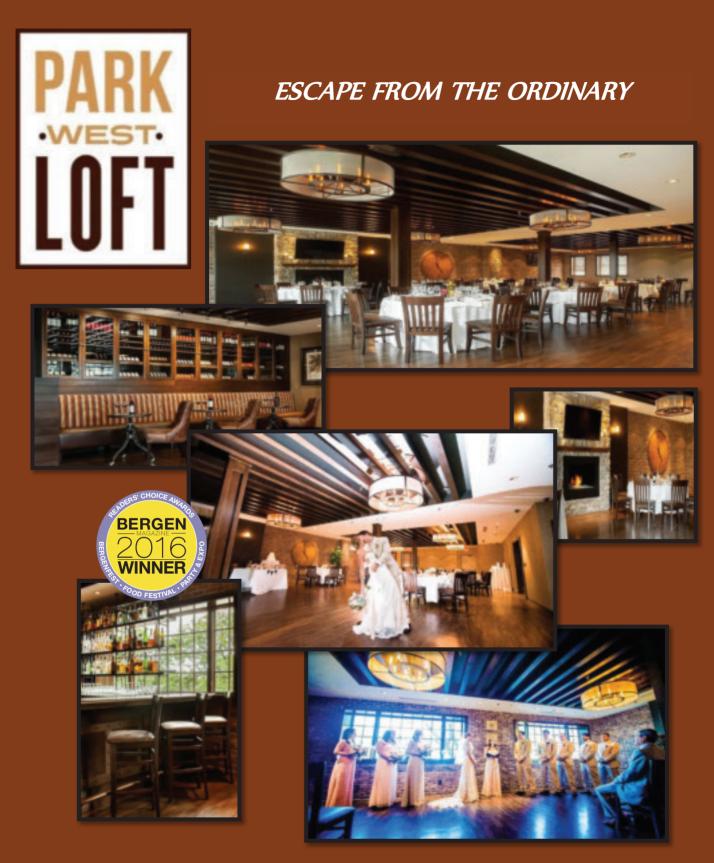
"Every cake we prepare is special to us since all of our cakes are custom designed and baked from scratch," says Karin, who designed an emoji cake for the television show. "With backgrounds in fine arts and graphic design, our passion is not only baking but creating edible pieces of art."

Some of the designs created at Keremo include intricate watch boxes, a life-like sneaker cake for NY Giant Victor Cruz's signature shoe launch and a taco truck cake. Keremo Cakes, 18 Union Ave., Cresskill, 201.399.7373; keremocakes.com

DID YOU KNOW? It took three years for Housewives cast member Kathy Wakile to build her new home in Franklin Lakes.

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BergenPAC Sounds great



{ BERGEN BUZZ }

It's not every day that a music legend conducts a sound check, but it happened at the Bergen Performing Arts Center. Performing a benefit concert earlier this year, Beatles drummer Ringo Starr (pictured at left) was the first act to utilize the Englewood theater's new state-of-the-art sound system and reports indicate that he "loved the sound" of the venue.

What's inside? Two Yamaha CL5 Digital Audio Consoles, four Rio 3228 input/output boxes and strategically placed modular speakers. What does that mean to visitors? "The new technological advancement provides each seat in the theater with the most pure and authentic sound no matter where you sit," says Dominic Roncace, chief executive officer of BergenPAC. "And it has had a profound impact on performances. [We expect] to attract more bigname performers from all over the world."

The theater is also expected to undertake additional upgrades, including more restrooms, main stage renovations and new seats. "The best is yet to come," Roncace says.

But that's enough talk it's time you experience the changes for yourself. Here are a few acts that will grace the BergenPAC stage in the coming months: September 20: Don Rickles and Regis Philbin; September 24: Johnny Mathis; October 21: Gladys Knight; November 9: Toni Braxton; December 14: The Maccabeats. BergenPAC, 30 N. Van Brunt St., Englewood, 201.227.1030; bergenpac.org

Puppy Love

DOG: Peeve, 9 months old, flat-coated retriever **OWNER:** Andy Abramowitz of Edgewater Peeve made his way to Edgewater all the way from Buffalo, N.Y. He is already a familiar face in the neighborhood, taking regular walks with Andy at City Place in Edgewater and romping around his favorite dog park in Weehawken. "He is an absolute angel and doesn't have a mean bone in his body," reports Andy. Peeve's temperament and 20-plus weeks of obedience training make him a perfect therapy dog candidate, and Andy says his pooch has started certification classes. "There's an assisted living facility next door, and I thought it would be great to bring him there," he says.

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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H Mart to open in Paramus

It was only a matter of time before one of the country's fastest-growing ethnic grocery chains would make its way to the shopping mecca of Paramus. H Mart, which specializes in Asian foods and products, has plans to open next year in the former Staples store on Route 17 North, across from Westfield Garden State Plaza.

H Mart is short for Han Ah Reum, a

"I'm so happy I don't have to drive to Ridgefield to get my groceries and banchan [side dishes]," says Hyon Kim of Norwood.

Korean phrase that translates loosely to "an arm full of groceries." But you'll likely end up with a *shopping cart* full of groceries after strolling the aisles of the 25,000-square-foot store. It will include a full grocery, an Asian food court with hot and cold meals, oyster bar, bakery and café—features that H Mart shoppers have grown accustomed to.

Want a sneak peek? Check out one of the H Mart locations already open in Bergen County—Englewood, Fort Lee, Leonia, Little Ferry and Ridgefield. Find out more about H Mart at hmart.com.

Always in season

Summer doesn't end until late September, which means shopping for dresses, shorts and tank tops should continue until then too. That's one of the philosophies at Kristin Dahl Boutique in Midland Park, which receives new shipments of summer clothing through the end of the season. "You can buy the season that you're in," says Kristin Dahl, who opened the women's clothing store last year. "Other shops will feature fall items very early and put what remains from the summer on clearance. We'll have summer clearance *and* new items."

A Garment District veteran, Dahl offers customers "what they need," scouring social media and attending trade shows to uncover the latest trends. "Today's working women don't have time to shop for hours and they don't want to spend a million dollars to look good. We find out what's on trend and bring it to our customers at prices that won't break the bank."

Looking for more than just clothing? Dahl carries handbags and other accessories to complete your look. And don't worry if you can't immediately stop in to browse—Dahl often alerts her customers via phone, text or social media if she receives an item they might want.

"I'm a big believer in good customer service," she says. "So I'm always looking out for them." Kristin Dahl Boutique, 32 Godwin Ave., Midland Park, 201.988.4692; kristin-dahl.com









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{ BERGEN BUZZ }

HOMETOWN HEROES: ANNA AND HERB OUIDA TURNING TRAGEDY INTO HOPE

Young Todd Ouida overcame paralyzing fears. Now his memory helps other troubled kids.

Not a day goes by that Herb Ouida doesn't think about his son, Todd. Fifteen years ago the two used to commute together each morning from River Edge to the city, where they both worked at 1 World Trade Center. Herb survived the terrorist attacks of September 11, 2001—he was on the 77th floor as executive vice president of the World Trade Centers Association. Todd, on the 105th floor, did not. At age 25, he was one of 658 employees of the financial services firm Cantor Fitzgerald who perished.

The pain of losing a child never subsides, but Herb's daily reminders of his son aren't always of sorrow or regret. He sees his "best buddy" in the eyes of the kids who benefit from the Todd Ouida Children's Foundation. The organization was founded soon after 9/11 with the mission of supporting research for childhood anxiety disorders and other mental illnesses.

Why childhood anxiety?

"Growing up, Todd would have panic attacks," recalls Herb's wife, Anna. "It reached the point where we had to take him out of school from the fourth through sixth grades." Todd was homeschooled for those years; he also saw a child psychologist, who helped him work through his anxieties and eventually return to school. Todd went on to play football and wrestle at River Dell High School, and he found more success at the University of Michigan, where he earned his college degree.

"Todd's story touches people who need hope, and a lot of children who suffer from mental illness as he did need hope," says Herb, who still lives with Anna in River Edge. "In tragedy, you can always find hope."

The foundation began with a \$250,000 endowment to Todd's alma mater for research into, and education about, childhood anxiety disorders. Since then it has raised nearly \$1.5 million for such organizations as the Fresh Air Fund, Paramus-based Children's Aid and Family Services and Youth Consultation Service (YCS) of Hackensack and Newark. Its work includes speaking events, workshops and trips for the kids. Several years ago, Herb and the foundation treated children from the YCS Holley Child Care Development Center to a full ballpark experience at Yankee Stadium—transportation, hot dogs, chips, soda and, of course, the game.

How grateful were the kids? Shortly after their baseball trip, the children created a garden at the Holley Center and named it Todd's Garden. "It's a place where hope grows," says Herb.

"These are children who have suffered and are suffering," he adds. "We want them to know that they are important and their lives are important."

Under Herb and Anna's leadership, the foundation today is working to promote mental health and break down stigmas associated with mental illness. Early intervention is important, they say, and the foundation is helping to train kindergarten and first-grade teachers in a program called Zippy's Friends, which is used in schools to help kids communicate and express their feelings while making friends.

"The kids sit in a circle, listen to stories and talk about their feelings," says Herb. "They learn about friendships and coping with their feelings about bullying and loss."

And coping is key. Todd learned to manage his feelings when he was a kid, and Herb later turned his son's death into a source of hope

for others. "This is a way to treasure Todd's memory," <u>he says, "to help children in his name.</u>"

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{ BERGEN BUZZ }

HOMETOWN INNOVATOR DR. MATCHMAKER

A local doctor's online platform helps you determine if a cosmetic procedure is for you — before coming to the office.

Time and money aren't endless resources, and plastic surgeon Gary Breslow, M.D., realized that many people seeking cosmetic procedures were needlessly using up both while going through "an inefficient consultation process." Wouldn't it be easier, he wondered, if doctor and would-be patient could share more information about their wants and expectations before scheduling an appointment?

"A friend and I were talking about how frustrating the consultation process was," recalls Dr. Breslow, medical director of the Breslow Center for Plastic Surgery in Paramus. The conversation took place on a flight to Utah, and with that friend—Craig Abramowitz, D.D.S.—he soon co-founded an online platform called Zwivel.

Launched in January 2015, Zwivel allows cosmetic surgery candidates to search for, select and connect with practitioners using their computers or smartphones. If you think a cosmetic procedure is for you, Zwivel allows you to upload photos and videos of yourself while browsing through a database of doctors and choosing ones whose credentials, specialization and location meet your needs. Once a submission is complete, the selected doctors are notified to check it.

"It's 100 percent secure and HIPAA privacy protected," says Dr. Breslow. (That means it conforms to the privacy standards spelled out in the Health Insurance Portability and Accountability Act of 1996.) "It's kind of like a matchmaking service.

This first step is to meet online, and the next is a face-to-face consultation if the doctor thinks the person is a viable candidate for the procedure.

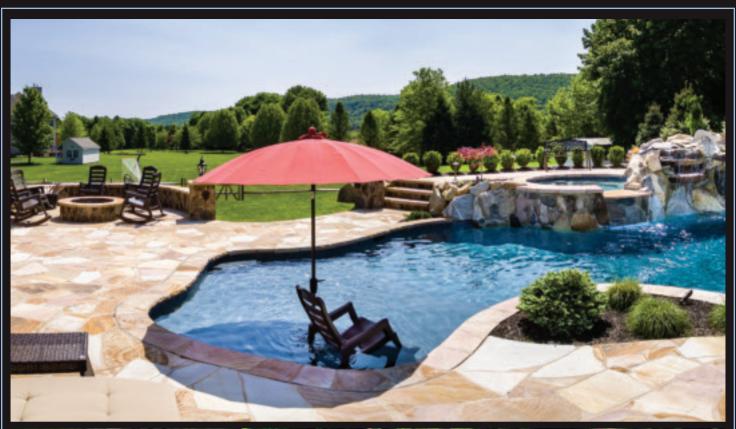
"It's not meant to replace the face-toface consultation," he adds, "and it's not a live video chat either—setting that up would be too difficult logistically. Instead, you do everything at your own convenience."

Improved efficiency spares the doctor's time, and that's better for everyone. "There were patients who came in for a consultation thinking they needed a procedure but turned out not to," the doctor says. Zwivel can help such people find this out sooner.

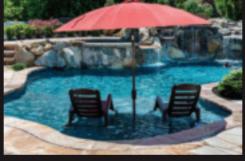
The doctor recalls a patient who set up a consultation for a breast augmentation procedure. "She knew how much it cost and had the money," he says, "but after seeing her, I told her that for the results she wanted, she needed a breast lift as well. She wasn't ready for those costs. We could have handled all of this online."

According to Dr. Breslow, the doctor database for the new online platform is made up of medical professionals holding an M.D. or D.O. as well as oral surgeons. There are roughly 1,400 doctors in the country currently registered, and most have reported success while using Zwivel, he says.

"The platform is still new, and it will be revised to add more informational content," says this Bergen doctorentrepreneur. "It's been great so far, and it will change the way doctors and patients do things. It doesn't replace anything; it just adds another touch point to help people get the information they need."









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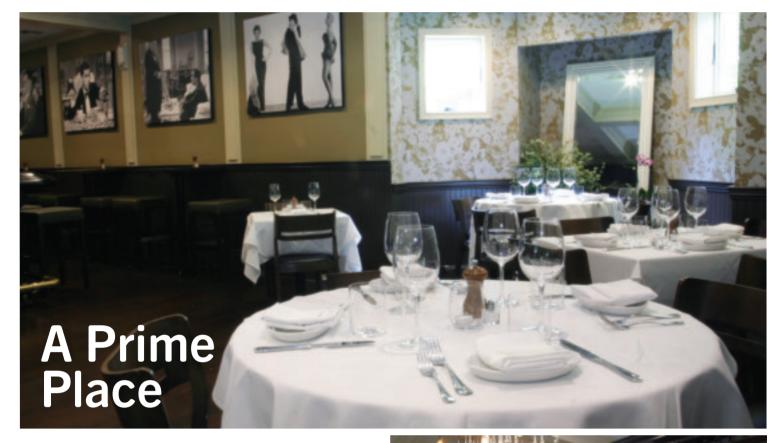
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{ BERGEN BUZZ }



Angelo and Barbara Colella are at it again. The owners of the venerable Valentino's in Park Ridge, which closed in 2013, have opened a new restaurant in the same restored Victorian venue—103 Prime, an upscale steak and seafood house with a distinct Italian accent. We visited three weeks after the grand opening—long enough for the staff and kitchen to work out the kinks. Smart move. Both the food and service were just about flawless.

Jerry, the Colellas' son, seated us in the main dining room, a quietly elegant space with dark wainscoting and black-andwhite Rat Pack-era photographs on the walls. As we perused





the seafood-heavy menu, we nibbled on olives and a trio of warm breads while sipping Prosecco (me) and a cucumber-mint gimlet (my dining compantion). I started with the beef carpaccio, which was so tender that I didn't need a knife. She opted for the (perfectly) grilled octopus, which wowed even a tentaclephobe like me.

Jasmine, our affable waitress, informed us that all of the pastas are made in-house, so of course we had to try one. Our choice: paparadelle tossed with a veal, beef and pork ragu and topped with a dollop of fresh ricotta. Such a dish has the potential to be heavy, but Chef Jeffrey Kellish's version was light, creamy and sublime.

BERGENMAG.COM

Although 103 Prime specializes in hand-cut steaks—dry-aged in-house for 21-plus days—we had other plans for our main courses. For me, it was the Chilean sea bass "oreganata," which was topped with a flavorful crumb crust and served over the most tender broccoli rabe. (No hint of bitterness here!) My companion chose a heartier entree—the braised beef short ribs served with polenta and heirloom carrots and finished with a veal demi-glace. Like the carpaccio, the beef was so tender that it could be—and was—cut with a fork.

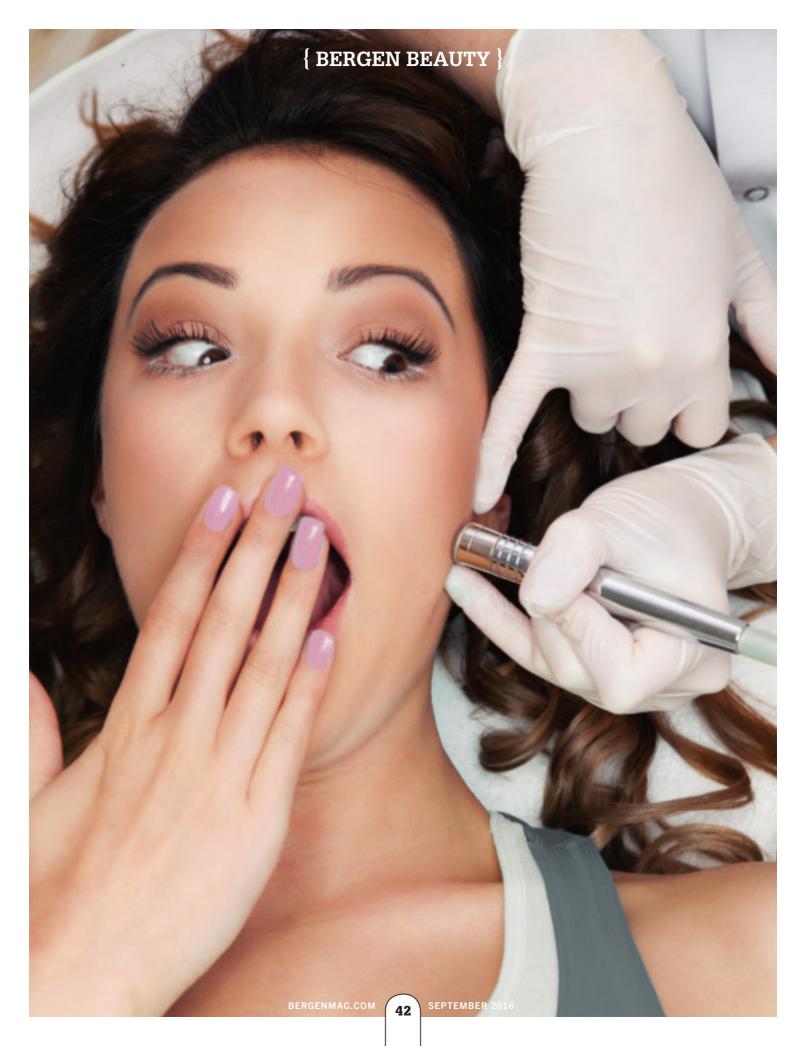
After three more-than-satisfying courses, we told Jasmine we were going to skip dessert. But that decision didn't stick. The salted chocolate mousse with peanut butter cream spoke to us... and we answered the call. Dark, rich and creamy, yet light tasting, it was the ideal ending to a wonderful meal. Next time I'm not sharing. —*Carol Bialkowski*





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A natural look is the wisest goal. It's about finetuning and helping the skin look fresh."

- Paul Parker, M.D., The Parker Center

ME, ENLIGHTENED

I'd never had a cosmetic procedure. Here's what I learned when I decided to go for the glow. $_{\rm By\,Rita\,Guarna}$

What started me on the path from cosmeticprocedure virgin to laser veteran? My annual skin "review." When I asked my derm about a minuscule dry patch, she said, "That's nothing to worry about; you can barely see it. But if you want to do something, take care of that brown spot! It adds years to your face, and because you have no wrinkles, you mostly look younger than you are."

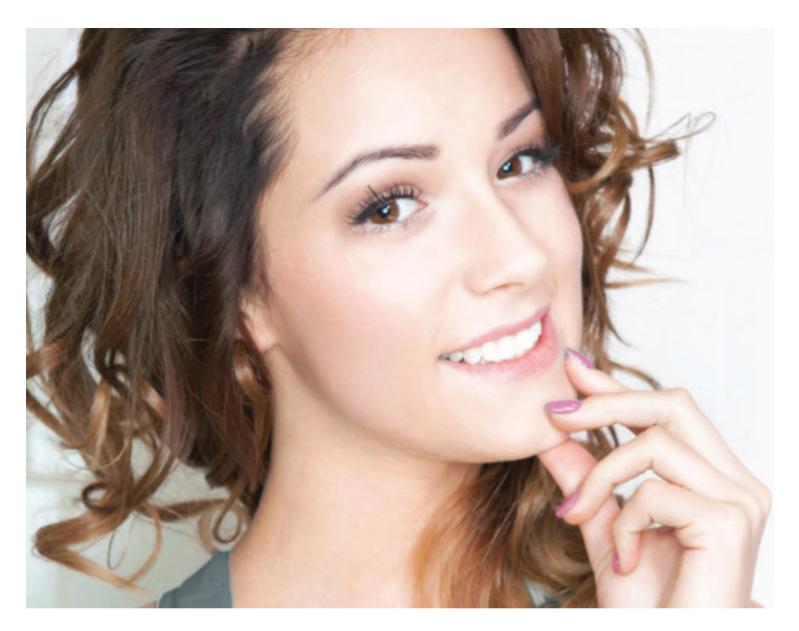
Gee, thanks.

Of course, I'd noticed the offending spot. But now I saw it in new light, and suddenly I couldn't unsee it. Thus began years of camouflaging techniques that may have made it more obvious than ever. So when BERGEN reported on six top nonsurgical treatments in the January 2016 article "Beauty for Sale," I decided to give one a try.

I opted for the Halo, a fractional laser that uses hybrid technology. "Laser" is an acronym for light amplification by stimulated emission of radiation. Its light beams bounce and amplify light. A few sweeps of the wand and imperfections are vaporized, while collagen gets a boost that creates a smoothing effect. It wouldn't completely erase the brown spot in one session, but it would greatly improve it.

Full disclosure: I'm a medical coward. Hearing that I'd need a topical sedative (uh-oh, that means it hurts!) and a few days of wound care gave me pause. But I chose to soldier on. I made an appointment with Paul Parker, M.D., of The Parker Center in Paramus. He gently assured me that "a natural look is the wisest goal. It's about finetuning," he said, "and helping the skin look fresh." For example, he cited the benefits of Botox to erase wrinkles—but also mentioned some patients' temptation to overdo it. My takeaway: Don't do too much of one thing; instead, try different methods to get the best, most natural-looking results.

On the day of my appointment, Dr. Parker's assistant, Krista, immortalized my face with VISIA, an imaging system that provides a multidimensional portrait of the complexion. This facial report card, which becomes the



basis for a complete complexion analysis, is offered free to anyone having any procedure, and it measures wrinkles, texture, pores, pigmentation and more. The good news: Where 100 is a perfect score, I was rated 99 percent for wrinkles (considering my age and skin type, of course) and 92 percent for texture. My UV-spot score was 87 percent. But just when I was feeling self-congratulatory, I spied my score for brown spots: 58 percent!

Sensing my panic, Krista noted tactfully: "Your skin's appearance is a full 11 years younger than your actual age." Great.

As if on cue, Angela, Dr. Parker's wife and a registered nurse, whisked me into another room, the one where I'd actually have the procedure. She applied a numbing cream to my face and explained what to expect during and after the treatment. "The number-one benefit is improved luminosity," she said. Translation: brighter skin. "It improves tone and texture and minimizes fine lines." By the time Dr. Parker arrived a few minutes later, I was eager to get started. He placed eye protectors over my lids and began. I felt no pain at all.

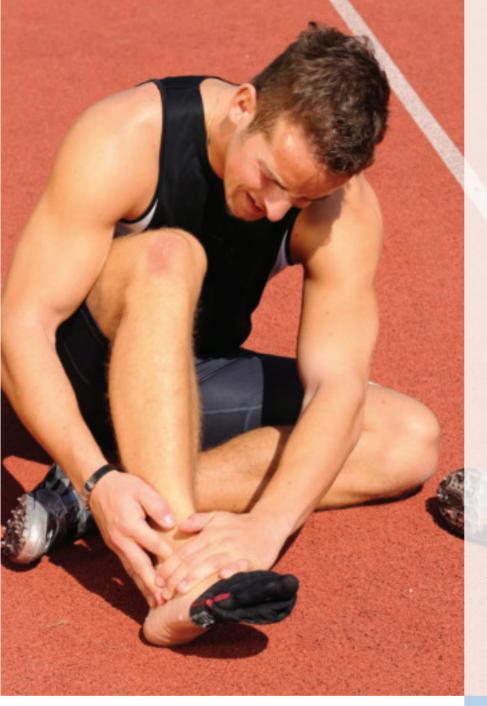
As I'd been warned, immediately following the treatment my face felt sunburned—very, very sunburned. Angela applied an ice-cold face mask to ease my discomfort (though if you saw it, it might heighten yours). It helped—a little.

I was ushered into another room with a lovely calming scent and given more ice packs. Relief came in about 15 minutes, and after being given post-treatment instructions, a moisturizer, a script for an anti-viral medicine and Angela's cell phone number in case I had questions after hours, I was sent on my way.

Although everything had been explained thoroughly, it's interesting how one forgets when it's happening in real time. The instruction sheets were invaluable. For example, when hundreds of tiny dark spots appeared, I worried. Turns out they're normal. They're actually bits of microscopic epidermal necrotic debris, called—with another acronym—MENDs. Because they contain large amounts of melanin, they show up in areas where the sun has had its way with your skin. In other words, they're pigmented lesions where treated tissue is working its way out of your body as new skin is regenerated. (If they were going to boost my 58 percent on the face quiz, my feeling was: "Bring 'em on!")

All in all, it took about two weeks for my skin to heal. I had the treatment on a Friday and went out with friends on Saturday night with nothing worse than a rosy glow. By Monday, I looked more or less normal, and it took about two weeks for my skin to feel smooth again. One day soon after that, I caught a glimpse of my reflection; as promised, my skin was radiant—as if I'd swallowed a string of lights and now exuded their glow! Afterward, a few people commented that I looked great, but they couldn't tell exactly why. My skin was definitely smoother, tighter and brighter. As for that brown spot, well, it's much faded, but not gone.

Is a cosmetic procedure the answer to every imperfection? I wouldn't dream of saying so. Nor—mindful of Dr. Parker's warning—would I encourage anyone to overdo. But my treatment turned out to be a bright idea.





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Kevin Modica, who began barbering when he was 17 years old, can't imagine life without a straight blade and a brush.

RAZOR'S EDGE

Five blades? Forget it! A hot towel shave — the way your grandfather remembers it — is always a cut above the rest. By Darius Amos

FOR MEN ONLY }

Let's face it: Gone are the days when going to the salon was a "woman's thing"—there's been a seismic shift in the way guys perceive grooming and self-care. Yes, there are still many who see shaving and getting a haircut as a chore, but the surge of men's professional grooming services is indicative of a population that not only wants to maintain its appearance but also those who are willing to pay for the best service.

While big-name companies try to outdo one another, adding blade upon blade to vibrating razors, many proprietors are turning back the clock and selling the classic quality and service of yesteryear. Most notably, the traditional hot towel shave has made a triumphant return. You've probably seen it in films set in the past—Robert DeNiro got one in *The Untouchables*—and now you can easily get one too.

Adam Reyes specializes in hot towel shaves at Virile Barber & Shop in Waldwick, which he opened in 2011. He grew up in a family of barbers and stylists, and was eager to learn the different "levels" of shaving. He eventually picked up on the complex "language" of the straight blade and double-edge razor and how they "speak" to the skin on a man's face.

"The way barbering and shaving was done in the past was really an art, and we're bringing the art back and sharing it with others," he says. "The men who cut your hair, who







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{ FOR MEN ONLY }

gave you a shave were skilled and were mindful of all aspects of shaving-the angle of the blade, the 'communication' between the blade and the hand and the skin. The blade will tell you if a nick is going to happen. You don't get that with Gillette."

Nothing compares with a hot towel shave, Reyes says, and more and more men are realizing that. You get the closest shave because the blade is "sharp and aggressive" and not limited to a specific angle, unlike consumer blades that have guards and are restricted to a 45-degree angle. The smart man also figured out that buying disposable razor cartridges wasn't economical.

"Hot towel shaves are cost-effective," he says. "When you look at the markup of blade cartridges and the affordability of the superior-quality hot towel shave, there really is no comparison.

In addition to their tonsorial services—Virile offers haircuts and coloring, beard and moustache trims, manicures and threading-Reyes and his team pay homage to the history of barbering through their décor. The Waldwick store is modeled after an 1800s barbershop and features authentic chairs from that era.

"I hear our clients say they feel like they're being taken to a place so long ago," Reyes says, "and that's how we want them to feel. There's an instant trust that forms when you see people taking their craft seriously, and so many people trust that they're getting the best quality shave this way.'

OTHER SHARP LOCAL OPTIONS:

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SAVING FACE Can't make it to the barbershop? With the right tools, gentlemen can enjoy the closest shave from the comfort of home.

Your face is your top asset, so show some respect. Don't subject it to the electric shaver you got for the holidays from somebody who didn't know any better. Your five o'clock shadow deserves a daily hot towel shave.

First thing's first: If you treat shaving as a chore, you'll rush through it and likely end up with a cut or irritated skin. Slow down and enjoy the process—and it *is* a process. The first step is to place and hold a hot towel on your face to open the pores. After a few moments, remove the towel and apply pre-shave oil to your face. (A pea-sized drop is the perfect amount.) The oil will help the blade run gently across your face. Next, skip the Barbasol and lather up with a fine shaving cream applied with an equally fine brush made of boar, badger or horsehair.

Now, the shave. The best do-it-yourself razor, says Adam Reyes, owner of Virile Barber & Shop in Waldwick, is a safety razor, which has a double-edge disposable blade. A straight razor, he says, gives an even

closer shave, but using it at home comes with risks—it's a straight open blade that's commonly called a "cutthroat." Leave that tool to the professionals.

Shave with the grain first, then pass the razor across the grain. Finally, pass against the grain if your skin isn't too sensitive.

Your blade will cut like butter, so pay attention to the friction between the blade and the skin," says Reyes. "If you're attentive, you'll know there's too much friction and you're about to cut yourself. You just need to adjust the angle.

Once you're whisker free, start the cool-down process. Use warm water to rinse your face, then apply a moisturizing aftershave. A final option is to apply a hot towel to the shaved areas to reduce irritation, says Al Fattakhov of Little Joe and John's Barber Shop in Glen Rock. "It depends on the sensitivity of your skin," he says.

Voilà! Run your hands up and down your face and feel the softness because you're done and ready to face the world.

48

Barbershop

Little Joe & John's Barber Shop

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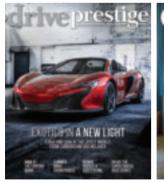
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{ HEALTH NEWS }

SNOOZE YOUR WAY HAPPY

A quick nap can help you keep annoyance at bay. According to a recent study, folks who napped for an hour showed a much higher threshold for frustration than those who got no shut-eye. And they spent twice as much time trying to solve complex tasks.

CLEAR THE COUNTER

Junk food on the kitchen counter could lead to weight gain, according to recent research. Instead of keeping a box of donuts there, try a bowl of fruit so when you're hungry you can grab-and-go healthfully.

—Health Education & Behavior

By replacing sugar and refined carbohydrates with protein and lower glycemic foods, you will not only be eating fewer calories, but also storing less fat. I recommend something sweet or salty to tackle cravings, such as blueberries, grapes, light popcorn or nuts."

-Julene Stassou, MS, RD, of Fort Lee and Englewood Cliffs

58

The percentage increase in diabetes risk for every 20-point hike in average systolic blood pressure (the top number).

—Journal of American College of Cardiology

6.7 MILLION

—University of Michigan

The number of anti-wrinkle injections done annually in the United States.

-American Society of Plastic Surgeons

PRONE TO BLOOD SUCKERS?

Turns out some people are more prone to being bitten by mosquitoes. Why? Their scent. There are some 300 different compounds emitted by humans, and some chemicals, lactic acid, for example, attract mosquitoes. If you're one of the unlucky ones, be sure to apply repellent directly to skin as wristbands have not been proven to work.



40

The percentage of Americans who will develop at least one basal or squamous cell carcinoma by age 65.

> –Skin Cancer Foundation

> > 50

SMOKE SCREEN

14.5

The percentage of adults in Bergen County who report smoking cigarettes.

> —Centers for Disease Control and Prevention

KICK THE HABIT

If you're trying to quit smoking, sniff black pepper oil. It irritates the respiratory tract, creating the same sensation as inhaling cigarettes. Research shows that breathing in the vapor suppressed cravings in smokers—and they had fewer withdrawal symptoms to boot.

> —Drug and Alcohol Dependence

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SALVATORE FERRAGAMO PALAZZO SPINI FERONI PRINT SILK SCARF Salvatore Ferragamo, Hackensack, 201.342.0681

Wrap It Up

Loop, drape or tie on one of these "must-have" scarves to add punch to your wardrobe.

ANTHROPOLOGIE BEADED INFINITY SCARF Anthropologie, Woodcliff Lake. 201.391.4321

ST. PIECE DELILAH SILK TWILL SQUARE SCARF Neiman Marcus, Paramus 201.291.1920



FENDI SILK CRÉPE STOLE Saks OFF 5TH, Paramus,

201.291.1949



BLEND FRINGED SCARF Nordstrom, Paramus. 201.843.1122



COACH HORIZON SQUARE SCARF Coach, Hackensack, 201.487.1772

FENDI CASHMERE AND SILK MUSLIN STOLE Saks OFF 5TH, Paramus, 201.291.1949

DIANE VON FURSTENBERG DOT BANDS SILK SQUARE SCARF Nordstrom. Paramus. 201.843.1122





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MICHAEL KORS PAVÉ TRI-TONE RING Lord & Taylor, Paramus, 201.447.0400

Stack 'Em Up

Bet you can't wear just one! And why would you when you can turn your rings and bracelets into statement-making conversation starters?



PANDORA STACKABLE RINGS Massoyan Jewelers, Old Tappan, 201.722.0216

JULES SMITH BAR STACKING RINGS Bloomingdale's, Hackensack, 201.457.2000





FREIDA ROTHMAN MARQUISE ETERNITY SET Nordstrom, Paramus, 201.843.1122



HIDALGO ENAMEL AND DIAMOND RINGS

LaViano Jewelers, Westwood, 201.664.0616

ADINA REYTER BANGLES Bloomingdale's, Hackensack, 201.457.2000

54



CARTIER "LOVE" RING SET Hartgers Jewelers, Wyckoff, 201.891.0044

What is the latest advance in cosmetic dentistry?

We have acquired an innovative system to produce lab-quality inlays/onlays, crowns, bridges and veneers in a matter of hours as opposed to weeks. The Planmeca FIT system is the most accurate, efficient restoration technologies now available. You can leave our office smiling from ear to ear the same day you come in for your restoration.

What sets your practice apart?

Because of our reputation for helping every patient recover their self-confidence with a new, beautiful smile, even dental specialists come to us as cosmetic dental patients. We are a full-service, state-of-the-art dental facility offering the highest level of quality.

How will a porcelain veneer help fix my smile?

We now have new technology, called daVinci Digital Imaging, that allows us to show you what you can look like with a smile makeover even before you have the procedure. This way you can see how a porcelain veneer will conceal a chip, crack, stain or gap so you can finally feel great about your smile.

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- Teeth Whitening
- Laser Dentistry
- CAD/CAM Restoration
 Dentistry
- Crown and Veneers in One Visit
 Botox/luviderm plus
 - Botox/Juviderm, plus other injectables



JODY Z. BARDASH, D.M.D.

- American Dental Association, Member
- Academy of General Dentistry, Member
- American Society for Dental Aesthetics, 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

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. Dr. Bardash donates his time and talents to the Health & Humanitarian Aid Foundation (HHAF) as a member of the dental outreach mission by treating villagers living in the impoverished jungles of Ghana, Africa.

"We love to make you smile."

DENTAL PROFESSIONALS OF FAIR LAWN 10-06 Saddle River Rd., Fair Lawn, NJ 07410 201.797.1555 **Dentalprofessionalsoffairlawn.com**

{ HOME FRONT }

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PLEXI-CRAFT LEATHER-WRAPPED CONSOLE TABLE plexi-craft.com

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WOSTBROCK HOME CIRCULAR TABLE LAMP Wostbrock Home, Ridgewood,

201.445.0807

JONATHAN ADLER OVERSIZED CHESS SET neimanmarcus.com

> GREENBAUM INTERIORS ALYSSA CHAIR Greenbaum Interiors, Ridgewood, 201.857.3600

HORSEMAN MID-CENTURY DESIGNS FREE-FORM COFFEE TABLE horsemanantiques.net

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{ TALK OF THE TOWN }

WELCOME TO Franklin Lakes

Large lots and low taxes draw generations to this bucolic borough.

SPEND SOME TIME IN FRANKLIN LAKES and you're likely to bump into a second- or third-generation resident. People come here for the country feel, spacious properties, (relatively) low taxes and outstanding schools, and their children often end up staying and raising their own families.

Unlike some of its neighbors, Franklin Lakes doesn't have a bustling downtown. (Shops and restaurants are clustered in two commercial areas—Urban Farms and Franklin Crossing.) What it *does* have is an abundance of green space and nearly a half square mile of water—lakes, ponds and streams where families enjoy fishing and boating. (Ramsey Outdoor operates a kayak/canoe/paddleboard concession at the Franklin Lakes Nature Preserve for folks who don't own their own gear.) A new 84-acre park made its debut this past June, bringing the borough's parkland to 470 acres!

Despite its pastoral setting, Franklin Lakes is very accessible. Route 208 runs through its midsection, and I-287 enters through its western border, making for an easy commute by car. There's also New Jersey Transit bus service to Manhattan, and five train stations are minutes away.

Major shopping opportunities are also nearby, but Franklin Lakes *does* have its share of standout stores: Parian & Sons Jewelers for something sparkly, Pazzazed for fun gift and home items, and The Toy Box for the little ones in your life.



HOUSING COSTS

The current median home value is \$967,600, according to Zillow—down .5 percent over the past year, but predicted to rise 1.8 percent next year.

LOCALS LOVE

 Everything about The Market Basket
 Hiking and boating at the Franklin Lakes Nature Preserve
 The Indian Trail Club's amenities
 Working out at Pilates Place
 Getting pampered at Hand & Stone

> The sun sets over the Indian Trail Club's private, 100acre spring-fed lake.



FUN FACTS

The borough was named for William Franklin, the acknowledged illegitimate son of Benjamin Franklin.
 Michael Jackson, in default on a \$23 million loan against Neverland Ranch, lived with a Franklin Lakes family for three months back in 2007.

Many professional athletes have called the borough home, including Dwight Gooden, Tommy John, Willie Randolph and Phil Simms (above).



DINING

BERGENMAG.COM

For breakfast, locals head to Franklin Lakes Country Café. For classic French food, there's The Chef's Table. (At press time, Claude and Dolores hadn't yet sold it.) In the mood for Chinese? Head to Golden Dynasty. Japanese? Sushi Cocoro is the place. And for pizza it's a toss-up between Uncle Louie's and Il Sogno.



MEDIAN HOUSEHOLD INCOME

Approximately \$153,700, according to the latest statistics from the U.S. Census Bureau.

FACES OF BERGERN 2016

A SHOWCASE OF Innovative Businesses Around Bergen County.



THE FACE OF CANCER CARE

STEVEN BROWER, M.D., MEDICAL DIRECTOR

CANCER TREATMENT AND WELLNESS CENTER, ENGLEWOOD HOSPITAL AND MEDICAL CENTER 350 Engle St., Englewood, NJ 07631 866.980.3462 englewoodhealth.org

"WHEN PATIENTS WITH CANCER come to us, we know they're scared and anxious. We want them to know

there's a team with them every step of the way and they aren't alone," says Steven Brower, MD, medical director of the Cancer Treatment and Wellness Center at Englewood Hospital and Medical Center.

Dr. Brower is a nationally recognized hepatobiliary and gastrointestinal cancer surgeon, performing complex surgeries related to cancers of the liver, pancreas, stomach, esophagus and rare gastrointestinal tumors. He is one of New York Magazine's Best Doctors, Inside Jersey's Top Doctors and Castle Connolly's Top Doctors.

The hospital is nationally recognized for medical excellence and patient safety. In 2016, CareChex recognized Englewood Hospital and Medical Center for its cancer care, ranking it among the top 70 in the nation for medical excellence and top 10 percent in the nation for both patient safety and medical excellence.

even T Brower, MD and Director, Cancer Ctr Net of Surgical Oncology

NGLEW



THE FACE OF COURAGE

MELISSA STOLPER

MOTHER OF TWO, PUBLICIST, ENTREPRENEUR, TRIPLE NEGATIVE BREAST CANCER SURVIVOR, AND MEMBER OF THE ADVISORY COUNCIL OF THE GRAF CENTER FOR INTEGRATIVE MEDICINE, ENGLEWOOD HOSPITAL AND MEDICAL CENTER

"WHEN I LEARNED THREE YEARS AGO that I had triple negative breast cancer, the news was devastating. But Dr. Miguel Sanchez and his team at Englewood Hospital and Medical Center could not have told me in a more humane, sensitive, and loving way," says Melissa Stolper, mother of two, fashion/beauty publicist, and entrepreneur. "It gave me the courage to face my cancer and ultimately share my journey. I launched a blog called CancerFashionista.com, to encourage other women to embrace self-care and accept that they are still beautiful by reviewing products that help them look and feel their best throughout their own journey and beyond. When you lose what makes you feel feminine, it takes courage to remember you haven't lost yourself. Helping them also helps me continue to heal."

In addition to providing resources on her blog, Melissa actively works in the community to bring public awareness about this type of breast cancer, including working with the Triple Negative Breast Cancer Foundation, a national nonprofit in Bergen County, and serving on the Advisory Council of the Graf Center for Integrative Medicine at Englewood Hospital and Medicine Center.



FACES OF BERGEN 2016

THE FACE OF CONSTRUCTION AND REMODELING GLEN LUMIA | CREATIVE DESIGN CONSTRUCTION & REMODELING 204 Livingston St., Northvale, NJ 07647 | 201.768.5813 | creativedesignconstruction.com

EVERY HOMEOWNER WOULD AGREE that constant and clear communication with their contractor is key to a successful project. But does that actually happen? Yes. There's a design-build firm that clients trust to put that expectation into practice. "We've designed a communication system catering to our clients because they expect exceptional value on their investment," says Glen Lumia, president of Creative Design Construction & Remodeling. Clients receive ongoing, professional project summaries discussing updates on the daily inner workings of their projects, including inspections, payments, concerns and scheduling issues, all on a weekly basis. "We have weekly production meetings where we review every project and bring that information to the client," Glen says about the faces behind Creative Design Construction & Remodeling's award-winning inhouse design team, build teams, cabinet department and showroom. As one client testimonial says, "They are there for you every step of the way and communication with the team is exceptional."







THE FACE OF DENTAL IMPLANTS AND ORAL SURGERY

JASON M. AUERBACH, D.D.S.

RIVERSIDE ORAL SURGERY

130 Kinderkamack Rd., River Edge, NJ 07661 | 201.487.6565 333 Old Hook Rd., Westwood, NJ 07675 | 201.664.2324 Riversideoralsurgery.com

IT'S ALL ABOUT THE OPTIMAL PATIENT EXPERIENCE—each and

every time. With uncompromised attention to detail, Board Certified Oral and Maxillofacial Surgeon Dr. Jason M. Auerbach has built Riverside Oral Surgery into Bergen County's premier oral surgery and dental implant practice. Dr. Auerbach and his team of surgeons provide the full scope of oral and maxillofacial care to patients of all ages and with all levels of complexity. Dr. Auerbach's focus on advanced, laser-assisted dental implant surgery, bone grafting, wisdom teeth and office-based anesthesia has made him a standout in his specialty. Doctors, dentists, and patients throughout Bergen County have unparalleled confidence in the consistently outstanding results Dr. Auerbach and his team provide.



THE FACES OF THE ORIGINAL JERSEY ITALIAN GRAV

CARLOS AND CONSTANCE VEGA

FOUNDERS

JERSEY ITALIAN GRAVY

50 Tice Blvd., Suite 340 Woodcliff Lake, NJ 07677 201.690.5050 | jerseyitaliangravy.com

JERSEY ITALIAN GRAVY FOUNDERS, Carlos and

Constance Vega, continue to soar with success as their now-famous Original Jersey Italian Gravy can be found in more than 4,000 retail stores nationwide, offering 13 different varieties (7 of those created exclusively for other major retailers). "We have huge plans," they say, and that includes partnering with master butcher, Pat LaFrieda, to create "the best meat blends on earth" for their new Ragu and Bolognese sauces that will sell exclusively at Bed Bath & Beyond. They are also launching their delicious oven-ready prepared food line, Jersey Sunday Dinner Classics, featuring true Jersey Italian classics such as Chicken Parmesan, Baked Ziti, Eggplant Parmesan, Lasagna, Penne Vodka, Penne Vodka with Chicken and Ziti with Gravy. The Vegas are also partnering with the owners of the original Alfredo's of Rome to manufacture, produce and distribute the Only Original Alfredo Sauce. "In over 100 years, no one has been able to bring the original Alfredo sauce to market," say the Vegas. "But we will!"





THE FACE OF HEART SURGERY JAMES KLEIN, M.D. | CHIEF OF CARDIOTHORACIC SURGERY ENGLEWOOD HOSPITAL AND MEDICAL CENTER 350 Engle St., Englewood, NJ 07631 | 866.980.3462 | englewoodhealth.org

"AS ONE OF THE BUSIEST cardiac surgery programs in the region, we see a lot of patients facing the decision to have heart surgery. Every day it's a privilege to help people return to enjoying more of life's moments," says James Klein, MD, chief of cardiothoracic surgery at Englewood Hospital and Medical Center.

Dr. Klein is a nationally recognized cardiothoracic surgeon who has been named to Castle Connolly's Top Doctors, Inside Jersey's

Top Doctors, and New York Magazine's Best Doctors.

Nationally recognized for cardiac care, Englewood Hospital and Medical Center is ranked by CareChex as among the top 40 in the nation for medical excellence and #1 in NJ for patient safety for major cardiac surgery. CareChex also ranked the medical center as top 10 in the nation and #1 in NJ for medical excellence, and top 70 in the nation for patient safety for coronary bypass surgery.



THE FACE OF HOPE Bertha Weil

GRANDMOTHER, TEACHER, HEART SURGERY PATIENT, AND MEMBER OF THE VISITING HEARTS PROGRAM, ENGLEWOOD HOSPITAL AND MEDICAL CENTER

"WHEN I WAS A CHILD, an infection damaged my heart valves and I was told that someday I would need open heart surgery. I lived life not knowing when that day would come so I spent my life doing what I loved and with people I cared about," say Bertha Weil, grandmother, teacher, and hospital volunteer. "It wasn't until I was 55 that I had open heart surgery with Dr. James Klein at Englewood Hospital and Medical Center. Now I know what it means to really feel healthy. I am so grateful to be given a second chance at life."

Today, as a volunteer member of the Visiting Hearts program at the hospital, Bertha is called upon to support other people who are facing heart surgery and offer them hope. Volunteers help the patient's family better understand what their loved one is going through and how best to support them through the healing process.



THE FACE OF COSMETIC AND IMPLANT DENTAL CARE

FRED A. PUCCIO, D.D.S. ANDI-JEAN MIRO, D.D.S. MIDLAND FAMILY DENTAL CARE

243 Morse Ave., Wyckoff, NJ 07481 201.485.8847 765 Midland Ave., Garfield, NJ 07026 973.340.4484 Midlandfamilydental.com

DR. FRED A. PUCCIO, a leader in the field of cosmetic and implant dentistry, and his team of four dental professionals are a close knit ensemble. This unique group complements one another's specialties, including cosmetic and implant dentistry, endodontics, and oral surgery, providing patients with a multifaceted scope of dental care under one roof at either location.

Dr. Puccio knows a state-of-theart facility is pivotal to successful safer dentistry. Using the ultimate in digital dentistry, he implements CEREC Cad/ Cam technology and 3D cone beam scanning to design and restore damaged or missing teeth in one appointment in most cases without the use of temporaries or impressions. Furthermore, Dr. Puccio is an advanced certified CEREC trainer who shares his expertise with other dentists through comprehensive lectures and hands-on training.

Our mission is to blend art and medicine together to create a beautiful, natural looking smile and improve a patient's overall health while instilling more confidence.





THE FACE OF INNOVATIVE ORTHOPAEDIC CARE

ROBERT A. KAYAL,

M.D., FAAOS, FOUNDER PRESIDENT & CEO

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266 Harristown Rd., Glen Rock, NJ 07452 201.447.3880

250 Old Hook Rd., Westwood, NJ 07675 Opening Early 2017

Kayalortho.com

KAYAL ORTHOPAEDIC CENTER, P.C., was created to provide innovative and compassionate care for each bone, muscle and joint of every patient that walks through its doors. And since its start, Founder, President and CEO Dr. Robert Kayal, M.D., has worked to enhance every patient's life. A five-time repeat recipient of the New Jersey "Top Doctor" Award, Castle Connolly "Top Doctor" Award and Vitals.com "Patients' Choice" Award, Dr. Kayal is the regional leader and pioneer in customized, patent-specific total knee replacement surgery. Even more, the orthopaedic medical practice, with stateof-the-art facilities throughout New Jersey, offers minimally invasive orthopaedic surgery, sports medicine and arthroscopy, partial and total joint replacement surgery of the shoulder, elbow, hip, knee and ankle, platelet rich plasma (PRP) injection therapy, hip arthroscopy, bone density testing, foot and ankle reconstruction and the treatment of spinal disorders.

THE FACE OF THE NEXT GENERATION OF LEADERS IN POOLS AND SPAS

DEREK BAGIN

B&B POOL AND SPA CENTER

787 Chestnut Ridge Rd. Chestnut Ridge, NY 10977 888.656.8439 | BBPoolandSpa.com

AT 7 YEARS OLD, Derek Bagin quickly learned an important lesson of the pool and spa business. "I was helping my dad with a bucket of chlorine," says Derek, vice president of construction for B&B Pool and Spa, an award-winning, family-run business. "I got a strong whiff of the chemical which made me ill." It was uphill from there, however, as Derek learned the retail side, then serviced pools while in high school, and now, working alongside longtime employees, designs and constructs custom pools for residential and commercial clients. Derek has seen first-hand the industry's changes. "Complex construction and hydraulic demands keep us busy," he says, citing a project involving a perimeter slot overflow detail. Whether it's a 6,000 square-foot pool for a commercial client, a high-tech fully automated custom pool with luxury water features and amenities, or a tight design for a smaller backyard, Derek is up to lead the challenge.





THE FACES OF PRIMARY CARE

HACKENSACK UNIVERSITY MEDICAL GROUP PASCACK VALLEY

452 Old Hook Rd., Emerson, NJ 07630 | 201.666.3900 | Hackensackumgpv.com

PRIMARY CARE HAS MANY FACES starting with the friendly staff members who greet you at the front desk and can arrange future appointments for you even in the evening or on weekends. There's the face of your healthcare provider who meets you with a smile, reviews your electronic health record and is able to share it with specialists in the HackensackUMGPV system. Our primary care providers treat the entire "YOU," guiding you through screenings or procedures and helping you understand how to take your medication properly. Get to know us face-to-face. Meet us at: www.hackensackumgpv.com.



THE FACE OF AWARD-WINNING INTERIORS

DIANE DUROCHER, ASID, IIDA, CAPS, C.I.D. DIANE DUROCHER INTERIORS, INC. Ramsey, NJ 07446 | 201.825.3832 | Dianedurocherinteriors.com

"I HAVE ALWAYS been drawn to design. As a teenager I spent weekends browsing furniture showrooms and antique stores, and preferred *House Beautiful* magazine and *Metropolitan Home* to the typical teen magazines. A memorable Thanksgiving dinner at my aunt's house cemented my love for interior design. From the matching tie-back pinched pleat panels to the antique chandelier, with the crackling fire in the fireplace and the impeccably set table, the perfect ambiance seemed to make the meal taste even more delicious. That was when I realized that a well designed



home is not only a lovely backdrop, but that it can positively influence how our lives are lived and enjoyed. Graduating from Berkeley College with my degree in interior design was a life-long dream. In 1995, I founded Diane Durocher Interiors and consistently strive to recreate that feeling that I had so many years prior, with each and every project."



FACES OF BERGEN 2016

THE FACE OF MEN'S CLOTHING RALPH LAURETTA

SAL LAURETTA FOR MEN 621 Godwin Ave., Midland Park, NJ 07432

201.444.1666 | Sallauretta.com

HERE'S A MESSAGE TO MEN who don't like shopping at the mall: You don't have to go there. "Guys like low-pressure clothes shopping with great tailoring and service," says Ralph Lauretta of Sal Lauretta for Men. If anyone knows how men shop, it's Ralph. As a toddler he learned to walk in the dry cleaner his family opened in Bergen County as an extension of his grandfather's Sicilian-based tailoring business. There, Ralph witnessed the family's custom clothing business unfold as they opened a men's clothing store next door to handle the growth. Over four decades later, Ralph now manages the business and



can be found donning one of Sal Lauretta's beautifully tailored custom top-of-the-line jackets or a pair of his many Air Force 1 sneakers on more casual days. As Ralph says, "Customers come back for two reasons: service and tailoring. Did I also mention you don't have to go to the mall to find our amazing European fashions?"



THE FACE OF HEALTHY SMILES DAYNA CASSANDRA, D.D.S.

DAYNA CASSANDRA COSMETIC DENTISTRY

351 Evelyn St., Paramus, NJ 07652 201.261.7645 Cosmeticdentistofparamus.com

DR. DAYNA CASSANDRA considers it a privilege to practice dentistry. Although the focus of her practice is on restorative and cosmetic dentistry formulating treatment plans that create winning smiles, Dr. Cassandra sees the bigger picture. "My intention is to create an environment where we contribute to the overall health of our patients. We do more than treat conditions of the oral cavity," states Dr. Cassandra. "For example, we help those suffering from irregular sleep patterns, headaches and jaw pain to improve overall quality of life."

Through the most modern technology in dentistry, like Digital Smile Design and GLO Smile, Dr. Cassandra can deliver results with remarkable precision and extraordinary benefits. With a flourishing practice and a position as Assistant Clinical Professor at NYU, Dr. Cassandra is introducing leading dentists to her team to carry on the excellent care so many have come to appreciate.





THE FACE OF EXCEPTIONAL BATH AND KITCHEN DECORATIVE HARDWARE AND LIGHTING

LARRY GOREN | HARDWARE DESIGNS

135 New Dutch Ln., Fairfield, NJ 07004 | 973.808.0266 | Hardware-designs.com

LARRY GOREN is not patting himself on the back when he says that his showroom offers customers superior bath, kitchen, decorative hardware and lighting products, customer service and yes, even more parking, than the competing big-box home stores and low-cost Internet sites. He's just stating the facts about why Hardware Designs excels in the kitchen and bath industry. "We have more kitchen and bath products displayed here than in any other local brick-and-mortar store," says Larry. "As for the Internet, ordering luxury kitchen and bath products online is a gamble if you are putting good money into a kitchen or bath remodeling project. To create an inspired and quality space, you need the full sensory experience of walking among thousands of products backed by exceptional customer service," he says. "Our staff knows what they are doing because they have product knowledge," he says. "My employees are also full time which means they care and take the necessary time to work with every customer."



THE FACE OF COSMETIC PROCEDURES

H. WILLIAM SONG, M.D.

OMNI AESTHETICS 169 Ramapo Valley Rd., Suite LL104 Oakland, NJ 07436 201.368.3800 | Omniaesthetics.com

"BEFORE I BECAME A DOCTOR, my dream was to be an artist. Aesthetic medicine allows me to be both. My passion for art makes me a bit of a perfectionist while my love of technology compels me to master all the coolest lasers and newest cosmetic procedures. While I do offer the typical treatments like Botox and fillers, what really differentiates my work are the services that proclaim my inner artist. High definition body sculpting and stem cell enhanced fat transfers (SCEFI) are my forte. Incidentally, all our procedures are minimally invasive, same day treatments and do not require long recovery times or general anesthesia.

Let us show you around our spa and discuss our skincare services and antiaging technology. At Omni Aesthetics, you'll not only age gracefully, but age backwards."



THE FACE OF SURGICAL ONCOLOGY DONALD A. MCCAIN, M.D., PH.D., FACS

20 Prospect Ave., Suite 603, Hackensack, NJ 07601 201.342.1010 | drdonaldmccain.com

IT'S ESTIMATED THAT NEARLY 52,000 new melanoma cases are diagnosed annually in the United States, resulting in 7,800 deaths. Dr. Donald McCain, Chief of Surgical Oncology at Hackensack University Medical Center, explains, "The increasing incidence of intermediate and deep malignant melanomas has made genetic analysis for gene expression profiling and sentinel lymph node biopsy a necessary step in determining the risk of spread." Dr. McCain has the largest single practice performance of sentinel lymph biopsies and dissections—over 2,000 in 14 years. He advises melanoma patients to have all suspicious lesions biopsied by their dermatologist, followed by a careful pathology review. Dr. McCain is Vice Chairman of the John Theurer Cancer Center at Hackensack University Medical Center. He completed his surgical oncology fellowship at Memorial Sloan-Kettering Cancer Center, holds memberships in key national and regional professional organizations, and he's also recognized for his research excellence areas including gastric cancer, cancer and hepatobiliary cancer.

H Hackensackl. M

Ionald McCain, MD, Ph. Nef. Surgical Oncology Veartment of Surgery

FACES OF BERGEN 2016

THE FACE OF FINE JEWELRY NANCY SCHURING

DEVON FINE JEWELRY

303 Franklin Ave., Wyckoff, NJ 07481 201.848.8489 devonfinejewelry.com

"WE AREN'T YOUR TYPICAL jewelry store," says Nancy Schuring, owner of Devon Fine Jewelry. Nancy grew Devon from a small apartment back in 1975 to her showroom in Wyckoff catering to clientele seeking the largest selection of diamonds and colored gemstones in Northern NJ. Devon exclusively carries the Fire Cushion diamond, a unique soft, square cut only found at a handful of jewelry stores in the country and a favorite among engaged couples. Devon also carries custom map necklaces by A. Jaffe, on which a diamond precisely marks any special address in the world on a tiny engraved map. What sets Devon further apart from other jewelers is the way in which they can redesign a diamond to make it appear larger than it really is. "We call it the Devon magic touch," says Nancy about their secret method to enlarging diamonds. "Isn't that what every woman wants?" The answer is a resounding "yes!"



FACES OF BERGEN 2016

THE FACE OF LANDSCAPE DESIGN AND MAINTENANCE MARK BORST | BORST LANDSCAPE & DESIGN

260 West Crescent Ave., Allendale, NJ 07401 | 201.669.3535 | borstlandscape.com

MARK BORST describes himself as a "homegrown kind of guy," living and working in Bergen County his whole life. It's that kind of local loyalty that keeps him dedicated to making sure the landscapes of Bergen and beyond are kept beautiful. "My name would be mud if we didn't take pride in everything we do," he says about his company's name, pun not intended. Borst Landscape found its roots in 1989 when Mark was studying landscape architecture at Rutgers University. Since then it's grown into an award-winning, fullservice landscaping company handling any size residential or commercial project. Within the comprehensive list of services Borst offers is a unique organic bug spray with garlic oil as a safe alternative to pesticides. "The neatest projects we design are the ones where you can walk out your back door into your own personal resort," says Mark. "But you need that organic spray to safely enjoy a bug-free outdoor oasis."

BORST



THE FACE OF LASIK SURGERY RICHARD A. NORDEN, M.D. NORDEN LASER EYE ASSOCIATES 1144 E. Ridgewood Ave.

Ridgewood, NJ 07450 201.444.2442 | Nordenlasik.com

HOW MANY TIMES A DAY do you hear yourself asking, "Now where did I put my glasses?" Or have that bothersome eyeglass chain hanging around your neck? Do you notice the younger employees in your office staring every time you reach for reading glasses?

Maybe it's time to consider LASIK Surgery to correct your vision—FDA approved in 1995—it's safer than wearing contact lenses. What's more, with LASIK, 98% of patients achieve driving vision by the next morning. At Norden Laser Eye, Dr. Richard Norden, a board certified ophthalmologist, is the first in New Jersey to perform LASIK. He has trained hundreds of physicians and has performed this surgery successfully on thousands of patients. Next time you go to read a book or

newspaper, do so glasses free.



THE FACE OF RELAXATION DANIELA MUSANO

ARAYA REBIRTH 10 Garber Sq., Ridgewood, NJ 07450 201.445.7005 | Araya-rebirth.com

INDULGE, DELIGHT, LUXURIATE

and unwind. Everyone deserves a little pampering, so come spend some time with us. Araya Rebirth offers the finest in skin care, hair removal, massage, rejuvenation therapies and makeup artistry. Araya Rebirth is the proud winner of the 2015 "Best in Bergen" for facials—European to Microdermabrasion—and eyebrow shaping as well as massage. A visit to the salon will heighten your senses, inspire wellness and educate clients about skin products, makeup trends and beauty tips. With the addition of new services including guided meditation facials, foot reflexology and Reiki, a Japanese relaxation technique, we are at the forefront of the spa industry. Treat yourself or lift the spirits of that someone special.





THE FACE OF HOPE AND HELP FOR BACK PAIN ALFRED GIGANTE, D.C.

THE BACK PAIN CENTER 83 Franklin Tpke., Waldwick, NJ 07463 201.445.1079 | Thebackpaincenter.com

AT ONE TIME OR ANOTHER, many of us have suffered from back pain. Should I consult a physical therapist, a chiropractor, do I need medication or a simple massage? These questions are quickly addressed at The Back Pain Center where chiropractors and physical therapists work together to bring about the best results for individual patients. Founder Dr. Alfred Gigante, a chiropractic physician celebrating 40 years in practice, specializes in the treatment of lower back disorders and related leg pain known as sciatica. Through the use of non-force decompression techniques—many developed by Dr. Gigante—the majority of patients get relief after the 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.

THE FACE OF LOVING THE WAY YOU LOOK

GARY D. BRESLOW, M.D., FACS JORDAN P. FARKAS, M.D. THE BRESLOW CENTER FOR PLASTIC SURGERY

1 West Ridgewood Ave., Suite 110 Paramus, NJ 07652 201.444.9522 | breslowmd.com

"WE SPEND AN INCREDIBLE amount of time researching non-invasive technologies so we can bring the most effective procedures to our patients," say Drs. Gary Breslow and Jordan Farkas, both board certified plastic surgeons who operate The Breslow Center for Plastic Surgery and Medical Spa. The Center offers a full range of services from non-invasive to injectables to surgical options, including the unique miraDry, a treatment to eliminate underarm sweat. The Medical Spa offers skin care procedures, including Dermalinfusion technology that takes microdermabrasion to the next level. The Spa also offers CoolSculpting, a sought after non-invasive fat elimination technology ideal for improving the contour of a targeted area. "We gently discuss expectations versus realities of every technology to help people make the appropriate decision about whether they need a non-invasive or a surgical procedure," says Dr. Breslow. If you want complete honesty about your needs without the pressure, go no

> further than The Breslow Center.





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THE FACE OF MEXICAN DINING HOWIE FELIXBROD, OWNER

BLUE MOON MEXICAN CAFÉ 291 Wiley Pl., Wyckoff, NJ 07481 | 201.848.4088 42 Kinderkamack Rd., Woodcliff Lake, NJ 07677 | 201.782.9500 23 East Palisade Ave., Englewood, NJ 07631 | 201.541.0600 595 Broadway, Norwood, NJ 07648 | 201.784.3311 7 Pondfield Rd., Suite. 27, Bronxville, NY 10708 | 914.337.4000 bluemoonmexicancafe.com

"WHAT'S A NICE JEWISH BOY like you doing in the Mexican food business?" Howie Felixbrod, owner of Blue Moon Mexican Café, frequently gets that question. "My family has always been in the food business," says Howie, whose grandmother owned bakeries and diners while his dad opened one of the first Mexican restaurants on Manhattan's trendy Columbus Avenue. In 1987, Howie, his brother and ex-NY Ranger George McPhee opened the first Blue Moon on 8th Avenue in Chelsea. He soon opened a "Manhattan-style Mexican" restaurant in Englewood which led to several locations in Bergen County and Bronxville. "I love giving guests a mini-vacation with a great meal and a great time," he says. The eclectic and traditional Mexican food has won several awards, such as Best of Bergen and Westchester Counties. Howie and his family live in Wyckoff where he is president of the Wyckoff Chamber of Commerce and involved in other community activities.



FACES OF BERGEN 2016

ME

THE FACE OF HAIR COLOR ERIC ALT

ERIC ALT SALON

67 E. Allendale Rd., Saddle River, NJ 07458 201.934.1150

15 Sheridan Ave., HoHoKus, NJ 07423 201.251.2222

618 N. Maple Ave., HoHoKus, NJ 07423 201.444.7171

219 Valley Blvd., Wood-Ridge, NJ 07075 201.438.0900

NEW

43-45 Hudson St., Ridgewood, NJ 07450 201.444.2020

ericaltsalon.com

"BESPOKE" PRECISELY describes every client's experience when they step into one of the four (and one brand new) Bergen locations of the Eric Alt Salon. "We pioneered the NYC salon experience in Bergen," says Eric Altomare, owner, who filled the need for a sophisticated salon in the suburbs in 2005. With Eric's 25-plus years of working with top celebrities worldwide, he's able to handpick an award-winning team of master colorists, many with the coveted title of American Board Certified Haircolorist, to bring truly tailored experiences to clients. He has numerous locations for a good reason. "We keep our salons small to ensure intimate conversations with clients," Eric says. Each salon focuses on color, cuts, blowouts and the ALT line of hair products with many



organic ingredients. "We offer curated services so we can focus on what we do best," Eric says, and off he goes to make another client look and feel A-list beautiful.

THE FACES OF HONEST CONSULTATIONS AND NATURAL RESULTS

REBECCA BAXT, M.D., M.B.A, FAAD | SHWETAMBARA PARAKH, M.D. SAIDA BAXT, M.D., FAAD | SHERWOOD BAXT, M.D., FACS BAXT COSMEDICAL PLASTIC SURGERY & DERMATOLOGY 351 Evelyn St., Paramus, NJ 07652 | 201.265.1300 | Cosmedical.com

BEAUTY RADIATES FROM WITHIN—when you feel confident on the outside, your innermost beauty is realized and you are your best self.

At Baxt CosMedical, one of New Jersey's premier Centers for Plastic Surgery and Dermatology, we offer a full compliment of Board Certified specialists. At our state-ofthe-art certified SurgiCenter, we provide patients with a safe and private setting for Plastic Surgery. Baxt CosMedical also offers the most modern and effective treatments in Laser and non-invasive therapies.

Our physicians deliver outstanding patient care and excellent customer service with the latest technology available to help you reach your fullest and healthiest potential.

Stop by for a refreshingly honest consultation from one of our excellent Board Certified Plastic Surgeons or Dermatologists.





Austic Surgery

BATTOMAROO

BAXTCOSMORAL



THE FACE OF COMPLETE VEIN CARE NED MAJID, M.D.

NORTHEAST LASER VEIN INSTITUTE

257 E. Ridgewood Ave., Ridgewood, NJ 07450 | 201.445.4410 230 Sherman Ave., Glen Ridge, NJ 07028 | 973.429.1025 1031 McBride Ave., Wooland Park, NJ 07424 | 973.256.4880 nelaserveininstitute.com

"NORTH EAST LASER VEIN INSTITUTE came

into being for the sole purpose of healing unhealthy legs, as I found out patients were constantly complaining of inadequate vein care. As a board certified cardiovascular thoracic surgeon with 25 years of experience, I have strived to provide excellence in care to our patients.

At North East Laser our goal is to make sure each patient receives the best possible vein care treatment for their specific concern. Varicosities can lead to serious leg problems like ulcers and swelling that not only affect the daily quality of life, but are a main source of discomfort and low self-esteem because of unattractive appearances.

With my extensive vascular background, state-of-the-art laser technology and certified medical assistants, we work each and every day to restore optimal leg health to the patient and improve their lives with strong and youthful looking legs.

Stop by one of our locations—our staff is fully geared to discuss any concerns you might have." Ned K Majid .

THE FACE OF LUXURY APPLIANCES

JOHN CIOLETTI | RENO'S APPLIANCE

235 McLean Blvd. (Rte. 20 North), Paterson, NJ 07504 | 973.247.1860 | Renosappliance.com

PLANNING A KITCHEN RENOVATION, shopping for a washer/dryer or contemplating a new BBQ can be an arduous task in today's world of information and online options. What makes the journey stress-free is knowing you are in the hands of trusted, knowledgeable sales professionals who recognize that every customer deserves the utmost respect. When you walk into Reno's Appliance, you are welcomed by the Reno's "family" team, who are well versed in all brands and manufactures.

FACES OF BERGEN 2016

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What began in 1951 at Reno's Radio and TV Repair Shop has grown over the decades to a 12,000 square-foot designer showroom serving the tri-state area—offering a full-range of appliances. Reno's three sons now carry on the family tradition highlighting customer satisfaction and creating a unique shopping experience every time.



THE FACE OF NON-SURGICAL ORTHOPEDIC SPINE, KNEE AND LEG PAIN

ALI MAZANDARANI, DAAIM, D.C., CCRD, CCPCP MEDWELL SPINE, OSTEOARTHRITIS & NEUROPATHY CENTER

33 Central Ave., Midland Park, NJ 07432 201.848.8000 | PainReliefExperts.com

IN COLLABORATION WITH A PANEL

of medical experts, Medwell Spine, Osteoarthritis & Neuropathy Center's Dr. Ali Mazandarani evaluates spine, knee and leg pain sufferers and formulates a diagnostic and individualized treatment plan. With the convenience of onsite diagnostics, the MedWell team, under the direction of M.T. Shahab, M.D., has been successful in finding the "true cause" of pain and deferring surgery.

As a multidisciplinary facility, the Center also offers natural and drug free options for addressing chronic symptoms such as fatigue, sleep difficulty, digestive symptoms, cloudy thinking and hypothyroid. Finding the cause of these debilitating conditions and treating them naturally is another renowned accomplishment of this unique facility.



THE FACE OF WEALTH MANAGEMENT DEBORAH A. RICHIN, CFP®

VICE PRESIDENT-WEALTH MANAGEMENT, SENIOR PORTFOLIO MANAGER

UBS FINANCIAL SERVICES, INC.

61 S. Paramus Rd., 4th Fl., Paramus, NJ 07652 | 201.441.4091 | 844.831.0227 (toll free) | ubs.com/fa/deborahrichin

YOU HAVE WORKED HARD to achieve the success most people only dream about. Now you need to optimize your most valuable limited asset—time, to work towards reaching your financial goals. Creating a wealth management plan often falls to the sidelines, potentially adding anxiety and stress to your life. Imagine going through a process where you will feel heard and understood by a dedicated professional looking out for your best interest and goals. The result is a custom financial plan that can help bring you comfort while dealing with life's complexities. "Working together I will help you make informed decisions so you can feel confident in your choices." says Deborah Richin, CFP[®]. This approach to wealth management leverages time and can help reduce stress. Allowing hardworking professionals to focus on activities they truly enjoy. Call today and invest a few hours of your valuable time to go through Deborah's complimentary 90-minute discovery session and explore if it makes sense to work together.

Deborah A. Richin is a Financial Advisor with UBS Financial Services Inc. in Paramus, NJ. All Rights reserved. UBS Financial Services Inc. is a subsidiary of UBS AG. Member FINRA/ SIPC. Certified Financial Planner Board of Standards Inc. owns the certification marks CFP[®] and CERTIFIED FINANCIAL PLANNER[™] in the U.S. In providing wealth management services to clients, we offer both investment advisory and brokerage services which are separate and distinct and differ in material ways. For information, including the different laws and contracts that govern, visit ubs.com/workingwithus.



THE FACES OF BERGEN COUNTY HISTORY AND HOSPITALITY

GORDON & LAURIE HAMM, PROPRIETORS

HO-HO-KUS

VEW JEINSE

HO-HO-KUS INN & TAVERN

1 East Franklin Tpke., Ho-Ho-Kus, NJ 07423 201.445.4115 | Hohokusinn.com

BUILT IN 1790, THE HO-HO-KUS INN & TAVERN has a rich and vibrant history. In 2009, the beloved historic landmark was reopened under the proprietorship of Gordon and Laurie Hamm, longtime Ho-Ho-Kus residents. The Hamms—known as "The Innkeepers"—undertook a seven-month, \$1.5 million renovation, creating a warm and welcoming ambiance with updated classic American cuisine—from casual, wellexecuted tavern fare to creative and stylish lunch and dinner menus. All dishes feature local, seasonal ingredients designed to appeal to sophisticated palates as well as families with young kids.

A winner of *Wine Spectator's* Award of Excellence and (201) Magazine's "Best of Bergen," the Inn celebrates the glory of the seasons and showcases themed events several nights a week. Enjoy live music on the beautiful bluestone patio, eat in one of the Inn's four handsome dining rooms or relax in one of the two cozy bars, Make your next special occasion, Girls' or Guy's Night Out, romantic evening or family outing one to remember.





THE FACE OF SENIOR LIVING BRENDA J. BACON PRESIDENT & CEO

BRANDYWINE LIVING

814 Wyckoff Ave. Mahwah, NJ 07430 201.800.8070

369 E. Mount Pleasant Ave. Livingston, NJ 07039 973.251.0600

Brandycare.com

THERE COMES A TIME when

aging loved ones may benefit from supported living. With passion and quality care, Brandywine Living makes it possible for residents to maintain an elegant, gracious lifestyle while preserving their independence. Meeting a resident's every need culinary, housekeeping and chauffeur services -the burdens of home ownership, trips to the grocery store or doctor and preparing daily meals are alleviated. Loneliness and often silence are traded for friendship and compassion, with the security of a licensed nurse and care managers down the hall 24/7. Above all, we realize that people at any age need joy in their lives. Our Escapades...for Life program is just that—a chance to have fun and adventure. A trip to the beach, karaoke, card games or art, residents will learn and laugh. Brandywine brings happiness and peace of mind to those we cherish most.

FACES OF BERGEN 2016

THE FACE OF DISTINGUISHED INTERIORS

HEIDI WOSTBROCK | WOSTBROCK HOME

225 Goffle Rd., Ridgewood, NJ 07450 201.445.0807 | wostbrockhome.com

WOSTBROCK HOME, a retail store and design studio, brings a vast universe of design to Bergen. "We have access to every type of furniture and accessory in the world, and clients love our comprehensive design library," says Krista Wostbrock, interior designer and head of KW Design, the full service interior design studio of Wostbrock Home. Krista, the fourth generation of the Wostbrock Home family, grew up with design as she saw her parents, Heidi and Steve Wostbrock, lead the company. Since 1925, when the family opened their first showroom, the firm has grown a reputation for distinguished residential and commercial interiors and excellent client relations with homeowners along with a To the Trade Program welcoming outside designers to buy and use Wostbrock Home's resources. Today, Heidi manages the showroom and design team while Steve, the third generation owner, spearheads the wood flooring and refinishing services. Together, Wostbrock Home delivers generations of design experience to your door.





THE FACE OF ORTHOPEDIC SURGERY AND SPORTS MEDICINE

JAMES W. CAHILL, M.D. CAHILL ORTHOPEDIC SPORTS MEDICINE AND JOINT REPLACEMENT

87 Summit Ave., Hackensack, NJ 07601 201.489.0022 | Cahillorthopedic.com

AT THE CUTTING EDGE of new

advancements in orthopedic surgery and sports medicine, Dr. James W. Cahill has begun to incorporate robotic assisted surgery in his treatment for knee and hip replacements. Through his proud affiliation with Hackensack University Medical Center, the hospital is now one of the area's leaders in this field. Fellowship trained in orthopedic sports medicine and in practice over 20 years, Dr. Cahill is highly skilled in joint replacements, arthroscopic shoulder and knee ligament repair/reconstructive surgery and treatment of complex cartilage injuries. But above all, Dr. Cahill practices with humility and it is through his spirit of giving and strong awareness of doing for others that has led to pro bono work and support of returning veterans from Afghanistan.



THE FACE OF ADVANCED DENTISTRY ALBERT J. KURPIS, D.D.S. THE KURPIS CENTER FOR ADVANCED DENTISTRY 545 Rte. 17 South, Ridgewood, NJ 07450

201.447.9700 | kurpisdentistry.com

THE ABILITY TO ACCESS advanced dentistry under one roof is a tremendous help to busy patients with complex dental issues. "We see many patients who want a smile makeover for a last minute special or business occasion," says Dr. Albert Kurpis, founder of The Kurpis Center for Advanced Dentistry, a practice known for cosmetic dentistry, dental implants and full mouth reconstruction. "We also offer Two Visit Smile Makeovers with porcelain veneers so patients can quickly look and feel confident." Kurpis and his team of specialist also work on medically compromised patients such as those with diabetes, cardio vascular disease, cancer and address their relationship between oral and systemic health. They use lasers and an advanced 3D x-ray system that allows 360-degree views of a tooth so that nothing is overlooked. "Patients want things done right the first time and that's where our experience and advanced technology counts," says Dr. Kurpis.

THE FACE OF AWARD-WINNING KITCHEN DESIGN

FACES OF

BERGEN 2016

SHARON L. SHERMAN, C.K.D, C.I.D, NCIDQ, ASID

THYME & PLACE DESIGN, LLC. 385 Clinton Ave., Wyckoff, NJ 07481 201.847.1400 | thymeandplacedesign.com

"I'VE DESIGNED HUNDREDS of kitchens and bathrooms and here's the best advice I can give to a homeowner: if you want your dream environment to last for years and years, you must choose a qualified designer and quality cabinetry," says Sharon L. Sherman, owner of Thyme & Place Design, an awardwinning interior design firm specializing in kitchen and bath design in Wyckoff. Not only will it hold up to wear and tear much better than ready-made cabinetry, but with the right care, it will be timeless."

Sharon works with very discerning homeowners who demand that the interior design fits perfectly into their lifestyle and level of taste. "But they also want the design to remain ageless," she says. "We are fortunate to have clients who are happy to refer us to their friends," humbly adds Sharon, whose clients describe her project oversight and guidance as invaluable for both renovation and new construction projects.



THE FACE OF LEADERSHIP IN LAW

GERALD R. SALERNO

PARTNER

ARONSOHN WEINER SALERNO & KAUFMAN, P.C.

21 Main St., Suite 100 Hackensack, NJ 07601 201.487.4747 aronsohnweinersalerno.com

GERALD R. SALERNO, a partner with Aronsohn Weiner Salerno & Kaufman since 1986, consistently and successfully leads the way through high-profile and sophisticated commercial disputes or transactions. A leader in the Bergen County legal community whose work is held in the highest regard, Jerry regularly represents Fortune 500 companies and individuals, providing a range of services. As a past president of the Bergen County Bar Association, he advocated for improvements to the Bergen County Courthouse, including conference rooms for attorneys and clients to meet privately. Jerry was also appointed by the New Jersey Supreme Court to the Committee on Character to review attorneys seeking admission to the state bar. Selected by his peers as a New Jersey Super Lawyer, a distinction based upon ethics, experience and reputation awarded to the top 5% of attorneys in the state, is just one of the many prestigious awards Jerry has received throughout his distinguished legal career.

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THE FACES OF GOURME FOOD

TONY CHERNALIS MARK CHERNALIS ZACH CHERNALIS

THE MARKET BASKET 813 Franklin Lakes Rd., Franklin Lakes, NJ 07417 201.891.2000 | marketbasket.com

FOUNDED IN 1960 by Tony Chernalis, The Market Basket's original Wyckoff grocery store and deli was the answer to a busy local corporate community of employees who requested prepared dinner dishes to bring home. In 1988, with the help of Tony's son, Mark, the family added a larger store in Franklin Lakes, which is now known as Bergen's gourmet paradise. Today, three generations of the Chernalis' family run two locations of the Market Basket, winners of dozens of awards thanks to top-notch culinary-trained chefs, hand-selected produce, freshest fish picked daily, top-quality meat from genuine butchers and the very best in customer service. The Market Basket is also well-known for its award-winning catering division raved about for services including party planning, custom invitations, floral design and entertainment. Today, with the help of a third generation family

member, Zach Chernalis, the family-owned, high-end specialty food emporium is one of Bergen most beloved destinations.



THE FACE OF QUALITY CATHOLIC EDUCATION FOR YOUNG WOMEN

PATRICIA MOLLOY, *PRESIDENT* | IMMACULATE HEART ACADEMY 500 Van Emburgh Ave., Township of Washington, NJ 07676 | 201.445.6800 | ihanj.com

IMMACULATE HEART ACADEMY (IHA) offers more than a quality Catholic education for young women. IHA is a lifetime sisterhood to the 750 high school students who support and encourage one another with respect and kinship.

Founded in 1960, IHA is the first college preparatory regional high school in the Archdiocese of Newark. The faculty and staff focus on developing the extraordinary talents of the young woman—academically, spiritually, socially and through extracurricular activities—preparing for a lifetime of positive contributions for themselves and our society.

FACES OF

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2016

ACADEMY

HEART

IMMACULATE

In addition to strong athletics and arts programs, the school has pushed hard to develop a STEM curriculum, including programs in Robotics and Applied Engineering, to meet the demands of the 21st century and beyond.

The U.S. Department of Education has named IHA a Blue Ribbon School of Excellence.

THE FACE OF FITNESS KOKO FITCLUB

319 Franklin Ave., Boulder Run Shopping Center, Wyckoff, NJ 07481 | 201.848.5600 | wyckoff.kokofitclub.com

KOKO FITCLUB—Many of us are less than thrilled with our physique and even less enthusiastic about big-box gyms where the motto of "figure it out on your own" or "kill yourself with cardio" often leads to mediocre or painful results. Brian Curcura certainly felt this way until he first experienced Koko FitClub. Koko's one-to-one personal coaching and patented technology help members build lean muscle, lose body fat and increase strength while digitally guiding, tracking and analyzing your workouts and progress. Koko's certified fitness

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professionals help members define personalized coaching plans and a Koko Key digitally tracks each member's progress via patented 30 minute strength and 15 minute cardio workouts. Koko's quality versus quantity approach translates into exceptional results with less time in the gym. Brian was so impressed with this innovative approach to fitness, he brought it to Wyckoff. Now Bergen County has an innovative, effective alternative to the mainstream gym, and it's only a click away!

FACES OF

2016



DENTAL A

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HOHOKUS DENTAL ASSOCIATES

THE FACE OF EXCELLENCE IN DENTISTRY

MICHAEL T. VARALLO, D.M.D.

HOHOKUS DENTAL ASSOCIATES

625 North Maple Ave. HoHoKus, NJ 07423 201.670.9076 hohokusdental.com

WHAT HAPPENS behind the scenes at HoHoKus Dental is why this award-winning office is among the most technologically advanced dental practices in Bergen County. Dr. Michael Varallo and his associates, Dr. Joseph Mauriello and Dr. Marissa Sala, have created a welcoming patientcentered environment. "Patients never wait, we wait for them. We also review everyone's medical history, educating them to make the best choices for their overall health," says Dr. Varallo. For over 30 years, he's stressed that "patients who receive this high level of personal attention do much better." Dr. Varallo also founded the prestigious Nantucket Dental Society, annually bringing together key opinion leaders to discuss the industry's achievements and advancements. "I'm lucky," he says, about his success in shaping the dental profession into one committed to excellence in patient care. "What I do is as cool as it gets."

THE FACE OF MATTRESSES

BRUCE WIENER | BRUCE THE BED KING 703 Rte. 17, Paramus, NJ 07652 | 201.689.2230 467 Main St., Hackensack, NJ 07601 | 201.342.4300 brucethebedking.com FACES OF

2016

WHEN BRUCE WIENER introduces himself as Bruce the Bed King, he's not bragging. It's because he knows more about beds and mattresses than anyone else. For over 40 years he's sold mattresses and beds from his landmark store in Hackensack and on Route 17 in Paramus.

The original Bed Kings, Bruce's father and uncle, opened the first ever mattress-only specialty store in 1954. Since their retirement in 1995, Bruce and his cousin, Robert, have continued their fathers' old-fashioned retail philosophies. "We are the only furniture/mattress store I know of that doesn't pay salespeople commission," Bruce said. This allows customers to choose the proper mattress without being pressured or over-sold. Bruce depends on referred and repeat business, so his customers' satisfaction is a top priority. "Robert and I have over 85 years of combined experience," says Bruce. "That's why we're often asked to solve mattress and bed issues that leave other mattress retailers scratching their heads."





THE FACE OF COLOR

NORTONS PAINT

632 Rte. 17 North Paramus, NJ 07652 201.447.4747 nortonspaint.com

EAGLE PAINT & WALLPAPER

114 W. Palisade Ave. Englewood, NJ 07631 201.568.6051 eaglepaintandwallpaper.com

bergen 2016

VINNER

color essentials

YOU'D BE hard-pressed to find house paint in a grocery store today, but in 1963, that's where Bergen's beloved paint proprietor, the late John Norton, sold his goods. Well over 50 successful years later, the iconic, award-winning Nortons Paint store was acquired by a company with the same vision and values, Eagle Paint & Wallpaper, a family-owned paint business established in 1948. Whether it's Nortons Paint in Paramus or Eagle Paint & Wallpaper in Englewood, both locations have a diverse selection of product solutions for every problem, including Benjamin Moore paint, stains, wallpaper and blinds, plus color matching, custom colors, custom stains and expert product advice. Whether it's a living room, a front door or even a garage floor, Nortons Paint or Eagle Paint & Wallpaper will help you find the best colors that oldfashioned service and modern technology have to offer.

NORTONS PAINT

HU DWAY

Benjamin Moore

EAGLE PAINT & WALLPAPER

THE FACE OF A VEIN DOCTOR JAMES W. GEUDER, M.D.

VEIN CENTER OF ORADELL 680 Kinderkamack Rd., Suite 306, Oradell, NJ 07649 169 Ramapo Valley Rd., Oakland, NJ 07436 201.262.8346 | Veincenteroforadell.com

DR. JAMES W. GEUDER IS more than a vascular surgeon and vein specialist with over 25 years of experience. He is first and foremost a teacher. Taking the time to educate patients about symptoms, treatment and prevention, Dr. Geuder puts minds at ease with answers to these important questions: What are varicose veins? How many veins can you take out? Don't I need my veins? Will I get more veins? Why are my ankles brown? Will I get a clot? What about laser treatment? What is vein screening?

Come to the Vein Center of Oradell. We will perform an evaluation, answer your questions and treat your problems. We can make your legs look and feel better. Come in for a free vein screening and we'll get started! Visit our website at www.veincenteroforadell.com.





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LIVING BY OUR MOTTO "your mouth has a lot to say," the dentists at River Edge Dental (RED) offer a progressive way of dental health. Headed by Dr. Marlen Martirossian, RED is far more than a practice that fills cavities and cleans teeth—our services extend from changing a smile to saving a life.

Since oral health is the gateway to a healthy body, we focus on the patient's total well-being. On a routine basis, we perform saliva and DNA testing for markers of periodontal disease, oral cancers and predisposition to cardiovascular disease and diabetes. Through food sensitivity testing and gum assessments, we can determine chronic inflammation and bolster overall health. We are fully equipped to diagnose and treat facial pain, TMJ and sleep disorders.

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THE FACES OF INTERIOR DESIGN

MICHAEL FELICE AND CECILIA GUZZO CO-OWNERS MICHAEL FELICE INTERIORS 318 Franklin Ave., Wyckoff, NJ 07481

201.710.5796 | michaelfeliceinteriors.com

TWO HEADS ARE BETTER THAN ONE, agree Michael Felice and Cecilia Guzzo about the advantages of hiring a male-and-female interior design team. "Couples especially appreciate the dynamic," say the two low-key, no-pressure designers. Michael Felice Interiors is a full service design firm co-owned by Cecilia and Michael located in a lovely stone cottage in Wyckoff. They offer a large selection of furniture, window coverings, carpet, lighting and a gallery of Hunter Douglas shades and blinds. The design team excels with clients who need direction on a project or who need a simple home facelift. Cecilia and Michael advise clients who may be overwhelmed with the design process to take it slow, because sometimes it can work best to take on one room or one small project at a time.



THE FACE OF FUNCTIONAL MEDICINE DR. DOUGLAS J. PUCCI,

83

D.C., FAAIM PUCCI WELLNESS CENTER 617 Oradell Ave., Oradell, NJ 07649 201.261.5430 | Getwell-now.com

"OFTENTIMES, people become so accustomed to feeling ill, not realizing thyroid disorders are the root of their health crisis," explains Dr. Douglas J. Pucci, founder of the Pucci Wellness Center. A pioneer in functional medicine and the natural treatment of the thyroid, Dr. Pucci is helping patients heal from autoimmune diseases and thyroid symptoms by balancing hormones and the immune response. He takes pride, for instance, when he is able to help Graves' patients avoid orbital surgery, or Hashimoto's sufferers reverse their antibodies and decrease medication.

A practicing physician and natural healthcare doctor, Dr. Pucci is that rare physician who listens—really listens and restores well-being by offering an integrated functional approach to care.

THE FACE OF CHIROPRACTIC CARE LORI NUZZI, D.C. NUZZI CHIROPRACTIC LIFESTYLE

WELLNESS CENTER

FACES OF BERGEN 2016

12 Goffle Rd., Midland Park, NJ 07432 201.447.2570 | Nuzzichiro.com

FOUNDED IN 1993 BY DR. LORI NUZZI, Nuzzi Chiropractic Lifestyle Wellness Center is an alternative healthcare clinic focusing on Chiropractic, Massage Therapy and Lifestyle Transformation Weight Loss.

Dr. Nuzzi shares firsthand her best secret to wellness success. "Making changes toward a healthier lifestyle can be extremely difficult. By taking small steps you can achieve success and become healthier," states Dr. Nuzzi. "In other words, set realistic expectations and be consistent. When you want to lose weight set a weekly goal, one-two pounds per week. When you want to get fit focus on exercising twice a week, not every day. When you are tired and poorly hydrated, increase water consumption one glass a day instead of 64 oz. at once. Set reasonable goals, take baby steps and you will reach them. You'll be surprised—slow and steady really does win the race."

THE FACE OF SPORTS MEDICINE

STEPHEN G. SILVER, M.D.

360 Essex St., Suite 303, Hackensack, NJ 07601 551.996.8830

210 E. 64th St., 4th Floor, New York, NY 10065 212.434.4316

drstephensilver.com

"TAKING THE TIME TO ENSURE that my patients have a firm understanding of their treatment and options is a top priority," says Dr. Stephen G. Silver, board certified orthopedic surgeon specializing in sports medicine and knee, shoulder and elbow injuries. With uncompromising attention to detail, Dr. Silver is often referred to as the "surgeon's surgeon." In fact, Dr. Michael A. Kelly, chairman of the Department of Orthopaedic Surgery at Hackensack University Medical Center, chose Dr. Silver, also his partner for 17 years, for his own shoulder surgery. From high-level professional athletes including the NBA's New Jersey (now Brooklyn) Nets to 700 youngsters at his children's summer camp, all of Dr. Silver's patients benefit from his hallmark bedside manner. In addition to his Manhattan practice at Lenox Hill Hospital, Dr. Silver also has a HUMC based practice and is a founding member of Maywood's stateof-the-art Vanguard Surgical Center, an alternative hospital setting owned and operated by top physicians.





THE FACE OF NUTRITION AND WELLNESS JULENE STASSOU,

M.S., R.D.

REGISTERED DIETICIAN AND NUTRITIONIST

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530 Main St. Fort Lee, NJ 07024

917.626.3300 julenestassoumsrd.com

MEET JULENE STASSOU—bright,

dynamic, one-of-a-kind and clinically trained in therapeutic diets—who delivers a tough message with a warm heart.

Winner of *Bergen* magazine's Best Nutritionist for the second year in a row, Julene is a Registered Dietician with a Master's Degree in Nutrition Education from Columbia University. Living by the old adage—"you are what you eat," Julene teaches patients about food choices and nutrition tailored to their needs.

But it's much more than a professional relationship. Julene puts her heart and soul into each patient's wellness goals. Her hands-on approach and personal connection inspires positive life changes. Unsure you've made a good lunch choice or have a question, Julene is just a text away.

So next time you spot an effervescent woman around Bergen County carrying a green juice, ask for a consultation.



THE FACE OF LASER AND IMPLANT DENTISTY

DONALD J. ROMAN, D.M.D.

FACES OF

2016

ROMAN DENTAL ARTS 52 Forest Ave., Paramus, NJ 07652 201.843.0440 | Romansmiles.com

IT'S NO WONDER his tagline reads "Roman Smiles," as everyone smiles bigger and brighter after a visit with Dr. Donald Roman. For more than 25 years, Dr. Roman has delivered comprehensive dental care to both children and adults along with the most advanced restorative and preventive procedures including dental implants, laser dental care and single visit crowns/veneers. A lifelong resident of Bergen County, he serves community members and friends with pride.

Using the newest technologies including low level laser therapies, Dr. Roman reduces the need for injections, lessens swelling and decreases healing times. Imagine fillings and gum treatments with little or no Novocain; even the reduction of mid-face age lines! Dr. Roman is a Licensed General Dentist, has an extensive list of professional associations and is a strong advocate of continuing education, encouraging staff to regularly update their credentials to best serve patients.

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WHILE WORKING CLOSELY TOGETHER at a sports medicine facility in New York City in the late 1980s, Excel founders and coowners Matt Gibble, P.T. and Gary Flink, P.T., envisioned opening a New Jersey based practice that would set the standards in orthopedic physical therapy for school age children to geriatrics. In March 1990, they opened the doors to their Fort Lee office. Since then, they have opened seven additional offices in Oakland, Hackensack, Waldwick, Rutherford, Cresskill, Montvale, and Mahwah all of which were designed and built on a foundation of excellence in physical therapy. From sprains and strains to the most complex surgical cases, Excel takes pride in being the most tenured and experienced in the treatment of these types of injuries. Today, after 26 years, Excel remains as the most trusted and premier source for rehabilitation in Bergen County by patients and physicians alike.



THE FACE OF RANGE HOODS, THE KITCHEN'S FOCAL POINT

RAMONA PANUS

e

RANGECRAFT MANUFACTURING COMPANY, INC. 4-40 Banta Pl., Fair Lawn, NJ 07410 201.791.0440 or 1.877.RCHoods rangecraft.com

IT'S A SIGHT WATCHING a range hood larger than a Mercedes traveling down the highway on a flat bed truck escorted by motorcycles. It is not uncommon for Ramona Panus, president of RangeCraft, to see such royal treatment given to the custom, award-winning hoods produced by RangeCraft's artisans. RangeCraft hoods are routinely chosen in copper, brass, stainless steel and decorator colors with unlimited options. RangeCraft's one-of-a-kind hoods—such as mirror titanium metal enhanced with Swarovski crystals offers a look that is truly "jewelry for the kitchen." Even Stephen Fanuka, host of HGTV's "Million Dollar Contractor," worked with Ramona to design a hood for his kitchen. Each hood is handcrafted with choices such as rivets, buttons, bands or pot rails. Ramona manufactures hoods thought impossible to create while offering impeccable service. "I'm not the type of CEO to sit behind my desk," she says, and off she goes to design another masterpiece for a dream kitchen.



Craig Scott Entertainment

THE FACES OF ENTERTAINMENT

SCOTT HORNAK & NICK DELLOSA

CRAIG SCOTT ENTERTAINMENT

18 Overlook Ave., Rochelle Park, NJ 07662 | 201.587.1066 | Craigscott.com

LET'S GET THIS PARTY STARTED! Planning a wedding or corporate function, you're guaranteed a rockin' party and a musical extravaganza when you choose Craig Scott Entertainment. Whether it's live entertainment or DJ, Craig Scott provides the very best musicians and professional entertainers.

"It's our goal to ensure that every client is made to feel as though their party is our one and only," says owners Scott Hornak and Nick Dellosa. Traveling throughout the United States and Mexico, Craig Scott creates each party with innovation and "out of the box" entertainment themes—from Current Hits to Swing, or specialty entertainment. They match the setting and desires of the client to create the perfect party. Craig Scott puts your fingerprint on every event.



Angela Aaron uus

THE FACE OF EXCELLENT DENTISTRY ANGELA AARON, D.D.S. GENERAL AND COSMETIC DENTISTRY 20 Franklin Tpke., Suite 210, Waldwick, NJ 07463 201.857.2842 | Draarondental.com

WITH A COMMITMENT to consistently provide exceptional dentistry and a devotion to genuinely help her patients, Dr. Angela Aaron is a dentist who epitomizes clinical excellence and superb service.

Dr. Aaron is especially proud of her team of compassionate and dedicated professionals who, just like her, strive to improve each patient's quality of life by delivering the highest standard of care in an environment that exudes warmth, comfort and fun. Voted 2015 "Top Dentist" by *New Jersey Monthly*, and voted 2016 Top Dentist in Waldwick, NJ by the International Association of Dentists (IAD). Dr. Aaron makes going to the dentist a stress-free, enjoyable experience.

THE FACES OF PSYCHOTHERAPY

KIMBERLY AGRESTA, MSW, LCSW | NANCÉ AGRESTA, LCSW, CASAC, NCACII

AGRESTA PSYCHOTHERAPY GROUP 07631 | 201.567.3117 80 Eighth Ave., Suite 1108, New York, NY <u>10011 | 212.627.7727</u>

60 Grand Ave., Suite 204, Englewood, NJ 07631 | 201.567.3117 80 Eighth A agrestapsychotherapy.com

FACES OF

2016

"IT IS ESTIMATED that one in four people suffers from some type of mental illness, but the statistics are probably even higher because many people self-medicate or feel too ashamed to seek professional help," says Kimberly Agresta of Agresta Psychotherapy Group. As advocates of eliminating the stigma of seeking help for mental illness, Kimberly and Nancé Agresta have created a healing, nurturing environment so patients can feel comfortable during the therapeutic process. The Agrestas treat adults, families and children of all ages, including those with special needs, in their Bergen and NYC offices. From weekend couples therapy groups, parenting groups, art therapy for all ages and Nancé's work as a certified Eye Movement Desensitization Reprocessing (EMDR) therapist for Post Traumatic Stress Disorder, the Agrestas have over 30 years of experience between them. As Kimberly assures patients, "No one should ever have to suffer from mental distress."

DAUSTRATI

THE FACE OF PROPERTY TAX APPEALS

FACES OF BERGEN 2016

MARC A. RASO, ESQ.

550 Kinderkamack Rd., Suite 138, Oradell, NJ 07649 201.977.1960 | rasoesq.com

"PROPERTY TAX APPEALS represent frequent stops along the economic journeys traveled by businesses, individuals and municipalities," says Marc A. Raso, an Oradell attorney whose knowledge and experience in this field has been recognized through his appointments to represent the Borough of Paramus, City of Hackensack and Town of West New York in such matters. According to Marc, "You have to be bold and resourceful to navigate this legal jungle." He believes that "you must possess an active imagination so as to never be surprised by what lies at the other end of the bridge you are crossing." For Marc, "Every day is an adventure that I look forward to and actively embrace.

My job is exciting and my clients are happy with their results."

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{ BERGEN'S BEST }

THE BEST

Once again we asked you, our readers, to tell us which restaurants, shops and services you consider the best in Bergen County. The response was thunderous, and after a record 5,770 votes, the results are in. Here we reveal the winners in 144 categories — from bagels to burgers, happy hour to hiking trails, antiques stores to art galleries.

125

Roots Steakhouse



Goldberg's Famous Bagels

Bagel shops are a dime a dozen, especially in Bergen County with its close proximity to New York City. But Goldberg's is in a league of its own, serving up hand-rolled, kettle-boiled bagels with a schmear and a smile. Of course, a large selection of deli meats and cheeses is available too—for folks who favor bagels beyond breakfast.

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3 WYCKOFF BAGELS 636 Wyckoff Ave. Wyckoff 201.891.6003

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2 B & W BAKERY 614 Main St.

Hackensack 201.342.5577

3 SOOK PASTRY 24 S. Broad St. Ridgewood

201.493.2500 sookpastry.com

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2 AMSTER'S PROSPECT TAVERN 18 W. Prospect St. Waldwick 201.652.9819 amstersprospecttavern .mealpoint.us

3 ALLENDALE BAR & GRILL

67 W. Allendale Ave. Allendale 201.327.3197 allendalebarandgrill.com

3 REBAR & KITCHEN 132 Essex St.

Lodi, 201.368.8181 rebarnj.com

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201.384.3210

1 FINK'S BBO SMOKEHOUSE 26 W. Madison Ave. Dumont.

finksbbgsmokehouse.com

2 STICKEY'S BBO 321 Broadway Hillsdale 201.664.4227 stickeysbbg.com

BREAKFAST

1 BENNY'S LUNCHEONETTE 11-04 Saddle River Rd. Fair Lawn 201.791.0730 bennysluncheonette.com

1 DAILY TREAT RESTAURANT 177 E. Ridgewood Ave Ridgewood 201.652.9113

dailytreatrestaurant.com
1 JD'S DELI & GRILLE
400 Derrore Veller Ed

400 Ramapo Valley Rd. Oakland 201.644.0888 jdsdeli.com

2 GIOVANNA'S CAFÉ

19 E. Main St. Ramsey 201.825.5835 giovannascafe.com

2 MAYWOOD PANCAKE HOUSE 92 W. Pleasant Ave. Maywood

Maywood 201.880.7842 maywoodpancakehouse.com

2 SOGNO COFFEEHOUSE

AND CREPERIE 425 Broadway Westwood 201.497.3628 cafeanello.com/sogno

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3 STATE LINE DINER 375 Route 17 North Mahwah 201.529.3353

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2 HAVEN RIVERFRONT RESTARUANT & BAR 2 Main St

2 Main St. Edgewater 201.943.1900 havenedgewater.com **3 CAFÉ AMICI** 315 Franklin Ave.

Wyckoff 201.848.0198 cafeamiciwyckoff.com

3 FARMHOUSE CAFÉ & EATERY 15 E. Madison Ave. Cresskill

201.266.8931 farmhousecafenj.com

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2 BLACK REBEL BURGER

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Franklin Lakes 201.891.2000 marketbasket.com

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2 STEVE'S MARKET

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2 SANDUCCI'S TRATTORIA

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3 CAFÉ MATISSE

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3 ROCCA

203 Rock Rd. Glen Rock 201.670.4945 roccanj.com

CANDY/CHOCOLATE

CONFECTIONERY

107 Westwood Ave. Westwood 201.664.2895 conradsconfectionery.com

2 DOLCE JEANNA DELECTABLE DESSERTS Bergenfield 201.755.7111

3 KILWINS

121 E. Ridgewood Ave. Ridgewood 201.445.4837 kilwins.com/ridgewood

CANNOLI

1 RISPOLI PASTRY SHOP & CAFÉ 23 Emerson Plaza Emerson 201.265.4009 824 Broad Ave. Ridgefield 201.943.6002

2 LYNDHURST PASTRY SHOP

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CHEESE SHOP

1 JERRY'S HOMEMADE GOURMET AND MORE 410 S. Dean St. Englewood 201.871.7108 jerryshomemade.com

* Not located in Bergen County

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2 SUPER CELLARS

32 S. Broad St. Ridgewood

supercellars.com
3 CHEZ CHEEZE

201.444.0012

10 Washington St. Tenafly 201.568.2050 chezcheeze.com

* CANDY/CHOCOLATE

Conrad's Confectionery

Get a taste of nostalgia and a spoonful of sugar at the same time while visiting this quaint, old-fashioned candy shop that's been serving up sweets for nearly 90 years. Owner J.J. Krachtus is the third generation in his family to run Conrad's, named for its first owner, Fred Conrad, who opened up shop in 1928. The traditional techniques used here, including more than 100 antique metal molds to craft chocolates, caught the attention of New Jersey native Martha Stewart, who featured the store's Easter bunnies on her television show. Krachtus and his bunnies, which range in height from two inches to three feet, also made an appearance on The Chew with Carla Hall. Not a chocolate lover? Stop by for a scoop or two of homemade ice cream.





When owner Johnny Manganiotis first became interested in purchasing a cupcake shop, he was only 22 years old and had no experience as a baker or business owner. Nine years later, he's turned that first little Clifton bakery into a booming enterprise with five locations and national exposure on the Food Network show Cupcake Wars. You'll learn the secret to his success after just one bite of the French Toast cupcake, which tastes just like breakfast in Grandma's kitchen. Other customer favorites include Red Velvet, Fruity Pebbles and a new variety, Mallomar, which is as gooey and addictive as its cookie namesake.

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2 GOLDEN DYNASTY

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3 BAMBOO HOUSE

28 S Broad St Ridgewood 201.447.3111

3 JOYCE CHINESE CUISINE

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3 RAMSEY CHINESE RESTAURANT 37 W. Main St. Ramsev 201.327.9989

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CUPCAKES

1 MR. CUPCAKES 390 Hackensack Ave. Hackensack 201.342.2293 385 Kinderkamack Rd. Oradell 201.483.8897 mrcupcakes.com

2 MO'PWEEZE BAKERY*

27 Utter Ave. Hawthorne 973.664.7833 mopweezebakery.com

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3 CUPCAKE CUTIE

Westwood 201.788.1967 cupcakecutie.us

CUSTOM CAKES 1 SUGAR FLAKE BAKERY

Multiple locations sugarflakebakeshop.com

2 PALERMO'S BAKERY 389 Liberty St. Little Ferry

201.641.1654 187 Main St. Ridgefield Park 201.641.0027 palermobakery.com

3 MILLS BAKERY 275 Vallev Blvd. Wood-Ridge 201.438.7690 mills-bakerv.com

DINER **1 MATTHEWS DINER** 4 Franklin Tpke. Waldwick 201 447 1411

matthewsdiner.com

1 SUBURBAN DINER 172 Route 17 North Paramus 201.261.2605 suburbandiner17.com

2 CHIT CHAT DINER 515 Essex St. Hackensack

201.820.4033 chitchatdiner.com

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MARKET Main Street Train Station Ramsev ramseyfarmersmarket.org

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2 SANDUCCI'S WOOD FIRED PIZZA 201.599.0600 sanduccis.com

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201 935 2995 cafematisse.com

3 CAFÉ PANACHE

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3 THE CHEF'S TABLE

754 Franklin Ave. Franklin Lakes 201.891.6644 tctnj.com

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935C Kinderkamack Rd. River Edge 201.967.0029 atasteofgreecenj.com

3 THE GREEK VILLAGE

254 Livingston St. Northvale 201.750.8570 greekvillagenj.com

3 VARKA RESTAURANT

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HUMMUS

1 PICKLE LICIOUS 384 Cedar Ln. Teaneck 201.833.0100 picklelicious.com



CHINESE RESTAURANT Dim Sum Dynasty

Why drive all the way to Chinatown when you get can authentic Cantonese cuisine right here in Ridgewood thanks to this Zagatrated BYO. Featuring an elegant dining room complete with white tablecloths and festive red décor, it specializes in dim sum (rolling dim sum on weekends) and dumplings (including the somewhat controversial shark fin variety). The downside? Nothing great goes unnoticed, and you may have to fight the crowds to snag a table during busy times. But trust us, it's worth the wait.

ITALIAN DELI

Jerry's Homemade Gourmet and More Thinking about going to a big-box grocery store? Fuggedaboutit! In Englewood, the Turci family has spent decades carefully cultivating its wide selection of imported cheeses, homemade small-batch sauces, prepared foods, baked goods and more than 500 Italian wine labels. Everything at this family-run establishment is the highest quality. A simple sandwich here is served between two thick slices of hereh-baked bread, complemented with creamy mutz made that day and the best cold cuts (feel free to snack on samples while you wait for your order).

130

2 SMVRNA

MEDITERRANEAN CAFÉ 21 E. Main St. Ramsev 201.934.7990

smyrnacaferamsey.com

ICE CREAM

1 BRAINFREEZE 370 River Rd. New Milford 201.265.5055 brainfreezenj.com

2 ISCREAMERY

130 Broadway Hillsdale 201.383.0818 freezeyourlove.com

3 VAN DYK'S ICE CREAM

145 Ackerman Ave. Ridgewood 201.444.1429

INDIAN RESTAURANT 1 BOMBAY HUT

8A W. Prospect St. Waldwick 201.857.3266 bombayhut.com

2 BRICK LANE

CURRY HOUSE 34 Franklin Ave. Ridgewood 201.670.7311 bricklaneridgewood.com

2 KINARA

880 River Rd. Edgewater 201.313.0555 10 Jay St. Tenafly 201.399.7788 kinararestaurant.com

2 NIRVANA INDIAN KITCHEN

29 W. Allendale Ave. Allendale 201.818.2300 nirvanaindiankitchen.com

3 KAILASH

22 Oak St. Ridgewood 201.251.9693 kailashindiancuisine.com

3 MANTRA 275 Route 4 West Paramus 201.342.8868 mantranj.com

INTERIOR DESIGN 1 HAVEN RIVERFRONT RESTAURANT & BAR

2 Main St., Edgewater 201.943.1900 havenedgewater.com

ITALIAN DELI

1 JERRY'S HOMEMADE GOURMET AND MORE 410 S. Dean St. Englewood 201.871.7108 jerryshomemade.com

2 ANNABELLA'S SALUMERIA 2 FOSTER VILLAGE E GROCERIA

246 Hackensack St. East Rutherford 201 804 0303 annabellasmozz.com

3 A&S FINE FOODS OF WYCKOFF 525 Cedar Hill Ave Wyckoff

201.447.0800 asfinefoodsnj.com

3 BAVIELLO'S ITALIAN DELI

216 Old Tappan Rd. Old Tappan 201.666.6750 bavielloitaliandeli.com

3 MORANO'S ITALIAN

GOURMET MARKET 1 E Main St Ramsey 201.825.8020 moranos.com

ITALIAN RESTAURANT

1 CAFFÉ ANELLO 425-429 Broadway Westwood 201.786.8137 caffeanello.com

2 ANDIAMO 23 Hardenburgh Ave. Haworth 201.384.1551 andiamorestaurant.net

2 SANDUCCI'S TRATTORIA 620 Kinderkamack Rd. River Edge 201.599.0600 sanduccis.com

3 SAVINI 168 W. Crescent Ave. Allendale 201.760.3700 savinirestaurant.com

JAPANESE RESTAURANT **1 MATSU SUSHI & GRILL**

140 Broadway Hillsdale 201.930.1896 matsunj.com

2 SAKTIRA 371 Franklin Ave.

Wyckoff 201.848.6988 sakurawyckoff.com

2 TANI SUSHI & ASIAN GRILL

44 E. Palisade Ave. Englewood 201.567.7888 206 Rock Rd. Glen Rock 201.612.1188 taniasiangrill.com

JEWISH DELI

1 KOSHER NOSH 894 Prospect St. Glen Rock 201 445 1186 koshernosh.com

KOSHER DELICATESSEN 469 S. Washington Ave. Bergenfield 201.384.7100 fostervillagekosherdeli.com

KOREAN RESTAURANT

1 ORGANIC TOFU HOUSE 88 Godwin Ave. Ridgewood 201.251.7734 organictofuhouse.com

MEDITERRANEAN RESTAURANT 1 MEZZA

20 Jefferson Ave. Westwood 201 722 8822 mezzawestwood.com

2 BENNIES 54 E. Palisade Ave. Englewood 201.894.5700 benniesofenglewood.com

2 LISA'S MEDITERRANEAN

CUISINE 28 Oak St Ridgewood 201.251.8686 lisasmediterraneancuisine.net

2 NOVO 37 Chestnut St. Ridgewood 201.444.4910 novomediterranean.com

RARVION 606 Kinderkamack Rd. River Edge 201.646.0005 babylonrest.com

3 BIBI'Z

284 Center Ave. Westwood 201.722.8600 bibizlounge.com

3 SMYRNA MEDITERRANEAN CAFÉ 21 E. Main St.

Ramsev 201.934.7990 smyrnacaferamsey.com

MEXICAN RESTAURANT

1 BLUE MOON MEXICAN CAFÉ Multiple locations bluemoonmexicancafe.com

2 JALAPEÑOS

MEXICAN GRILLE 930 Prospect St. Glen Rock 201.445.5566 jalapenosmexgrill.com

3 PANCHO'S BURRITOS

214 Main St. New Milford 201.225.2554 panchosburritosnj.com

MIDDLE EASTERN RESTAURANT

1 SAMDAN RESTAURANT 178 Piermont Rd. Cresskill 201.816.7343 samdanrestaurant.com

2 ROSE RESTAURANT

1150 Teaneck Rd Teaneck 201.569.3600 rosepersianrestaurant.com

MOZZARELLA **1 JERRY'S HOMEMADE**

GOURMET AND MORE 410 S. Dean St. Englewood 201.871.7108 jerryshomemade.com

NEW RESTAURANT

1 JACK'S LOBSTER SHACK 1040 River Rd. Edgewater 201.224.2808 jackslobstershack.com

2 SOFIA'S MEDITERRANEAN

GRILL 220 Boulevard Hasbrouck Heights 201.462.0123 sofiasmediterraneangrill.com

2 FISH URBAN DINING

54 E. Ridgewood Ave. Ridgewood 201.857.5151 citybytheseahospitality group.com

OLIVES

1 PICKLE LICIOUS 384 Cedar Ln. Teaneck 201.833.0100 picklelicious.com

OUTDOOR DINING 1 IVY INN

268 Terrace Ave. Hasbrouck Heights 201.393.7699 ivvinn.com



RESTAURANT **Blue Moon Mexican Café** Calling something a "blue moon" might imply

that it's a rarity, but at the four Bergen County locations of this Mexican mini chain, guality and freshness are daily expectations. Owner Howie Felixbrod has been in the business for almost two decades and prides himself on serving up muy bueno housemade salsa, guacamole, chips and Mexican dishes, not to mention oversized margaritas. After starting his business in Manhattan. Felixbrod moved it to the Garden State while maintaining the chic, hip city vibe. On Friday and Saturday nights, the Englewood, Wyckoff and Norwood locations feature live bands.

2 HAVEN RIVERFRONT RESTAURANT & BAR

2 Main St. Edgewater 201.943.1900 havenedgewater.com

3 ANDIAMO

23 Hardenburgh Ave. Haworth 201.384.1551 andiamorestaurant.net

PANCAKES 1 COUNTRY

PANCAKE HOUSE 140 E. Ridgewood Ave. Ridgewood 201.444.8395 countrypancakehouse.net

2 MAYWOOD PANCAKE HOUSE

92 W. Pleasant Ave. Maywood 201 880 7842 maywoodpancakehouse.com

3 BROWNSTONE

PANCAKE FACTORY 860 River Rd. Edgewater 201.945.4800 brownstonepancakefactory.com

3 WESTWOOD DINER & PANCAKE HOUSE 301 Old Hook Rd.

Westwood 201.664.7455

PIZZA

1 SANDUCCI'S PIZZA KITCHEN 620 Kinderkamack Rd **River Edge** 201.523.9300

sanduccis com **2 PIZZA FUSION**

33 Godwin Ave Ridgewood 201.445.9010 pizzafusion.com/ridgewood

3 MOMMA'S KITCHEN 15 W. Grand Ave. Montvale

201.746.9777 mommaskitchennj.com

PRIX FIXE MENU **1** IVY INN 268 Terrace Ave

Hasbrouck Heights 201.393.7699 ivvinn.com

2 HAVEN RIVERFRONT RESTAURANT & BAR

2 Main St Edgewater 201.943.1900 havenedgewater.com

3 MOLOS*

1 Pershing Rd. Weehawken Rd. 201.223.1200 molosrestaurant.com

3 PEARL RESTAURANT

17 S. Broad St. Ridgewood 201.857.5100 pearlridgewood.com

3 SANDUCCI'S TRATTORIA 620 Kinderkamack Rd. River Edge 201.599.0600 sanduccis.com

ROMANTIC RESTAURANT

1 IVY INN 268 Terrace Ave. Hasbrouck Heights 201.393.7699 ivvinn.com

2 HAVEN RIVERFRONT RESTAURANT & BAR

2 Main St. Edgewater 201.943.1900 havenedgewater.com

3 CAFÉ PANACHE 130 E. Main St.

Ramsev 201.934.0030 cafepanachenj.com

3 SADDLE RIVER INN 2 Barnstable Ct.

Saddle River 201.825.4016 saddleriverinn.com

SEAFOOD/ FISH MARKET

1 SEAFOOD GOURMET 103 W. Pleasant Ave. Maymood 201.843.8558 seafood-gourmet.com

2 THE MARKET BASKET

813 Franklin Lake Rd. Franklin Lakes 201.891.2000 marketbasket.com

3 JACK'S LOBSTER SHACK

1040 River Rd Edgewater 201.224.2808 jackslobstershack.com

STEAKHOUSE

1 THE RIVER PALM TERRACE **3** WASABI 1416 River Rd. Edgewater 201.224.2013 41-11 Route 4 West Fair Lawn 201.703.3500 209 Ramapo Valley Rd. Mahwah 201.529.1111 riverpalm.com

1 ROOTS STEAKHOUSE

17 Chestnut St Ridgewood 201.444.1922 rootssteakhouse com

2 SEAR HOUSE GRILL

411 Piermont Rd. Closter 201.292.4612 searhouse.com

3 MORTON'S

1 Riverside Sq. Hackensack 201 487 1303 mortons.com

3 THE PARK STEAKHOUSE

theparksteakhouse.com

SUSHI



OLIVES

Pickle Licious

2 HO-HO-KUS SUSHI CAFÉ

29 Sheridan Ave. Ho-Ho-Kus 201.670.7677 hohokussushicafe.com

3 GEN SUSHI & HIBACHI

14 Chestnut Ridge Rd. Montvale 201.930.9188 15 E. Ridgewood Ave. Ridgewood 201 493 1988 gensushihibachi.com

3 SAKURA BANA

43 Franklin Ave. Ridgewood 201.447.6525 sakurabana.com

848 E. Ridgewood Ave. Ridaewood 201.493.7575 wasabinj.com

TAPAS

1 PINTXO Y TAPAS 47 N. Dean St. Englewood 201.569.9999 pintxotapas.com

2 CRAVINGS TAPAS BISTRO

8 Wilsey Sq. Ridgewood 201.857.8533 cravingstapas.com

2 FINCA – THE ESTATE OF SMALL PLATES

20 E. Ridgewood Ave. Ridgewood 201.444.1199 fincani com

2 SANGRIA

1033 MacArthur Blvd. Mahwah 201.962.3310 sangriamahwah.com

TEA SHOP

1 HARMONY TEA ROOM 224 Fairview Ave. Westwood 201.664.2608 harmonytearoom.com

2 VILLAGE TEA SHOP 10 S. Maple Ave. Ridgewood 201.857.0230

THAI RESTAURANT

1 PIMAAN 79 Kinderkamack Rd. Emerson 201.967.0440 pimaanthai.com

2 TOM YUM KOONG

305 Boulevard Hasbrouck Heights 201.288.3840 tykthaikitchen.com

VEGETARIAN RESTAURANT **1 VEGGIE HEAVEN**

473 Cedar Ln. Teaneck 201.836.0887 veggieheaventeaneck.com

2 NECTAR CAFÉ

175 Rock Rd. Glen Rock 201.857.0825 nectarcafenj.com

VIETNAMESE RESTAURANT

1 SIMPLY VIETNAMESE 1 Highwood Ave.

Tenafly 201.568.7770 simplyvietnamese.info

2 MEKONG GRILL

24 Chestnut St. Ridgewood 201.445.0011

WATERFRONT DINING **1 HAVEN RIVERFRONT**

RESTAURANT & BAR 2 Main St Edgewater 201.943.1900 havenedgewater.com

2 WATERSIDE RESTAURANT*

7800B River Rd. North Bergen 201.861.7767 watersiderestaurant andcatering.com

3 MOLOS*

1 Pershing Rd. Weehawken Rd. 201.223.1200 molosrestaurant.com

* Not located in Bergen County

At this Teaneck favorite, Robyn Samra has spent decades perfecting the pickle. She serves up her crunchy creations at both the brick and mortar location and at various farmers' markets in the area (Teaneck, Ridgewood, Paramus, Hawthorne), where she also sells olives (more than a dozen varieties), snacks and spreads, like hummus and tapenades, and of course, the popular pickle on a stick. Having trouble deciding? Trying to pick from the wide selection can, well, put you in a pickle (we couldn't resist). Fortunately, customers are welcome to taste from a selection of samples.









151 Kinderkamack Rd. Park Ridge 201.930.1300

> **1 MATSU SUSHI & GRILL** 140 Broadway Hillsdale 201.930.1896 matsunj.com



PIZZA Sanducci's Pizza Kitchen

You'll feel like you've traveled to Italy after tasting the thincrust pizzas served here, topped with homemade sauce, fresh mozzarella and basil before being crisped to perfection in a wood-fired oven. If you're able to resist the pizza, there are many more Italian specialties to try at this BYO. For those who want to have a pizza party of their own, Sanducci's offers a catered food truck service, complete with a portable woodfired grill.

WINGS Biggie's

Biggie's is a fun place to eat and drink any day of the week, but it's especially great on game days, when you can grab a beer and chow down on crispy, tasty wings while watching the action on one of the large-screen TVs. About those wings: They come in a variety of flavors, from Buffalo to BBO to teriyaki, and are available both as a menu item and as a steal (\$5 for six) during weekday happy hour.

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WINGS

1 BIGGIE'S 430 Route 17 South Carlstadt 201.933.4000 1315 Route 17 South Ramsey 201.962.9099 biggiesclambar.com

2 REBAR & KITCHEN

132 Essex St. Lodi 201.368.8181 rebarni.com

3 ANTHONY'S

COAL FIRED PIZZA 10 Sterling Blvd. Englewood 201.431.9404 16-31 Route 208 North Fair Lawn

201.796.2625 984 Route 17 North Ramsey 201.818.2625 acfp.com

ENTERTAINMENT BEER SELECTION 1 BIGGIE'S

430 Route 17 South Carlstadt 201.933.4000 1315 Route 17 South Ramsey 201.962.9099 biggiesclambar.com

2 HAVEN RIVERFRONT RESTAURANT & BAR

2 Main St. Edgewater 201.943.1900 havenedgewater.com

2 MILLER'S ALE HOUSE

270 Route 4 East Paramus 201.342.4800 millersalehouse.com

2 REBAR & KITCHEN

132 Essex St. Lodi 201.368.8181 rebarnj.com

BOWLING

1 BRUNSWICK ZONE 22 Maple Ave. Fair Lawn 201.797.5400 bowlbrunswick.com

2 MONTVALE LANES

14 W. Grand Ave. Montvale 201.391.3400 montvalelanes.com

3 BOWLER CITY LANES

85 Midtown Bridge Approach Hackensack 201.343.3545 nationwidebowling.com

3 HOLIDAY BOWL

29 Spruce St. Oakland 201.337.6516 holidaybowlnj.com

CRAFT BEER

1 REBAR & KITCHEN 132 Essex St. Lodi 201.368.8181 rebarnj.com

1 THE DOG AND CASK

55 Route 17 South

thedogandcask.com

DANCE ACADEMY

nvdanceacademy.com

76 Schraalenburgh Rd.

382 Kinderkamack Rd.

anchordancestudio.com

GIRLS' NIGHT OUT

Harrington Park

201.768.2455

Oradell

1 BIBI'Z

Westwood

201.722.8600

2 CHAKRA

201 556 1530

3 FIRE & OAK

Paramus

Montvale

201.307.1100

80 Fifth Ave

Hawthorne

973.423.4040

fireandoak.com

201.265.6100

284 Center Ave.

bibizlounge.com

144 Route 4 West

chakrarestaurant.com

100 Chestnut Ridge Rd.

GYMNASTICS SCHOOL 1 ELITE GYMNASTICS*

elitegymnasticsinfo.com

2 MEADOWLANDS

meadowlandsgym.com

GYMNASTICS

East Rutherford

HAPPY HOUR

430 Route 17 South

1315 Route 17 South

biggiesclambar.com

1 Madison St.

973.246.8353

1 BIGGIE'S

Carlstadt

Ramsev

201.933.4000

201 962 9099

sukhaarts.com

2 SUKHA ARTS CENTER

3 ANCHOR DANCE STUDIO

DANCE LESSONS

1 NORTHERN VALLEY

Rochelle Park

201 845 5101

75 Oak St

Norwood

201.784.6400

HIKING TRAIL

2 IVY INN

268 Terrace Ave.

201.393.7699

ivyinn.com

2 Main St

Edgewater

201.943.1900

Hasbrouck Heights

3 HAVEN RIVERFRONT

RESTAURANT & BAR

havenedgewater.com

1 RAMAPO VALLEY COUNTY RESERVATION 608 Ramapo Valley Rd. Mahwah 201.327.3500 co.bergen.nj.us

2 PALISADES INTERSTATE PARK 1 Alpine Approach Rd. Alpine 201.768.1360 njpalisades.org

3 TENAFLY NATURE CENTER

313 Hudson Ave. Tenafly 201.568.6093 tenaflynaturecenter.org

ICE SKATING

1 FRITZ DIETL ICE RINK 639 Broadway Westwood 201.664.9812 fritzdietlicerink.com

IRISH PUB

1 PJ FINNEGAN'S 274 Fairview Ave. Westwood 201.664.7576

2 DAVEY'S

5 Park St. Montvale 201.391.9356 daveyspub.com

3 THE SHANNON ROSE 1200 Route 17 North Ramsey 201.962.7602

theshannonrose.com

1 SUKHA ARTS CENTER 76 Schraalenburgh Rd. Harrington Park 201.768.2455 sukhaarts.com

2 DANCETC.

7-15 Fair Lawn Ave. Fair Lawn 201.773.8588 dancetcstudio.com

2 BOUNCE SAFARI

3 North St. Waldwick 201.857.4000 bouncesafari.com

 Not located in Bergen County

3 UPON A TIME PRODUCTIONS

Hillsdale 201.666.1459 uponatimeproductions.com

LIVE MUSIC

1 MEXICALI LIVE 1409 Queen Anne Rd. Teaneck 201.833.0011 mexicalilive.com

2 THE CROW'S NEST

309 Vincent Ave. Hackensack 201.342.5445 crowsnest.com

3 THE CORNERSTONE

84 Broadway Hillsdale 201.666.8688 thecornerstonenj.com

MARGARITAS

1 BLUE MOON MEXICAN CAFÉ Multiple locations bluemoonmexicancafe.com

2 CHAPALA GRILL

52 S. Washington Ave. Bergenfield 201.387.2107 chapalamexicangrill.com

2 JALAPEÑOS

MEXICAN GRILLE 930 Prospect St. Glen Rock 201.445.5566 jalapenosmexgrill.com

2 LA FORTALEZA 361 Midland Ave.

Garfield 973.928.4470 lafortalezamexrestaurant.com

MARTINIS

1 HAVEN RIVERFRONT RESTAURANT & BAR 2 Main St.

Edgewater 201.943.1900 havenedgewater.com

2 BACARI GRILL 800 Ridgewood Rd.

Washington Township 201.358.6330 bacarigrill.com

MOVIE THEATER 1 AMC GARDEN

STATE 16 400 Garden State Plaza Blvd. Paramus 201.291.8524 amctheatres.com

2 TEANECK CINEMAS

503 Cedar Ln. Teaneck 201.530.7410 teaneckcinemas.com

***** LIVE MUSIC

Mexicali Live One of the few small music venues left in the state, Mexicali Live is where music lovers prefer to go for an intimate set with both local and visiting artists. With a casual atmosphere, Mexican-themed bar food, sangria and a nice variety of imported, craft and domestic (labeled "boring" on the menu) beers. it's an ideal spot for a laid-back evening. Want to get in on the action? Up-and-coming musicians can get a feel for the spotlight during open jam nights. See the website (mexicalilive.com) for upcoming events.





Young Fashions

When it comes to baby clothes, Addie Carrino is no amateur. She has been successfully running this Hasbrouck Heights shop for more than 60 years now, where she sells an eclectic collection of infant and children's clothing, including christening gowns, communion dresses and suits for boys too. The New Jersey native prides herself on cultivating a selection of clothing and toys that can't be found at big-box stores. Carrino is happy to offer guidance for shoppers looking for the perfect gift for a young child—and her complimentary gift-wrapping service adds the ultimate personal touch.

3 BOW TIE CINEMAS WARNER THEATER

190 E. Ridgewood Ave. Ridgewood 201.444.1234 bowtiecinemas.com

3 RAMSEY THEATRE

125 E. Main St. Ramsey 201.825.2090 ramseytheatre.com

NEIGHBORHOOD BAR

1 BIGGIE'S 430 Route 17 South Carlstadt 201.933.4000 1315 Route 17 South Ramsey 201.962.9099 biggiesclambar.com

2 LOU'S TAVERN 74 Broadway Hillsdale 201.666.2103

3 BAT BARRY'S

170 Center Ave. Westwood 201.666.2200

3 DAVEY'S

5 Park St. Montvale 201.391.9356 daveyspub.com

3 PARK WEST TAVERN

30 Oak St. Ridgewood 201.445.5400 parkwesttavern.com

NATURE CENTER

1 JAMES A. MCFAUL ENVIRONMENTAL CENTER 150 Crescent Ave. Wyckoff 201.891.5571 co.bergen.nj.us

1 TENAFLY NATURE CENTER

313 Hudson Ave. Tenafly 201.568.6093 tenaflynaturecenter.org

2 DEMAREST NATURE CENTER 324 County Rd. Demarest

324 County Rd. Demarest demarestnaturecenter.org

SUMMER CAMP

1 SPRING LAKE DAY CAMP* 234 Conklintown Rd. Ringwood 973.831.9000 springlakedaycamp.com

2 RAMAPO COUNTRY DAY CAMP* 660 Saddle River Rd.

Airmont, NY 845.356.6440 ramapocamp.com

TENNIS CLUB 1 UPPER RIDGEWOOD

TENNIS CLUB 915 Glenview Rd. Ridgewood 201.447.1503 upperridgewoodtennis.com

WALKING/ RUNNING PATH 1 SADDLE RIVER COUNTY

PARK/WILD DUCK POND 1100 E. Ridgewood Ave. Ridgewood 201.336.7275

WINE LIST

1 AXIA TAVERNA 18 Piermont Rd. Tenafly 201.569.5999 axiataverna.com

2 HAVEN RIVERFRONT RESTAURANT & BAR

2 Main St. Edgewater 201.943.1900 havenedgewater.com

3 BACARI GRILL 800 Ridgewood Rd

Washington Township 201.358.6330 bacarigrill.com

SHOPPING ACTIVEWEAR 1 ATHLETA

427 Chestnut Ridge Rd. Woodcliff Lake 201.391.1086 athleta.com

1 K-DEER Westwood k-deer.com

* Not located in Bergen County

2 FOX'S

230 E. Ridgewood Ave. Ridgewood 201.444.1842 foxs.com

2 IVIVVA 100 Garden State Plaza Blvd. Paramus 201.843.5484 ivivva.com

ANTIQUES

1 NONU VINTAGE 14 W. Madison Ave. Dumont 201.338.4765 nonuvintage.com

2 GRANNY'S ATTIC

619 N. Maple Ave. Ho-Ho-Kus 201.632.0102 grannysatticnj.com

2 GREENBAUM INTERIORS

584 Route 17 North Ridgewood 201.857.3600 greenbauminteriors.com

APPLIANCES

1 YUDIN'S APPLIANCES 378 Main St. Wyckoff 201.891.3111 yudinsappliances.com

2 OBERG & LINDOUIST

671 Broadway Westwood 201.664.1300 511 Goffle Rd. Wyckoff 201.689.3100 obergandlindquist.com

3 KARL'S APPLIANCE

469 Route 17 South Paramus 201.267.0820 karlsappliance.com

3 P.C. RICHARD & SON

317 Route 17 South Paramus 201.262.7676

ART GALLERY

pcrichard.com

1 WESTWOOD GALLERY 10 Westwood Ave. Westwood 201.666.1800 westwoodartgallery.com



2 ARIELLE'S GALLERY

20 N. Dean St. Englewood 201.894.0405 ariellesgallery.com

2 FRAMES BY YOU

137 Kinderkamack Rd. Park Ridge 201.930.0084 eframesbyyou.com

3 GLEN ROCK ART & FRAME 189 Rock Rd. Glen Rock 201.447.4123

BABY CLOTHING

1 YOUNG FASHIONS 208 Boulevard Hasbrouck Heights 201.288.9371

2 LITTLE NIKKI'S

618 N. Maple Ave. Ho-Ho-Kus 201.445.7888

3 GINGER KIDS 351 Center Ave. Westwood 201.358.5437

BEAUTY SUPPLIES

1 GLAMOUR TOO 29 E. Prospect St. Waldwick 201.493.2002

1 ULTA BEAUTY

82 The Promenade Edgewater 201.313.0049 45 W. Spring Valley Ave. Maywood 201.368.0496 1255 Route 17 South Ramsey 201.327.3018 ulta.com

2 BEAUTY SUPPLY OF

WESTWOOD 119 Westwood Ave. Westwood 201.666.8486

2 SALLY BEAUTY SUPPLY Multiple locations

sallybeauty.com

BIKE SHOP

1 CYCLESPORT 1 Hawthorne Ave. Park Ridge 201.391.5269 cyclesportonline.com

2 WESTWOOD CYCLE

182 Third Ave. Westwood 201.664.1688 westwoodcycle.com

3 RIDGEWOOD CYCLE SHOP

35 N. Broad St. Ridgewood 201.444.2553 ridgewoodcycle.com

BOOKSTORE 1 BOOKENDS

211 E. Ridgewood Ave. Ridgewood 201.445.0726 book-ends.com

1 THE CURIOUS READER 229 Rock Rd

Glen Rock 201.345.1939 thecuriousreaderbooks.com

1 SHAW'S BOOK SHOP

79 Westwood Ave. Westwood 201.666.4484

2 BARNES & NOBLE

187 Riverside Sq. Hackensack 201.488.8037 765 Route 17 South Paramus 201.445.4589 barnesandnoble.com

3 BOOKS & GREETINGS

271G Livingston St. Northvale 201.784.2665 booksandgreetings.com

WINE LIST

Axia Taverna Axia is the Greek word for "worthy," and while dining here you'll understand how this refined Tenafly establi**s**hment earned its name. A sampling of the contemporary Greek menu items—grilled octopus or cinnamonsmoked quail with ramps—will make you feel like you've been transported to Mykonos. But what really shines here is the extensive selection of Greek wines, carefully curated by house manager Tim Vlahopoulos, who travels to Greece frequently to visit the vineyards.

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FLORIST Flowers by Joan Once again, Bergen County has plucked Flowers by Joan out from among the array of florists in the area as the first-place winner in the Best in Bergen Readers' Choice Awards. Whether you're looking for exquisite wedding centerpieces, a delicate bouquet for a prom or communion, or a respectful funeral arrangement, this fullservice boutique will come up with something unique and impressive. Through years of experience, the staff here has also established relationships with trusted vendors, such as photographers and caterers, to help clients plan their special event.

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CAMERA STORE

1 BERGEN COUNTY CAMERA 270 Westwood Ave. Westwood 201 664 4113 bergencountycamera.com

CHILDREN'S BOUTIQUE

1 GINGER KIDS 351 Center Ave. Westwood 201.358.5437

2 YOUNG FASHIONS 208 Boulevard

Hasbrouck Heights 201.288.9371

3 THE CANTEEN

277 Westwood Ave. Westwood 201 383 0144 thecanteenonline.com

CONSIGNMENT/ VINTAGE CLOTHING

1 NONU VINTAGE 14 W. Madison Ave. Dumont 201.338.4765 nonuvintage.com

2 CURRENT CONSIGNMENT

135 Westwood Ave. Westwood 201.664.2767 currentconsignment.com

3 SAVVY CHIC

CONSIGNMENT 30 Cottage Pl. Ridgewood 201 389 6900 savvychicconsignment.com

FABRIC SHOP

1 JO-ANN STORES 30 A&S Drive Paramus 201.444.7926 ioann.com

FLORIST

1 FLOWERS BY JOAN 22 W. Prospect St. Waldwick 201.670.6767 flowersbyjoan.net

2 THE HEIGHTS

FLOWER SHOPPE 209 Boulevard Hasbrouck Heights 201.288.5464 heightsflowershoppe.com

3 PERRY'S FLORIST

660 Harristown Rd. Glen Rock 201.445.5668 perrysflorist.net

3 RIVER VALE FLOWER SHOP

669C Westwood Ave. River Vale 201.666.0445 rivervaleflowershop.com

3 TYRRELLS FLORIST

45 Westwood Ave. Westwood 201 664 7129 tyrrellsflorist.com

FINE JEWELRY

1 LAVIANO JEWELERS 175 Westwood Ave. Westwood 201.664.0616 lavianojewelers.com

1 PLAZA JEWELERS

10 E. Prospect St. Waldwick 201.444.8245 plaza-jewelry.com

2 DEVON FINE JEWELRY 303 Franklin Ave. Wyckoff

201.848.8489 devonfinejewelry.com

3 HARTGERS JEWELERS

699 Wyckoff Ave. Wvckoff 201.891.0044 hartgersjewelers.com

GIFT SHOP

1 MARKET HOUSE 172 Center Ave. Westwood 201 666 0234 markethouseshoplocal.com

2 GINGER N' CREAM 350 Center Ave. Westwood 201.664.2440

3 MANGO JAM

41 N. Broad St. Ridgewood 201.493.9911 mangojamonline.com

HARDWARE

1 HOME HARDWARE & SUPPLY 27 Franklin Tpke. Waldwick 201.652.5666 homehardwaresupply.com

1 OAKLAND HARDWARE

374 Ramapo Valley Rd. Mahwah 201 337 8068 oaklandhardware.com

2 RAMSEY HARDWARE & PAINT 14 E. Main St.

Ramsey 201.327.0433 ramseyhardware.com

3 ACE HARDWARE

940 Kinderkamack Rd. River Edge 201.262.0900 10 Orient Way Rutherford 201 939 1811 acehardware.com

3 BENJAMIN BROTHERS

TRUE VALUE HARDWARE 121 N. Summit St. Tenafly 201.569.5445 benjaminbros.com

3 SEARS APPLIANCE AND

HARDWARE STORE 80 Godwin Ave Midland Park 201 447 1995 searshardwarestores.com

HEALTH FOOD

1 HEALTHWAY NATURAL FOODS 35 Riveredge Rd. Tenafly 201.569.4558 healthwaynatural.com

2 ORGANICA

NATURAL FOODS 246 Livingston St. Northvale 201.767.8182 organicanaturalfoods.com

2 WHOLE FOODS

905 River Rd Edgewater 201.941.4000 300 Bergen Town Center Paramus 201 226 1244 44 Godwin Ave. Ridgewood 201.670.0383 wholefoodsmarket.com

3 OLD HOOK FARM 650 Old Hook Rd. Emerson 201.265.4835 oldhookfarm.com

KITCHENWARE

1 BED BATH & BEYOND Multiple locations bedbathandbevond.com

1 CHEF CENTRAL 240 Route 17 North Paramus

201.576.0100 chefcentral.com

LIGHTING

1 SHADES OF SOHO 175 Rock Rd Glen Rock 201.785.7646 shadesofsoho.com

MALL

1 WESTFIELD GARDEN STATE PLAZA 1 Garden State Plaza Blvd. Paramus 201.843.2121 westfield.com

2 THE OUTLETS AT

BERGEN TOWN CENTER Route 4 East & Forest Ave. Paramus 201.845.4050 bergentowncenter.com

3 PARAMUS PARK 700 Paramus Park Paramus 201.261.8000 paramuspark.com

MATTRESSES

1 BRUCE THE BED KING 467 Main St. Hackensack 201.518.9750 703 Route 17 South Paramus 201.345.9576 brucethebedking.com

2 WESTWOOD

SLEEP CENTER 88 Godwin Ave. Midland Park 201 444 4080 30 Westwood Ave. Westwood 201.358.8282

MEN'S FASHION

1 SAL LAURETTA FOR MEN 621 Godwin Ave. Midland Park 201 669 3325 sallauretta.com

2 GLEN ROCK CUSTOM

ALTERATIONS 227A Rock Rd. Glen Rock 201.447.0648 njalterations.com

3 MEN'S WEARHOUSE

18 Edgewater Towne Center Edgewater 201.945.9950 1 Garden State Plaza Blvd. Paramus 201.587.8284 165 Route 17 South Paramus 201.265.0400 menswearhouse com

3 NORDSTROM

501 Garden State Plaza Blvd. Paramus 201.843.1122 nordstrom.com

MEN'S FASHION

Sal Lauretta for Men Bergen County guys seeking to suit up in European style need not cross the pond, or even the New Jersev border, for that matter-Sal Lauretta for Men in Midland Park boasts the quality materials, expert tailoring and fashionforward style that you'd find in Italy. That's because this familyowned store can trace its roots back to Sicily, where Raffaele Lauretta passed on his knowledge of the tailoring trade to his son, Sal, who traveled to America and opened up shop more than 40 years ago. Now, with his own son, Ralph, Sal continues to bring Italian tradition and style to his customers, who come from all over the country as much for the designer suits and sportswear as for the friendly and personable shopping experience.

3 SOCIETY MEN

256 Westwood Ave. Westwood 201.722.9300 societymen.com

OUTDOOR FURNITURE 1 BACKYARD LIVING

235 Franklin Ave. Ridgewood 201.689.9111 bylnj.com

courtesy of Sal Lauretta for Men. Photo

westwoodsleepcenters.com

OUTDOOR GEAR

1 CAMPMOR 810 Route 17 North Paramus 201,445,5000 campmor.com

PAINT STORE

1 WALDWICK PAINT & WALLPAPER COMPANY 28 E. Prospect St.

Waldwick 201.444.2882 waldwickpaint.com

2 NORTONS PAINT

632 Route 17 North Paramus 201.447.4747 nortonspaint.com

PET BOUTIQUE

1 THE MUTT HUT Washington Township mutthutonline.com

2 FUR THE LOVE OF PETS

32 Kinderkamack Rd. Oradell 201.599.9500 furtheloveofpets.com

3 PET GOODS 651 Route 17 South

Paramus 201.670.6000 petgoods.com

SHOPPING DESTINATION

1 DOWNTOWN WESTWOOD destinationwestwood.com

2 WESTFIELD GARDEN STATE PLAZA 1 Garden State Plaza Blvd. Paramus 201.843.2121 westfield.com

2 THE OUTLETS AT BERGEN TOWN CENTER

Route 4 East & Forest Ave. Paramus, 201.845.4050 bergentowncenter.com

2 DOWNTOWN RIDGEWOOD 201.670.5500 experienceridgewood.com

SKI SHOP **1 MOUNT EVEREST**

318 Third Ave. Westwood 201.664.2500 ridemteverest.com

2 SKI BARN 846 Route 17 North Paramus 201.445.9070 skibarn com

SPORTS SHOP

1 RUNNERS' HOUSE 688 Westwood Ave. River Vale 201.497.6260 therunnershouse.com

2 CAMPMOR

810 Route 17 North Paramus 201.445.5000 campmor.com

2 PGA TOUR SUPERSTORE

295 Route 17 South Paramus 201.649.9170 pgatoursuperstore.com

STATIONERY

1 YOU'RE SO INVITED! 260 Westwood Ave Westwood 201.664.8600 youresoinvited.com

TOYS

1 TONS OF TOYS 140 Westwood Ave. Westwood, 201.497.6497 351 Franklin Ave. Wyckoff, 201.847.9317 tonsoftoys.com

2 THE CANTEEN

277 Westwood Ave. Westwood, 201.383.0144 thecanteenonline com

2 THE GROW-CERV

190 Rock Rd Glen Rock 201.447.0447

WINE AND SPIRITS

1 BOTTLE KING Multiple locations bottleking.com

2 BEEKMAN WINES &

LIOUORS 246 Rock Rd. Glen Rock 201.445.0712 beekmanwine com

WOMEN'S FASHION

1 GINGER N' CREAM 350 Center Ave Westwood 201.664.2440

2 ARIEL INSPIRATIONS 379 Ridge Rd. North Arlington 862.215.9947

3 THE FIG LEAF BOUTIQUE 98 W. Pleasant Ave.

Maywood 201.880.5514 thefigleafboutique.com

BEAUTY

AIRBRUSH TAN 1 BRUSHED TANNING STUDIO AT THE FOUNTAIN SPA 10 Riverside Square Mall

Hackensack 1100 Route 17 North Ramsey 201.327.5155 brushedtanningstudio.com

2 MANIA HAIR STUDIO

62 Park Ave. Park Ridge 201.391.3947 maniahair.com

3 BEYOND SPA

20 Prospect Ave. Hackensack 551.996.4500 87 Route 17 North Maywood 551.996.2833 hackensackumc.org **3 TANIOUE SUNTAN SALON**

340 Kinderkamack Rd Oradell 201.265.7351 tanique.com

RARRER

1 ERIC ALT SALON Multiple locations ericaltsalon.com

2 DOMENIC & PIETRO

BARBER STUDIO 616 N Maple Ave Ho-Ho-Kus 201.652.8488

2 LITTLE JOE & JOHN'S 223 Rock Rd. Glen Rock 201.652.8977 littlejoeandjohnsbarbershop.com

BLOWOUT 1 ERIC ALT SALON

Multiple locations ericaltsalon.com

2 MANIA HAIR STUDIO

62 Park Ave. Park Ridge 201.391.3947 maniahair com

3 BISOUS BEAUTY BAR

35C S Van Brunt St Englewood 201.408.5799 bisousbeautybar.com

3 DRYBAR

1 Garden State Plaza Blvd. Paramus 201.620.6215 thedrybar.com

(NONSURGICAL)

1 DR. DAYNA CASSANDRA COSMETIC DENTISTRY 351 Evelyn St.

Paramus 201.261.7645 cosmeticdentistofparamus.com

2 REVOND SPA

20 Prospect Ave. Hackensack 551.996.4500 87 Route 17 North Maymood 551,996,2833 hackensackumc.org

DAY SPA

1 BEYOND SPA 20 Prospect Ave. Hackensack 551 996 4500 87 Route 17 North Maywood 551 996 2833 hackensackumc.org

2 NAMASTE ORGANIC SPA

30 Franklin Ave. Ridgewood 201.857.3646 namasteridgewood.com

3 PAMPER & POLISH

DAY SPA 116 Broadway Woodcliff Lake 201.782.0277 pamperandpolishdayspa.com

EYEBROW SHAPING **1 PAMPER & POLISH**

DAY SPA 116 Broadway Woodcliff Lake 201.782.0277 pamperandpolishdayspa.com

2 STRAIGHT A HEAD

111 E. Main St. Ramsev 201.825.4248 straightaheadsalon.com

3 BEYOND SPA

20 Prospect Ave. Hackensack 551.996.4500 87 Route 17 North Maywood 551.996.2833 hackensackumc.org

FACIAL

1 PAMPER & POLISH DAY SPA 116 Broadway Woodcliff Lake 201.782.0277 pamperandpolishdayspa.com

FACIAL

In today's hectic, fast-moving world, being able to stop the clock and hit reset is a luxury many of us long for. Such a thing is possible at this full-service day spa set in a beautifully restored Victorian home, where you can relax and be rejuvenated with one of the aptly named packages—"get away," "mini escape" and simply, "pamper." Skilled technicians and estheticians take the time to give clients a thorough service, whether it's a European facial, a full-body massage or a mani/pedi. All you have to do it sit back, relax and let yourself be pampered.



Pamper & Polish Day Spa

3 MOXIE BLOW OUT & BEAUTY BAR Multiple locations moxietwins.com

COSMETIC PROCEDURES

SHOPPING DESTINATION Downtown Westwood

Whether you're planning an evening with the girls, a fun family outing or a romantic date night, downtown Westwood is likely to delight. This charming town features an array of eclectic small businesses, including a knitting shop, a bookstore, jewelers, consignment shops, restaurants, a farmers' market and an old-fashioned movie house—all of which take visitors back to the good ol' days. You may even spot another Best in Bergen winner or two while strolling the picturesque streets that recently earned Westwood a spotlight in the *New York Times*' real estate section.

TRAINER

Your four-legged friend will be in good hands when under the guidance of Kathy Santo, who has more than 40 years of experience training and handling dogs. Her unique, positive training method works—whether you're hoping to teach a new puppy basic commands, train your pet to become a therapy dog or compete with your dog in canine sports events. Santo has shared her expertise as a regular guest on *The Martha* Stewart Show and in her book, Kathy Santo's Dog Sense.

2 REVOND SPA

20 Prospect Ave. Hackensack 551.996.4500 87 Route 17 North Maywood 551.996.2833 hackensackumc.org

3 ARAYA REBIRTH

10 Garber Sq. Ridgewood 201.445.7005 arava-rebirth.com

3 THE FOUNTAIN SPA

10 Riverside Square Mall Hackensack 1100 Route 17 North Ramsey 201.327.5155 thefountainspa.com

GYM/HEALTH CLUB

1 PULSE 701 Broadway Westwood 201.497.5900 pulsefitnj.com

2 HACKENSACK UMC FITNESS AND WELLNESS

87 Route 17 North Maywood 201.843.4422 hackensackumcfitnessnyg.com

3 AMERICAN WOMAN SWIM & FITNESS

350 Ramapo Valley Rd. Oakland 201.405.0555 700 Broadway Westwood 201.666.6600 americanwomanfitness.com

HAIR UPDO

1 ERIC ALT SALON Multiple locations ericaltsalon.com

2 J & CO HAIR STUDIO 314 Route 4 East

Paramus 201.487.1008

3 MANIA HAIR STUDIO

62 Park Ave. Park Ridge 201 391 3947 maniahair.com

MAKEUP APPLICATION

1 MANIA HAIR STUDIO 62 Park Ave. Park Ridge 201.391.3947 maniahair.com

2 ERIC ALT SALON Multiple locations

ericaltsalon.com

3 ARAYA REBIRTH

10 Garber Sq. Ridgewood 201.445.7005 araya-rebirth.com

MANI/PEDI

1 PAMPER & POLISH DAY SPA 116 Broadway Woodcliff Lake 201.782.0277 pamperandpolishdavspa.com

2 SOLE REVIVAL 790 Kinderkamack Rd. River Edge 201.261.0003 solerevivalreflexology.com

3 BEYOND SPA

20 Prospect Ave. Hackensack 551.996.4500 87 Route 17 North Maywood 551,996,2833 hackensackumc.org

1 PAMPER & POLISH DAY SPA

Woodcliff Lake 201.782.0277 pamperandpolishdayspa.com

20 Prospect Ave. Hackensack 551.996.4500 87 Route 17 North Maywood 551.996.2833 hackensackumc.org

Allendale 201.760.0600 494 Kinderkamack Rd. Emerson 201.483.9530 828 Franklin Ave. Franklin Lakes 201.848.8300 handandstone.com

PHARMACY

1 HAWORTH APOTHECARY 169 Terrace St. Haworth 201.384.7171 haworthapothecary.com

2 WALGREENS Multiple locations walgreens.com

201.288.0404

191 Rock Rd.

201.444.4190

Glen Rock

3 HEIGHTS SPECIALTY PHARMACY 450 Boulevard Hasbrouck Heights

heightsspecialty.com **3 ROCK RIDGE PHARMACY** Ramsev

2 JAX CAR WASH

PILATES STUDIO

808 High Mountain Rd.

2 ZEN ROCK PILATES

3 SUKHA ARTS CENTER

1 ROCK YOUR HAIR STUDIOS

76 Schraalenburgh Rd.

1 PILATES PLACE

pilatesplacenj.com

Franklin Lakes

201 891 5285

AND SPIN

Glen Rock

175 Rock Rd.

201.857.4188

zenrocknj.com

Harrington Park

201.768.2455

SALON

sukhaarts.com

633 Godwin Ave.

rockvourhairstudios.com

3 MANIA HAIR STUDIO

2 ERIC ALT SALON

Multiple locations

ericaltsalon.com

62 Park Ave

Park Ridge

201.391.3947

maniahair.com

SPINNING

701 Broadway

1 PULSE

Westwood

Northvale

YOGA

201.259.7221

201.497.5900

pulsefitnj.com

2 RIDE REVOLUTION

227 Livingston St.

ride-revolution.com

1 SUKHA ARTS CENTER

76 Schraalenburgh Rd.

Harrington Park

201 768 2455

Midland Park

201.857.4111

107 Essex St. Maywood 201.845.4994

2 VILLAGE AUTO WASH

152 S. Broad St. Ridegwood 201.444.3530 thevillageautowash.com

3 WESTWOOD CAR WASH

148 Bergenline Ave. Westwood 201.664.5599 20 Lake St.. Westwood 201.664.0996 351 Old Hook Rd. Westwood 201.664.5599 westwoodcarwashnj.com

CLOSET DESIGN

1 CLOSETS BY DESIGN 40 Veterans Blvd. Carlstadt 201.964.9600 closetsbydesign.com

2 CALIFORNIA CLOSETS

204 E. Ridgewood Ave. Ridgewood 201.389.6914 californiaclosets.com

2 THE CUSTOM CLOSET

800.304.4848 thecustomcloset net

CONTRACTOR **1 CREATIVE DESIGN**

CONSTRUCTION & REMODELING 204 Livingston St. Northvale 201.822.1949

creativedesign construction.com **2 DOYLE RENOVATIONS**

201 732 1243 doylerenovations.com

* Not located in Bergen County

DOG TRAINER 1 KATHY SANTO

DOG TRAINING 25 N. Spruce St.

Ramsev 201.512.8316 kathysantodogtraining.com

2 CANINES CAN DO 201.323.2514 caninescando com

ELECTRICIAN

1 MONTE ELECTRIC INC. 395 President St. Saddle Brook 201.933.6600 monteelectric.co



CONTRACTOR **Creative Design**

Construction & Remodeling Remodeling your home is stressful enough without worrying about finding the best professionals to manage the design, construction and follow-through. Fortunately, Bergen County has Creative Design Construction and Remodeling, a onestop shop to help you through the process from conception to completion. The team, led by Glen Lumia, who founded the company in 1988, collaborates seamlessly to ensure all clients see their vision come to life—on time, within budget and exceeding expectations.



courtesy of Creative Design Construction & Remodeling. Photo c



3 HO-HO-KUS YOGA 18 Sycamore Ave.

Ho-Ho-Kus 201.310.2166 hohokusyoga.com

SERVICES CAR WASH **1 URBAN AUTO SPA**

827 Franklin Ave. Franklin Lakes 201.560.1144 785 Route 17 South 201.327.8660 urbanautospa.com

MASSAGE/BODYWORK

116 Broadway

2 ALIZA HEALING TOUCH*

274 Lafayette Ave. Hawthorne 201.406.8220 aliza-healingtouch.com

3 BEYOND SPA

3 HAND & STONE

39 W. Allendale Ave.

2 P.IM ELECTRIC INC. 806 Park Ave River Edge 201.599.0602

3 ALL PHASES ELECTRICAL

Allendale 201.888.8656 all-phaseselectrical.com

INTERIOR DESIGN

1 GRANERT INTERIOR PLANNING AND DESIGN

225 Franklin Ave Midland Park 201.251.8377 granertinteriordesignnj.com

2 WOSTBROCK HOME 225 Goffle Rd

Ridgewood 201.445.0807 wostbrockhome.com

3 DIANE DUROCHER

201.825.3832 dianedurocherinteriors.com

3 RON NATHAN INTERIORS 392 Main St. Wyckoff 201.666.8185 ronnathaninteriors com

JEWELRY REPAIR

1 DANSON JEWELERS 201 Williams Ave. Hasbrouck Heights 201.393.7076 dansonjewelers.com

2 CALLAHAN JEWELERS

220 Closter Dock Rd. Closter 201.768.6136 callahanjewelersdiamond rings.com

3 A&J JEWELRY

282 Kinderkamack Rd. Oradell 201.262.7819 aandjjewelry.com

KITCHEN REMODELER

1 CABINET ARTISTRY 216 Old Tappan Rd. Old Tappan 201.664.2323 cabinetartistryllc.com

2 KITCHEN & BATH VISION

401 Kinderkamack Rd. Oradell 201.262.0081 kitchenandbathvision.com

READER WRITE-INS

NUTRITIONIST

140 Sylvan Ave.

530 Main St.

917.626.3300

Fort Lee

Englewood Cliffs

1 Julene Stassou MS, RD

julenestassoumsrd.com

3 CREATIVE DESIGN CONSTRUCTION & REMODELING

204 Livingston St. Northvale 201.768.5813 creativedesign construction.com

LIMO/CAR SERVICE

1 PERFECT LIMO SERVICE 800 666 7819 perfectlimo.com

PET GROOMER

1 LOUIE'S BATH HOUSE 201 845 6609 louiesbathhouse.com

2 FUR THE LOVE OF PETS 32 Kinderkamack Rd. Oradell 201.599.9500 furtheloveofpets.com

3 AMY'S ROYAL TREATMENT 390 Market St Saddle Brook 201.909.0960 amysroyaltreatment.com

PHOTOGRAPHER 1 JODI CRANDELL PHOTOGRAPHY 201 632 1162 jodicrandellphotography.com

2 NICKI BOSCH PHOTOGRAPHY 201.739.5280 nickiboschphotography.com

3 TINY HEARTS PHOTOGRAPHY 511 Goffle Rd. Wyckoff tinyheartsphotography.com

PICTURE FRAMING

1 FRAMES BY YOU 137 Kinderkamack Rd. Park Ridge 201.930.0084 eframesbyyou.com

2 WESTWOOD GALLERY 10 Westwood Ave. Westwood

201.666.1800 westwoodartgallery.com

HAIR COLOR

1 Eric Alt Salon

Multiple locations

ericaltsalon.com

2 The B Hive

Hillsdale 201.470.4483

269 Broadway

thebhivesalon com

3 GLEN ROCK ART & FRAME 189 Rock Rd. Glen Rock 201.447.4123

PLUMBER

1 PARAMUS PLUMBING LLC Oradell 201.336.4977

2 REVERE PLUMBING & HEATING LLC Ramsev 201.327.4058

POOL SERVICE **1 B&B POOL AND**

SPA CENTER* 787 Chestnut Ridge Rd. Chestnut Ridge, NY 888.476.2829 bbpoolandspa.com

2 BARON POOLS 19 Mechanic St. Ramsev 201.934.1222 baronpools.com

2 EQUINOX POOLS

& LAWN CARE 152 Island Rd Mahwah 201.252.2805

2 THE POOL COMPANY 173 Rivervale Rd.

River Vale 201.722.1765 servicemypool.com

REALTY COMPANY 1 TERRIE O'CONNOR

REALTORS Multiple locations tocr.com

2 BERKSHIRE HATHAWAY HOMESERVICES ABBOTT REALTORS 10 Sycamore Ave.

Ho-Ho-Kus 201.447.6600 235 Everett Ave. Wvckoff 201.891.2223 bhhsabbott.com

3 FRIEDBERG PROPERTIES Multiple locations friedbergproperties.com

TUTORING

1 BRAINSTORM TUTORING & ARTS 808 High Mountain Rd. Franklin Lakes 201.847.8676 stormthetest.com

2 MATHNASIUM Multiple locations mathnasium.com

3 JEI LEARNING CENTERS Multiple locations

jeilearning.com

VETERINARY CENTER **1 DUMONT ANIMAL**

HOSPITAL

53 Washington Ave. Dumont 201.387.7297 dumontanimalhospital .wix.com/home

2 ORADELL ANIMAL

HOSPITAL 580 Winters Ave Paramus 201.262.0010 oradell com

3 OLD TAPPAN

VETERINARY 598 Broadway Norwood 201.750.1800 oldtappanvet.com

VETERINARY HOSPITAL 3-21 Saddle River Rd Fair Lawn 201.796.5833 valleybrookveterinary hospital.com

Bergen County

POOL SERVICE B&B Pool and Spa Center

It will soon be that time again-time to close your pool for the season and call a professional who can help protect your pool or spa from damage. Russ Michel and his team at B&B Pool and Spa Center have more than 40 years of success keeping these home investments comfortable, clean and functional. Taking into account safety and environmental considerations (such as pollen in the spring), they make certain that your pool is swim-ready once the warm weather is finally back. Services include cleaning, water-balancing and winterizing as well as a "winter watch" program that ensures your pool will weather brutal Jersey winters.

COUNSELOR

201.803.4745 coursetocollege.com

COLLEGE

1 Course To College 63 Jefferson Ave. Westwood

HOME DÉCOR

1 NoNu Vintage 14 W. Madison Ave. Dumont 201.338.4765 nonuvintage.com

3 VALLEY BROOK

* Not located in

ORTHODONTIST

northjerseybraces.com

1 Brosnan & Clark

Orthodontics

47 Orient Way

201.935.8550

Rutherford



<section-header>

{ CHIC SHEARS }

Clean cut or edgy, whatever your style you'll fit right in at this Glen Rock barbershop, where a spunky duo blends old-school skills with modern-day attitude. By Darius Amos

A HAIRCUT

They could be easily mistaken for

rock stars. Heck, give Rachel Israel and Christine Modica each a guitar and they'll appear ready to wail out a solo. But alas, their natural setting isn't the stage—this eclectic and stylish pair is right at home inside the Stag House in Glen Rock, where their tools of the trade are scissors, "cutthroat" razors and a handful of cool.

Stag is a full-service barbershop for men. (There's an upscale salon for the ladies dubbed the Doe.Tique also on site.) From the outside, it looks like the other storefronts along Rock Road, the borough's main drag that has its share of the usual suspects: insurance agents, Starbucks, neighborhood eateries and froyo joints. But it's a time warp when you hit the inside, where you're immediately immersed in the shop's hip vibe and clubhouse-like feel (the mounted faux

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buck heads will help with the latter).

The services at the Stag House are a throwback to the days when grooming shaves and haircuts—was performed by skilled pros instead of those massproduced to work in shops with "super" or "master" in their names. Both Israel and Modica received extensive education and training (here and abroad) in barber services, and the two worked together in Franklin Lakes before opening the Stag House this past spring. At their grand opening, the line was out the door, and much of their previous client list followed them to Glen Rock.

"Our clients are made to feel at home," says the tattooed Modica. "They come for the nostalgia, the throwback services and attention to detail. You can get a buzz cut anywhere, but we're trained specifically in classic men's cutting, and the type of

You can get a quick buzz cut at any barbershop, but the experts at the Stag House pay extra attention to details. At right, Rachel Israel demonstrates her skills with scissors.











Above, all grooming products such as shaving creams and aftershave oils are created in-house. At left, the decor inside the shop comprises antique and vintage items, including deer antlers and 1940s-style radios and electronics, which have been carefully curated by the co-owners.

throwback service from the '20s to the '60s is what we do."

Gentlemen make up about 70 percent of Stag House's client list, says the American-born, Netherlands-raised Israel (whose first name is pronounced "Ruh-shell"). Guys can sign up for a shampoo and haircut, hot towel shaves with aromatherapy, manicures and beard treatments. All soaps, creams, oils and other grooming products are made in-house.

"We came up with the formulas on our own," says Modica. "A lot of it came from what we knew and learned. But part of it was trial and error to create what we knew our clients liked."

There was little trial and error needed for the interior design of the Stag House. They pulled ideas from social media and came up with the "rustic feel" and antiques motif. Instead of sterile white barber stations, Israel, Modica and the other grooming artists work from repurposed desks and vanities rescued from nearby antique shops. Other décor comes straight off reclaimed furniture store shelves—there are 1940s-style radios and electronics, and hutches and cabinets from Grandma's house.

From what these leading ladies report, the vibe makes everyone feel at home. If someone is waiting for an appointment, they can stroll to the back of the shop for a game of darts or to chat with some of the staff. "We have customers who sit back for their haircut and just start talking to us," Israel says. "Some talk about work, then there are others who get into their personal lives—but we shut it down fast if they start getting too personal. There's no oversharing!"

Making connections and having conversations, she adds, is part of the throwback service that their clients enjoy.

"It's nice," Israel says. "We talk to each other like old friends, and we're treated like we're just one of the guys."

Christine Modica, left, and Rachel Israel opened the Stag House in Glen Rock earlier this year. They offer a variety of salon treatments for women and barbershop services for men, including hot towel shaves using a traditional straight blade.

сом

BEI

{ PERSONAL SPACE }

A Caddle River Baddle River Barble floor

becomes the project's focal point.

What struck interior designer Jennifer Pacca about her client's new-construction master bathroom was the amount of floor space. "There was a lot of it!" says the president of Jennifer Pacca Interiors in Hillsdale. So she decided to make the Moroccan-inspired Carrara marble floor the focus of attention "and downplay everything else." The owners loved the results, seen here and on the pages that follow.

A large soaking tub centered beneath the window adds symmetry to the room. Accessories are kept to a minimum to avoid distraction: a tall open-work vase containing mixed branches and a simple basket to store towels. Note the absence of window treatments.

To create visual interest in the shower, the designer added a mosaic tile "picture frame" on the back wall using one of the Carrara marble colors found in the main floor. "I didn't want to introduce another material, and I didn't want too much of a contrast," she says. "This is subtle against the white, but dresses it up." The shower floor, however, features a darker mosaic tile pattern.



{ EAT RIGHT }

REFRESH YOUR FRIDGE

September is synonymous with going back to school, but it's also an ideal time to end the summer splurge and reclaim your refrigerator, making it your healthy-eating ally. By Carol Bialkowski

Eating healthy would be a lot easier if someone came to your house and cleaned out your refrigerator, replacing the soda, cold cuts and mayo with nutritious choices. Since that's not likely to happen any time soon, we've done the next best thing — we asked two local dietitians for some real-life refrigerator "makeover" tips. Read their advice before heading to the grocery store, and let the makeover begin!



Toss the soda, juice, lemonade and other sugary beverages and replace them with good old H₂O. If you can't bring yourself to drink eight glasses of plain water a day. flavored water is a great option. "Lots of different brands are available now," says Lynda Rosini, R.D., a pediatric dietitian with Hackensack Meridian Health, "such as Aquafina FlavorSplash." Another option: Make your own flavored water. "Brookstone sells water bottles with an infuser insert so that you can flavor your water with any fruit that you like," she notes. Can't kick the carbonation habit? Trade in the soda for flavored seltzer or sparkling water.



Dairy products like Greek yogurt are a good source of protein and calcium, according to Andrea Anfuso-Sisto, R.D., an outpatient dietitian at The Valley Hospital in Ridgewood, and can be enjoyed as a snack as well as for breakfast. If you don't like the taste of plain Greek yogurt, vanilla is an alternative. "When you consider that a lot of the sugar in the yogurt is coming from the milk, it's not that bad because it's not added sugar," she says. You could also swirl some berries or no-sugaradded jam into plain

Greek yogurt to amp up the taste. String cheese is another solid snack option. "Try cheese and grapes or cheese and apples," says Rosini. "You want to combine protein with a little bit of carbohydrate to get you through that afternoon slump."



At the beginning of the week Rosini boils up a dozen eggs and eats them throughout the week for breakfast or as a snack. "We don't worry so much about the cholesterol in eggs anymore," she savs. Indeed. after warning against eggs for 40 years, the U.S.D.A. now considers them to be part of a healthy diet. Other good sources of protein (aside from chicken breast), include pork, fish, "real" roasted turkey, peanut butter, beans, and nuts and seeds. "I'm always pushing beans, which are high in protein and fiber," adds Anfuso-Sisto. "My family loves the salad that I make with cannellini beans, tomatoes, olive oil, lemon, garlic, fresh basil and pepper. It's a great side dish."



Trade in the "white" bread for the whole grain variety. "Whole grain tortillas are great for making a quick rollup with turkey or hummus," savs Rosini, whose favorite afternoon snack is a slice of whole wheat bread topped with peanut butter. A sandwich made with whole grain bread can be on the breakfast menu too. "Many kids skip breakfast because they don't have time to eat in the morning," says Anfuso-Sisto. "They're better off making a turkey sandwich on whole grain bread the night before, putting it in the fridge and having it for breakfast on the bus along with a piece of fruit."



When you come home from work or school starving, you'll likely reach for whatever is easy (and probably unhealthy), which is why dietitians recommend stocking the fridge with healthy grab-andgo snacks—stored in clear containers. "You have to be able to see what's in there or it defeats the purpose," says Rosini. Suggestions: berries, grapes, chunks of melon and cut-up veggies like cucumbers, peppers, broccoli, cherry tomatoes and sugar snap peas. "When I'm making dinner and everyone is hungry I put out cut-up veggies with ranch dip or hummus...and it disappears," says Anfuso-Sisto.



{ ESCAPES }

CHARNING CHARLESTON

This well-preserved belle of old Dixie is a treasure trove of history and gracious living — and a visitor's joy. By Rita Guarna

Great design. Great food. Great folks. If

you're fixin' to visit Charleston, South Carolina, a pedestrian-friendly city nestled between two rivers, you're in for quite a treat.

This is one seductive town. Horse-drawn carriages still loll along streets with pristine, pastel-painted antebellum mansions trimmed with lacy ironwork. That the architecture— Colonial, Federal, Georgian, Italianate, Victorian—has survived despite the damage inflicted by wars, hurricanes, fires and the earthquake of 1886 is a testament to the toughas-nails character of this proper belle, which oozes Southern hospitality.

Charleston has antique-filled bed-andbreakfasts aplenty, but if you prefer luxury, check into Belmond Charleston Place, an eight-story landmark hotel smack in the historic district that looks like a modern French château. All 434 rooms and 43 suites are spacious and beautifully appointed. (We're talking lots of muted gray-blues and greens with Chippendale-style furnishings, original artwork and Carrara marble.) Those facing south offer panoramic views of the historic City Market. And the service is award-winning expect to feel like a lord or lady of the manor.

On a recent trip, three friends and I chose a two-bedroom suite so we could be together for nightly sips and gabfests. The hotel also offers Club Level, featuring a private concierge plus an array of culinary offerings, including complimentary continental breakfast, afternoon tea, evening cocktails and hors d'oeuvres and after-dinner cordials and dessert.

We decided to indulge in spa treatments (all

Charleston's quaint French Quarter, named for the French Huguenots that settled in the area, is home to myriad historic sites and art galleries, including St. Michael's Church, the oldest surviving religious edifice in the city.



DID YOU KNOW? Four Charleston natives signed the Declaration of Independence: Thomas Heyward Jr., Thomas Lynch Jr., Arthur Middleton and Edward Rutledge.



{ ESCAPES }

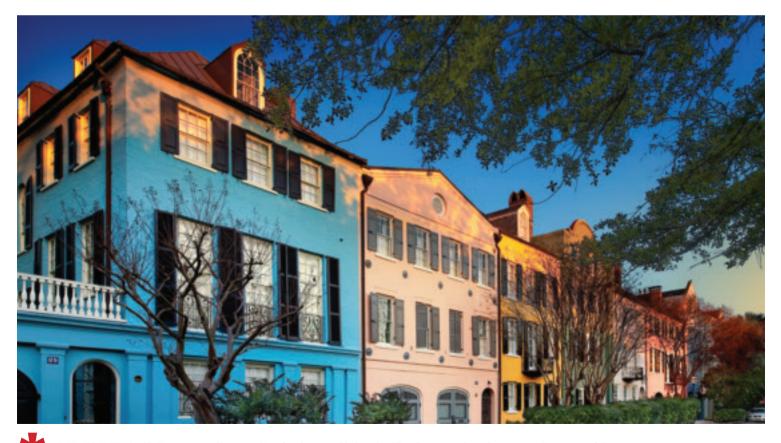
in the name of togetherness, of course). I chose a deep-tissue massage, and Stacy did my body good. Two of my friends chose the signature facials and were very pleased with Katie and Heather. Another friend opted for a mani-pedi and bragged about the foot massage she enjoyed.

It's hard to drag yourself from the hotel, but Charleston is made for walking. And except in summer, daytime temperatures are mostly comfortable, hovering in the 60-to-80-degree range, so you can enjoy all the sights. It's easy to daydream about what life was like 150 years ago as you weave through residential streets, admiring majestic antebellum homes with wonderful wraparound porches and carefully tended, dewkissed azaleas. Window-shopping for pastelcolored grande dames on Rainbow Row in the French Quarter is a great way to ensure postcardworthy pictures. And the nearby Battery has some of the city's most expensive homes overlooking where the Ashley and Cooper rivers meet.

You'll want to tour at least one of Charleston's many open-to-visitors homes. The ornate, Federal-style 1808 Nathaniel Russell House on Meeting Street, for instance, features an elaborate, three-story cantilevered staircase (though it's no longer considered stable enough to climb). Homeowner Russell, shunned by neighbors for being a Rhode Island merchant, let his bride keep a separate bank account—the pair had an early prenuptial agreement.

Your meanderings may also take you through one of the many old graveyards around the city. We walked among the tombstones and monuments at St. Philip's Episcopal Church, speaking in reverential whispers, wondering how so many young people met their demise. The mood was lifted by the sounds of the rhythmic clopping of a horse, whose carriage conveyed tourists like us. Somehow what we'd dismiss as cheesy anywhere else seemed natural here, and we signed up for a ride. We're glad we did. These rides are actually tours; there are four different routes, drawn at random when your carriage approaches what appears to be central dispatch. Ours was Route One, which our guide, Jennifer, assured us was the best. As she navigated our horse, Loretta, through the narrow streets we learned a lot about the city's history.

Did you know that when our nation was born, Charleston was its fourth-largest city? (It's now 199th.) By the eve of the Civil War it was clearly number one when it came to raising hell. There's a plaque at the location of St. Andrews Hall, where in December 1860 South Carolina became the first state to vote to secede from the Union. (The hall itself came down in a fire a year later that destroyed 20 percent of the city.) Of course it was the guns of Charleston harbor that started the Civil War by firing on Fort Sumter on April Opposite, clockwise from top: Nine-foot-high bronze horses greet quests of Belmond Charleston Place **Classic Frogmore Stew** isn't a stew and it contains no frogs—just boiled seafood, sausage. corn and potatoes. The elegant. award-winning Charleston Grill at Belmond Charleston Place is presided over by Chef Michelle Weaver. This page: No trip to the city is complete without a visit to Rainbow Row, a string of 13 row houses that were painted pastel colors when they were restored in the 1930s and 1940s



DID YOU KNOW? Composer George Gershwin was living in Charleston when he wrote Porgy and Bess.



This small city punches way above its weight in restaurant cuisine. Gourmands abound, debating everything from the proper consistency of creamy grits to where to get the best fried chicken.

12, 1861. (If you've got a little over two hours, you can take a boat out to the fort for a tour.)

Speaking of history, a visit to Charleston is a perfect excuse to visit a nearby antebellum plantation. We chose Middleton Place. Built in 1755, it was the home of Arthur Middleton, a signer of the Declaration of Independence. This National Historic Landmark spans 65 acres and is an easy 16-mile drive from downtown. (Our driver, Salam, agreed to come back for us.) It's home to America's oldest landscaped gardens and features twin lakes. You'll likely see alligators, bald eagles and otters as you walk among the azaleas, magnolias and camellias. Plus you can visit blacksmith and cooper workshops and take a house tour of the Inn at Middleton Place with its impressive furnishings and portraits.

Charleston is a delight for shoppers. The old City Market covers four city blocks near the corner of Bay and Market streets, offering souvenirs and intriguing sweetgrass baskets woven by the Gullah people, descendants of enslaved Africans who settled on South Carolina's barrier islands. (Note: The baskets aren't low-priced!) King Street is the city's major retailing thoroughfare; you'll find stores selling fine clothing, jewelry and furniture, and as befits Charleston's rep for gracious living there are noteworthy high-end art galleries too.

Did I say "gracious living"? This small city punches way above its weight in restaurant cuisine. Gourmands abound, debating everything from the proper consistency of creamy grits to where to get the best fried chicken. Chances are you will be engaging in acts of gluttony, feasting on the likes of chicken stew, pork hash, hush puppies, pecan pie, banana

pudding and more.

Among the star chefs, Michelle Weaver of Charleston Grill at Belmond Charleston Place serves up highbrow takes on low-country fare. She mixes classics and nouvelle cooking, unifying them with intense flavors, such as seared flounder and shrimp with butter grits, sherry-country ham gravy and tomato-basil salad. The seasonal menu has four categories: Pure, Southern, Cosmopolitan and Lush, and you can mix and match from among them to create the perfect meal. Or do as our waiter, Andrew, suggested: Give yourself over to the chef and sommelier and enjoy a six-course tasting menu from which you'll savor every morsel.

Then settle in for a nightcap—mint julep or Southern mule, anyone?-while you listen to live jazz, performed every night of the week. Just as Memphis and New Orleans have their own sounds, Charleston jazz has a churchy, gospel feel no doubt due in part to the city's more than 180 churches. (They don't call this "the Holy City" for nothing.) Besides taking in the tunes, Charleston Grill is a great place to people-watch: You'll spy Charlestonians in their element—old Southern moneyed types and Gullah painters alike.

It's almost impossible to choose just one favorite restaurant. Besides the Charleston Grill, we loved the seafood and grits at Magnolia's, another of the downtown darlings. Poogan's Porch was great too. Husk and McCrady's are on many visitors' must-eat lists. For an informal "home cookin'" lunch try Jestine's Kitchen, named for an African-American/Native American woman who died in 1997 at age 112. And the list goes on.

By the end of your trip you'll be well sated in mind and body, and only too happy to comply with the refrain: "Y'all come back now.'

Opposite, clockwise from left: Many prominent residents now reside in the graveyard at St. Philip's Church, including Vice President John C. Calhoun. A horse-drawn carriage ride on a sunny day is one of the best ways to tour the city. More than 50 artists weave traditional sweetgrass baskets at City Market. Free-grazing sheep share the grounds with visitors to historic Middleton Place.



TOP PICKS

Locals weigh in with their favorite low-country locales.

"Callie's Hot Little Biscuit is my absolute favorite place to go in Charleston! It's a tiny little place on King Street that makes the most delicious handmade-to-order biscuits. They offer a variety of sweet and savory varieties such as blackberry jam (my favorite); peaches and cream; and bacon, egg and cheese." —Jaci Fischer, Woodcliff Lake

"We visited friends who recently moved to Charleston from Wyckoff and we really enjoyed taking a horse-drawn carriage ride through the city. It was a great way for us to enjoy the architecture and some of its famous sights like Rainbow Row."

–Debbie Provencher, Hawthorne

"Jestine's Kitchen is my favorite restaurant in Charleston It's a small casual unpretentious local 'joint.' The food is great, and the staff is wonderful."

—Jay Levine, Harrington Park

"Magnolia Plantation and Gardens was a drive from the center of town but worth it. We toured the grounds and the home itself. One funny thing happened. When I came out of the bathroom facility on the grounds I remarked to my husband that it was air conditioned, which was an unexpected surprise as I thought it would be like the bathrooms at Van Saun Park. Someone overheard me. Coincidentally, they were from Ramsey. Small world!

—Leslie Martin-Bazzini, Woodcliff Lake

"I had the most delicious BLT, made with fried green tomatoes, at Poogan's Porch on Queen Street. If I could, I would move to Charleston!" —Pat Arimborgo, Rochelle Park

"Serious foodies must visit Blossom the sister restaurant of the iconic Magnolia. The creamy she-crab soup and fresh Carolina trout will melt in your mouth. After dinner, head over to Charleston's Candy Kitchen on Market Street for some decadent pralines and salt water taffy that rivals Atlantic City's best."

–Tina Magrabi, Mahwah



DID YOU KNOW? Charleston was the birthplace of comedians Bill Murray and Stephen Colbert.

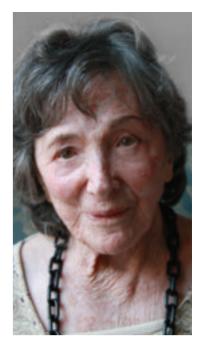
{ TIMELESS TIPS }

100 YEARS AND COUNTING

Looking to hit the triple digits? Bergen County centenarians reveal their secrets to longevity — and share some of their most memorable experiences.

By Danielle Gallo

The world's centenarian population is expected to grow eightfold to about 3.7 million by 2050, but longevity already reigns in Bergen County. The largest number of New Jersey's centenarians – a total of 232 – live in Bergen, according to the 2010 U.S. Census. We spoke with five of the county's most vivacious 100-plus-year-olds – who have lived through 17 presidents! – to find out what life was like back then and what they did to get here.



100 EVELYN LAUB, ROCKLEIGH

If you could hop into a time machine, what year would you go to and why?

I'd go back in time to see an uncle who told me, "The first thing you should do when you get up is read the *Wall Street Journal* because you'll know everything that is going on in the world." I want to tell him that he was right.

What's your secret to longevity?

You have to eat well and do a lot of exercise—*a lot*. It's also important to do something for other people every day. Here [The Jewish Home at Rockleigh] I try hard to make people feel good. You've lived through a lot of historic events. Which one was the most significant to you?

I went to Syracuse University, and one time all of the girls attending the university were on a train to go home for winter break. A woman came in to talk to us—that woman was Eleanor Roosevelt! She told us how important an education is and that she was glad to see all of us going to college. We were so excited! What's one thing you do that surprises people because of your age?

I read anything and everything. I read books about nutrition, so I know how to stay healthy. I also love reading about science. And I especially love Nicholas Sparks novels because they're so sentimental.



100 BILL PROTZE, SADDLE BROOK

If you could hop into a time machine, what year would you go to and why?

I would go back to 1946 because that's the year I came back from the service during World War II. I had the chance to reenlist, but I chose to come home because I wanted to be with my family. That was such a happy time. What's your secret to longevity? I stay away from salt, and I've always been active too. You've lived through a lot of historic events. Which one was the most significant to you? Saddle Brook celebrated its 300th anniversary in June and they celebrated my 100th birthday at the same time. In the end it seemed as if the whole event was about my birthday! I really felt special. What's one thing you do that surprises people because of vour age?

I have a scooter that I like to ride around town with my daughter. A lot of times we go to a park in Garfield. I love being outside in the fresh air. I also ride a bike every week at the Cardiac Rehabilitation Center at St. Mary's General Hospital.

Do you have any advice for young people today?

Be more appreciative. Young people today are always looking for things to be better. Well, they're great now!



102 DOROTHY KEARNS, WYCKOFF

If you could hop into a time machine, what year would you go to and why?

I'd go to any year in the future where there are no more wars. What's your secret to longevity? I've been on medication for anemia since I was eight years old, and I think that has something to do with it. There's no other explanation because no one in my family lived this long. You've lived through a lot of historic events. Which one was the most significant to you? My husband was an attorney.

My husband was an attorney, and during World War II one of his clients wanted to get his relatives out of Vienna. So we went on a trip to rescue them. We took a boat to England, then traveled through France, Switzerland and Germany to get there. We rescued the relatives, and to get back home we had to go up to Canada and travel down the coast to the U.S. The whole process took two months. What's one thing you do that surprises people because of your age?

I love to be outside, so I walk around the development [Christian Health Care Center] a lot. One day, I saw a crowd of people on the porch and someone yelled, "Hurry up! There's a bear!" I didn't rush—I just kept walking. Everybody thought I was crazy.



102 HAROLD TOWNES, TEANECK

What's your secret to longevity? You have to be careful about what you eat. I always ate vegetables, and I never smoked or drank. But I *do* love sweets. You've lived through a lot of historic events. Which one was the most significant to you?

I had a lot of interesting experiences as a police detective in Manhattan. In 1964, Martin Luther King Jr. was in New York City with the Southern Christian Leadership Conference. I was put in charge of guarding him. We made sure no one made any trouble for him, and we did what we had to do to protect him.

What's one thing you do that surprises people because of your age?

When I was a detective we didn't have uniforms; we wore plain clothes. I always liked to dress well back then, and I still do today. I wear jackets, ties and nice shoes every day [at Bright Side Manor]. I don't care where I am.

Do you have any advice for young people today?

First of all, be accountable for everything that you do. Second, make sure you keep yourself on the straight and narrow—and make good decisions. If you do, you'll never have to deal with law enforcement.



102 ANTOINETTE GRAJAUSKAS, CLOSTER

If you could hop into a time machine, what year would you go to and why?

I'd go back to when I was 25 years old and living in Lithuania. My parents had a big farm with horses, cows, chickens, geese. It was so peaceful there.

What's your secret to longevity?

I was always in good health because everything we ate came straight from the farms. Our mother went to the market every day to buy fresh vegetables because we believed that's how you should eat.

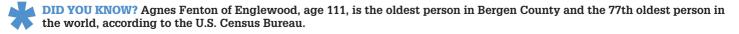
You've lived through a lot of historic events. Which one was the most significant to you?

During World War II the communists were coming to Lithuania, and we decided to leave. Our family moved to Germany and stayed at a Catholic camp. Our two sons were born there before we came to the United States.

What's one thing you do that surprises people because of your age?

I'm still active. Last week I was outside weeding the front yard! Do you have any advice for young people today?

Young parents have to set a good example for their kids. Many kids today aren't nice, and in many cases it's because their parents are the same way.



A simple error at a gig in Jersey City in the early 2000s gave the Lumineers their name. Today, there's no mistaking Neyla Pekarek, Wesley Schultz and Jeremiah Fraites they make up one of the world's most popular bands.

{ KEEPING TIME }

LEAVING THE LIGHTS ON By Bonnie Siegler

Following The Lumineers' smash hit, "Ho Hey," Ramsey's own Wesley Schultz is clearly in a hurry. So what's all this about patience? Talent and hard work are part of most music success stories. But for the folk-rock group the Lumineers, there was also a tracedy—and a mistake.

When Wesley Schultz lost his best friend Josh Fraites to a drug overdose in 2002, he got together with Josh's younger brother, Jeremiah, and the two Ramsey residents channeled their grief into playing music and writing songs. After trying a series of names—including 6Cheek and Free Beer their group was erroneously announced in a Jersey City club one night as the Lumineers, another act set to play the following week. The new name stuck.

In 2009 the Bergenites moved to Denver and advertised on Craigslist for a cellist, finding group member Neyla Pekarek. In December 2011 their song "Ho Hey" was played on the CW television series *Hart* of Dixie; soon it was taken up by a Seattle deejay. "Ho Hey" became a monster hit, spending 62 weeks on the *Billboard* Hot 100 list. Since then the band has contributed two songs to the *Hunger Games* movies and toured six continents. On the release of the Lumineers' second album, *Cleopatra*, Schultz, now 33, shares thoughts with BERGEN about "making it"—and making music. What was it like growing up in Ramsey? To me it was the quintessential American small town, yet it had access to the biggest, best city in the world.

Tell us about your childhood there.

Jer and I grew up a mile apart from each other, so I could walk to his house. That's where we made all our music for the first five or six years. I was a bartender and server at Ramsey Golf & Country Club, and I worked at the Starbucks right next to Steve's Market. Across the street, Jer worked at the Irish bar on the corner-it used to be the Trackside Inn. I worked at the Ramsey pool snack bar and then was a lifeguard. We worked all over town, and Ramsey took care of us. But knowing the area so well might have worked against us if we'd stayed. When you're trying to make it in music and everyone knows you, you're not necessarily taken seriously.

Do you still visit friends and family in Ramsey?

Yes. One of our good friends, Justin, still lives in Ramsey. When we recently played in Camden he came up on stage and played a couple of songs with us. Nick Bell,

{ KEEPING TIME }

To deliver the band's folk-rock sound, Neyla Pekarek, Jeremiah Fraites and Wesley Schultz are joined on tour by accordion player Stelth Ulvang and bassist Byron Issacs (not pictured). The Lumineers' first album captured two Grammy Award nominations in 2013, and their second release, *Cleopatra*, debuted at number 1 on the *Billboard* 200 earlier this year.





the graphic artist who does a lot of our merchandise designs—T-shirts, album artwork and the music video for our song "Submarines," for example—grew up with us. Then there's Andrew Kelly. His mom is part of the school system and is probably retired by now, but he's taken photos for us for seven years. We've taken a lot of people from Ramsey along with us.

Favorite places in town?

I remember La Gondola, the pizzeria. My family went there faithfully every Sunday. When I go back, I inevitably bump into people I know at the Shop-Rite, and I spend time at friends' houses. When I got married in 2014, all of my groomsmen but one were from Ramsey. They're my friends for life.

Where were you when you first heard your song on the radio?

I was just outside Denver with my girlfriend, Brandy, who is now my wife. We were living in a family's basement she was their nanny. I was the homeless musician who was taken in by this family. We were making food for the kids. My hands were messy, so I couldn't turn up the radio. But I remember thinking: "How odd—I'm living in the basement, but I'm on the radio."

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What were your early musical influences?

I grew up listening to the tapes my dad had in the car. We never flew anywhere—we'd always drive to a lake in Vermont or down to D.C. to see my grandparents. So it was the Cars, Talking Heads, Leonard Cohen, Billy Joel. Bob Dylan was another big influence. When I lived in Ramsey I'd listen to WFUV, 90.7. That was the first time my name was on the radio. I gave them \$30 for a pledge drive, and they gave me a shoutout.

What's on your playlist besides the Lumineers?

Right now I'm listening to a lot of Sturgill Simpson—he's great. And I'm a huge Vampire Weekend fan. They're one of the few bands that still make good music. Every album they make is better than their last, and I'm realizing how difficult that is.

In the band, you're the lead vocalist and play guitar.

That's right. Jer plays drums, and he taught himself piano out of necessity. The last song on our album is "Patience," and that's his song. It's all him playing piano. He plays all the piano on the album and sometimes live. I'll play piano, but I kind of fake it. I'm not nearly as proficient as Jer, but I can learn it. He's pretty capable on piano,

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You have to stick around long enough so that people can see what you're trying to do. Don't give up. Patience will pay off."

-Wesley Schultz



drums and guitar. The only thing he can't do that well is sing—I think that's why he needs me. (Laughs.)

What's hardest about being on the road all the time?

Just trying to stay healthy in mind and body. Right now, for instance, I'm home for one day and then I leave again tomorrow. I spent all day yesterday flying. The biggest challenge is trying to stay inspired and connected while you're out playing shows. The writing for me is very natural. I could write for a year straight and be fine with that.

Does Brandy go with you?

Often, yes. She has her own business that allows her to work remotely, so it works out. Her idea was to support me—that's why we were living in that basement. So she started a nanny agency that has taken off. My sister is married to a Green Beret also from Ramsey—who gets deployed. We talk about the strange similarities in our lives, but it's different because my sister can't really go out and spend some time in Iraq.

Your song "Sleep on the Floor" has been likened to Bruce Springsteen's Atlantic City sound. Do you agree? I don't know if I'd take an official stance on that. I just know I grew up listening to him a lot—specifically *Born in the U.S.A.* When I was a kid, my mom would sit me down in our playroom, and there was a rug with dried-up Play Doh. I'd sit on that rug listening to what I thought was a very old man singing. He had a weathered sound, and there was something wise about it almost mystical. I loved it.

What's the best advice you've ever been given?

When we wanted to be signed by a particular label and didn't make it, someone told us: "I can tell you want a lot of things, and they're going to happen. But with great ambition you need a lot of patience." I know a lot of artists and musicians, even from childhood, and it's like a war of attrition. You have to stick around long enough so that people can see what you're trying to do. Don't give up. Patience will pay off.

How would you define a life of balance?

This may sound silly, but not having a routine is actually what keeps people young. Even though an inner voice may tell you to do the same things a lot and have everything within a five-minute drive. Among the people I've met in my travels, it seems the more unpredictable their life is, the happier they are—and

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the younger, somehow. My mom, who's a widow, moved to Denver two years ago. She's retired, and she's joining clubs and meeting new people. Steering away from the routine balances her out.

You've been nominated for Grammys. What's the highlight of your career so far?

Most recently, releasing a second album that we're proud of. Having that monkey off our backs. That's a sense of accomplishment, because there's a lot of pressure involved. It came after three years of touring on the first album. We played in South America and Japan, and our last show was in Johannesburg, South Africa, before 15,000 people. Three nights ago we played in Quebec City to 68.000. It was insane. At one time our dream was to just play Maxwell's in Hoboken. I went in there with a press kit in my hand-I'm sure they threw it in the trash right after we left. Ironically, it wasn't until we moved to Denver that many of these places opened their doors to us-we never got to play the Mercury Lounge in New York City till then, for instance. So I'd tell young musicians to not worry where they're actually at, because they're going to have to tour anyway. Just go where the overhead is low and get better at your craft.







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{ TASTEMAKER }

DESIGN TALK with Tess Giuliani By Liz Donovan

Interior designer Tess Giuliani lives in Ridgewood, but one look at her sophisticated multicultural style and it's clear she's seen the world. Years spent living in Japan, for example, inspired a mural of koi fish in her bathroom that earned her Best Small Bathroom in America by the National Kitchen & Bath Association. A family trip to the French Riviera led to an award-winning kitchen design that both impressed guests and reminded her of a joyous getaway with her son. Still, after traveling the globe and being influenced by the many cultures she's experienced, she finds the most joy at home right here in Bergen County.

You worked in pottery and jewelry before interior design. Tell us about it.

When I finished college, I didn't know which direction to go in, and there was a pottery studio near my home, so I became a potter. I worked really hard at it—the other potters and I were throwing 100 pieces a day. A few years later, I was also apprenticing with a fine jeweler a few days a week, and I was hoping to get a job as a jewelry designer on Fifth Avenue. Cartier happened to be hiring, and somehow they chose me as their first female goldsmith in America. I was very proud of that.

And you launched your interior design career while living in Japan.

I lived in Tokyo for four years, and I knew deep down that I had more talent for interior design than I did for jewelry. So I had a plan: I designed my apartment and hired Matsumoto Interior Design, the big design company there at the time, to install doors on the huge balconies I had. My hope was that they'd see what I had done with my apartment and hire me as a designer—and that's exactly what happened. I got to work for clients who wanted something other than Japanese design in their homes.

How did living abroad influence you?

It broadened my horizons on different styles and the different ways people lived—the colors, fabrics and furniture they used. It also showed me how they used their space. For example, in Japan, people live in very small quarters and find ways to create all the various spaces they need. I also saw the different ways people connected to one another through food, music and literature. You can learn so much about a culture by what brings people together.

Your designs at your Ridgewood home won NKBA's Best Small Kitchen and Best Small Bathroom awards. How did those spaces come together?

When my son, Ryan, was 16, I took him and a friend to the French Riviera, where we rented an apartment. It inspired me to make my kitchen look like it was from the south of France. I gave it a blueand-white color scheme and added the inscription "Café de Giules." That was my son's nickname—Giules for Giuliani.

My bathroom started with a deck. In 1993, I added a large deck to the back of the house and painted it to look like water with big koi fish and lotuses. Later, I took the deck down and decided to bring that design into my bathroom and mudroom. I did so much research on koi fish. None of my work is ever left to chance. It may look simple sometimes, but it's very complex.

What design advice do you have for people living in small spaces?

Large or small space, I'm a big believer in organization. A space should be able to breathe and function in terms of what we require, whether that's sitting at a computer, eating at a dining room table, watching TV or working in a kitchen. The problem is, we like "stuff." And

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when people leave stuff around, it's always talking to them. It's important to organize your closets so that you can put things away and still get to them when you need them. When you keep your space organized, it's good for your head.

Why is it important to surround yourself with beauty?

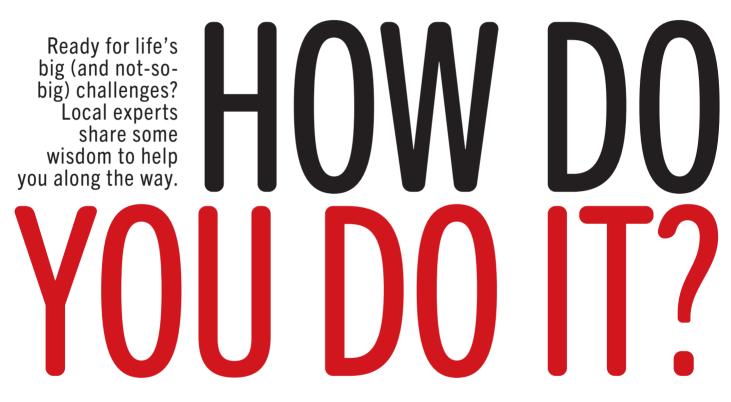
Whether it's the sky, someone's face, a design or music, beauty is an energy that works to make you feel better and everyone else around you too. If someone tells you that you look good, you probably do, but they're also telling you that they feel good looking at you. That's the exchange that's going on.

You've traveled the globe. Why did you decide to settle down in Ridgewood?

I saw a great similarity between Ridgewood and the Long Island town where I grew up—the strong community, the good schools, the proximity to the city. And Ridgewood just has a lovely personality. The other night, I went out and watched *Raiders of the Lost Ark* at an outdoor movie screen in town. I almost wore my fedora!

Tell us about those hats.

I love hats! I have dozens of them. But I have three favorites. One is an Eric Javits that's straw and white with an open crown. I have another one that is black and straw with a beautiful wide brim—I wore it to my son's wedding. And in the winter, I wear a fedora-like hat that I bought at Bergdorf Goodman.



By Darius Amos

"There's a trick to this — if only I knew it!" Who hasn't had that thought while facing one of life's tasks? Some people know, we're sure, but we tend to imagine them in a distant ivory tower. Surprise! There's loads of practical expertise just down the street and around the corner — if you take the trouble to ask. On eight topics, we did.



HOW TO: **GET OUT** OF A SPEEDING TICKET

Uh-oh. You've been driving maybe a *tad* rapidly, and now you've got company at the driverside window. Can you get off with a verbal warning instead of that nasty slip of paper?

"Ultimately, the officer has discretion about whether or not to give a summons, so if you act properly, you may not get one," says Frank Regino, who's been the Westwood police chief for a dozen years.

And what's "properly"? Well, not arguing is a no-brainer start with that. "Pull over as far as you can on the side of the road to make it as safe as possible for you and the officer," advises Chief Regino. "Pull out your license, registration and insurance card, and keep your hands where the officer can see them. If it's dark, turn on the interior dome light. Then *listen* to what the officer says."

Excuses? The chief has heard them all—rushing to a doctor's appointment, hurrying home to the bathroom, driving an unfamiliar car, etc. Crying? He's seen that too. "The officer will ask for an explanation," says Chief Regino. "We're all human, so we'll listen." Keep it short, sweet and honest.

"If you're truthful, many officers will be accommodating," says Chief Regino.

Oh, and that police courtesy card you may have in your wallet or purse? *Do* show it to the officer, but not with an arrogant shrug that suggests it's a "Get Out of Jail Free" card. It's not. And it's helpful if you're actually acquainted with the law enforcement person who issued the card

"It surprises me every time a driver hands one over but doesn't know the officer who signed it," says Chief Regino.

HOW TO: DANCE THE TANGO

What do Sean Connery, Richard Gere, Al Pacino and Arnold Schwarzenegger have in common besides a hot box-office history? They've all mastered the tango, says Joao Tiago Fernandes, manager and head coach at Fort Lee's Dance With Me studio. And you can too!

"It looks intimidating because it's done with such passion and intensity," says Fernandes. "But it's natural to learn because it's based on walking and 'follow the leader.'" (Pictured are instructors Sasha Tarica and Yavet Diaz.) This teacher's tip? Don't worry about the passion at first—that will come. "Direction and timing are key, so the roles of leader and follower must be respected," he says. And though it may seem contrary to the concentration that true tango dancers show, it helps to keep one subtle eye on the traffic. "I've seen couples who were so into the dance that it became a 'crash course' on the floor," Fernandes quips.

the floor," Fernandes quips. "I learned the tango as a kid, but at first I didn't understand it," he confesses. "I discovered that once you get the steps, you develop a sensitivity to the walk, the touch of your partner. That's where the passion comes from."

Two of Fernandes' dancers,

SELECT A DIAMOND

Bachelors, take note: What your girlfriend posts on social media may contain clues for finding the perfect engagement ring. "Lots of hints are being given with pictures and Instagram," notes Jason Gerber, diamond manager at Devon Fine Jewelry in Wyckoff. "If a guy pays attention to what the girl really wants as far as style goes, he can't go wrong."

Of course, your chances of getting a "yes" when you pop the question will be better if you're a decent sort yourself. But it can't hurt to have a ring that really rocks. Showy or simple? Unusual or traditional? Look for a diamond that "represents her personality," Gerber counsels.

Of the "four C's" diamond purchasers are taught to consider—cut, carat, color and clarity—Gerber suggests concentrating on the first three. Cut can make the difference "between a diamond with incredible brilliance and one that is very dull," he says. Your stone should reflect light "off the facets and come through the top. In a poorly cut one, the facets don't line up and the light leaks out of the sides or bottom."

Carat is a measure of weight and is dependent on cut. A well-cut diamond distributes the weight evenly—once it's set, it appears large for its weight. A colorless diamond is rarer in nature than near colorless or faint-color diamonds (yellowish or brown). "But that doesn't mean a near colorless diamond is less beautiful," Gerber says. "It's just not as hard to find."

One way to save a few bucks, says our diamond expert, is not to stress over clarity—that is, freedom from any irregularities, called "inclusions" if they're on the inside or "blemishes" on the outside. While these are measured to a very high level of magnification in the very finest-quality diamonds, Gerber usually advises clients to stay in what's called the VS2–SI1 range. "There you won't see any marking or black carbon with the naked eye," he explains.

IMPERSONATE THE KING

So you know all the lyrics to "Suspicious Minds," and you're a hit during Happy Hour karaoke. Want to take the next step in your Elvisization? "Anyone can throw on a jumpsuit, go out and sing," says Anthony Liguori, one of New Jersey's top Elvis Presley tribute artists. "But you have to put in a lot more if you want to be successful.

have to put in a lot more if you want to be successful. "The best 'Elvises' know music, timing and how to play with live bands," says Hackensack resident Liguori, a guitarist and country/ gospel recording artist in his own right who is also a deacon at the Church of Saint Elizabeth of Hungary in Wyckoff. Then there's the nitty-gritty stuff, the details fans appreciate

Then there's the nitty-gritty stuff, the details fans appreciate and your attitude. In essence, he says, that's how you can become the life of any party—whether you're trying to be the King or just entertaining at home. "Know your audience and know what they want. But always be as authentic as possible.

they want. But always be as authentic as possible. "When you're being genuine and not trying so hard to impress, that's what people soak up," Ligouri says. "It's like our karate segments on stage—we enjoy kicking and choreography, and it shows in the audiences' reactions."

And if you have a bad attitude, drop it, he adds. "Get into character, but try to be yourself."

CATCH A WAVE

Surfing isn't just a West Coast sport—you can catch gnarly waves along the Jersey Shore any time of year. Start with a long board, between 7 and 9 feet, to make it easier to stand and catch a wave, says Woodcliff Lake's Tiffany Fischer (not pictured), who's been surfing in Ocean Beach for more than a decade. Paddle out past the breakers as hard as you can so you don't lose momentum and get pushed backward. "That helps you not only catch the wave before it breaks but also avoid being knocked over by incoming waves," says Fischer.

Once you're beyond the breaking waves, turn around and face the beach. "After you catch a wave, pop up into a standing position before the wave breaks into white water," says Fischer. "And don't jump to your knees before standing that makes it harder to balance." Stand slightly toward the front of a long board, further back on a shorter board. "You don't want to be too far back because you'll never catch the wave. If you're too far forward, you'll nosedive into the ocean—no one wants that!" And don't be embarrassed if you wipe out—it's a part of the sport.

"When you fall and go under the water, stay under for a second or two so the board won't fly up and hit you," Fischer says.

Needless to say, don't go surfing without a buddy. And as with any strenuous activity, stretch before heading out for a day on the waves. Your muscles will thank you!

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WRITE A BEST SELLER

Here our expert is Saddle River's Mary Higgins Clark, author of 51 best-selling suspense novels. "Sometimes it's just the luck of the draw" that accounts for publishing success, she says. "You never know what will get picked up—even works that are self-published, because those are looked at. But publishers typically won't consider book manuscripts that don't come from an agent or editor. They won't even look at one if *I* give it to them."

Presumably Clark says that so you won't send her *your* stuff. But when she speaks of publishing's randomness, allow for writerly modesty. Fact is, publishers—like readers—are inclined to give Clark a thumbs-up because she's proven time and time again that she delivers the goods. She's a brand. There's an art and discipline to putting down a story others will want to read. Clark grew up reading mystery stories featuring Nancy Drew and thrillers by Agatha Christie, "so I was unconsciously training myself to be a suspense writer," she says. "If you want to write, take a look at your bookshelves. What do you read at the end of the day when you curl up on the couch with a glass of wine? Write what you like to read."

Once the genre is selected, says our author, "Write, write, write! If writing is a passion, you'll make time to do it. I used to wake up before the kids or even the dog to write. It's like going to the gym—it's all about how deep your commitment is."

Of course, your inner critic is way smarter than your muse—everyone's is. But shut that critic up long enough to get words on a page. Then be as perfectionistic as you like with a cursor or a pen.

HOW TO: **START YOUR ENGINE**

An aspiring grease monkey you're not. But who wants to wait an hour for roadside assistance to arrive when a fellow motorist is right there willing to pop his or her hood—and you're able and have the cables? To begin, turn off the engines of both cars and apply the parking brake, says Becca Ziobrohas, a

Ramsey-based mechanic who teaches automotive classes for women. "There's a specific order to follow when connecting the cables. And never touch the clamps together. That's a big no-no!" First, attach the red cable to the positive terminal of the working car's battery. Then

connect the other red clamp to the positive terminal of the dead battery. Next, apply the black cable to the negative terminal of the working car. "But don't connect the other black end to the dead car's battery," Ziobrohas warns. "That can cause sparks and damage to the car."

Instead, ground that cable by clamping it to any metal piece of the engine that's not painted. Once the cables are connected, start the engine of the working car and "let it run for about 10 minutes to power the dead battery, then start the dead car and let it run for about 15 minutes." Carefully remove the cables in the reverse order, Ziobrohas says. "Then, very soon, have your battery properly tested. Otherwise you may be in that jam again!"

J TITLE AND

GIVE A TOAST

You have cold, clammy hands, uncontrollable sweat and shortness of breath. This could be an oncoming illness—or it could be almost time for you to stand in front of a room at a party or ceremonial occasion to give a toast.

"People get stage fright because getting up before a roomful of people is not something they do every day," says Mahwah resident John Engeman, the only member of the Ridgewood Toastmasters to hold the title Distinguished Toastmaster.

Practicing can help, says Engeman. "You'll speak with more confidence and enthusiasm and take away some of the anxieties if you prepare your toast ahead of time," he says. "Practice with friends or in front of a mirror."

Besides controlling nervousness, there are other things to consider before raising the glass. "You want your toast to have sincerity and admiration, and add humor and emotion to the right extent don't embarrass anyone," Engeman says. "Try to make eye contact and smile. Tell a brief anecdote and make it passionate—that's what people will remember."

People will also remember if your toast goes on and on, so keep it short and sweet—30 seconds to a minute, he says. "Give it structure with an intro, body and conclusion," says Engeman. "It can be hard to limit yourself when you have so many great things to say. But let's face it, the guests are there for the rest of the party—not just to listen to you."

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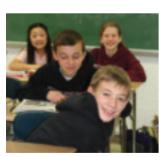
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Daniela Buna, Professor of Physics, explains an experiment to Ramapo College students in physics class.

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Here's a fun way to sneak more fruits and veggies into your diet — whip up one of these delicious, dessert-like smoothies. You won't know it's good for you!



CHIA AND RASPBERRY PUDDING

This raspberry variation of a chia pudding is simple, satisfying and delicious as an on-the-go breakfast or snack. You could even serve it for dessert if you sweeten it slightly by blending dates with the milk.

Yield 2 servings

INGREDIENTS

4 oz./1 cup fresh ripe raspberries (or frozen, thawed)
3 Tbs. desiccated coconut
3 Tbs. black chia seeds
½ tsp. ground vanilla or

vanilla extract

8 $\frac{1}{2}$ fl. oz./1 cup plant milk of choice

FOR THE TOPPING

hazelnut butter

🔳 green kiwi fruit, chopped

- fresh raspberries and
- blackberries
 fresh mint leaves
- hemp seeds

DIRECTIONS

Put the raspberries in a bowl and mash them with a fork. Stir in the coconut, chia seeds and vanilla and then pour over the milk and mix until well combined. Stir every now and again for the first 10 minutes to prevent lumps from forming.

Set aside to soak in the fridge for at least 30 minutes or overnight. The pudding is ready when the consistency is thick and jelly-like.

Spoon into two medium-sized glass jars or a large one. Cover with a layer of nut butter and finish with the fruit, a few mint leaves and a sprinkling of hemp seeds. It can keep for a couple of days in the fridge (without the toppings), if unopened. a great addition to any smoothie or juice. These nutrient-dense seeds are high in fiber, omega-3 fatty acids and other important nutrients. They're good for your skin as well as your digestive health and heart health." - Jeff Wozniak, co-owner of Super

Juice Nation in

Ridgewood

Chia seeds make

Photo by Danielle Gallo



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- Julene Stassou, MS, RD, of Fort Lee and Englewood Cliffs

FOR THE 'AMARETTI'

 4-5 soft dates, pitted
 3¹/₄ oz./³/₄ cup ground almonds or almond flour
 2 oz./¹/₄ cup almond milk

FOR THE ROSE HIP SOUP

1½ oz./¼ cup rose hip powder
1 Tb. arrowroot or potato starch
17 fl. oz./2 cups water

3 Tbs. pure maple syrup

TO SERVE ■ vanilla ice cream

DIRECTIONS

Preheat oven to 350°F and line a baking tray with parchment paper. Place all of the ingredients for the date 'amaretti' in a food processor and pulse until mixed. Alternatively, put the dates in a bowl and mash them with a fork until they form a paste. Add the rest of the ingredients and mix until well combined. Taste and adjust the sweetness to your liking by adding more dates if necessary. Transfer to a piping bag and pipe into about ¾-inch diameter rounds, like amaretti biscuits (Italian macaroons). Bake for about 10 minutes or until golden. Set aside to cool while you prepare the rose hip soup.

Put the rose hip powder in a saucepan along with the arrowroot and water. Bring to a boil, whisking continuously to prevent lumps from forming. Reduce the heat, whisk in the maple syrup and simmer for about 5 minutes, or until a smooth syrup forms, before removing from the heat. Strain it through a fine-mesh sieve to get it completely smooth.

To assemble, spoon a scoop of vanilla ice cream into the base of two medium-sized glass jars or bowls, or in a large jar (as featured in the photo), and pour over the rose hip soup. Finish with a sprinkling of crumbled 'amaretti' and some extra ice cream on top for the sweet-toothed. Serve straight away before it comes running down the glass jar.



KIWI, KALE & CHIA PARFAIT

Packed with kale and avocado, this smoothie still tastes very sweet and fruity and looks rather stunning with its different layers. This can easily be the dessert of a fancy dinner or served as breakfast on a gray morning.

Yield 2 servings

FOR THE CHIA PUDDING

■ 3 Tbs. chia seeds of choice

 1 tsp. vanilla extract
 1 Tb. pure maple syrup or raw honey (optional)
 8½ fl. oz./1 cup unsweetened plant milk

FOR THE KIWI FRUIT SMOOTHIE

■ ¼ ripe avocado, stone removed

1 ripe green kiwi fruit1 frozen banana

 1 handful kale or spinach, stems removed (organic if possible)
 4 fl. oz./½ cup coconut water or coconut milk

■ juice of ½ lime

TO SERVE

ripe green kiwi fruit,
 finely sliced and chopped
 nut butter

- fresh blueberries
- granola of choice
- dessicated coconut

■ fresh lemon balm leaves, optional

DIRECTIONS

Add the avocado and kiwi fruit flesh to a blender along with the rest of the kiwi fruit smoothie ingredients.

Blend on a high speed until completely smooth.

Spoon half of the chia pudding (see directions at right) into the base of two medium-sized glasses. For a beautiful artistic look, you don't need to worry about making the layers even.

Arrange a few kiwi fruit slices around the inside of the glasses. Cover with half of the kiwi fruit smoothie, the rest of the chia pudding and a dollop of nut butter. Top with the rest of the kiwi fruit smoothie and finish with another dollop of nut butter, as well as some chopped kiwi fruit and blueberries and a sprinkling of granola, coconut and lemon balm.

TO MAKE THE CHIA PUDDING

Put the chia seeds, vanilla and maple syrup (if using) in a bowl. Pour over the milk and mix until well combined. Stir every now and again in the first 10 minutes to prevent lumps from forming.

Spoon into a medium-sized sealable glass jar and set aside to soak in the fridge for at least 30 minutes or overnight. It's ready when the chia seeds form a gelatinous substance around themselves and the overall consistency is thick and jelly-like. It can keep for a couple of days in the fridge, if unopened. Kiwi and kale are not only packed with antioxidants, but they are also ideal for cleansing and detoxing the body. Both are rich in fiber. which helps bind and remove toxins from the digestive system. making them great choices for maintaining a healthy liver." - Farbia Chang, manager at Natural

Wav Cafe in Fair

Lawn



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{ POWER FOOD }



Looking for fresh guava in Bergen County? Head over to H Mart in Little Ferry.

Cool Tropical Fruit Half of the world loves nutritious guava. It just doesn't happen to be our half – yet.

You may not come across guava in your regular supermarket, but if you visit Puerto Rico, Hawaii, Mexico or Central America—or a Latin American or Asian market closer to home—you'll likely spot this seeded tropical fruit. Both the exterior and the flesh can range from pink to white, depending on the variety, and the most common type is the apple guava (Psidium guajava). About the size of its namesake, this fruit is grown on the guava tree, which is in the myrtle family of plants—its relatives include clove, allspice and eucalyptus. And its taste falls somewhere in the pleasant zone between the strawberry and the pear.

POWER UP

Gobble a guava, and you can go right back to bed; you've had your vitamin C for the day—twice. (Eat your heart out, oranges!) Guava is also a good source of vitamin A, which helps with bone health and immunity, as well as folate, which can be beneficial for reproductive health. It's rich in fiber, with 3 grams per fruit, contains protein (1 gram) and is relatively low in sugar (5 grams)—a trifecta that can help with weight loss. Furthermore, the pink variety is rich in lycopene, an antioxidant that may be helpful in preventing certain cancers.

BUY/ STORE/ SERVE

Look for fruit that are slightly soft, with a little give when you press. Once ripe, guava bruises easily and spoils quickly, so plan accordingly when purchasing fruit, and refrigerate what you can't eat within a day or two. If you purchase a young fruit (it may appear more green than yellow, but not necessarily, and should feel firmer to the touch), simply keep it in a brown bag with a banana or an apple to speed ripening.

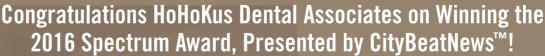
Guavas can be eaten raw, just like apples (both the skin and the seeds are edible). They can also be blended into juices, including a popular Hawaiian drink called POG (passionfruit, orange and guava). In Indian cuisine, they may be served in the form of a dessert dish called "guava cheese," which involves cooking

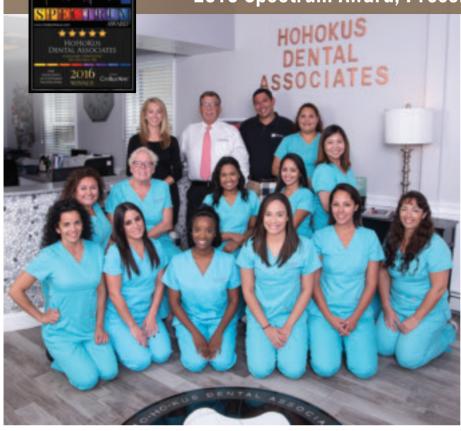
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the pulp with sugar, pressing it and cutting it into bars. Need more ideas? A simple web search will pull up a range of guava recipes, from jellies and pastries to ice creams and cocktails.

DID YOU KNOW?

Besides this fruit's nutritional benefits, some healers believe its leaves have medicinal properties. In certain areas of the world they're crushed and used to treat diarrhea, dysentery, tooth problems and even abrasions. In Japan, guava leaf tea is approved for use by patients with prediabetes and diabetes. —*Liz Donovan*





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VECTURED HERE FROM TOP LEFT TO BOTTOM RIGHT: Dr. Marissa Sala, Dr. Michael Varallo, Dr. Joseph Mauriello, Yuriko, Grace, Suzanne, Jessica, Rosio, CeCe, Eda, Melissa, Sabine, Denise, Priscila, and Cerelia.



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{ SPIRITS }

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Summer is coming to a close, but don't take out the bourbon just yet. The citrusy Sidecar has been easing the transition to autumn since Prohibition.



The Sidecar's light and simple citrus notes remind us of summer, while the Cognac adds an autumnal punch to the cocktail." — Brendan Breen, bartender, Haven Riverfront Restaurant & Bar, Edgewater

SIDECAR

INGREDIENTS

1½ oz. Cognac
 ¾ oz. Curaçao (or Triple Sec)
 ¾ oz. fresh lemon juice
 ½ oz. simple syrup

DIRECTIONS

Add all ingredients, with ice, to a cocktail shaker. Shake to chill and double-strain into a coupe glass. Garnish with an orange twist.

<section-header>

A GUIDE TO CARE AND ASSISTANCE FOR SENIOR LIVING



> SENIOR LIVING GUIDE



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held at the The Venetian in Garfield. For sponsorship and ticket information, call (201) 848-5796, email dbickert@chccnj.org, or visit ChristianHealthCare.org/ ACelebrationOfExcellence.

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> SENIOR LIVING GUIDE



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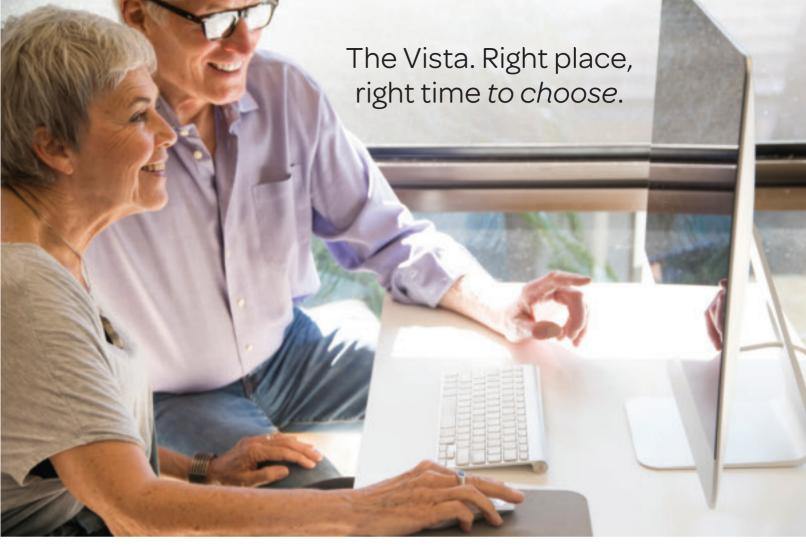
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All architectural renderings are conceptual and subject to change.

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> SENIOR LIVING GUIDE



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{ ON THE TOWN }

Gatherings

Bergenites hit the town — and the golf course — to raise funds for causes that are close to their hearts.



CHILDREN'S AID AND FAMILY SERVICES At its spring fundraising gala at The Venetian in Garfield, the organization honored the Horizon Foundation of New Jersey for its strong support of nonprofit groups. Left: Lili Binney, Jerry Binney, Kenneth Bronfin and Sarina Bronfin; Right: Leslie West and Jenni West



ALL SEASONS CHAMBER PLAYERS The chamber music group was awarded a grant from the Bergen County Arts Grant Program in support of its efforts to bring free classical chamber music to the public. Above: Cynthia L. Forster, Jean Strickholm and Dee Josephson



THE COMMUNITY CHEST The nonprofit's annual spring gala at the Knickerbocker Country Club in Tenafly raised a record-breaking \$100,000. The funds raised will go toward the organization's annual campaign to award grants to approximately 25 nonprofit groups in Englewood, Englewood Cliffs

and Tenafly. Left: Barbara Strauss and Tom Manolio; Middle: The Youth Chorus from The Thurnauer School of Music; Right: Matthew Lee, Jasmine Brims, Alexis Oliver, Kaya Kribi-White, Savannah Gajda, Jonathan Vasquez, Stefano Castro and Kendra Kim



YWCA BERGEN COUNTY The YW celebrated its 95th anniversary with a gala honoring extraordinary women. Guests enjoyed dinner, cocktails, music and dancing at Seasons in Washington Township. Above: Joan Groome, Charlotte Samuels, Dara Richardson-Heron, Helen Archontou, Gina M. Plotino, Sonya Collins and Valerie Vainieri Huttle



CENTER FOR HOPE AND SAFETY More than 300 women and children attended the center's 28th annual family picnic, enjoying barbeque, ice cream, music, crafts, giveaways, entertainment and more. Left: Bruce Rice, Gerard Rice, Gervonn Rice, Elaine Meyerson, Julye Myner; Right: picnic volunteers and guests

top to bottom:

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{ ON THE TOWN }



KAPLEN JCC ON THE PALISADES More than 1,000 people turned out for the JCC's 35th annual Rubin Run, which included a half-marathon, 10K and 5K through Tenafly, Englewood and Englewood Cliffs. The torrential rain didn't

stop eager participants from enjoying a day of fitness and family fun. Left: Rubin Run participants take off from the starting line; Middle: There were plenty of hugs given after the 10K; Right: Jessie Alyesh gets a warm greeting after the race.



SPECTRUM FOR LIVING The organization's annual golf and tennis classic raised more than \$56,000 to help adults living with intellectual and/or developmental disabilities. The day's events included lunch, golf, tennis, a cocktail reception and raffle prizes. Left: Steven Salemme, Ralph Corrado, John Salemme and William Eberlein; Right: Jimmy greets golfers as they arrive.



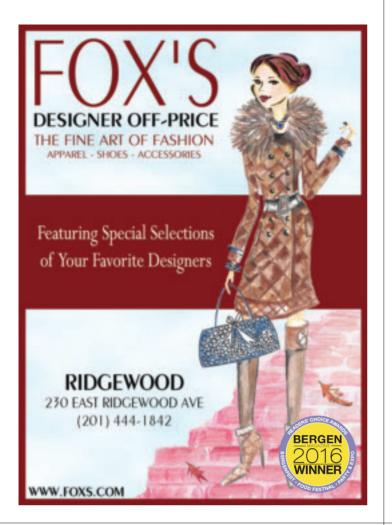
WESTWOOD GIRL SCOUTS In honor of National Aphasia Awareness Month, the scouts raised awareness and dollars for the Adler Aphasia Center in Maywood and West Orange during a local baseball game. Above: Westwood NJ Girl Scout Troup 4730



ATLANTIC STEWARDSHIP BANK ASB presented a check for \$10,000 to Christian Health Care Center in Wyckoff, which will use the funds for a renovation project at its Longview Assisted Living Residence. Above: Paul Van Ostenbridge, Douglas A. Struyk, R. Scott Sheldon and Karen E. Mullane



JEWISH HOME FOUNDATION OF NORTH JERSEY The foundation's golf, tennis and card outing, now its 22nd year, raised funds to benefit the programs and services that the Jewish Homes provide to older adults in the community. Left: Jeff Goldsmith, Warren Feldman, David Kushner and Allan Wallenstein; Right: golf and tennis participants



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{ ON THE TOWN }

Be There

PET WALK

& FAIR Fair Lawn September 17

Summer's ending, but there's still plenty to do in Bergen County — from hot rods to boat rides, street fairs to art shows and much more!

SEPT 1-4

You don't have to be a hot rod enthusiast to enjoy the WILD HOT ROD WEEK-END, which returns to the Sheraton Mahwah Hotel. The event will feature more than 1,000 cars, 25-plus bands, a food truck festival, vendors, celebrity appearances and more. Admission: \$15, kids under 12 get in FREE. Take a ride over to deadmanscurveusa.com for the full schedule.

SEPT 7-27

Learn about the Hackensack River on a PONTOON BOAT CRUISE launching from River Barge Park in Carlstadt. Hosted by staff from the New Jersey Meadowlands Commission, the cruise teaches participants about the history of the river and its urban ecosystem. Preregistration is required. Cost: \$15 for ages 10 and up. For the detailed schedule, visit njsea.com.

SEPT 10-OCT 8

What good is sitting alone in your room? Come hear the music play at CABARET, presented by the Bergen County Players. Curtains open at 8 p.m. on Fridays and Saturdays, and 2 p.m. on Sundays at the Little Firehouse Theatre in Oradell. Tickets: \$24. Pick up yours today at beplayers.org.

SEPT 17

Bring your furry friends to the PET WALK & FAIR along River Road in Fair Lawn, 11 a.m.-2 p.m., where you can meet with canine-related vendors and local business owners. Rescue groups and shelters will also be on hand in case you're looking to add a four-legged friend to your family. Admission: FREE. Find more info at fairlawn riverroad.com.

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{ ON THE TOWN }



SEPT 17

Bring the whole family to Ridgefield Park's annual FALL FESTIVAL STREET FAIR along Main Street between Cedar and Park streets, 10 a.m.-5 p.m. This block party will include a rock-climbing wall, kiddie rides, face painting, open-air cafés and more. Admission: FREE. Head to jcpromo tions.info for more details.

SEPT 17

Start stretching your muscles for the 39th annual JACK MCKEOWN MEMO-RIAL RAMSEY RUN. The first race takes off from the Ramsey municipal pool at 8 a.m. Proceeds from the 5K and 10K races are donated to Alex's Million Mile, which supports childhood cancer research. Advance registration is \$25; raceday fee is \$30. Test your endurance and run both races for \$35. Find more info and registration forms by clicking on "recreation" at ramseynj.com.

SEPT 18

Join thousands of people in downtown Ridgewood for the annual FALL CRAFT & ART STREET FAIR, 12–5 p.m. The family-friendly event features more than 150 food and craft vendors, games, rides, a petting zoo and more. Admission: FREE. Get all the info at pjspromotions.com.

SEPT 18

Lace up your sneakers and walk for a cause at the PARAMUS PANCRE-ATIC CANCER WALK at Bergen Community College. All proceeds from the event go directly to pancreatic cancer research. On-site registration and check-in begin at 8:30 a.m. and the walk starts at 10 a.m. Pre-registration fee: \$50. Register now at pancreaticcancer researchevents.org.

SEPT 18

Walk with your pooch at the PARK RIDGE ROTARY AND HALFWAY HOUNDS 5K/WALK. The event includes raffles, vendors, a pet adoption drive and, of course, the 5K! Registration begins at the Park Ridge municipal pool at 9 a.m., the run kicks off at 10 a.m. and the walk starts 10:10 a.m. Registration is \$25 in advance, \$35 on the day of the event, \$15 for children under age 12, and FREE for kids under 5. Head to halfway hounds.org to register and for more info.

SEPT 18

Admire the work of local artists at the EDGEWATER ARTS AND MUSIC FESTI-VAL along Old River Road, 11 a.m.-6 p.m. You'll have plenty of time to dance, browse vendor tables and check out the juried art competition that's open to area artists. Admission:

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FREE. Looking for more details? Visit edgewater artsnj.org.

SEPT 19

Habitat for Humanity of Bergen County hosts its 5th annual INVITA-TIONAL GOLF TOURNA-MENT at Knickerbocker Country Club in Tenafly, 9 a.m.-9 p.m. Spend the day outside golfing, then follow your round with dinner at the club. Fees: \$1,500 for a group of four, \$375 for individual golfers and \$100 for dinner only. Swing over to habitat bergen.org to register and for full details.

BRIDAL SHOW Wood-Ridge September 28



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SEPT 22

Never been to the ballet? Here's your chance to see the "ballet of all ballets," SWAN LAKE, performed by the Russian Grand Ballet at BergenPAC in Englewood, 8 p.m. Tickets range from \$29-\$69. Purchase yours now at bergenpac.org.

SEPT 23

Grab your girlfriends and head to LADIES NIGHT OUT at The Brick House in Wyckoff, 6:30– 10 p.m. The evening will include a cocktail hour with complimentary "anti-aging" drinks, psychic readings, raffle giveaways and beauty vendors. Tickets are \$55 each and are sold to groups of five or more. Questions? Visit eventbrite.com.

SEPT 25

A treasure trove of goodies awaits at Glen Rock's AUTUMN CRAFT STREET FAIR along Rock Road, 10–4 p.m. Explore the town's charming downtown area while browsing the wares of more than 100 food and craft vendors. Admission: FREE. Need more info? Full details are available at pjspromotions.com.

SEPT 25

Fill a plate (or two) at the 8th annual TASTE OF WESTWOOD at the Westwood Public Library, 5–8 p.m. The event will feature samples from restaurants in the Westwood area as well as wine and craft beers. Advance tickets are \$45 through September 5, and \$55 after. Tickets at the door are \$65. Get yours and the full details at tasteofwestwood.org.

SEPT 28

The ELEGANT BRIDAL SHOW at The Fiesta in Wood-Ridge is the perfect event for any bride-tobe. The show, which runs from 7–10 p.m., will feature a wide variety of wedding vendors from florists to photographers. Attendees will receive complimentary gift bags. Admission: FREE, but registration is required. Take a trip to elegant bridal.com to register and for more information.

Send event listings to: BERGEN 110 Summit Ave., Montvale, NJ 07645; or email us at editor@wainscotmedia.com. Listings must be received two months before the event and must include a phone number or website that will be published. Share events online by clicking the "Submit an Event" link below the Community Calendar at bergenmag.com.

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Where To Eat

Getting three square meals a day has never been easier – Bergen County is home to a diverse selection of restaurants that satisfies all of your cravings.



ALLENDALE

ALLENDALE BAR & GRILL Casual American sports bar with pub food, 67 W. Allendale Ave., 201.327.3197

ALLENDALE STEAKHOUSE Classic steak house, 95 W. Allendale Ave.. 201.962.9797

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

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

CARLSTADT

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

II. VILLAGGIO Italian din-

ing, 651 Route 17 North, 201.935.7733

CLOSTER

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

DELVINA Traditional Italian fare, 172 Piermont Rd., 201.816.0239

GRIFFIN'S BAR & GRILL American fare, 44 E. Madison Ave., 201.541.7575

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

UMEYA Japanese

cuisine, 156 Piermont Rd., 201.816.0511

DUMONT

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

II. MULINO Northern Italian cuisine featuring seafood, 132 Veterans Plz., 201.384.7767

EAST RUTHERFORD

PARK & ORCHARD Organic, healthy, original American cusine, 240 Hackensack Street, 201.939.9292

EDGEWATER

BAUMGART'S CAFE Chinese and American cuisine with homemade ice cream, 59 Promenade, 201.313.3889

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

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

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

LA VECCHIA NAPOLI Traditional southern Italian cuisine, 2 Hilliard Ave., 201.941.6799

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

EMERSON

FRANCO'S PIZZA RESTAU-**RANT** Casual Italian cuisine and pizza, 207 Kinderkamack Rd., 201.265.8111

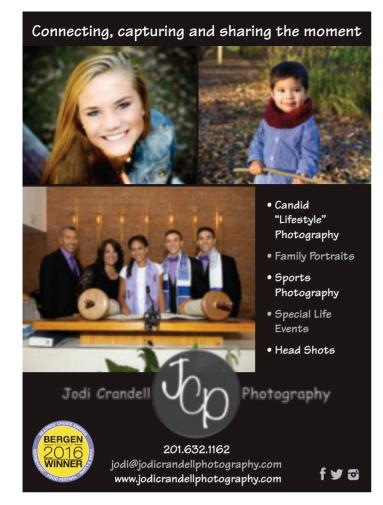
ENGLEWOOD

AKAI LOUNGE Elegant sushi lounge, also offering other traditional Japanese dishes, 11 N. Dean St., 201 541 0086

BAUMGART'S CAFÉ American and Chinese dishes in a retro '50s setting, 45 E. Palisade Ave., 201.569.6267

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

CASSIE'S Casual Italian restaurant and pizzeria, 18 S. Dean St., 201.541.6760





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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

ENGLEWOOD CLIFFS

AMERICAN CUT BAR & GRILL Outpost of Marc Forgione's acclaimed steak house brand, 495 Sylvan Ave., 201.510.4460.

CAFE ITALIANO **RISTORANTE & BAR** Authentic Italian fare, 14 Svlvan Ave.. 201 461 5041

CENTRAL KITCHEN Fresh American comfort food, 717 E. Palisade Ave., 201.503.0104

CLIFFS STEAKHOUSE American steak house 18 Sylvan Ave., 201.944.0233

GRISSINI RISTORANTE Elegant Italian cuisine, 484 Svlvan Ave.. 201.568.3535

FAIR LAWN

OCEANOS Mediterranean food with raw bar 2-27 Saddle River Rd., 201.796.0546

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

FORT LEE

DONG BANG Korean barbecue, 1616 Palisade Ave., 201.242.4485

Top: Be sure to save room for dessert at Savini in



IT'S GREEK TO ME Casual Greek taverna. 1611 Palisade Ave., 201.947.2050

MOOD'WICHES Sandwich eatery featuring smoothies and baked goods, 2448 Lemoine Ave., 201 944 1404

PRIME & BEYOND Upscale American steak house, 501 Main St., 201.461.0033



FRANKLIN LAKES

THE CHEF'S TABLE French eatery, 754 Franklin Ave., 201.891.6644

SUSHI COCORO Authentic Japanese cuisine with a sushi bar, 856 Franklin Ave., 201.560.1333

GLEN ROCK

GLEN ROCK INN Sports bar with Italian-influenced menu, 222 Rock Rd., 201.445.2362

NECTAR CAFE Vegan, vegetarian, and glutenfree cuisine with juice and smoothie bar, 175 Rock Rd., 201.857.0825

ROCCA Classic Italian and innovative seasonal fare. 203 Rock Rd., 201.670.4945

TANI SUSHI & ASIAN **GRILL** Pan-Asian dining with a sophisticated atmosphere, 206 Rock Rd., 201.612.1188

HACKENSACK

THE CROW'S NEST Contemporary American fare, 309 Vincent Ave.. 201.342.5445

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

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ROSA MEXICANO Upscale Mexican fare featuring fresh ingredients, 390 Hackensack Ave., 201.489.9100

SOLARI'S Casual, familyfriendly Italian restaurant. 61 River St., 201.487.1969

WHITE MANNA Lively burger joint, 358 River St., 201.342.0914

HASBROUCK **HEIGHTS**

IVY INN American and Continental fare served in a romantic setting, 268 Terrace Ave., 201.393.7699

MT. FUJI STEAKHOUSE Elegant Japanese fare and hibachi grill, 193 Route 17 South. 201.288.2800

TOM YUM KOONG Authentic Thai cuisine, 305 Boulevard, 201.288.3840

HAWORTH

ANDIAMO Eclectic Italian fare, 23 Hardenburgh Ave., 201.384.1551

TERRACE STREET CAFE Eatery with breakfast and lunch options, 149 Terrace St., 201.338.4720

HILLSDALE

DOMANI Authentic Italian

food with fresh, local produce, 387 Washington Ave., 201.722.8881

GOLDEN DYNASTY Upscale, traditional Chinese cuisine, 295 Kinderkamack Rd 201.358.8685

MATSU SUSHI Sushi eatery and grill with BYO, 140 Broadway., 201.722.9388

STICKEY'S BBQ Authentic smokehouse with barbecue fare, 321 Broadway., 201.664.4227

HO-HO-KUS

CAFE AMICI BYO Italian-American bistro. a perfect blend of two nations, 4 Sycamore Ave., 201.389.6377

HO-HO-KUS INN & TAV-ERN New American farmto-table fare, 1 E. Franklin Tpk., 201.445.4115

JUST JANICE Home-style Italian-American cuisine, 23 Sheridan Ave.. 201.445.2666

LODI

REBAR Casual American fare and bar, 132 Essex St., 201 368 8181

MAHWAH

BON APPETIT TEA HOUSE

Traditional high tea served Wednesday to Sunday, 180 Franklin Tpk., 201.529.1144

MASON JAR Traditional American fare featuring brick oven pizza and barbecue specialties, 219 Ramapo Valley Rd., 201.529.2302

RIVER PALM TER-RACE Traditional American steak house dishes, 209 Ramapo Valley Rd., 201.529.1111

STATELINE DINER Neighborhood family restaurant, 375 Route 17 North, 201.529.3353

MONTVALE

ALDO & GIANNI RISTORANTE Traditional Italian fare, 108 Chestnut Ridge Rd., 201.391.6866

ANCHOR SEAFOOD American seafood eatery, 10 S. Kinderkamack Rd., 201.930.9170

BELLISSIMO Fine Italian cuisine, 12 S. Kinderkamack Rd., 201.746.6669

MOMMA'S KITCHEN Italian eatery and pizzeria with gluten-free options, 15 Grand Ave., 201.746.9777

NORTHVALE

BRADY'S FOX HUNT INN Irish/American classics, 201 Livingston St., 201.784.8047

THE GREEK VILLAGE Classic Mediterranean cuisine, 254 Livingston St., 201.750.8570

MADELEINE'S PETIT PARIS Light French cuisine, 416 Tappan Rd., 201.767.0063

NORTHVALE CLASSIC DINER Neighborhood family restaurant, 247 Livingston St., 201.767.6267

NORWOOD

COUSINS Casual Italian fare and pizza, 450 Livingston St., 201.767.4300

DIMORA RISTORANTE Italian cuisine served in a family atmosphere, 100 Piermont Rd., 201.750.5000

RAGAZZI Authen-

tic Italian fare, 530 Livingston St., 201.660.7950

PARAMUS

EL CID Romantic Spanish fine dining, 205 Paramus Rd., 201.843.0123

LEGAL SEA FOODS Seafood restaurant with a raw bar, 1 Garden State Plz., 201.843.8483

MILLER'S ALE HOUSE Sports pub featuring classic American fare and bar snacks, 270 Route 4, 201.342.4800

SHAKE SHACK Angus beef burgers, handcut fries and frozen drinks, 479 Route 17 South, 201.241.2381

STEAK 'N SHAKE Organic burger and fries fare, 700 Paramus Park, 201.262.4969

PARK RIDGE

ESTY STREET Eclectic American fare with an inventive twist, 86 Spring Valley Rd., 201.307.1515

THE PARK STEAK-HOUSE Old-fashioned chophouse with seafood dishes, 151 Kinderkamack Rd., 201.930.1300

PEPPERCORNS Classic American steak house, 176 Colony Ave., 201.391.2818

RAMSEY

BIGGIE'S Seafood restaurant, raw bar and tavern, 1315 Route 17 South, 201.962.9099

BRADY'S AT THE STATION Traditional American cuisine and pub food, 5-7 W. Main St., 201.327.9748

CAFÉ PANACHE Eclectic American fine dining, 130 E. Main St., 201.934.0030

GAO Thai cuisine served in a cozy and intimate setting, 63 W. Main St., 201.962,2691

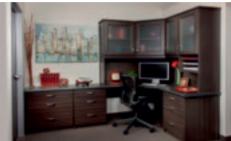
GIOVANNA'S CAFE Homemade food with made-from-scratch ingredients, 19 E. Main Street, 201.825.5835

KINCHLEY'S TAVERN Italian cuisine and delicious homemade pizzas, 586 N.

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Franklin Turnpike, 201.934.7777

SHANNON ROSE Irish pub and restaurant, 1200 Route 17 North, 201.962.7602

RIDGEWOOD

A MANO Authentic Neapolitan trattoria, 24 Franklin Ave., 201.493.2000

BAUMGART'S CAFÉ American and Chinese dishes in a retro '50s setting, 158 Franklin Ave., 201.612.5688

BRICK LANE CURRY HOUSE Indian cuisine, 34 Franklin Ave., 201.670.7311

COUNTRY PANCAKE HOUSE Gourmet breakfast foods and sandwiches, 140 E. Ridgewood Ave., 201.444.8395

CRAVINGS TAPAS BISTRO Specializing in small plates from around the globe, 8 Wilsey Sq., 201.857.8533

DIM SUM DYNASTY Authentic Chinese cuisine, 75 Franklin Ave., 201.652.0686

FINCA Global tapas menu, 20 E. Ridgewood Ave., 201.444.1199

FISH Seafood restaurant situated in a former bank, 54 E. Ridgewood Ave., 201.857.5151

LA LANTERNA CAFÉ & GRILL Fine Italian cuisine, 29 W. Ridgewood Ave., 201.444.5520

LATOUR French/ American fare, 6 E. Ridgewood Ave., 201.445.5056

LISA'S MEDITER-RANEAN CUISINE Mediterranean dishes, moussaka and other entrees, 28 Oak St., 201.251.8686

MEDITERRANEO Middle Eastern food with tapas plates, 23 N. Broad St., 201.447.0022

NOVO Modern Mediterranean fare, 37 Chestnut St., 201.444.4910

PARK WEST TAVERN Modern American cuisine, 30 Oak St., 201.445.5400

PEARL Italian cuisine with homemade pasta, BYO, 17 S. Broad St., 201.857.5100

ROOTS STEAKHOUSE Classic chophouse with seafood dishes, 17 Chestnut St., 201.444.1922

VILLAGE GREEN RESTAURANT Contemporary American cuisine, 36 Prospect St., 201.445.2914

RIVER EDGE

FUKI SUSHI JAPA-NESE RESTAURANT Fresh sushi, 828 Kinderkamack Rd., 201.225.0160

GREEN PAPAYA Asian fusion cuisine, 110 Kinderkamack Rd., 201.678.1888

A TASTE OF GREECE Classic Greek taverna, 935 Kinderkamack Rd., 201.967.0029

RUTHERFORD

CAFÉ MATISSE Leisurely French dining with grazing portions, 167 Park Ave., 201.935.2995

SABOR PERU Authentic Peruvian cuisine, 8 Highland Cross, 201.935.7378

SADDLE RIVER

THE SADDLE RIVER INN Romantic, upscale eatery, 2 Barnstable Ct., 201.825.4016

TEANECK

ETC. STEAKHOUSE Contemporary American steak house, 1409 Palisade Ave., 201.357.5677

MEXICALI LIVE Mexican fare with live music, 1409 Queen Anne Rd., 201.833.0011

REGINA'S STEAK-HOUSE Steak house and seafood grill, 827 Teaneck Rd., 201.862.1996

VEGGIE HEAVEN Vegetarian Chinese cuisine, 473 Cedar Ln., 201.836.0887

VICTORIA'S Quaint, contemporary American dining, 336 Queen Anne Rd., 201.801.0888

TENAFLY AXIA TAVERNA



In the mood for something exotic? The freshest sushi rolls await at Sushi Cocoro in Franklin Lakes.

Stylish Greek eatery, 18 Piermont Rd., 201.569.5999

KINARA Indian cuisine, 10 Jay St., 201.399.7788

SIMPLY VIETNAMESE Traditional Vietnamese cuisine, 1 Highwood Ave., 201.568.7770

TAVLIN Middle Eastern eatery, 7 W. Railroad Ave., 201.871.6060

ZESTT Eclectic cuisine with a Mediterranean flair, 10 W. Railroad Ave., 201.871.2002

WALDWICK

ANDREA'S ITALIAN RISTORANTE Cozy, authentic Italian eatery, 20 E. Prospect St., 201.670.0275

MATTHEW'S DINER Classic American fare, 4 N. Franklin Tpk., 201.447.1411

THE VILLAGE GRILLE Eclectic fare with Mediterranean, and Greek influences, 71 Crescent Ave., 201.670.8200

WASHINGTON TOWNSHIP

BACARI GRILL Fine contemporary American dining with an extensive wine list, 800 Ridgewood Rd., 201.358.6330

DOG HOUSE SALOON Traditional American fare with Texas-style BBQ, 270 Pascack Rd., 201.722.1820

WEEHAWKEN

MOLOS RESTAURANT Seafood restaurant with raw bar, 1 Pershing Rd., 201.223.1200

WESTWOOD

CAFE ANELLO Italian food with a special taste of perfection, 425 Broadway, 201.786.8137

BACI ITALIAN GRILL Bistro-style eatery perfect for anyone who wants a taste of Italy, 36 Jefferson Ave., 201.722.8687

BIBI'Z Eclectic eastern Mediterranean eatery, 284 Center Ave., 201.722.8600

GRANITA GRILLE Italian cuisine, 467 Broadway, 201.664.9846

MEZZA Mediterranean cuisine, 20 Jefferson Ave., 201.722.8822

WOODCLIFF LAKE

BLUE MOON MEXI-CAN CAFÉ Traditional Mexican cuisine, 42 Kinderkamack Rd., 201.782.9500

WOOD-RIDGE

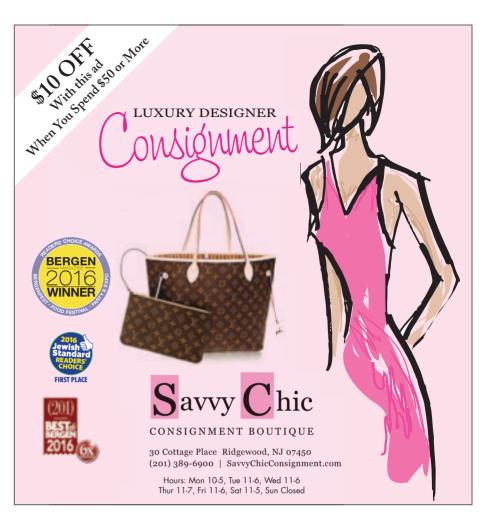
MARTINI GRILL European-inspired fare and specialty cocktails, 187 Hackensack St., 201.939.2000

WYCKOFF

BLUE MOON MEXI-CAN CAFÉ Traditional Mexican cuisine, 327 Franklin Ave., 201.891.1331

THE BRICK HOUSE Fine steaks, chops and seafood, 179 Godwin Ave., 201.848.1211

THE PLUM & THE PEAR French and Italian meets Latin American and Asian, 393 Franklin Ave., 201.485.8793



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For our complete list of dining options, visit the "Where to Eat" section at **bergenmag.com**.

{ WIN IT! }

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THE PRIZE

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WIN IT

Enter the contest at bergenmag.com/ septwinit. Follow us on Facebook and double your chances to win: facebook .com/bergenmag.

CONGRATULATIONS TO

Kathleen Smykal of Mahwah, who won the \$1,000 shopping spree at Greenbaum Interiors featured in our May issue.



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{ A BERGEN MOMENT }



When 18-year-old ballerina Stephanie Buesser of Ridgewood agreed to don a hat and twirl an umbrella as a tribute to Gene Kelly and all of the other old-school greats, I was thrilled. I photographed her at Petrov Ballet School in Waldwick."

-Ridgewood photographer Nicki Bosch

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