

Downtown

with the Ridgewood Guild



- Heart in Motion presents...The Nutcracker
- The Benjamin, Luxury Living in Ridgewood
- New in Town:
World Flats, Varsity House Personal Training
- Holiday Best Bets
- Bagelicious Reopens



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Editor's Note



Ridgewood Guild Executive Director Tony Damiano

Another year is almost at its end and The Ridgewood Guild continues to grow. As the pandemic tries to polarize our community, we forged on creating a Virtual Film Festival, making a comeback with our Music Fest, and this month we've returned with Winterfest which is sure to put a smile on everyone's face. We also contributed to the West Village's Oktoberfest. Next year The Ridgewood Guild will be hosting this wonderful event filling the Westside with music, food, drink, and activities for both children and adults.

Although we lost some longtime businesses like Jekyll and Hide and Country Pancake House, some new businesses have opened. Read all about worldFLATS and Varsity House Personal Training in this issue. The long-awaited reopening of Bagelicious is here and is slated to open as we speak. The Ridgewood Guild has put into place a Canopy Committee to help raise money to purchase trees and flowers that we will plant in our tree wells. We are taking donations via our new Venmo account to raise money to purchase these. Our first project is the tree well outside of Bagelicious. Please consider making a donation to this great cause.

That's all for now. Have a safe and healthy Holiday Season.

- Tony Damiano - Executive Director



*(above) Feature Article: The Nutcracker pg. 8.
(cover) Heart in Motion dancers,
Hamma and Manna Tsao at Araya Rebirth
In The Nutcracker
Credit Cover Photo: Zigi Putnins Photography*

Vol. 6 - HOLIDAY 2021

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| | |
|--------------------|---|
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| Sales | Tony Damiano |
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Contact Us:

Are you a Ridgewood Guild member?
Have a great story? Celebrating a business anniversary?
Contact us at ridgewoodguildnj@gmail.com or 201-493-9911

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WHERE IN THE WOOD?

No one guessed what's pictured below from our Spring/Summer edition. **The gift card amount is now increased to \$75.00!!!**

Email your answer to ridgewoodguild@aol.com

Win a \$75.00 gift card of your choice to one of our Ridgewood Guild businesses listed in our Membership Directory in the back of the magazine.



The first to respond via email will win. Send in your answer and the business name of your choice for the gift card.

The lucky winner will be announced in our Spring/Summer 2022 edition.

#07450together

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Merry Christmas & Happy Holidays

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Looking for something to do this winter?
Ridgewood has it all! Here is our winter season 2021-22

CALENDAR OF EVENTS

NOVEMBER 2021

Night at the Opera

Fri. Nov. 19 – 8:00
West Side Presbyterian Church
Ridgewood Symphony Orchestra

Winterfest!

Sat. Nov. 27 – 12:00
Memorial Park at Van Neste Square
Ridgewood Guild

DECEMBER

Downtown for the Holidays inc. the Nutcracker Live Window Displays

Fri. Dec. 3
Chamber of Commerce
HeART in Motion

Welcome Bach, Paul Jacobs Masterpieces for Organ

Sun. Dec. 5 – 3:00 PM
West Side Presbyterian Church
Parlance Chamber Concerts

Comfort and Joy A holiday concert of traditional and unique seasonal favorites

Tues., December 14 - 7:30pm
West Side Presbyterian Church
New Jersey Choral Society

The Nutcracker

Sunday December 19, 2021, at 7:30pm
Heart in Motion

Kristen Plumley and Friends Holiday Lunch and Concert

Tues. Dec. 14, 12:00 – 1:30
Woman's Club of Ridgewood

Annual Menorah Lighting

Sunday December 28 – 5:30
Memorial Park at Van Neste Square

JANUARY 2022

Annual Restaurant Week

Sun. – Thurs.
Jan. 9 – 13, 2022
Jan. 16 – 20, 2022
RidgewoodChamber.com

Friends of Music Annual Concert

Fri. Jan. 14 – 7:00 PM
George Washington Middle School

The Zuckerman Trio Beloved Beethoven

Sun. Jan. 16, 2022 – 3:00 PM
West Side Presbyterian Church
Parlance Chamber Concerts

FEBRUARY

Jamboree - 75th Anniversary "The Jambies"

Thurs and Fri. Feb. 3 and 4 at 7:00
Sat. Feb. 5 at – 7:30
Benjamin Franklin Middle School

Paul Huang and Danbi Um, violins Juho Pohjonen, piano

Sun. Feb. 20, 2022 – 3:00 PM
West Side Presbyterian Church
Parlance Chamber Concerts

Beethoven Fest: 1808 Redux!

Fri. Feb. 25, 2022 – 8:30
West Side Presbyterian Church
Ridgewood Symphony Orchestra



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Music, ice sculptures, a trackless train ride, storytelling with one of our Guild Elves, and best of all, a Winterfest favorite...our horse-drawn hayride will take you for a spin around downtown.

Complimentary hot chocolate from The Daily Treat, candy canes, cookies and best of all... a visit from *Santa!*

Winter Fest

Saturday November 27 ★ noon – 3PM
Memorial Park at Van Neste Square



**We are back,
bigger and better than ever!**



Eileen Dowling, Vaibhavi Udeshi, Jenny Given, Judith Field, Sharon Gilsenan and Barbara Ferrante. Each year the Women Gardeners of Ridgewood joyously decorate Memorial Park at Van Neste Square to the delight of passersby.



Maria Gilosa ties a festive bow.



It's Small Business Saturday. Remember to "Stay Local and Shop Small." Thanks to American Express for creating this wonderful event.

In an effort to support local businesses that make our community strong, American Express launches, Small Business Saturday each year on the Saturday after Thanksgiving

to encourage people to shop small and bring more holiday shopping to small businesses.

96% of consumers who reported shopping small on Small Business Saturday said the day makes them want to shop small all year long, not just during the holiday season.



THE WOMEN GARDENERS OF RIDGEWOOD



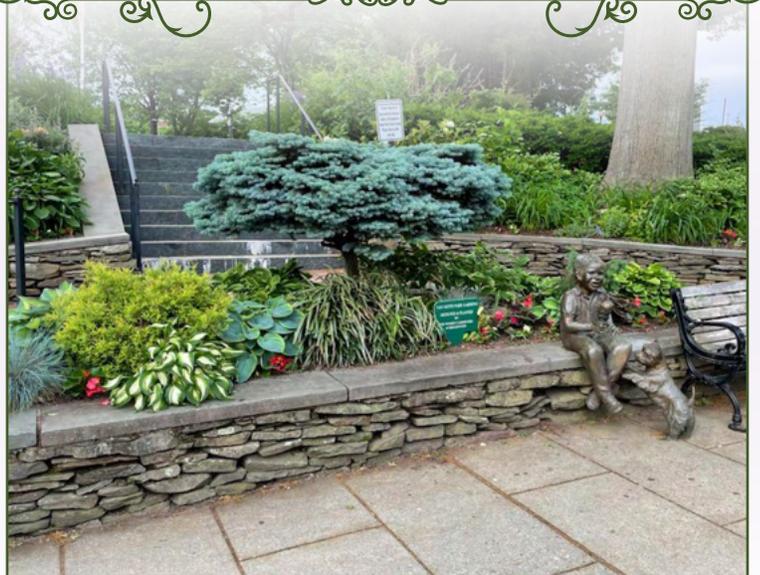
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"The show must go on..." says Manx

The Nutcracker

by Barbara Sax



For Nikki Manx, no holiday season would be complete without The Nutcracker. Producing her faculty's version of the beloved ballet was a priority when she opened HeART in Motion, a dance, vocal, yoga and Pilates studio in 2019.

The studio's first production debuted that year and Manx, who serves as artistic director, envisioned an annual tradition for the studio. Then in 2020, the

country went into lockdown. With no possibility of a live performance, and the annual Ridgewood Christmas Tree Lighting on hold, HeART in Motion teamed up with Art in Motion Dance Theater to present the ballet in a new way. The studio and local nonprofit collaborated on staging live Nutcracker scenes in downtown store windows to the delight of passersby.

"It was a great solution," said Manx. "We presented scenes in ten windows, including stores on the West Side. It was a way to celebrate the joy of dance in a safe way during the holiday." Manx had to find workarounds for every aspect of the dance studio for the past 20 months. After initially shuttering HeART in Motion in March 2020, students slowly returned to hybrid classes as lockdowns eased. In-person classes are currently limited to 15 students, while additional students can participate at home using Zoom. "We had online classes and outdoor classes, including yoga and salsa. I want to make sure that even people who are at risk can participate safely," she said. Students wear masks in class, windows stay open and studio spaces are sanitized between classes. Vaccinated adults were given the option of taking their masks off while dancing socially-distanced, however they continue to wear masks in the smaller common areas.

Manx also found safe ways to have her students perform during the pandemic. HeART in Motion performed outdoors throughout the village at Easter in the Park "Movies in the Park, in her annual Thriller flashmob, at the pedestrian plaza in their Wizard of Oz theme, and in their formal end of the year performance at Kasschau bandshell. "The show must go on is our theme," said Manx. Nothing will stand in the way of a Nutcracker performance by HeART in Motion this holiday season. "It's been two years. We've never been this ready to perform," said Manx. "We are planning to produce this show at our studio on Chestnut Street even if we have to limit the audience to 50 people at a time."

While the company's inaugural presentation was limited to the ballet's first act and excerpts of the second act, Manx is set on a full production for 2021. "We plan to perform in our black box theater with sets projected on the wall and raked seating on site. Our production will be a multi-generational, multi-style production featuring ballet, jazz, modern dance and tap and a cast that includes pre-schoolers to adults," she said. *(continue to pg 68)*





The Christmas ballet was first performed outside Russia in England in 1934. Its first United States performance was in 1944 by the San Francisco Ballet, staged by its artistic director and Balanchine student Willam Christensen. The New York City Ballet first performed George Balanchine's Nutcracker in 1954 but the holiday ballet did not begin to achieve its great popularity until after the George Balanchine staging became a hit in New York City. The now well known Christmas story has been published in many book versions including colorful

children-friendly ones. The plot revolves around a German girl named Clara Stahlbaum and her coming-of-age one Christmas holiday. In Hoffmann's tale, the girl's name is Marie or Maria, while Clara - or "Klärchen" - is the name of one of her dolls. In the Great Russian Nutcracker, she is affectionately called Masha. ▀



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History of THE NUTCRACKER

The Classic Christmas Story Ballet



The origin of the Nutcracker, a classic Christmas Story, is a fairy tale ballet in two acts centered on a family's Christmas Eve celebration. Alexandre Dumas Père's adaptation of the story by E.T.A. Hoffmann was set to music by Tchaikovsky and originally choreographed by Marius Petipa. It was commissioned by the director of Moscow's Imperial Theatres, Ivan Vsevolozhsky, in 1891, and premiered a week before Christmas 1892. Since premiering in western countries in the 1940s, this ballet has become perhaps the most popular to be performed around Christmas time. The story centers on a young girl's Christmas Eve and her awakening to the wider world and romantic love. The composer made a selection of eight of the more popular pieces before the ballet's December 1892 premiere, forming what is currently known as the Nutcracker Suite, Op. 71a, as is heard in Moscow Ballet productions. The suite became instantly popular; however the complete ballet did not achieve its great popularity as a Christmas performance event until almost 100 years later. ▀





THE NUTCRACKER

presented by HeART in Motion
Sun. Dec. 19, 7:30 PM

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LINDA PORDON PHOTOGRAPHY

Joe & Gregg

on Trend for the Holidays

Here at **The Table at Latona's**, we feel this year's holiday season reveals an increased enthusiasm for in-person celebrations and higher spending - all with a stronger focus on experiences. From talking to our clients, we find many consumers plan to celebrate the holidays more this year and are getting into the festive spirit early. That explains why the #1 trend right now in holiday gift giving seems to be "the more festive the better!" And you can't get any more "festive" than Vietri's Old Saint Nick collection.

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A little "bling" seems to be on trend right now as well, and we have that covered with our gorgeous, sparkling ornaments from Jingle Nog. Happy Holidays!

Love,
Gregg and Joe



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Downtown for the Holidays!

36th Annual Tree Lighting
Friday, December 3
6PM - 8PM
Ridgewood Train Station

Come and view the festive Holiday tree's that will be lit and trimmed throughout the CBD for the season.

The "traditional" tree at the end of E. Ridgewood Ave. and South Broad St. is part of the Chamber of Commerce's Downtown for the Holiday's celebration, now in its 36th year.

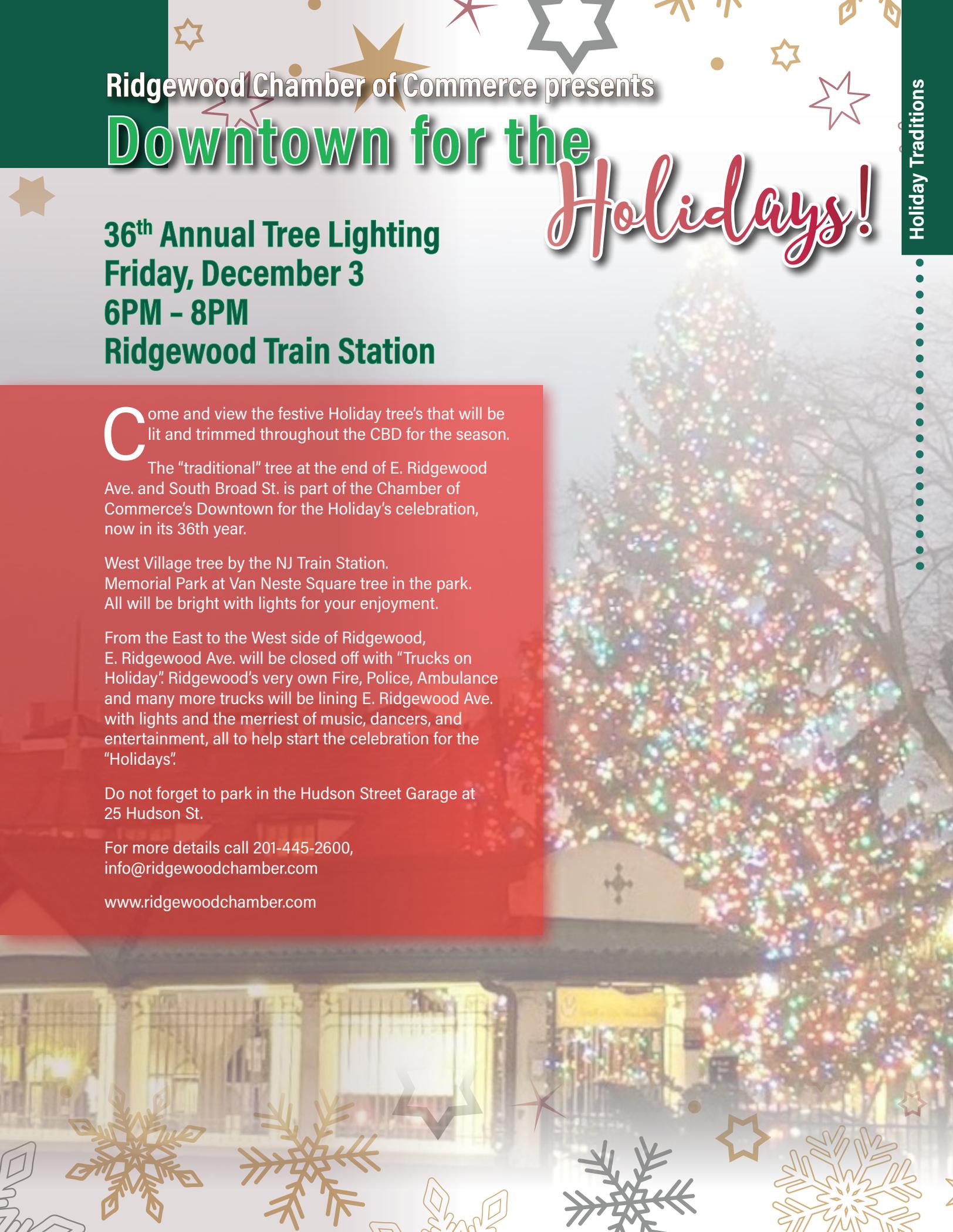
West Village tree by the NJ Train Station.
Memorial Park at Van Neste Square tree in the park.
All will be bright with lights for your enjoyment.

From the East to the West side of Ridgewood, E. Ridgewood Ave. will be closed off with "Trucks on Holiday". Ridgewood's very own Fire, Police, Ambulance and many more trucks will be lining E. Ridgewood Ave. with lights and the merriest of music, dancers, and entertainment, all to help start the celebration for the "Holidays".

Do not forget to park in the Hudson Street Garage at 25 Hudson St.

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(continue to pg 68)

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Lanie Kim, Stylist Consultant

*(above) Store Mgr/Bridal Consultant - Lanie Kim (in black dress)
Wedding date - May, 2022
Bride to be: Krista Kasper*

(right) Alina DeCicco, Owner/Operator



Alina DeCicco
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A Generation of Tailors Saw Together

by Barbara Cheng Kiernan

One of Ridgewood's few remaining longstanding family owned businesses still successfully serving our community today is Christine's Custom Tailoring, located at 7 Godwin Avenue. This sunny, spacious storefront sits at the bend where Godwin meets Wilsey Square.

I visited one day and was met by seamstress Aurora, guiding the lining of a powder pink dress under the pedal and hum of an old Singer. A rainbow of colored threads dot the snow white walls, row upon roll, spools of silk, cotton and polyester. An antique sewing machine and other family vintage fabric cutting tools display a lifelong history devoted to tailoring. Beyond this large showroom, is another showroom and office. Neat, clean, spacious, orderly. Since 1984, and now owned and operated by third generation family member, Robert Ayaz, Christine's Custom Tailoring proudly continues to provide personal family excellence and quality service in all areas of custom tailoring for both men and women to fit any physique, as well as, complete alterations for men, women and children, recreating, clothing restoration, bridesmaid dresses, groomsmen suits, dresses, re-cutting and re-sizing.

Ayaz's ancestry of tailors originate from Turkey. Grandparents, father, uncle's, cousins, and of course, Roberts aunt Christine (whose store was named). After the family immigrated to

the United States, they settled in northern New Jersey and started their family tailoring business in Teaneck. Members learned from one another and Roberts father expanded his tailoring business to Englewood, naming his workshop, Angelo's Custom Tailoring. Angelo grew his business with his quality craftsmanship and drew even more recognition and business by word of mouth ravings from satisfied local and visiting "stars" like Tony Bennett, Eddie Murphy, Aiden Quinn, BB King, The Beatles and Prince. Robert's aunt Christine lived in Paramus and would ride into Ridgewood daily to visit her mother who lived near Wilsey Square. Thus, the idea of expanding into Ridgewood was born with Christine running this family workshop. Young family members coming up the ranks would apprentice by rotating between family workshop locations to learn the business. Robert officially entered the family business after completing his studies in acting and business at Bergen



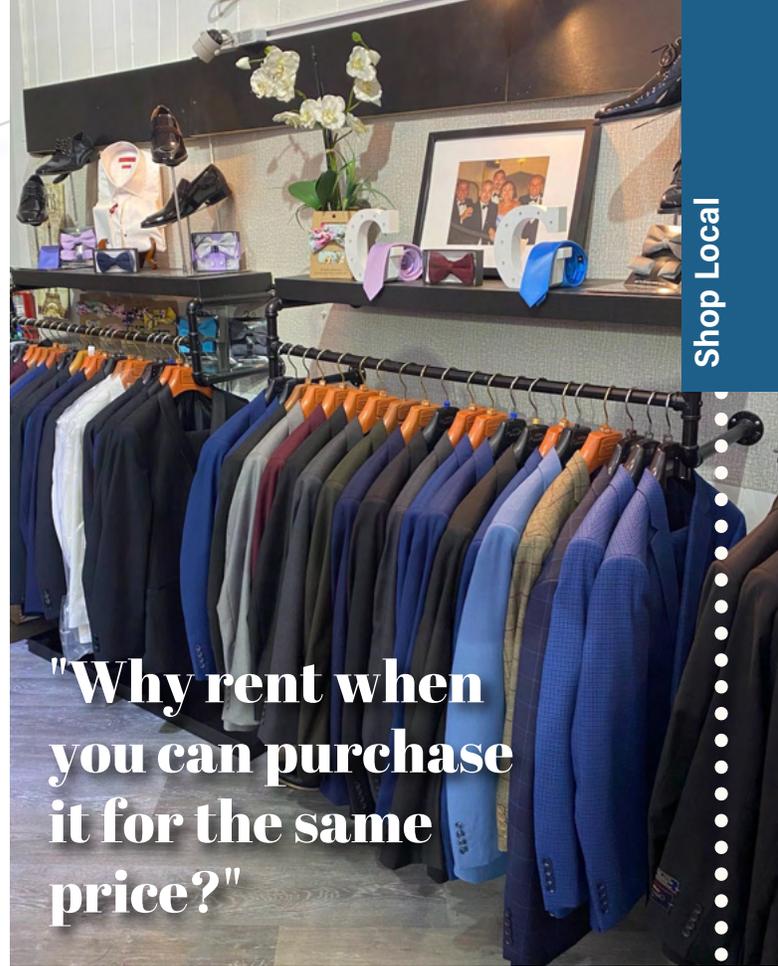
(continue to page 68)

Wedding planning and the many intricate tasks involved to making this special day the most memorable isn't reserved for the bride-to-be anymore. Nowadays, it's the groom and/or his groomsmen whom have discovered the fun of pairing men's shopping with male bonding.

Meet Robert Ayaz, owner and Fashion Consultant of G & G Suits, home to one of Ridgewood's finest selection of affordable custom made suits for grooms and their groomsmen. Conveniently located at 7 Godwin Ave, G & G Suits can be found within the store site of Christine's Custom Tailoring (which is also owned by Ayaz). Robert refers to the male group shopping excursions as 'Bachelor Party Fittings.' My customers have a great time while being fitted for their wedding. I try to create a professional but relaxed welcoming atmosphere. Customers carry enough weight on their shoulders planning a wedding. I offer them quality product, ordered and delivered in a timely stress-free manner. Last week G & G Suits hosted a groom and his groomsmen for their fitting. The men began their fittings with beer, wine and a selection of hors d'oeuvres as they each took their turn to be measured for their wedding attire. The group cheered one another as they all modeled various suits. Music was playing, the store TV was tuned to a sports channel, the men were all having fun and enjoying the comradery but most importantly they were accomplishing a huge responsibility, all under one roof. When the days task was complete, (everyone measured, fitted, suits, shirts, ties, shoes and all accessories ordered and date set for pick up), the men conveniently continued their celebration at several of Ridgewood's fine restaurants and taverns.

Robert is bringing in a Foos Ball table for the next 'Bachelor Party Fitting' to add to the

(continue to page 69)



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Kathy Marshall



1. How long have you lived in Ridgewood?

We have lived in Ridgewood for 27 years. We bought our first house here before we had kids.

2. Do you have children? Their ages?

We have 3 children - Kenneth is 24, Kevin and Kaylin, our twins, are 19

3. Do you have grandchildren? No grandchildren yet!

4. Describe a "perfect day" in Ridgewood

A perfect day in Ridgewood would include strolling into town for coffee and pastry at Sook, shopping along the Avenue, lunch with friends at one of our fabulous restaurants, then a movie and ice cream date with my husband, Ken!

5. What is the best thing about Ridgewood?

I love the way the community comes together to support residents in need and in times of trouble - that is when Ridgewood is at its best and you can feel the love!

6. What are your favorite spots in Ridgewood?

I love walking to town and sitting in Van Neste Square on a beautiful day - I also love attending events outdoors at Ridgewood High School - it's such a beautiful building and campus!

7. Organizations I've belonged to in Ridgewood:

After I stopped working to raise my children I got very involved in volunteering - I served for 6 years on the Village's Parks and Recreation Committee, served as Orchard HSA President, served for 4 years on the Federated HSA Board,

with 2 years as President, have been a member of College Club of Northern NJ for 20 years, serving in many roles, including President and currently serving as 1st Vice-President, have served on the Ridgewood Education Foundation Board for past 4 years, currently as Vice-President; serve on the board of the Ridgewood Cambodia Project, Inc.; served several years on the Ridgewood Municipal Alliance, participated in RHS Jamboree for several years, and am a founding board member and currently on the Advisory Board for the G.R.A.C.E. Project, Inc., which built and supports a middle school in Kenya.

8. What's on your Bucket List?

I love traveling - still on the bucket list are Australia, Antarctica and South America!

9. The quality I like best about myself is

My memory - I can take in a lot of information quickly and recall it when I need to

10. A favorite memory

I am lucky to have had so many wonderful experiences and have made lots of great memories - highlights are meeting my husband at Boston College, having my children, attending a charity event with Prince Charles at Windsor Castle, walking on the Great Wall in China, and living for 3 1/2 years in Zurich, Switzerland

11. Something that's on my mind lately:

How to bring people back to a place of mutual respect and understanding with a focus on all the things we, as members of the human race, have in common with one another instead of focusing on the ways we differ.

12. My guilty pleasure is...

Chocolate cake and General Hospital - I've been watching on and off for 40 years!

13. A talent I wish I had is....

To speak several languages - everyone in Switzerland speaks 4 or 5 and I was very envious of that skill!

14. A person I admire

My husband Ken - he is brilliant and very successful but the kindest, funniest, most generous, down-to-earth person I've ever met!

15. My most treasured possessions are....

Cards and letters from my children

16. Something I wished you would have asked me

Do you have pets? We do! Two rescue dogs, Kosi and Kosmo (we all have "K" names!) ▀



The Marshalls: Ken, Kaylin, Kathy, Kenneth, and Kevin

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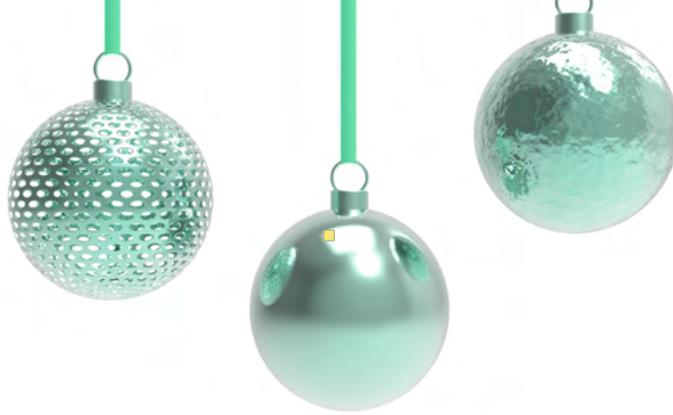


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THE BENJAMIN

THE IMPOSSIBLE DREAM PULLS OFF A RIDGEWOOD HAT TRICK:
ATTRACTING EMPTY NESTERS, URBANITES, AND FOLKS FROM AFAR

by Tess Giuliani

Viewed from any approach around town, The Benjamin—with its handsome facade of well-chosen materials—is an architectural home run. Imagined and developed by Onyx Equities LLC, The Benjamin is a welcome addition to the Ridgewood scene.

Enter the lobby, and the wow factor is palpable; this is gracious living with a New York City vibe. Beyond the visual impact, the flow and function of the complex is terrific. Thoughtful space planning and attention to detail allow for sophisticated, comfortable living and entertaining, the hallmark of these chic one- and two-bedroom residences.

Modern in design, the well-appointed, open concept kitchens and chic bathrooms offer a five-star luxury experience. High ceilings and tall windows add light and drama,

and the generous closet space is a wonderful perk.

The Club Benjamin is the place to meet and greet fellow residents. It offers a screening room, café and pool table. The 5th floor outdoor terrace, with its lounging sofas, tables and chairs, provides an alfresco retreat with the best aerial view of downtown, while the gym and pet spa add to the convenience of living at The Benjamin.

A mix of empty nesters, young folks trading the city for the burbs and those discovering

Ridgewood for the first time, the residents of The Benjamin are enjoying elegant living from a central location, the ideal place to take advantage of an easy commute into the city and the cool experiences of downtown Ridgewood. ▀



Carley grew up in Ridgewood and with fifteen years of experience in property management, she is the perfect manager for The Benjamin's high-end clientele.

Along with James McRae, Maintenance Manager, Carley fosters an environment where the residents are happy to come home.

Carley credits Liberty Property Company, the managing company and Onyx Equities LLC, the developer of The Benjamin for their high standards and their dedication to putting people first.



KEN & MARYBETH HEKMAN

LIVE IN LUXURY AT THE BENJAMIN, DOWNTOWN RIDGEWOOD

Ken and Marybeth Hekman moved to The Benjamin from out of state. The retirees left Michigan to be near their daughter and her family in Ramsey. They chose Ridgewood for their new home based on the attractive downtown, the arts community, the wealth of regional historic sites, and a wide range of interest groups. The healthcare consultant and his artist wife are also globetrotters eager to return to their exploration of other cultures. Having public transit at their disposal simplifies access to EWR and other major jumping-off points in the region.

The couple has roots in California and Chicago, and they have lived in three states over nearly five decades. After calling one West Michigan town home for 35 years, they recognized the challenges of finding a new network of friends, healthcare resources and community services, so they pro-actively joined a few groups including the Ridgewood Guild, the Ridgewood Art Institute and the Newcomers Club.

They are getting acquainted with the community through daily neighborhood walks and attending functions organized by the library, the village and Valley Health. "We love it here," Ken said in a recent interview. "After enduring all the wisecracks about New Jersey, we're glad to be in Ridgewood."

The adjustments have included getting accustomed to railroad noises and downsizing, but they're adapting well and appreciative of the supportive management team at The Benjamin. "We're close enough to wave at the engineers," Ken joked, "but the trains are our neighbors and our ticket to the world." The trains are also an attraction for their two grandsons, ages 4 and 2.

Their two-bedroom, two-bath condo-like apartment includes a small den for Marybeth's art studio. Their walls are adorned with her watercolors, mostly florals, complemented by works from other Midwest artist friends to connect them with their past. ▀



RentTheBenjamin.com



This common area is shared by all tenants. It includes a service area, pool table, flat screen tv, and adjacent sitting room.

Life has come full circle for Jim Stroker as he sits in his chic living room at The Benjamin overlooking North Broad Street. He is filled with an energy drawn from the incredible community that has been his entire life. As the third generation to call Ridgewood home, Jim is as grateful to Ridgewood as Ridgewood is to him.

A dedicated wellness teacher at BF Middle School for 36 years, Jim found his mind, body and spirit approach to teaching powerfully tested when a tragic accident changed the course of his young family's life.

Thirty-three years later, this extraordinary journey of love, dedication, and emphasis on the positive has produced an exceptional family legacy – Jake is the supervisor at Whole Foods, Ridgewood. Ali is a singer and actress and a 2019 Tony Award winner, and Tory is the founder of Tory Stroker Nutrition.

Jim's new chapter continues as an educator, always giving back. He is a personal trainer, life coach, yoga instructor, motivational speaker, and trainer in leadership. The Benjamin offers great amenities. The well-equipped gym, the quiet of The Club Benjamin and the spill of light into his apartment where he paints watercolors are big positives of his latest stage of life. ▀



Credit THE BENJAMIN images: Zigi Putnins Photography



Tess Giuliani seated in her stylish living room. See Tess' ad on page 3.



See Claudia's ad on the inside back cover.

Ridgewood, is no sleepy town. For decades, I've enjoyed the benefits and good living to be had in our village.

As a young parent, I made the big move to buy a small house on Spring Avenue. It was a new chapter, with wonderful neighbors and a great school system for my son Ryan. We embraced it all.

Now as an empty nester with two home renovations behind me, I set my sights on carefree, luxury living in our downtown. I found it at The Benjamin.

My next chapter includes celebrating my 25th year as the Principal of Tess Giuliani Designs Inc., a five-minute commute to my office, support for The Ridgewood Guild's creative efforts, and enjoying interesting neighbors of all ages, who enthusiastically call The Benjamin and Ridgewood home. Life just keeps getting better! ▀

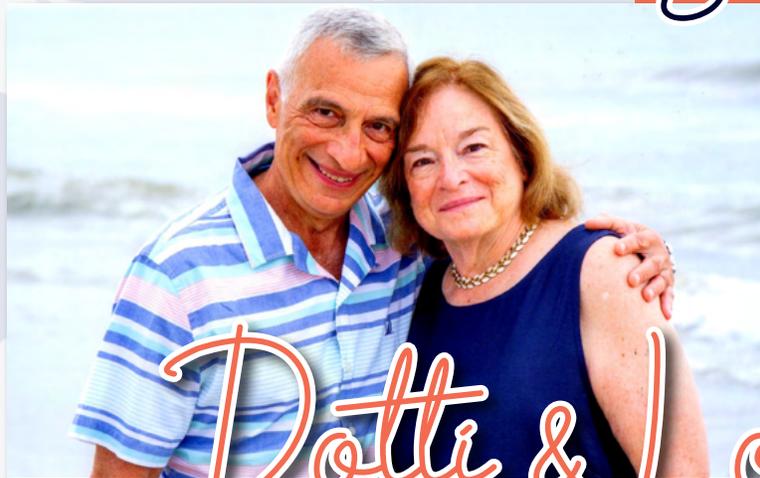
Ridgewood was an easy choice for the Inoa family. Formerly New Yorkers, Claudia and Elvis were well acquainted with the village as Claudia, now a realtor with Keller-Williams in Ridgewood, had been a manager of Talbots across from Memorial Park at van Neste Square.

They immediately fell in love with the downtown as it reminded them of NYC. This past summer on her way to her office at Keller-Williams, Claudia stopped at the traffic light in front of The Benjamin and decided to enquire within. She was so pleased with the welcome she received and the luxury apartments at The Benjamin, she knew this was perfect place for them.

Each night they look forward to ease of walking into our charming downtown to grab a bite or perhaps a coffee at Stella's and then enjoy a quiet moment on a bench in the park. The attraction to Memorial Park at Van Neste Square is nostalgic and strong. Ethan, a college freshman is enjoying the cool amenities of The Benjamin. He and his dad enjoy playing pool while his mom lounges in the screening room with a cappuccino from the café and meets new friends.

As a realtor, Claudia, enjoys meeting and speaking with the young urbanites residing at The Benjamin. She feels it's the perfect luxury living and introduction to the suburbs for them as they plan for their next phase as homeowners. ▀

a couple of Swells



Dotti & Lou Fucito

The first in a series!

In each magazine The Ridgewood Guild will focus on a “power couple” that lives in our Village. Whether raising a family, helping out with various organizations, or volunteering for a favorite charity, this couple does it all.

How long have you lived in Ridgewood? 46 years

How long have you been married? 51 years

Children? Grandchildren? We have 2 children, Paul and Lisa, and 3 grandsons, Adrian (AJ), Evan, and Liam

Describe a “perfect day” in Ridgewood. A nice sunny morning started with a bike ride or walk through town. Followed by breakfast on our back patio and then tending to our gardens. Dinner in town with family and/or friends topped off in the evening with ice cream at Van Dyk’s.

What is the best thing about Ridgewood? Since moving here over 45 years ago, Ridgewood has become more ethnically and politically diverse. That diversity has enriched the village culturally as evidenced by the wide breadth of restaurants and the abundance of artistic offerings in music, amateur theater, and art. A very walkable downtown adds to this mix.

What are your favorite spots in Ridgewood? The Duck Pond, Van Neste Park, The Stable, Ridgewood Library and the nice mix of restaurants, coffee shops and cafes.

What changes, if any, would you like to see happen in Ridgewood? A community space for Performing Arts. We have so many organizations seeking venues, that something in the center of the Village would help immensely. Also more senior housing.

Over the years, have you belonged to any organizations?
Lou: Dad’s Night, RHS Jamboree (Bd Pres & Dir), Orpheus Club Men’s Chorus (Pres), Hobbyists, Ridgewood Library’s ESL Program, the original Ridgewood Arts Council (started by former Ridgewood Superintendent of Schools, Fred Stokley)

Dotti: Federated Home & School Association (Pres), Ridgewood/Glen Rock Boy Scouts of America (Membership Chair), RHS Jamboree (Bd Pres, Dir, Prod), Ridgewood Guild

Bd, Somerville Children’s Theater (Casting), BF Players (Casting), League of Women Voters (Reporter), Chamber of Commerce, original Ridgewood Arts Council (Pres) and First Renewed RAC (Pres), and Ridgewood Band Parents Association (Co-President with Lou)

What’s on your Bucket List? Taking off three months to live in Europe.

The big decision you are both currently wrestling with. Where do we retire? We currently enjoy where we are, but we know that as time goes by we will be faced with that decision.

Something that know one knows about us. Salvatore Fucito, a distant relative of Lou’s, was Enrico Caruso’s coach and accompanist.

Dotti is a direct descendent of the Mayflower Pilgrims, Her 8th Great Grandparents, Thomas Cushman (42 year Ruling Elder of Plymouth) and Mary Allerton (known as the Mother of America) are the children of the two men who fled England and brought the Pilgrims to the Netherlands and then sailed to America on the “Mayflower”.

A favorite vacation? Our 30th Wedding Anniversary trip to Italy, which was a bit atypical of an Anniversary trip! Tagging along with us were our two children, Lou’s sister (and her boyfriend!), and one of our friends – a teacher from RHS. We spent close to two weeks traveling from Milan to Rome with stops in Lake Como, Venice, Verona, Pisa, Lucca, Florence/Siena, Bologna and then Rome. In addition to the spectacular beauty of Italy was the joy of coming together each evening for a sumptuous dinner.

We are really good at....Volunteering and working with Organizations in many capacities.

A favorite memory. There are so many! An early one is a picture of Paul and Lisa as they reached the top of what once was a 30 foot sand dune on

(continue to pg 69)



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Upon entering Quality Shoe Repair every customer is warmly greeted by owner/operator Vincent 'Vince' Barbuto with a smile. Vince's shoe repair lineage stems back nearly a century to when his grandparents emigrated from Italy and settled in Paterson, NJ where Vince's Grandfather Vincenzo opened the family's first shoe repair shop.

In 1950 Frank Barbuto, drafted into The Korean War. He returned a disabled American veteran. His love of shoe repair prevailed and he opened Quality Shoe Repair. Later, his wife, Marge became a part of the business greeting customers at the front counter. In 1992 Manuel Del Los Santos joined Vince. He is a self-taught craftsman, making shoes as an apprentice to his dad. 29 years later, he is still an integral part of Quality Shoe Repair's success.

Vince's primary business is shoe and boot service and repairs, shoe and boot shining, handbag repairs, heel repairs, sole repairs, polishing, stretching, and waterproofing. He also offers shoe care products and merchandise, some of which include: shoe trees, shoe polishes (all colors), waxes, buffing brushes, shoe horns, leather conditioners, sneaker cleaners, laces, shoe care kits, shoe inserts, umbrellas, etc.

(continue to page 68)



Owner of the 50 year old business, Quality Shoe Repair; (inset) Vince Barbuto with 29 year employee, Manuel.

Welcome Back!

BAGELICIOUS

to a new location, new look, but same good old quality!

by Gina Damiano

It seems sort of appropriate that I, the “other half” of Mango Jam is the one chosen to write this article and welcome Bagelicious to their new home.

It was over 20 years ago that I was at this same location waiting for this new adventure of ours to open up. The next 20 years proved to be the best of our lives....with that in mind I am sure that the next 20 will be as kind to Gustavo and Emily Rosales and baby Audrey as they were to Tony and I.

This journey of theirs started in 2006 when they started working for Kim Fiske, the original owner of the popular bagel shop. At the time Gustavo was a chef in an Italian restaurant in Emerson. He decided to try his hand at something different. As fate would have it he heard about an opening at a bagel store in Ridgewood where he first met Kim. They immediately hit it off. As he began his journey to learn and absorb all the knowledge being handed down to him, he met Emily, Kim’s latest hire. Love blossomed.

In 2016, after 10 years of practically running the place, Kim was ready to retire, so again fate stepped in and Gustavo was more than ready to take ownership. Business was booming, but alas in April of 2020, just as the pandemic was starting, a fire took our “go to” place for breakfast and lunch! Oh no....



October 2021, Gustavo anxiously awaits the opening of his new bagel shop.

In June, as Tony and I had decided earlier in the year to retire after 20 years, we put the sign up and that was all Gustavo and Emily needed – they found their new home!

Welcome home Bagelicious! Set to open in November 2021. I, one among many, cannot wait to bite into a fresh warm egg bagel! ▀



To commemorate the reopening of Bagelicious, Canopy Committee members Trish Manzo, Siobhan Crann-Winegrad and Tony Damiano, along with our Parks and Rec Dept., planted a tree and flowers at the new home of Bagelicious.....41 N. Broad St.



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at Royalton Punta Cana

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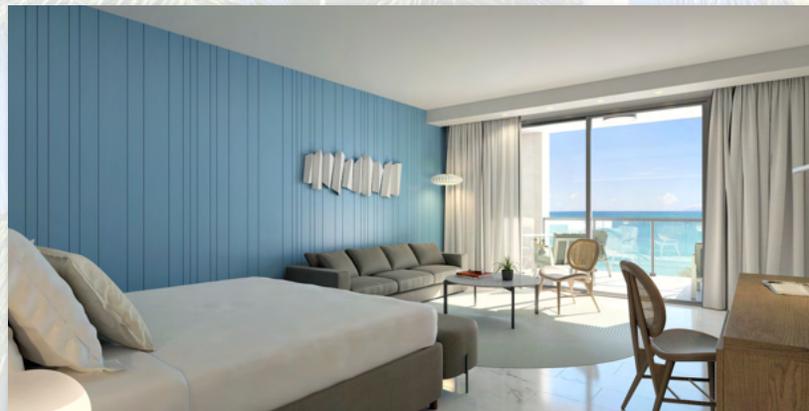
day, to nightly shows and live music in the evenings. The Imagine Kids Club has a daily itinerary of activities for kids in each age group, or little ones can have a blast in the fun-filled splash and playground in the massive main pool (one of 7 total pools throughout the resort). The extraordinary One Spa features the ONE Aqua hydrotherapy area with a full circuit of bubble loungers, saunas, steam baths, hot and cold plunges, and more for complete relaxation. The spa pantry allows guests to select their preferred ingredients for an array of treatments and massages, and the facilities also include a salon, a state-of-the-art fitness center, and kid-friendly treatments like mini-pedis and mini massages. ▀

This spectacular 455-suite resort features the brand's iconic suite categories that have made Finest Resorts a desirable luxury escape, with two-story rooftop terrace suites with private plunge pools, swim-up suites, family suites with a separate bedroom for kids, several options with private pools or plunge pools, massive honeymoon suites, and even more luxurious options. The suites are divided into three sections, Finest Suites, Finest Club, and Excellence Club.

The above-the-curve, All Inclusive plan includes all-day dining and premium drinks. 15 bars and lounges range from refreshing swim-up bars to the beautiful Golden Bar in the main lobby.

Guests can indulge in a variety of cuisine across 10 international restaurants, an extensive Market Kitchen buffet, French cuisine at Le Petit Plaisir, several interactive Pan-Asian tables at Melting Pot, Las Dunas Beach House, a food truck patio, and others. 3 Imagine Lounges for childcare right near the restaurants allow parents to enjoy a romantic meal on their own. The 3 adults only restaurants sit on the western side of the resort, which is also home to the exclusive Excellence Club, creating a grown-up atmosphere in the evenings for guests ages 18 and up.

Activities abound at Finest Punta Cana, from games and water sports in the pool and beach areas to the



NEW IN TOWN
Ridgewood, NJ 07450

VARSITY HOUSE GYM

Investing in a Healthy, Happy, and Confident Future



by Courtney Marie Savoia

For Varsity House Gym Founder and President, Joe Riggio, or “Coach Joe” as he is known to his clients and staff, training and fitness have been lifelong passions. A talented competitor and dedicated sports fan, Riggio found his way into a weight room before he was even a teenager. As his journey continued to unfold, Riggio was also greatly impacted by the loss of his father to a heart attack and vowed to make health a top priority in his life.

He went on to attend college and studied Physiology, also earning a Master’s degree, and had started to train young athletes at age 19, before contemplating his next move.

“After reflecting on my time in school, my goal was to open up my own gym,” Riggio said. “I continued to work for a few years, so that I could learn the business side of the industry and started my own venture in 2006, that was primarily all sports performance training.”

His résumé also includes developing some of the best players from the NFL, MLB, and the UFC.

In 2009, Riggio and his partner in the business, Dan Goodman, moved to Old Tappan, before building a facility in Orangeburg, NY from the ground up in 2014. By including adult training programs in their services, Varsity House Gym, was able to reach more individuals. This past summer, their team opened a new location in downtown Ridgewood and celebrated with an official grand opening in October.

Despite the challenges of the pandemic, Riggio attributes their success and ability to continue expanding to having a type of brand that is high touch and personalized for clients.

“Our team takes great pride in knowing our members by name and offering them fully customized fitness and nutrition plans to fit their needs,” he stated.

“Additionally, Varsity House Gym is a community and culture that brings people together to enjoy fun activities, such as hikes, as well as participating in charity events.”

Riggio added, “If you give back and empower those around you, people are going to want to surround themselves with that positive energy and Ridgewood is a great place to start our next chapter.”

What is the biggest hurdle to getting started for clients? According to Riggio, personal training can be a very humbling experience - with many men and women feeling embarrassed and fearing looking silly - but the antidotes to those emotions are compassion and understanding.

“We absolutely recognize that everyone has busy lives and are doing their best every day to balance work, home life, child care, and more, and reassure those



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COMING SUMMER 2021

(continue to pg 67)

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NEW IN TOWN
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Partners: Zareh and Nvair Beylerian,
Jeanne and Jeff Johnson

Healthy & Sustainable

worldFLATS

by Violet Lazarus

In the spring of 2020, Ridgewood's typically thriving downtown needed a lifeline. The pandemic hit everyone hard, but the restaurant and hospitality industries bore the brunt of the economic devastation. Capacity for restaurants and retailers had been cut in half, adding salt to the wound.

The business community was desperate for a strong comeback. A few committee meetings, permits, and barricades later, the Pedestrian Plaza opened the first weekend in June. For the 22 weekends that followed, residents and visitors flocked to patronize Ridgewood's small businesses safely as they shopped and dined outdoors.



Jeanne Johnson was one of the key coordinators of the effort, which was

such a success that it returned for the Summer of 2021. "Throughout the launch of the Pedestrian Plaza, I met and worked with many of the restaurateurs and retailers, and I recognized that it was a very tight-knit group of individuals who, in the end, felt like family," Johnson said. "It got me excited about being part of that energy on a more permanent basis."

With a newly-charged love and understanding for the Central Business District, Johnson received an invitation from her longtime friend Nvair Beylerian to join the echelon of local restaurateurs; the offer was one that would provide Ridgewood with a healthy, fast-casual food option and Johnson with an owner's stake in her beloved Ridgewood. Together, the Beylerians and Johnsons are expanding worldFlats, a healthier and more sustainable way to grab great-tasting food on the go.

The idea first sparked five years ago when Beylerian and her husband, Zareh, challenged each other to stop consuming meat and see how long it would take for one of them to cave to their craving. They wanted to make a healthy change but weren't willing to sacrifice taste. "After twenty years of feeding my family, I mastered the cycle. It was a no-brainer – pork chops with sweet potatoes and green beans; steak, potatoes, and broccoli; chicken with pilaf and carrots – you get the idea," Beylerian said. "Now, with our new approach to eating, how was I to feed my family a balanced meal without the meat?" Once she figured that out, Beylerian faced a new challenge: food on the go. When she was out and about in the world, as one often is in this day and age, she couldn't grab a quick bite to eat-- nothing was healthy, vegetarian, satisfying, and tasty.

Not one to give up, Beylerian took matters into her own hands. She drew from her Armenian family history

(continue to pg 69)



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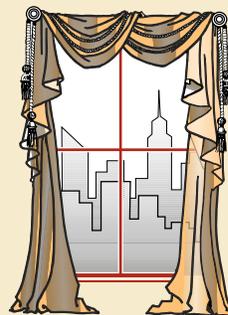
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Local Singer and Actress, Sally Ann Tumas-Skoric, Shares Her Life in the Arts

by Courtney Marie Savoia

Ridgewood's Sally Ann Tumas-Skoric caught the performing bug as a little girl and continues to discover new appreciation of her calling for all of life's stages.

"My mother used to say [when she would find me upset] that the reason was I couldn't decide whether I wanted to go to Hollywood or Broadway," she shared fondly.

Tumas-Skoric's mother always encouraged her to pursue her love of singing and the performing arts and after winning a vocal competition in high school, thought maybe she was on to something.

"The first musical that confirmed that I wanted to be on Broadway was *Les Misérables* around age 16," Tumas-Skoric recalled. "It was brilliant and absolutely life changing and from that moment, I knew I had to at least try."

Although she received scholarships to other institutions, Tumas-Skoric decided to attend the College-Conservatory of Music, University of Cincinnati, where she majored in musical theatre. The prestigious and challenging program was valuable preparation for meeting agents and pursuing jobs post-graduation.

Not long after, Broadway came a calling! Tumas-Skoric's credits include a variety of impressive roles in *Victor/Victoria*, directed by Blake Edwards and starring Julie Andrews; Frank Wildhorn's *Jekyll and Hyde*; the national tour of *Kiss of the Spiderwoman* with Chita Rivera; and *Babette* in *Beauty and the Beast*.

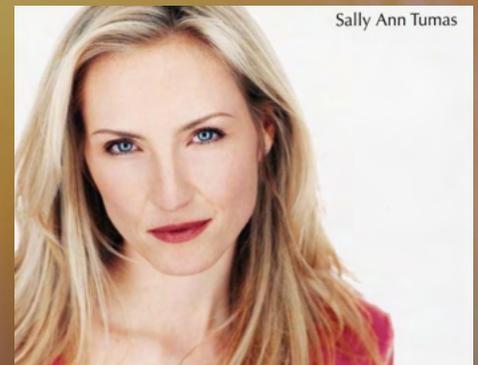
"There is so much wonderful talent out there," she said. "Reflecting on my time in the industry, I would love for others to understand the level of commitment and amount of hard work that these artists invest in their crafts."

After spending some time on the road, Tumas-Skoric entered a new chapter, focused on family. She moved to Ridgewood with her husband to raise her family and is a mother to three sons.

"When the boys were little, I spent time going to local events, such as the annual tree lighting and knew that I wanted to be part of this heartwarming tradition," she expressed. "My wish came true shortly after, as the facilitator called me to take over the position to run *Downtown for the Holidays*."

Tumas-Skoric went on to teach voice lessons and is on the faculty at Art of Motion. She believes that there is a season for everything and is honored to work with the next generation of amazing young talent - cheering them on during their personal journeys.

(continue to pg 67)



Jekyll and Hide on Broadway; Broadway National Tour of Beauty and the Beast; The Ridgewood Guild's 2021 Music Fest; Lead vocalist for Soul'ed Out

Credit Photo on Right: Sam Liu Photography



HER
LIGHT
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HER
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SHINE
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HER
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SHINE

Sally Ann
TUMAS-SKORIC



The **SHOW** MUST GO ON

Meet our Music Director, Lisa Plasse!!

When did you join Jamboree?

I was approached by the Producers of Jamboree 2020 in April 2019 and asked if I was interested in becoming the music director. As luck would have it, my schedule was open, so I agreed to take on this enormous challenge. My twin girls were going into their senior year, so not only was I volunteering to be the music director, but I was also considered part of the cast and as a cast member, I was a "newbie" and a "last chance senior!" It was all exciting and terrifying at the same time.

What was your experience like your first year?

In one word, fantastic!! I met so many wonderful people and had a blast!! It was extra special because I had the honor of working with my daughter, Amanda, who on the first day of rehearsal followed me out the front door and when I asked where she was going, she said, "With you! I want to be your assistant." She was a huge asset and I was one lucky Mama. I was also given the honor of being a featured soloist and sang Think by Aretha Franklin. It was a thrilling experience. Overall, the show was a success and we raised \$200,000! We were all on such a high.

What was it like putting the 2021 show together in the midst of a pandemic?

There were so many factors to consider and my top priority was keeping everyone safe. As you know, singing was one of the riskiest things to do, so we had to reinvent the wheel. We rehearsed outdoors and when it came time to record the music, I had each singer record their vocal track using an app they installed on their phone. I would then take their vocal track and email them along with a karaoke track to my recording engineer who worked her magic and mixed it all together beautifully. A huge shoutout to Yendi Anderson and her team at D.A.Y. Studios because what they did was truly magic! I was really proud of the work we all did to put this show together and even prouder to say that we raised over \$206,000!!! It still gives me goose bumps.

What are you looking forward to as you prepare for Jamboree 2022?

Well, this is the 75th Anniversary show and we are back, live and on stage!! We are all excited to come together and give our audience the show they have been craving. I am really looking forward to working with our amazing director, Rosie McCooe,

(continue to next page)



*(top) Performing Think for Jamboree 2020;
Vocal Ensemble rehearsal for Jamboree 2020.
Front Left: My daughter, Amanda, who was my assistant
for the show!*

our awesome assistant director Dana Feeney and our fantastic lead choreographer, Holly Cocuzzo and her team. I can't wait to begin working with the vocalists and even more excited to work with the band as we come together to provide live music for the cast. This year's theme is The Jambies and it's going to be great! We have a fantastic script, awesome music and choreography that will make the audience want to get up and dance!

When are the show dates?

The Jambies will be held on February 3, 4 & 5, 2022 at Benjamin Franklin Middle School. Show times are 7:00pm on Thursday and Friday and 7:30pm on Saturday. 🍀

(right) On location filming for Jamboree 2021!! (far right) Back in person for auditions for Jamboree 2022!!



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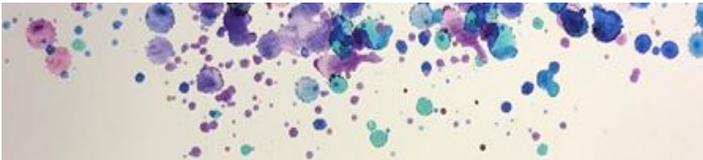
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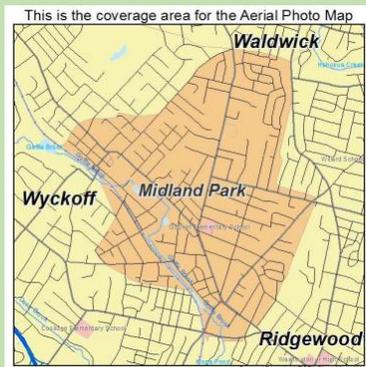
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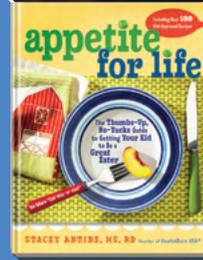
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Children's Aid and Family Services:

Bob Jones Returns

by Betsy Murphy

"If he has a fault it's that everything and everyone comes ahead of himself," says Elaine Wright. She's talking about Bob Jones, a man for whom she worked 10 years and claims a friendship of 24. Bob Jones ran Children's Aid and Family Services for 30 years, the fourth director in its 115 years. "He built the agency," says Sheila Riccardi, who worked with him for ten of those years. "I've seen the program grow." He built one organization from two smaller ones.

"There was Family Counseling and Children's Aid," says Wright, currently with a non-profit. "Bob was in that merger. When they merged, he became CEO.

"I'm thrilled Bob's back. It's a wonderful thing. He needs to be serving," says Wright. He loved Children's Aid. When it was Children's Aid, each Christmas morning, Bob would visit the children in the group homes before he had his own Christmas. Bob has two stepchildren. "His legacy," says Elaine, "will be the many, many children he has cared for." Then she adds, "He's funny, quick, loves jokes.

Jones left the agency for six years to take care of his wife, Marian, who succumbed to brain cancer last year. When CAFS needed an interim director, they called Jones. "They're into recycling, they brought me back," he claims.

"After Marian," he says quietly, "it's a good opportunity to be of use again. Then he muses, "Most staff are people I hired and watched develop." He feels it is "a rare gift to be able to come back and experience normal retirement. "I was away 6 years. The prospective is different and this is a rewarding opportunity."

The biggest change is a different clientele. With New



(left) Bob Jones, Ph.D., President & CEO of Children's Aid and Family Services; Become a Foster Parent- It's the Greatest Gift You Can Give a Child. His stepdaughter, Kim, and his grandson at an agency event.



Jersey closing Child Group Homes, CAFS now oversees 17 homes for 78 clients, 21 and older, who are intellectually and developmentally disabled. "With four residents in each house, we make an effort so the chemistry works among those four, plus a staff of three." And there is one-on-one care where needed."

"We also have a structured Day Program," says Riccardi, "and STRIVE a new program that gives attendees get a feeling of independence."

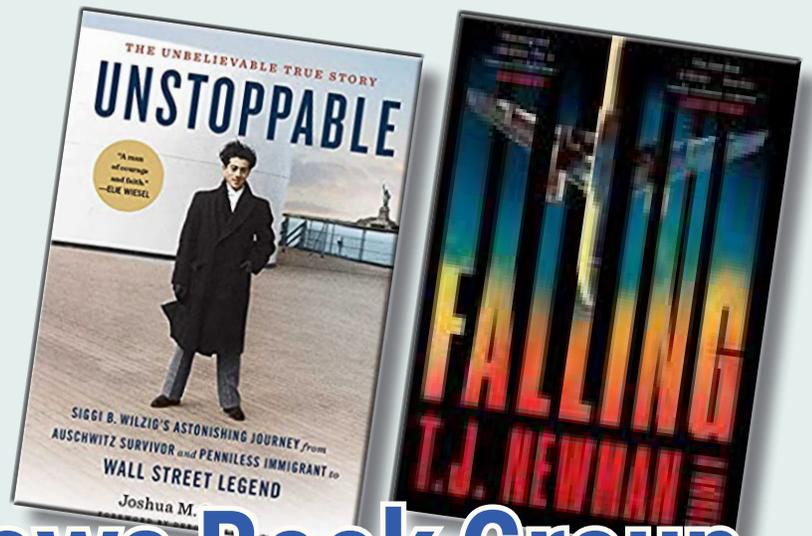
Asked if residents interact with each other, the answer is a resounding "Yes!

We have a commercial kitchen. The kids learn to cook. They make Thanksgiving meals. One resident, 25, with cerebral palsy, who is in a wheelchair, plays keyboard. Riccardi gives an example of one young man, 22, on the autism spectrum, who was non-verbal. "I helped him volunteer at Bergen County Zoo," she says. "One day I introduced him and he said "It's very nice to meet you. I really enjoy STRIVE." She talks about watching a younger man grow more friendly, more outgoing and really flourish with his talent as a painter. Some residents attend CAFS events. On Sam's birthday, the band played Happy Birthday to him. "He talked about it for a year!"

(continue to pg 68)

I Could Write a Book

by Nancy Crann



Spring Meadows Book Group

The name of our book group is SMBG which stands for Spring Meadows Book Group. We have been in operation since 2013 and meet in our clubhouse on the second Wednesday of the month from 4:30 PM until about 6:00 PM. We read fiction, non-fiction and even some classics. Our October book is "Unstoppable" by Joshua Greene and in November we will be reading and discussing "Falling" by T.J. Newman. The latter will

be the 80th book that we have read since we started in 2013. We now have seventeen members who take turns choosing the books and leading the discussions. We often have differences of opinion about the books but it rarely leads to fistcuffs. Each month we grade the book and three of our favorites are "The Great Gatsby" (4.8 out of 5), "The Nightingale" (4.8), and "To Kill a Mockingbird" (4.8) ■

Standing: Nancy Crann, Bob Bertani, MK McDonnell, Diane Bono, Terry Hassan, John Nunziata, John Surack, Mary McNerney. Seated: Donna & Peter Antonini, Mary Gilly, Kathy Corrigan.



It Takes a Village Two of Ridgewood's "Finest"

by Barbara Sax

The opportunity to work as a team, was the biggest draw of a career in firefighting for Ridgewood Fire Chief James Van Goor. "It's great to be around people that have the same drive and passion every day," said Van Goor. The Fire Chief has been a Ridgewood firefighter since 1986.

The son a Ridgewood policeman, Van Goor expected to follow in his father's footsteps until a position opened up at the fire department and he was hooked.

Named chief in 2010, Van Goor oversees a team of

45 on-staff, paid and 5 volunteer firefighters. Two positions are fully dedicated to fire prevention.

"We work in three 24 hour shifts of 14 people. We come in at 8 am and leave at 8 the following morning. For 25 years I didn't get a lot of sleep," he said. Of the best things about becoming chief was being exempt from overnight duty.

Van Goor said his department responds to around 2,800 calls a year and 600 ambulance calls. The most frequent cause of fire is cooking and electrical issues.

Chief JAMES Van Goor



Chief James Van Goor

Over his three decades with the fire department, Van Goor has seen many changes in how the department fights fires. "The biggest change is that now we respond to every call with an ambulance. Everyone on staff is an EMT," he said. The advantage is the ability to move quickly if someone needs medical attention.

Since response time has a huge impact on effective fire control, Van Goor said the department is "always trying to shorten our response time." "We drill every day," he said.

Technology has had a big impact on the department as well. "Everything is smaller, better, stronger, more efficient," he said. "We wear a lot more protection."

Advances have changed the way radios operate and the department uses new SCBA air pak respirator firefighter mask, a self-contained breathing apparatus that is equipped with a beeper. "If you stand still for more than 10 seconds it makes a noise, so if a fireman goes down you can find them," said Van Goor.

New thermal imaging camera technology lets firefighters find electrical hot spots inside walls and helps firefighters locate people or pets that

(right) The fire that took Bagelicious and Meditera Neo in January 2019.



(continue to pg 70)



Chief Jackie Luthcke



It is no surprise that Chief Jacqueline Luthcke made her career in law enforcement. "As a kid, when we played cops and robbers, I always wanted to be one of the good guys," said Luthcke.

Luthcke, who grew up in Ridgewood, has always been motivated by doing the right thing for the right reasons. "In the neighborhood I grew up in, there were two special needs kids who were not always treated nicely by some of the other kids," she said. "They knew they could always knock on our door because that kind of thing was not tolerated in my house."

"The most important thing for people to understand is that we really are here to help..."

A stint in campus security while she was studying at Ohio University helped solidify her decision to major in sociology/criminology. After graduation, she returned to her hometown and worked for a security company and a private investigator firm before joining the Ridgewood Police Department as a patrol officer in 1996.

Over her 20+ years with the department, she steadily worked her way up, proving her mettle as her career advanced. "As a younger officer, you have to prove that you can do the job," she said. "When we had to respond to a bar room fight, I might use a different method for separating people, but I was willing to get right into the mix."

As a female, she also had to disprove assumptions about what she could and could not do. When she responded to a call from a shuttlebus driver whose lift wouldn't close, the driver commented on her being a woman. Nonplussed, Luthcke got her wrench and screwdriver and quickly solved the problem, proving she was as capable as anyone at fixing the issue.

That coolheaded competence got Luthcke appointed to the accreditation manager's post in 2000, where she led the department through five of their eight re-

accreditations and served as president of the New Jersey Public Safety Accreditation Coalition. She was promoted to sergeant in 2005, lieutenant in 2008, captain in 2010 and was named Chief of the department in 2016. Luthcke stated that being the first female Chief wasn't a surprise, as she was the first female to reach every rank in the department.

Her job has deepened her connection to Ridgewood, where her parents still live. "When you work on the police force in the town where you grew up, you know a lot about the town, both good and bad. You know where people hide, you know who the players are," she said.

"The most important thing for people to understand is that we really are here to help. You may not always like what we have to do, but we always strive to do the right thing. We never mind responding to a phone call. We would never get into this business if we didn't like to speak with people, so we are always happy to answer questions or calls for service," she said.

She finds the job particularly fulfilling in a town with so many community events, organizations and services. "Our connections with local organizations allow communication to happen much faster," she said.

(continue to pg 70)

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Dondero?, Prop., Daily & Sunday papers, Barber Shop, 242 Ridgewood Avenue, We Do Ladies Hair Cutting, P. J. Scott Grocer Delicatessen, Otto Stahl's Ready to Eat Meals. All are long gone. ▀

The original building is long gone. In its place stands a more contemporary structure which is currently the home of Fox's. Woolf Gang Bakery's address is next door at 234 E. Ridgewood Ave.

This is Now

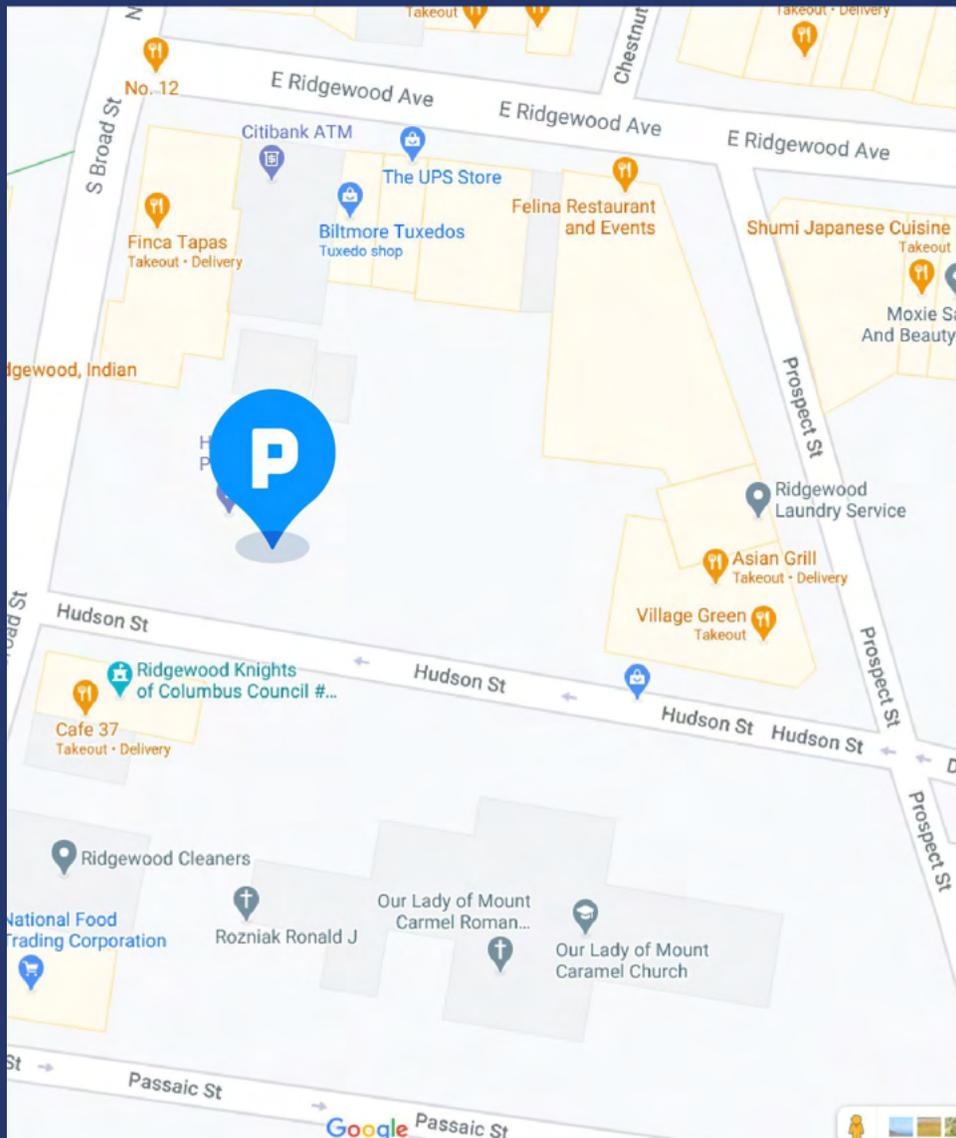


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34 Franklin Avenue

Village Green Restaurant

201-445-2914
36 Prospect Street
villagegreenrestaurant.com

White Maple Café

201-447-1953
47 E. Ridgewood Avenue
whitemaplecafe.com

West Side Bagels

201-389-6825
2 Wilsey Square
westsidebagelsdeli.com

worldFlats

201-797-0134
flatsfood.com
134 E. Ridgewood Avenue

Non-Profit

Age Friendly Ridgewood

201-632-1554
agefriendlyridgewood@gmail.com
259 N. Maple Avenue

Ars Musica

551-226-9305 / arsmusica.org
P.O. Box 525 (Paramus)

Children's Aid and Family Services

201-740-7101
cafsnj.org
200 Robin Road (Paramus)

College Club of Northern New Jersey

collegeclubofridgewood.org
PO Box 118

Conservancy for Ridgewood Public Lands Inc.

201.652.5767 / cfrpl.org
PO Box 123

James Rose Center for Landscape and Design

201-446-6017
info@jamesrosecenter.org
506 Ridgewood Avenue

Michael Feeney's Best Day Ever

201-788-8783

New Jersey Choral Society

201-379-7719 / njcs.org
PO Box 367

Orpheus Club Men's Chorus

201-602-9092
ridgewoodorpheusclub.org
PO Box 114

RHS Jamboree Scholarship Fund, Inc

201-357-7450
rhsjamboree.org
PO Box 1295

Ridgecrest Apartments / Ridgewood Senior Citizens Housing Corp., Inc.

201-788-4293
9 Ridge Road
ridgecrestseniorhousing.org

Ridgewood American Legion Post #53

201-445-1738
bobpaoli@verizon.net
368 N. Pleasant Avenue

Ridgewood Art Institute

201-652-9615
12 E. Glen Avenue

Ridgewood Friends of Music

917-748-0586
ridgewoodfriendsofmusic.org

The Ridgewood Newcomers Club

ridgewoodnewcomers.com
112 Oak Street

Ridgewood Public Library

201-670-5600
ridgewoodlibrary.org
125 N. Maple Avenue

S.H.A.R.E., Inc.

201-670-9605
shareridgewood.org
104 Cottage Pl. &
130 Prospect St.

Social Service Association of Ridgewood and Vicinity

201-444-2980 SSARidgewood.org
6 Station Plaza

T.E.E.E.M.

917-622-7850 / teeem.org
245 8th Avenue #395
New York, NY 10011

The Unitarian Society of Ridgewood

201-445-6225
uuridgewood.org
113 Cottage Place

West Bergen Mental Healthcare, Inc.

201-444-3550
westbergen.org
120 Chestnut Street

Women Gardeners of Ridgewood

201-670-9689
215 W. Ridgewood Avenue

Woman's Club of Ridgewood

201-444-5705
ridgewoodwomansclub.com
215 W. Ridgewood Avenue

YMCA

201-444-5600
ridgewoodymca.com
112 Oak Street

Retailers

Apricot Lane Boutique

201-267-0163
apricotlaneboutique.com/store/ridgewood
111 E. Ridgewood Avenue

Backyard Living

201-689-9111 / BYLJNJ.com
235 Franklin Avenue

Bazaar Star Beadery & The Enchanted Heart

201-444-5144
theenchantedheart.com
216 E. Ridgewood Avenue (rear cottage)

Beers Flower Shop

201-445-4111
beersflowers.com
33 Oak Street

Biltmore Tuxedos

201-444-2722
biltmoretuxedos.com
36 E. Ridgewood Avenue

Coco Interior Design

201-612-0999
cocointeriordesigns.com
247 E. Ridgewood Avenue

The Depot Handcraft & Gift Shop

201-444-6120
DepotGiftStore.com
22 Prospect St., Midland Park

D'or Fine Jewelry

201-779-6071
dorjewelry.com
196 E. Ridgewood Avenue

11 Eleven LLC

201-774-6551
11ElevenHealing.com
14 W. Ridgewood Ave.

Femmebot

917-299-3001
femmebot.com
43 Hudson Street

Gardiner & Co.

201-447-0910
gardinerandco.com
10 Van Neste Square

Goffle Brook Farm & Garden Center

201-652-7540
gofflebrookfarms.com
425 Goffle Road

Hot Jewelry Box
201-652-0099
201 E. Ridgewood Avenue

Hustle and Heart
201-389-6213
shophustleheart.com
12 S. Broad Street

La Casita
201-444-7550
lacasitaridgewoodnj.com
158 E. Ridgewood Avenue

**Love Handles, LLC
Decorative Flatware**
201-230-1866
lovehandlesllc.com
88 Rock Road, Glen Rock

**Markosian f.a.j.
Fine Art Jewelry**
201-447-3992 (by appt. only)
7 N. Broad Street LL #9
markosianfaj.com

**Metropolitan Window
Fashions**
201-689-6030
windowfashions.com
799 Route 17 South, Paramus

Mount Everest
201-664-2500
15 S. Walnut Street
MtEverest.com

Olive R. Twist Olive Oil Co.
201-882-1515
34 Wilsey Square
olivertwistoliveoil.com

Paris Jewelers & Gifts
201-652-2856
parisjewelers.com
107 E. Ridgewood Avenue

Pazzazed Gift & Home
201-857-5004
Pazzazed.com
6 Wilsey Square

Red Velvet Luxe
201-689-1800
redvelvetluxe.com
59 E. Ridgewood Avenue

Ridgewood Cycle Shop
201-444-2553
ridgewoodcycle.com
35 N. Broad Street

**Rossi's of Ridgewood
(Ridgewood Paint)**
201-444-3364
rossipaint.com
28 Chestnut Street

**Spicer's Naturals
Gourmet Spice & Tea**
201-345-0606
26 Chestnut Street
Spicersnaturals.com

Suite 201
201-670-0200
shopsuite201.com
11 S. Walnut Street

Super Cellars
201-444-0012
supercellars.com
32 S. Broad Street

Studio Suite 201
201-670-1010
studiosuite201.com
31 E Ridgewood Avenue
3rd Floor

The Table at Latona's
201-612-6600
thetableatlatonas.com
26 E. Ridgewood Avenue

The Little Flower Shoppe
201-652-7600
thelittleflowershoppe.net
1 Hollywood Avenue,
Building 28, Ho-Ho-Kus

Victor's Fine Men's Clothing
201-670-5730
55 E. Ridgewood Avenue
VictorsFineMensClothing.com

The Wine Seller
201-444-3300
6 W. Ridgewood Avenue

Tobacco Shop of Ridgewood
201-447-2204
tobaccoshop.com
10 Chestnut Street

Town & Country Apothecary
201-652-0013
towncountryrx.com
60 E. Ridgewood Avenue

Vintage 61
201-857-0333
41 Hudson Street

**Woof Gang Bakery and
Grooming**
201-444-9663
ridgewood
@woofgangbakery.com
234 E. Ridgewood Avenue

Wostbrock Home & Floors
201-445-0807
wostbrockhome.com
225 Goffle Road

Zen Stones
201-345-9445
ZenStonesJewelry.com
10 S. Maple Avenue

**Professionals &
Services**

**American Dream Financial
Group**
888-909-3169
www.adfg.fund

Araya Rebirth Spa
201-445-7005
araya-rebirth.com
10 Garber Square

Around the Corner Hair Salon
201-447-6055
35 Godwin Avenue

Arthur Murray Dance Studio
918-688-6330
arthurmurraydancenow.com
257 E. Ridgewood Avenue

**Berry, Verduin,
and Koch LLC**
201-444-0299 / bvkcpas.com
190 Franklin Avenue

**be.here.now
A Center for Wellness**
201-906-7615
karenmascari.com
216 E. Ridgewood Avenue, 2FL

The Benjamin
201-531-2312
rentthebenjamin.com
1 Franklin Avenue

Blue Foundry Bank
201-445-4002
BlueFoundryBank.com
55 N. Broad Street

Charles Kahwaty Esq.
201-445-0006
67 E. Ridgewood Ave. S.A

**Christies International Real
Estate, Northern New Jersey
Randy Wine**
201-962-9552
rwine@specialpropertiesres.com
40 W. Ridgewood Avenue

CKO Kickboxing
201-236-1000
kcoallendale.com
47 W. Allendale Avenue

Claudia Inoa Group
201-419-9585
ClaudiaInoaGroup.com
74 Godwin Avenue

Clemente Orthodontics
201-447-2888
clementeorthodontics.com
60 W. Ridgewood Avenue

Closets by Karen
973-427-0510
closetsbykaren.com
140 5th Avenue (Hawthorne)

Columbia Bank
201-652-6859
columbiabankonline.com
60 S. Broad Street

Coldwell Banker Realty
201-445-9500
coldwellbankerhomes.com
44 Franklin Avenue S. 4

**Compass Realtors
Frances & Partners**
551-284-0175
compass.com
45 N. Broad Street

Corporate Family Resources
201-670-0269
102 S. Maple Avenue

Creare Marketing
201-345-4556
crearemarketing.com
143 E. Ridgewood Avenue
#1529

D and G Sayles
201-652-0407 / dsayles.com
899 Lincoln Avenue
(Glen Rock)

**Designed Concepts
Associates**
201-370-5403
designedconcepts.com
34 Wilsey Square

Dr. Jeanne Seitler
201-670-4044
10 Garber Sq. #5

**E. Clarke Travel - American
Express**
201-447-3311
eclarkeatravel.com
123 E. Ridgewood Avenue

Feeney's Funeral Home
201-444-7650
feeneyfuneralhome.com
232 Franklin Avenue

From the Top Music
201-445-8780
fromthetopmusicstudio.com
47 Prospect Street
Midland Park

Fylstra and Fylstra
Certified Public Accountants
973-427-5808 / cpafylstra.com
504 Lafayette Avenue
(Hawthorne)

Glen Rock Vet
201-670-7200
drs@glenrock.vet
196 Rock Road (Glen Rock)

Greenwich Nails & Spa
201-447-4443
250 E. Ridgewood Avenue

**Hambrecht Oleson
Design Inc**
973-258-9003
hambrechtleson.com
127 E. Ridgewood Avenue
STE 200

HealthBarn USA
201-444-2955
healthbarnusa.com
1057 Hillcrest Road

Hearing Life
201-252-4703
Hearinglife.com
600 Godwin Avenue
Midland Park

HeArt in Motion
201-857-4472
heartinmotion.com
17 Chestnut Street

**Jade Mountain Acupuncture
and Wellness Center**
201-444-6131
JadeMountainAcuCenter.com
206 Dayton St.

**Julie B. Stewart, Psy.D. &
Danial G. Stewart, M.D.
Clinical Psychologist/
Neuropsychologist**
stewartpsych.com
347-804-4467 / 347-804-4467
225 Dayton St., 2nd floor

Karma Organic Spa
201-857-5300
karmaorganicspa.com
32 Wisley Square

**Keller Williams Realty,
Jennifer Parsekian**
201-213-9018
paresekianhomes@gmail.com
74 Godwin Avenue

Little Nest Portraits
201-670-6378
ridgewood@littlenestphoto.com
168 E. Ridgewood Avenue

Lora Celli Salon
201-882-1100
39 Godwin Avenue

Mango Interiors
201-602-2279
MangoInteriors.net
55A E. Ridgewood Avenue

Mindfully Alive
201-308-3987
Mindfullyaliveonline.com
18 Sycamore Ave., 2nd FL Ho-
Ho-Kus

Namaste Organic Spa
201-852-3646
NamasteRidgewood.com
30 Franklin Avenue

Noble Klass Academy
201-845-5233
NobleKlass.com
20 Wilsey Square

Nueva Criatura Beauty Salon
201-389-3495
nuevacriaturabeautysalon.com
30 Wilsey Square

**Old Stories New Views Family
Therapy, Sherry Katz, LCSW**
201-445-4770
newviewsfamilytherapy.com
4 Wilsey Square #7

ondemandCMO, Inc.
201-444-1597
ondemandcmo.com
50 E. Ridgewood Avenue #304

Onyx Equities
201-362-8800
onyxequities.com
900 RT 9 North #400
(Woodbridge)

Panico Hair Salon
201-652-4515
panico.com
144 E. Ridgewood Avenue

Patchi Alotchi Barber Shop
201-857-8822
5 N. Broad Street

Pangea Coins & Jewelry
201-445-4199
PangeaCoins.com
35 E. Ridgewood Avenue

Parties Unplugged
201-315-0257
partiesunplugged.com
123 S. Irving Street

**Piano Workshop
at Bergen County**
551-800-5965
pianoworkshopat
bergencounty.com
10 Wilsey Square

Pinot's Palette
201-389-8676
pinotspalette.com/ridgewood
25 Oak Street

Price, Meese, Shulman & D'Arminio, PC
201-391-3737
pricemeese.com
50 Tice Boulevard
Woodcliff Lake

Printology
201-345-4632
printologyllc.com
229 Godwin Avenue
(Midland Park)

**Prominent Properties
Sotheby's International
Realty - Angele Ekert**
201-774-3487
BuyinRidgewood.com
55 N Maple Avenue

**Prominent Properties
Sotheby's International
Realty - Deborah Grasko**
201-679-4075
deborahgrasko.com
55 N. maple Avenue

**Prominent Properties
Sotheby's International
Realty - Robin Tarta**
201-670-9797
55 N. Maple Avenue
robin@robintarta.com

Raimondi Horticultural Group
201-445-1299
raimondihg.com
1 Hollywood Avenue
Building 28, Ho-Ho-Kus

Randy Neumann Wealth Management
201-291-9000
randyneumann.com
600 E. Crescent Avenue #104
Upper Saddle River

R.C. Jennee Construction
201-652-1842

**RE/MAX Elite Associates
Eileen Krenn**
201-264-9413
313 Broadway (Westwood)

**Ridgewood European
Day Spa**
201-447-1600
44 Franklon Avenue

**Ridgewood Home
Maintenance - Jim Reynolds**
201-612-9320
ridghemain@msn.com

Ridgewood Party Rental
201-251-8008
ridgewoodpartyrental.com
303 Kenilworth Road

**Ridgewood Press -
Color Printing and
Copying Center**
201-670-9797
RidgewoodPress.com
609 Franklin Turnpike

Richter's Service
201-652-4818
richtersauto.com
209 S. Maple Ave.

Roberta Green Designs
201-391-7949
60 Spring House Road
(Woodcliff Lake)

Schimmel Associates, LP
201-696-6515
jjschimmel@hotmail.com
131 West End Avenue

Schoolberries, Inc
colette27@gmail.com

Serendipity Labs
201-574-1001
serendipitylabs.com

**Steven W. Tarta, Attorney at
Law**
201-444-8448 / tartalaw.com
700 Godwin Avenue #330
(Midland Park)

**Sutton Place Chiropractic,
Dr. Zachary Wolff**
201-444-7744
suttonplacechiropractic.com
51 Chestnut Street

Taylor Rental
201-847-9611
taylorrent.com
409 Goffle Road

**Terrie O'Connor Realtors -
Janis Fuheman**
201-694-0869 / tocr.com
76 W. Ridgewood Avenue

**Terrie O'Connor Realtors -
Louise Jennee**
201-220-0094 / tocr.com
76 W. Ridgewood Avenue

Tess Giuliani Designs
201-614-5550
tessgiuliani.com
55 A.E. Ridgewood Avenue
STE 5

Tobacco Shop of Ridgewood
201-447-2204
Tobaccoshop.com
10 Chestnut Street

Tutor Doctor of North Jersey
201-492-1888
TutorDoctor.com/
Bergen-Rockland/

**21 Godwin Salon and
Apothecary**
201-857-0578
21godwin.com
21 Godwin Avenue

Ulrich, Inc.
201-445-1260
ulrichinc.com
100 Chestnut Street

Valley Hospital
201-447-8000
valleyhealth.com
223 N. Van Dien Avenue

Valley National Bank
201-493-1803
hkaraque
@valleynational.com
103 Franklin Avenue

**Varsity House
Personal Training**
201-767-1305
varsityhousegym.com
223 Chestnut Street

Village Landscaping
201-670-8290
villagelandscapingrw.com
260 S. Pleasant Avenue

**Write Ideas PR and
Advertising**
201-264-7349
BehindtheScenezz.com

Zigi Puynins Photography
551-427-5562
zigifotos.com
fb, ig @zpfotos

Zoom Rides
201-694-0405
zoomrides.org

Zrike Brands
201-329-9745
zrikebrands.com
30 Congress Drive
(Moonachie)

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looking to begin that making fitness a priority is hard” he expressed. “Our staff loves helping people and knows that other factors such as stress, difficulty sleeping, just to name a few, are also pieces of the puzzle and require a holistic approach to feeling your best.”

Riggio further explained the importance of taking care of yourself with a financial analogy:

“Just like you would meet with an advisor to evaluate your financial health and make smart investments for your future, the same goes for fitness,” he shared. “By putting in a few hours a week for your personal health and investing in yourself, you can make change happen – but the sooner, the better, as time waits for nobody.”

Visit varsityhousegym.com for more information. Located at 223 Chestnut Ave. in Ridgewood. ▀

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“One lesson that I try to instill in my students is that every mistake isn’t a waste, but a chance to learn and grow,” she stated. “It’s so fulfilling for me to see them believe in themselves and help to unlock their full potentials.”

A strong presence in the community, Tumas-Skoric feels honored to perform in village concerts for Veteran’s Day; Memorial Day; September 11th remembrances; and more. It has opened her eyes to the importance of paying tribute to our heroes and connecting with their friends and family members who come out every year.

“When it comes to words to live by, I remember a phrase my mother used to say – ‘Let your light shine’ – reminding me that I had a lot to offer the world and to consider the bigger picture,” she said. “It truly comes down to setting a good example for others.” ▀

Follow Sally on IG @sallyann906

(continued from pg 8)

HeART in Motion is focused on inclusion. "We want to make dance inclusive and accessible to all. We've always concentrated on offering a compassionate and nurturing learning environment and we have a deep commitment to the safety of our students," she said.

With that in mind, Manx is prepared to remain flexible should health conditions demand another approach. A live outdoor performance during the Christmas Tree Lighting or a reboot of last year's window performances may be the only option if COVID-19 cases spike during the holiday season. Manx is optimistic. "We're trying to find the silver lining during pandemic," she said. ...

(continued from pg 18)

In addition to designer daily wear, this savvy super stylist owns and operates Studio Suite 201 Bridal, Bergen County's ultra-chic personal styling studio specializing in all things Bridesmaid. Gone are dated shower dresses and party frocks now replaced by fresh formal wear and delicate bridesmaid and mother of the bride dresses. 'Any dress can be a bridesmaid dress.' Says DeCicco. Studio Suite 201 offers one of the largest selections of bridesmaid dresses in the tri-state. You can also find one-of-a-kind accessories, bejeweled belts, hair accessories, evening bags, relaxing scented candles, bridal books, various bridal themed gifts, and other ideas to enhance and complete your wedding plans. Repeat customer, Krista Kaspar of Denville, NJ just returned with her mother Laura and maid of honor, Kayla Simone to select a bridesmaid dress for her own wedding now set for May 2022. 'Studio Suite 201 has the best dress selection, and their personal service is outstanding! I've purchased four other bridesmaid dresses here and I wouldn't go anywhere else!' said Kaspar. ...

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Riccardi says. After 16 years, Riccardi, says, "I love what the agency does! "

The mission of CAFS is to strengthen families and empower individuals to reach their fullest potential.

"Bob's a firm believer in the mission" says Riccardi. "He knows the agency very well and he helps a lot. A typical day for him might start in Trenton, talking to Child Welfare officials, followed by lunch with a supporter, stopping on the way back at a group home, perhaps sitting down for dinner

with them. He's smart, well respected and uniquely talented.

"My role at the agency is not hands on - but to nurture staff, says Jones. But his presence is very much felt. Wright is head of development of Light from Light, a non-profit based in Haiti The young director has two children, 2 and 5, little support from his parish. At her request, Jones visited him in Haiti, offering him the opportunity to come and shadow him, take classes, whatever he needed and Bob would

pay for it. "Bob can put himself in another's shoes," says Wright. "

Wright, who calls him a "Good guy, nice guy, truly compassionate, with so much empathy for others," says "He's having a huge impact throughout the state. a great leader, active, a strong presence, a generous donor. It's not just the job, it's who he is. He's a teacher - bringing up this new generation of leaders. "The world needs more like him. He's an example of what humanity should be." ■

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Community College in Paramus. What exactly is custom tailoring? Is it more expensive than high end ready made clothes? What's the difference between tailoring and altering? Please allow me to explain. Tai-lor Tai-lor-ess (latin) to cut; someone who cuts and adjusts your clothing to better fit or suit your physique : noun : a person whose occupation is making clothes such as suits pants and jackets to fit individual customers ; verb (of a tailor) make (clothes) to fit individual customers. Al-ter-a-tion (latin alterare - to change) : noun : act or process of changing something; fitting a garment. An alteration for example may be something as simple as hemming slacks to fit the specific length of your leg inseam, or taking in the waist size of your favorite dress because you lost 12 lbs. Custom tailoring involves selecting materials and creating a basic design. Measurements of specific parts of your body must be noted for proper sizing. Depending on design and material chosen, custom wear can be just as affordable as ready wear AND is made to fit your body. Robert's extensive experience and knowledge of tailoring, design, fashion, and access to top of the line manufacturers of fabrics, threads, and any/all materials required for a tailoring project. Customers prefer custom made as opposed to standard store or online purchased clothing for a variety of reasons: better quality, better fit, you know what you're getting, competitive pricing. Fashion trends are turning again as men's work wear is returning to a 'neater' more formal look. Sneakers and sweat pants may pass mustard on a Zoom call, but will soon be 'out' of the office. Come in anytime or call for an appointment to learn more about the affordable convenient services available at Christine's Custom Tailoring. ■

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Vince recently shared his thoughts on changes in the industry and consumer preferences moving toward the convenience of the 'disposable fashion'. However, many more people search for well-made shoes, handbags, briefcases and other quality leather products. Re-soling or re-heeling a shoe is an investment in longer wear and enjoyment as your return.

Return business is now coming from the next generation of family customers as well as the much appreciated online reviews. I asked Vince his thoughts on that? His response...! Love What I Do! And WE LOVE YOU Vince! Keep on smiling! ■

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of always having a dozen lahmajun in the freezer to heat up for a quick meal or snack. Lahmajun is an Armenian/ Near Eastern spiced ground meat and thin-bread combo that can be found in ethnic markets. "When we gave up meat, we missed the flavors and convenience of what we grew up eating," said Beylerian. "So I drew upon another Armenian staple, protein-rich lentils, to switch out the meat and that's how it all began." With the concept of blending beans, legumes, nuts, or greens and applying it on a thin lavash bread, worldFlats was born. A fast-casual, affordable dining experience, worldFlats offers customers ten different flats, which are a pita-like bread base topped with fresh vegetables and protein. The different flatbreads are inspired by regions around the world and named accordingly.

Johnson, who has known the Beylerians for years, admired her friends' innovation and drive; they opened a restaurant during a pandemic all because they were passionate about accessible, clean eating.

"I mentioned it to my daughter, who has always been very much an activist and conservationist," Johnson said. "She pointed me toward articles about global climate change and the One Meal a Day movement. She explained that if everyone eats one plant-based meal a day, we can stave off the effects of climate change and essentially save the world."

Johnson and her husband Jeff jumped on the Beylerians' invitations to join the worldFlats team as they expanded. The new location will be on East Ridgewood Ave at the Walnut

Street intersection in the space formerly occupied by Alex and Ani. Johnson said she wanted to join Beylerian in making it easy to find healthy, affordable on-the-go food options. worldFlats is fast-casual, so it's easy for someone to grab it on a lunch break or in between meetings and practices. Ridgewood has no shortage of incredible restaurants, but there is a gap in the grab-and-go market, especially if you're looking for a healthy choice.

In addition to the personal health benefits, eating sustainably is one of the best things you can do for the planet. A 2019 report from The Lancet said that "vegan and vegetarian diets were associated with the greatest reductions in greenhouse-gas emissions."

If you aren't ready to make the lifestyle change that the Beylerians made in 2016, choosing to eat sustainably occasionally will still make an impact, according to Sustainability at UCLA. worldFlats makes it easy to do the right thing. The meals are delicious and filling, and the guiltless feeling afterward is a bonus.

"I'm excited about adding a dimension to the fabric of our Central Business District that we haven't had before by offering healthy, fast-casual food," Johnson said

worldFlats - Ridgewood will be opening early this winter at 134 East Ridgewood Avenue. For more information about their menu and commitment to the planet, visit www.FlatsFood.com or join their journey on Instagram @FlatsFood. ■

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Cape Cod, where we vacationed often. Capturing the sight of big brother (6) leading his sister (3) by the hand up the hill, with big smiles on their faces as they conquered the hill, still gets us verklempt.

Our idea of happiness is.....Good health and enjoying our family and friends.

Our greatest regret is.....Not joining our friends in 1971 to backpack through Europe. Fares to Europe had dropped like a rock and we missed a golden opportunity. Luckily, we have been to Europe several times since, but without the 'backpackers point of view'

Our most treasured position is.....Parents and Grandparents. Even though we "raise" our children, we really learn life's lessons and grow through them. Grandchildren start out as life's great secret. You just don't know that there's another level of love and understanding inside you until that first grandchild comes along. And with each new grandchild, the feelings grow. ■

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fun. Complete Custom Suit Packages (suit, shirt, tie, shoes) start at just under \$300.00. All ready made suits are manufactured in Asia. Suit fabrics vary from wool to high quality poly-rayon and poly-cotton blends. Top brand ready made suits and tuxedos are also available including Georgio Fiorello, Mantoni, and Enzo Tovare. All sizes are available (slim fits, 36-56, short reg or long) in groom suits and tuxedos, groomsman suits and tuxedos, black tie events, special events, prom, shoes, ties/bow ties, belts, socks, and shirts. Ayaz noted that while the choice color for tuxedos remains black, navy is becoming more popular. Men's Fashion trends show a return to a neat cleaner fitted look. Rich bold colors like green burgundy and French blue are being paired with earth tones. Call Robert for an appointment to set the date for your 'Bachelor Party Fitting'. You'll be thankfully thrilled! ■

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"We've built a lot of those bridges so it's easier to get things done." She also volunteers for a number of local organizations.

Dealing with budget-restrictions is a more challenging task for Luthcke since she would like her department to provide even more services to the community. "So many services are budget-dependent," she said. Her wish list includes a community policing unit based in the central business district and a larger, floodproof headquarters.

Her wish list also includes a quick recovery for Ridgewood's central business area. "The world has changed so much over the past two

years. People haven't come back fully to work and that means they're not shopping as much. A strong business district has a big impact on the tax base and the charm of the Village," she said.

Ridgewood's charm has taken a hit from the pandemic-driven anxiety and tension that continues to affect residents. "There's more tension in town and between neighbors," she said. "We really need to bring basic civility back."

If all residents could do one thing to make Ridgewood a better place, Luthcke suggests: "Don't be in such a hurry." "Every day we have a motor

vehicle accident, a lot of rear-ending because people are driving too close. People get distracted when they are in a hurry. We all need to slow down," she said.

As Ridgewood's first female police chief, Luthcke often finds herself in the position of role model for girls eager to shatter professional stereotypes. "It's always great to talk to the kids," she said. "I take it in stride. There aren't many of us and my hope is that by speaking with the kids, we can generate more interest in police work as they get older," she said. Luthcke added, "My hope is that one day it won't be newsworthy when a female becomes a Police Chief." ▀



David McCarthy as The Grinch

**Closing Shots:
Don't let The
Grinch steal your
Christmas. Make it
the best ever!**

(continued from pg 60)

may be trapped in a house during a fire. The department even has pet oxygen masks that were recently donated to the department.

Van Goor said the role of Ridgewood firefighters extends beyond fighting fires. The department has long had deep community connections. "We're really involved in activities like Feed the Frontlines and Downtown for the Holidays," said Van Goor.

The Ridgewood Fire Department was recently awarded a FEMA Wellness & Fitness Grant which the department used for new gym equipment and cooking and nutritional workshops at Heath Barn. Firefighters rotate cooking duty when they stay overnight on their shifts. "I always picked the easiest things to cook, like steak or spaghetti and meatballs," said Van Goor.

The April 2020 five-alarm that destroyed the building housing Bagelicious at 19 Broad St. and 23 N. Broad St. was one of the worst fires the team has recently handled. "That was a really tough fire. Bad timing all around," said Van Goor. He didn't

realize until later that his relative had been rescued from building during the fire that displaced about seven residents from the apartments on the second floor.

"The town helped find the people who lived in the apartments above a place to stay, clothing and food," said Van Goor.

Van Goor was part of the team that handled the 2001 five-alarm fire at West Side Presbyterian Church that caused the roof to collapse and destroyed the sanctuary.

One thing he has learned over the years is that fighting fires extends beyond the technical skills needed to control a fire. The job also depends on the ability to show up for people emotionally as well. "Most of the time when we get a call and respond to a fire, it's the worst day of a person's life. If we can make that just a little bit better, that's what we're there for," he said. ▀



CLAUDIA INOA

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Claudia Inoa is a Realtor Associate with many years of experience in the industry. She specializes in residential real estate, with a focus on both northern New Jersey and southern New York State. She has experience in working with clients looking to settle down in Bergen County, NJ and Rockland County, NY. Claudia is committed to providing clients with the highest levels of customer service, and is continually looking towards the newest innovations in the industry to support her clients.

Claudia is recognized for her market knowledge, valued insights and strategic marketing programs that consistently produce impressive results. With sellers, she implements marketing strategies that accentuate each property's features, often designing a customized presentation that incorporates photography, video, effective staging services to achieve maximum visibility in print and online. For buyers, Claudia provides close personal attention and identifies just the right property that meets client needs. She is a great negotiator and advocate.

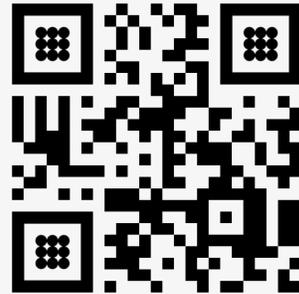
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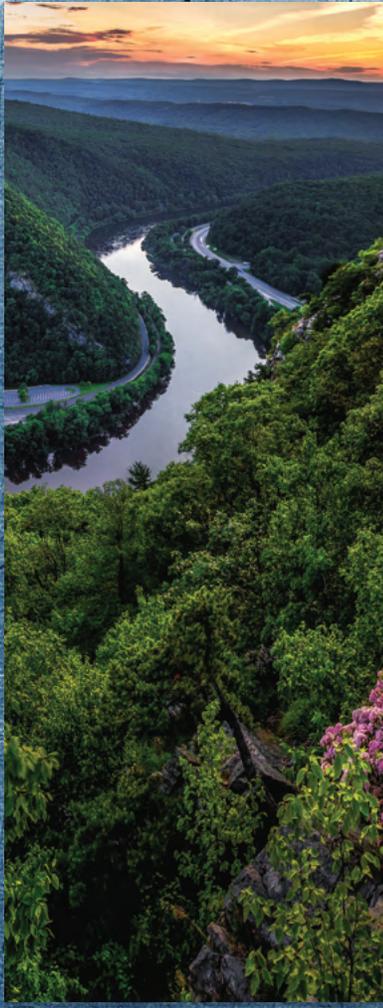
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