Look Your Best!

- Brown & Red Spot Laser Removal
- Microneedling *(Vampire Facial)*
- Hydrafacial & Medical Facials
- CoolSculpting Fat Reduction
- Skin Cancer Screenings
- Spider Vein Treatments
- Medical Dermatology
- Hair Loss Treatments
- Skin Tightening
- Chemical Peels
- Botox & Fillers

Skin & Laser Center of NJ

201.500.7525
SKINANDLASERNJ.COM

156 RAMAPO VALLEY ROAD | MAHWAH NJ

JOCelyn LieB, MD • ANN Marie Hembrough, PA-C • LISA Savage, LA
“If you want to live on the beach like Jimmy Buffett, you’ve got to learn how to invest like Warren Buffett.”

BuffettandBeyond.com

“My services are to help people build their own stock portfolios and at the same time, outperform all the professionals out there in investment land.”

— Dr. Joseph Belmonte

30-DAY FREE subscription to BUFFETT and Beyond video newsletters with access to entire stock selection computer program.

Three Things A Subscription Will Do For You:

1. Teach you to develop your own portfolio of stocks with the help of BUFFETT and Beyond weekly videos and proprietary computer program.
2. Teach you how to outperform 96% of professional portfolio managers over any ten-year period.
3. Teach you how to hedge your portfolio so you can sleep at night.

BuffettandBeyond.com

Go to BuffettandBeyond.com
Warren Buffett uses a very little-known method called Clean Surplus (comparable profits) as a filter for a company he intends to invest in or purchase outright. At Buffett and Beyond Research, we use this method as our primary stock selection method.

Clean surplus is a little-known accounting method designed to provide us with a comparable operating efficiency ratio as well as predictability of the future growth of that company.

Stock of the Month

MasterCard is a global leader in electric payments. It serves as a processor, franchisor, and advisor to about 25,000 financial institutions in support of their credit, debit and related payment programs. It licenses its card brands, including MasterCard, MasterCard Electronic, Maestro, and Cirrus to clients worldwide. Revenue is derived from both transaction volume and dollar volume. Has about 11,900 employees.

1) Return on Equity: The first thing we look at is the comparable operating efficiency which is the Clean Surplus Return on Equity (ROE). We look for a high and relatively consistent ROE. By high, we like to see the ROE 20% or greater in order to qualify for our growth portfolio. This stock certainly fits our criteria. We see a nice, consistent ROE which is exactly what the market likes to see.

2) Earnings Growth: The next thing we look at is the earnings growth. At a projected earnings growth for 2018 of 14.6%, it is above the average growth rate for the S&P 500 stocks of 11%.

3) Revenue Growth: We then look at revenue growth. We see a projected revenue growth rate for 2018 of 15.4%. This is more than double the average stock in the S&P 500 index. After all, if revenue is not growing, then it is impossible for a sustained earnings growth into the future.

4) Debt: Years to pay debt. This is a quick way for Buffett to analyze a company’s debt. If the company takes all of its earnings or net income, how many years will it take to pay off the debt? Buffett’s rule of thumb is 5 years or less. Mastercard has very little debt and certainly fits Buffett’s criteria.

5) Retention Rate: The retention rate measures how much of the earnings or net income the company is retaining within the company in order to grow. If we are constructing a growth portfolio, then we want the retention to be as high as possible. We certainly like what we see here.

Bottom line: MasterCard is definitely an above average company in all areas that we measure. If we select above average stocks for our growth portfolios, then we can be certain we will outperform the market averages. If we can do this, and we can, then we will outperform 96% of professional money managers over any 10-year period.

Dr. Joseph Belmonte

Dr. Joseph Belmonte is a renowned investment strategist and market thinker. He has taught investments, corporate finance and advanced managerial finance for many years, and has lectured to numerous professional and investment groups across the country. www.buffetandbeyond.com
Beaux Arts Designs, Inc.

CUSTOM ARCHITECTURAL MILLWORK

We specialize in designing for contemporary living while incorporating historically derived details from classical styles, blending the best qualities of the past with modern conveniences.

Visit our portfolio at www.beauxartsdesigns.net

55 W. Railroad Ave., Bldg. 9, Garnerville, NY 10923 | Email: info@beauxartsdesigns.net | (845) 942-4000
Multigenerational Vacations Offer Something for Everyone

From a relaxing seaside retreat to a fun-packed cruise to the ultimate adventure, a multigenerational family vacation will be one that the entire family will remember forever.

“Members of the older generation are frustrated because it’s becoming tougher and tougher to spend quality time with their children and grandchildren. Everyone is so busy,” says Linda Conoval, of Cruise Planners®. “That’s the primary reason for the surge in options for multigenerational travel.”

“The hippest new vacation offerings are ones that can be enjoyed with the entire family,” adds Allan Conoval. “Everyone from cruise lines to luxury tour companies recognizes the need to accommodate travelers of all ages, and have stepped up to offer complete vacations that truly offer something for everyone. A multigenerational vacation is the perfect opportunity for a family to relax, regroup and reconnect.”

So, how does one decide? “The best thing to do is think about the ages, activity levels and interests of the family members,” says Linda. “Then, instead of spending hours endlessly searching on the internet, just give us a call. We have the latest travel deals, group discounts, special activities, tours, and more, that you won’t find for yourself online. Because we benefit from Cruise Planners’ buying power, we get special packaging and pricing from our suppliers. Having us put together a group package is often far less expensive than you would think—and it doesn’t cost more to let us do the work for you!”

Some of the more unique tour vacations are being offered by Tauck Bridges and Adventures by Disney. Top resorts that cater to providing an amazing family vacation experience include Karisma Generations, Gran Velas, Four Seasons, and Atlantis. And, of course there are fun family cruises being offered by Princess, Cunard, Disney, Regent (Alaska) and Carnival.

And popular destinations? “Alaska, the Caribbean, the Mediterranean and Hawaii are all at the top of the list when it comes to family travel,” says Allan. “Some families want to relax, while others are eager for a new and exciting adventure. Whatever your preference or your budget, we have something we’re sure everyone would enjoy. After all, the most important thing is spending quality time with the whole family!”
Whether you’re looking for a romantic getaway or an epic family vacation, you’ll love every minute you spend on beautiful Block Island, Rhode Island. A mere 3 hours from the lower Hudson Valley, you’ll find yourself worlds away as you explore outdoor adventures, or just kick back with a good book. While there is no shortage of activities to be found on this tiny dream of an island it’s also the perfect opportunity, at least for a moment, to do nothing at all.

Located just 13 miles off the coast of the Ocean State the Island can only be reached by air or sea (ferry)—a breathtaking destination waiting to be experienced no matter what your interests are. The 17 miles of beaches, down-to-earth residents and laid back lifestyle are all it takes to woo first time visitors into lifelong vacationers. And, there’s no need to search for the best places to stay on Block Island. Two of the most celebrated Bed & Breakfasts in New England are located right on the Island: The Blue Dory Inn and Avonlea, Jewel of the Sea, both part of the award-winning Block Island Inns.
The Blue Dory Inn welcomes you to one of the most well-known turn-of-the-century Victorian Block Island B&Bs. Sitting at the head of the famous Crescent Beach it's only a short walking distance to the ferry, fine restaurants and Island shops. Our Block Island bed and breakfast will ensure your vacation will be stress-free and delightful. Join us in the eat-in kitchen for a delicious complimentary New England breakfast. Then take a towel and chair, that we provide complimentary, and follow the short path from our back door right down to Crescent beach, with its miles of unspoiled beauty. After a day at the beach, relax in the Blue Dory parlor where wine, hors d’oeuvres and our famous Block Island Barnacle cookies are served every afternoon. Fourteen spacious guest rooms include three guest room cottages in our Block Island accommodations that provide views of the ocean or the historic town. All the rooms have private baths, A/C, carpeting and feature antique décor. A favorite spot for honeymooners, you'll find out why The Boston Best Guide has voted The Blue Dory Inn “Block Island’s Most Romantic Bed & Breakfast” since 1996.

Avonlea is a beautiful, newly renovated ocean front inn that offers what is hands-down the best view on the Island. All rooms have private baths and A/C. It’s the perfect romantic Block Island B&B. With its large wrap around porch and sweeping ocean vista, guests often spend their entire vacation relaxing on the property. Should you wish to venture out, the inn has its own private path to the beach that is a 30-second walk from the front porch, making Avonlea one of the best places to stay on Block Island. Don’t forget to grab a beach chair and towel that we provide complimentary. From sunrise to sunset, Avonlea is an absolutely serene place to spend your Block Island getaway. Your stay at Avonlea also includes a complimentary New England breakfast, as well as an afternoon wine and hors d’oeuvres hour with our famous Block Island Barnacle cookies.

At Block Island Inns we try to make your stay here as memorable as possible with relaxing accommodations, and great hospitality. The innkeepers are your island concierge and are happy to assist in customizing your stay. Contact us at info@blockislandinns.com or directly at 1-800-992-7290.

The Blue Dory Inn

Avonlea, Jewel of the Sea
Creating Global Citizens is the theme for the year at Tuxedo Park School, and one small group traveled to Africa in March embracing the global idea.

“We provide our students the opportunities to learn and grow by combining inside school work with outside experience,” said Head of School Todd Stansbery. “The group that went to Africa over their spring break exemplifies that concept.”

This was the first year TPS students traveled to Africa for class. The trip was part of an elective, Service Trip to Africa. The elective was open to all sixth through ninth-graders.

Darren Donaldson, math department chair, created the elective after spending six weeks in Botswana over the summer teaching math at one of Botswana’s top independent schools, Maru-A-Pula. While there he worked with MaP on their service projects with Galatsang Primary School, the local primary school, as well as the local humane society. He realized he could continue this work with TPS students.

My objectives for spearheading this trip was to give our students an opportunity to participate in a hands-on and hopefully life-changing experience,” said Donaldson. “Providing students the opportunity to complete a service project and helping them to develop leadership skills was a big part of this idea.”

Donaldson achieved one of his goals in the eyes of some students well before they departed.

“I signed up for this elective and trip because it was a once in a lifetime experience to see a foreign country that may not have the same opportunities as the country in which I live,” said eighth-grader Aiden Cunningham. “And to top it all off, I get to help too.”

An integral part of this project was student involvement with the planning and preparations. The bulk of their efforts revolved around fundraising for the purchase of supplies and equipment.

I have learned that planning a large trip like this is a long and complicated process, which takes hard work and determination,” said eighth-grader Lili Misbrenner.

All of their hard work paid off. Students raised $4304.79 as a result of the fundraisers they planned and executed. With the money they raised, ten students with some parents and a few faculty members traveled to Gaborone, Botswana for a week. At the Galatetsang Primary School, in addition to teaching art, language arts, P.E., and math classes, they painted a basketball court and delivered the following:

- 125 pencil bags, handmade by students and stocked
- 24 drawstring bags, full of teaching stationery for the faculty.
- 50 pairs of soccer cleats
- 2 two portable basketball hoops
- 2 full-size soccer nets
- and a variety of other teaching/educational supplies, PE supplies.

They also donated veterinarian supplies and toys the S.P.C.A.

The students returned from their time in Africa inspired to continue to be global citizens.

Christopher Kasker
Director of Communications
Tuxedo Park School - Mountain Farm Road
Tuxedo Park, NY 10987
845-351-4737
WAREHOUSE SALE

Woodbury Centre
33 Centre Drive
Central Valley, NY 10917
845.492.5660

Going on Now
Save up to 75% off

Waterford • Lighting • Marquis • Wedgwood • Royal Doulton
Royal Albert • Rogaska • Vera Wang • Gordon Ramsay Dinnerware,
Bakeware & Flatware and many more one of a kind pieces

Quantities limited.
Offers good while supplies last.

Major credit cards and cash are accepted.

ALL SALES FINAL

This sale is conducted by WWRD US, LLC. WWRD reserves the right to limit quantities.
Back fat can ruin the contour of a nice dress or sweater, persisting despite diet and exercise. These rolls of fat push out under the arm, above the bra, or under the bra, even in women who are close to their ideal weight. Like other areas of unwanted fat, such as the belly, waist, inner and outer thighs, these sites are well-suited for nonsurgical fat reduction. The latest CoolSculpting® technology has made treatment of these tough to get spots better and easier than ever.

Traditionally, plastic surgeons could only treat these areas with extensive liposuction requiring heavy sedation or general anesthesia. It is now possible to use an in-office treatment that freezes the fat without any needles or cutting. While it may seem too good to be true, it actually does work.

In fact, in the right patients, it can even do a better job than liposuction. The tough fibrous fat of the back has always made it difficult to get a good smooth contour. No matter how carefully liposuction is performed, it always leaves grooves and spaces which then have to collapse down. This can leave irregularities. CoolSculpting® takes the fat away cell by cell, without leaving a space behind. This avoids the need to wear a heavy compressive garment afterwards, as is necessary following liposuction.

The treatment is done in the office, in a comfortable chair. Most patients read, or watch a movie on their phone while it’s going on. The device is placed on specific areas for thirty-five minutes at a time. For back rolls, patients lie on their stomach and two spots can be treated simultaneously with two machines. In between areas, patients can get up to stretch, get a drink, or go to the bathroom. Usually, within a couple of hours, back fat sculpting is done!

As easy as it sounds, the assessment, selection, and planning for the treatment is critical, which is why many feel it is best performed by a physician who has treated back fat before—who understands the science of fat, the dynamics of back skin and fascial rolls, and approaches body contouring with an artistic eye—in other words, an aesthetic plastic surgeon.

It seems CoolSculpting® machines are everywhere these days. As with any aesthetic treatment, it behooves patients to do their homework, find a physician who you feel will best assess you, determine if you are a good candidate, and best plan your treatment. CoolSculpting® results on the back can be excellent, but only in the right patients, and in the right hands.

by Dr. Mario Loomis
Plastic Surgeon
in Middletown, NY
845-342-6884
www.DrLoomis.com
Specializing in working with retirees entails far more than just managing retirement portfolio distributions. It involves planning for sequence of return risk, as well as the timing of Social Security benefits, retiree-specific tax planning & Medicare and Health Insurance decisions.

For many, it will mean a deep discussion of whether to, “age in place,” possibly relocate or join a Senior Community.

These are just some of the issues that retirees face. We know, because it is what we specialize in.

If you have questions about any of these areas and how they will impact your retirement and legacy plans, call us; we can help.

Mark Lange, AWMA, CRPC, CRPS, RICP
President

Securities offered through LPL Financial, Member FINRA/SIPC. Investment advice offered through Private Advisor Group, a Registered Investment Advisor. Private Advisor Group and Prudent Financial are separate entities from LPL Financial.
I am quite sure you have heard people say to you, “let’s be partners.” How successful have these partnerships been in your life? An alternative to being “partners” is to be “collaborators.” Collaboration is a shift in perspective; it allows for a process in which any two individuals in the universe can find their relationship by “tuning in to” and “being with” rather than “doing things to each other.” This framework respects and encourages clear distinctions in our conversations regarding mutual learning, which in turn, can be systemically adjusted and corrected in a beneficial way. This is exemplified by the story of how the Pig and the Chicken were exploring the possibility of forming a partnership to create a ham and egg sandwich. The Chicken had no problem with this proposed partnership; however, the Pig had some strong reservations regarding his personal outcome. When he looked at his dilemma in a larger picture he decided that he desired a more collaborative agreement that would allow for both he and the Chicken to feel comfortable. After expressing his concern, they mutually decided on a final product which was a ham flavored tofu and egg sandwich, now found in your local health food stores.

Lynne McTaggart in her book, “The Field: The Quest for the Secret Force of the Universe”, (2008) explains: “At our most elemental, we are not a chemical reaction, but an energetic charge. Human beings and all living things are a coalescence of energy in a field of energy connected to every other thing in the world. This pulsating energy field is the central engine of our being and our consciousness, the alpha and omega of our existence.” It makes sense to explore our creative attributes.

A good exercise - to understand how collaboration works - is to close your eyes after rereading and slowly absorbing McTaggart’s’ quote above. Then, reflect on a dialogue in your life that resulted in a collaborative outcome, and you will be able to see the power of connecting energy. This process can assist you in identifying the qualities that will help result in mutual solutions, as Nora Bateson describes in her book, “Small Arcs of Larger Circles: framing through other patterns,” (Triarchy Press, 2017).

When we truly communicate, we must first synchronize and entrain our inner vibrations physically and emotionally. This is the synergy of connecting with nature itself. However, old habits die hard, and individuals and institutions need support, structure and encouragement to freely collaborate. Closing the gap between how you communicate and how you would like to communicate is achieved by adjusting the energy that connects us, which exemplifies the potential of being collaborative, and most importantly, being mutually creative as our friends, the Pig and Chicken demonstrated.

---

The Difference Between Being a "Partner" or a "Collaborator"

“There are two ways of spreading light: to be the candle or the mirror that receives it” —Edith Wharton

---

Dr. Kenneth Silvestri

Psychotherapist and Certified Classical Homeopath in private practice in Montclair, NJ and Nyack, NY. Contact 973-214-0540, drkennethsilvestri.com, or drkennethsilvestri@gmail.com
Westrock Pool & Spa

SPRING SALE

Save $500 On Any Spa

Now through the end of May!

LARGEST SELECTION OF SPAS IN THE REGION

MORE THAN 50 SPAS TO CHOOSE FROM!

Financing Available

21 N. Middletown Rd • Nanuet
Just off Rt. 59 (Behind Marshalls Dept. Store & Modells)
845-623-3844
www.westrockpools.com

HOURS: Mon, Thur, Fri • 9am-8pm • Tues, Wed, Sat • 9am-6pm • Sun • 10am-4pm Appointments Available
We founded CLC with the idea that **great landscapes begin with great design ideas**. We’ve been a family-owned business and leader in design/build landscaping since 1973. *My family and I design and implement our own work to create outdoor spaces unique to you and your family.* You will find our design/build process makes your landscape project into a cost-effective, easy, and enjoyable process.
Dentalwellness of Suffern is proud to announce that it has added Solea, Convergent Dental’s new dental laser, to its practice. Solea’s technology offers patients a reliably anesthesia-free alternative to the traditional drill for hard and soft tissue procedures. Its unique 9.3 µm wavelength provides a natural anesthetic effect while also affording dentists the ability to cut dental enamel with unprecedented speed and precision. Patients experience virtually painless procedures that take a fraction of the time of a traditional dental appointment because practitioners do not need to inject anesthetic or control bleeding.

“This is really going to change the way people feel about going to the dentist. I can finally take care of most of my patient’s dental needs with virtually no pain at all.” says Dr. Sherri Alpert.

Investments in modern technology are what set Dentalwellness apart from everyone else. Solea delivers a completely different experience than the traditional drill. No more needles. No more jarring noises. No more soreness. Convergent Dental’s customers report that the majority of their hard and soft tissue procedures are done with no anesthesia and virtually no bleeding. Dentalwellness of Suffern patients will be able to receive the oral care they need and immediately jump back into their day. No anesthesia means no risk of patients biting themselves so the traditional limit of working in a single quadrant per visit is a thing of the past. Now patients can get all of their dental needs addressed in a single visit making it easy to return to work or home and avoid missing valuable “up-time”.

“Dentalwellness of Suffern is at the forefront of a dental revolution,” said Convergent Dental CEO Michael Cataldo. “People all over the country have been pleasantly shocked after experiencing anesthesia-free and virtually pain-free procedures. The skilled practitioners at Dentalwellness of Suffern are now able to deliver that experience to each one of their patients.”

“At Dentalwellness of Suffern we are always trying to find new ways to take the fear out of dental visits,” says Dr. Alpert. “Our primary focus is teaching families how to take care of their teeth in order to prevent dental problems, but it’s nice to know that if problems do arise, we have a pain free way to fix them.”

About Convergent Dental, Inc.
Convergent Dental, Inc., is a privately owned dental equipment and technology company. We are the developer of Solea®, the first computer-aided, CO2 laser system to be cleared by the FDA for hard, soft and osseous tissue indications. With Solea’s unique wavelength and computer controls, dentists can reliably perform procedures anesthesia-free, blood-free, suture-free and pain-free. For dentists, reliably anesthesia-free and blood free procedures are powerful practice growth drivers, which enables multi-quadrant dentistry, saves time overall, allows dentists to perform more procedures themselves rather than refer patients out, and provides a more positive patient experience. For more information visit www.convergentdental.com. Follow the company on Twitter, Facebook and LinkedIn.

Dr. Sherri Alpert
Dentalwellness of Suffern,
2 Executive Blvd., Suite 307, Suffern, NY 10901
(845) 918-1801
www.dentalwellnessofsuffern.com
SHOWER YOURSELF in Luxury

Our Custom Frameless Shower Doors Will Redefine Your Bathroom!

FRAMELESS SHOWER DOORS  MIRRORS & MIRROR WALLS  NEW GLASS  WINDOWS & DOORS

WE ALSO CARRY STOCK FRAMED SHOWER DOORS

Go to LocalFlavor.com for more coupons.

MONSEY GLASS CO.
914-595-4121  www.monseyglass.com

Rockland · Westchester · Bergen · Orange

Bonded, Licensed & Insured · 35 Years’ Experience
Lic #176386-0709-00  NJ Lic #19310846200

Our Promise...
We will match or beat any legitimate offer within 30 days.
CALL US FOR ALL YOUR GLASS NEEDS

$100 OFF any job of $500 or more

$200 OFF any job of $1000 or more

MONSEY GLASS CO.  914-595-4121
With this coupon. Not valid with other offers or prior purchases. Expires 07-28-18.
Go to LocalFlavor.com for more coupons.
Mark Twain in Tuxedo Park

“Tuxedo is a charming place; I think it hasn’t its equal anywhere.”
—Mark Twain, Tuxedo Park Resident, in a 1907 letter to Adm. H. H. Rogers

In 1906, Samuel L. Clemens (Mark Twain) rented the Voss Cottage in Tuxedo Park; he was totally enchanted with the Park. Perhaps a clue to this enchantment can be found in this quote from his work, Some Rambling Notes of an Idle Excursion, which he had penned a few years earlier while traveling in Bermuda: “Take any road you please . . . it curves always, which is a continual promise, whereas straight roads reveal everything at a glance and kill interest.” Obviously, this observation by one of America’s most revered writers could easily apply to the roads of Tuxedo Park.

Although, when he rented and lived in the Voss cottage, Twain was only four years short of his death in 1910, he was an active participant in the social circles which had always characterized the Park’s “way of life.” An August 4th, 1907 article in The New York Times, records the fact that the day before that, he had entertained Mr. & Mrs. John B. Stanchfield on Sunday at the Voss cottage. By September, he had not only taken over control as skipper of Admiral Roger’s personal yacht, Kanawha, on its trip to the Jamestown Exposition for the Robert Fulton Day ceremonies, but had suggested a race with Cornelius Vanderbilt’s steam yacht, North Star, to see who would arrive first at their destination. The outcome of the “race” is not reported, but a contemporary account quotes a friend of Twain’s as noting, “You may take it from me that a more confirmed sea dog than Mark Twain doesn’t exist at present. He is the temporary owner of Kanawha on this voyage, and he has promised to stay on the bridge from the moment the vessel clears the Hook until she passes in the Virginia Capes tomorrow afternoon, and the weather won’t make any difference, for whether it is rain or shine, snow or hail, it’s all the same with Mark Twain when it comes to navigation.”

Mark Twain was often seen strolling along the roads of Tuxedo Park while he lived at Voss Cottage. He had noted once, that he was truly at peace in Tuxedo, and reveled within its tranquility.

Inspiring such literary greats as Mark Twain, the roads and landscape of Tuxedo Park have changed little since he visited, and the tranquility disposition of it, remains untouched to this day.

—Tuxedo Park Magazine
With more children participating in youth sports, concussion rates are rising sharply among U.S. kids and teens. According to the Centers for Disease Control, almost 250,000 children, the largest group being 10-19 year olds, end up in the emergency room each year because of a sports or recreation related concussion.

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth. Injuries such as these can cause a loss of consciousness, however most concussions will not. In fact, not all symptoms of a concussion will occur right away so some people can have a concussion and not even realize it. It is not unusual for the symptoms to not show up for days or weeks after the initial injury.

There are a range of symptoms that can occur with concussions. Some of the more common consist of headaches, poor concentration, dizziness, sleep disturbances, blurry and double vision. These symptoms can last for several days, to several weeks or even months. Vision related symptoms can often have the greatest effect on a person’s life and their desire to return back to their normal activities.

Recent research suggests that over 50% of patients with concussion or post-concussion syndrome have visual problems. This can consist of double vision, eye strain, light sensitivity or blurred vision. These symptoms can make ordinary tasks such as reading, watching TV or driving extremely difficult. They may even cause students to have decreased reading speeds and comprehension.

It is estimated that almost 60% of the neural connections within the brain are involved with some aspect of vision, whether it is visual input, visual perception, or visual integration. With so many of the connections within the brain involved with the process of vision, it is no wonder that vision problems are so common following an acquired brain injury.

Post-concussion vision problems can often be managed and treated by eye doctors with experience in binocular vision disorders and vision therapy. Treatment can sometimes be as simple as a pair of glasses that utilize different tints for light sensitivity or incorporate prisms and different lenses for assistance with muscle balance and focusing.

If visual symptoms persist, or are not remedied by glasses, vision therapy can be effective in normalizing visual function. Vision therapy can be thought of as physical therapy for the eyes. Vision therapy, however, is not about strengthening eye muscles, but rather improving the connections between the eyes and the brain. Therapy consists of exercises or activities that attempt to improve a person’s visual skills, comfort and efficiency. In patients that are having visual symptoms from a concussion, it can ease and stabilize the visual system and the processing of information.

The care and treatment of a person after a TBI can often include several different health care providers. If visual symptoms continue to persist, an optometrist with experience in binocular disorders and vision therapy should also be included in the post-concussion care and management. It is often this multifaceted approach that will allow individuals to return back to their normal schedules and activities.
**Your Family’s Vision Is Our Focus**

**Eye Care for the Whole Family**
- Complete Eye Evaluations
- Pediatric Eye Exams
- Glaucoma Monitoring & Treatment
- Cataract & Lasik Screening
- Developmental Vision Testing
- Contact Lenses
- Emergency Eye Care

**Large Selection of Designer Eyewear & Sunglasses**
- Maui Jim • Ray-Ban • Nautica • Oakley • Dolce & Gabana
- Michael Kors • Fendi • Coach • Guess

91 Lakes Road, Monroe, NY
845-783-1224

Appointments Available Evenings & Saturdays

MonroeFamilyEye.com  facebook.com/monroefamilyeyecare

---

**Organic Tick and Mosquito Programs**

NYS Nuisance Wildlife Trapping and Removal
Animal Exclusion Services
Termite Baiting Systems
All Insects and Rodent Services
Environmentally Sensitive Programs

845-357-4105

---

**PROMENADE SENIOR LIVING**

- 55+ HOUSING
- INDEPENDENT LIVING
- LICENSED ASSISTED LIVING
- LICENSED MEMORY CARE
- SENIOR DAY PROGRAM

PromenadeSenior.com

---

**AMENDOLA’S PIZZERIA**

AMENDOLA’S
28 Lake Street
Monroe NY 10950

845 782-4432
845 782-6051
845 782-9147 fax

---

---

---
Reasons to Hire Precision Roofing

• Local - Precision Roofing is locally owned and operated, and we’ve been serving the Hudson Valley for 28 years. Our roofers are your neighbors and are committed to providing superior service.

• Recognized - As a GAF Master Elite Contractor and GAF President’s Club Award Winner, Precision Roofing meets and exceeds customers’ expectations. Less than 1% of roofing contractors hold this distinction. This allows you to choose Precision Roofing with comfort and confidence.

• Reliable - We understand that your time is valuable. We also know time is of the essence when it comes to roof problems. You can get in touch with us when it’s most convenient for you and we will always be there as scheduled.

• Value-Added Results - Whether you hire us to repair your roof, replace it or to perform other services, our work will increase the value of your home. You can rest assured that your new roof or repaired roof will stand the test of time. Precision Roofing Inc. can provide a 25-year workmanship warranty where applicable.

845-351-2009
precisionroofinginc.com

Nick DeMatteo, President
Precision Roofing Inc.
Cell or Text: 845-590-6055
Fax: 845-351-2021
Laser focus. It’s responsible for Super Bowl wins (think Tom Brady), mega-successful companies (think Amazon), cutting edge innovations (think Apple) and peak performance (think every astronaut NASA ever put into space). But, what about just simple, daily successes? How could you gain that competitive edge in business, school or your everyday life?

We are asked these questions daily. The inability to focus has been the, well, “focus” of many frustrated business people, older people and students/children—even as young as five. So, let’s take a good look at each:

**Business People:** Focus is the key to being productive, plain and simple. If you are not able to focus due to stress, anxiety, distractions, or even lack of sleep, you are costing yourself and your company money. Poor focus is a huge contributor to employee errors—again, costing a company money. Your inability to be productive is sure to hinder both your business and personal success.

Business executives are starting to take notice. “Corporate Wellness” is the new buzzword—companies are now realizing that healthier employees mean more productive companies—and they are willing to invest in their employees’ overall wellbeing.

**Older People:** “I can’t seem to focus because I’m not sleeping well. The medications prescribed by my doctor don’t seem to help. I’m experiencing memory loss, too. I guess there’s not much I can do. I’m just getting old.” Not so! There have been numerous studies on what is called “aging brain”. Sure, everyone is getting older, but evidence proves that the brain is elastic and able to generate new pathways resulting in better focus, improved memory and overall better mental function across all age groups.

**Students/Children:** Focus is a big issue for many children, especially school-aged children. Some children naturally have more energy or are more lethargic than others. Some have a harder time with focus or concentration, or find difficulty with certain subjects like math or science. Unfortunately, some children who ‘differ’ from their peers are labeled as having ADD or ADHD, and are immediately placed on any one of a number of medications. However, whether the child’s high energy level and lack of focus is truly ADD/ADHD or not, the reliance on medication to treat the symptoms may be detrimental to the child’s longterm brain function and overall health and wellbeing.

Patients of all ages have seen dramatic improvements in all areas of their lives—many of whom have “tried everything” and believed that nothing would relieve their symptoms. For these patients, neurofeedback therapy was nothing short of a miracle.

Drs. Hayley & Ron Nathanson
Rockland Bergen BrainCore Wellness Center
200 East Eckerson Road, Suite 280
Spring Valley, NY 10977
Phone: 917-400-7546
www.braincoretherapy.com

---

**Improve Your Focus**
**Improve Your Life!**

Is your brain focused like a laser—or scattered like a shotgun shell?

---

**Rockland Bergen BrainCore Wellness Center**
200 East Eckerson Road, Suite 280
Spring Valley, NY 10977
Phone: 917-400-7546
www.braincoretherapy.com

---

For over 50 years, neurofeedback has been that simple and effective treatment. Neurofeedback is based on neuroplasticity—your brain’s ability to create new neural pathways. It is a tool to stimulate the brain’s neurology in the same way exercise builds muscles. This puts you in the driver’s seat for reclaiming and optimizing your health.

Your brain is not hard-wired, it is not limited or fixed in its abilities to heal. When the imbalance is removed and brainwaves regulated through neurofeedback therapy, cognitive function improves. The result is often a dramatic improvement in depth and quality of sleep, mental focus and clarity, concentration, adaptability and mental cognition, rate of mental processing, and memory.

Drs. Hayley & Ron Nathanson
Rockland Bergen BrainCore Wellness Center
Thinking of divorce?
Protect yourself, your children and your finances. Jeanne Bonney provides skilled and trustworthy legal representation and down to earth counsel. Be prepared for the courtroom and your future.

Jeanne Bonney Law
Practicing Family Law in the Hudson Valley for 23 Years

Call today. 845-294-4477
jeannebonneylaw.com

SAND VOLLEYBALL  TURF SOCCER  PING PONG  CLIMBING WALL  EUROBUNGY  CARNIVAL GAMES  GO KARTS  PLAYGROUND  PONY RIDES

METRO AREA'S BEST CORPORATE PICNIC PLACE!

Fountain Springs
Exit 57 off 287
Skyline Drive • Ringwood, NJ

To plan your event, contact Mitchell at:
mitchell@fountairstspringscountryclub.com • (973) 831-9000 • www.LifesaPicnic.com

Just 25 Mins From NYC
Learning from Mistakes and Failures...

Mistakes. Failures. In the past, I hated to make mistakes. I despised failure even more. When I was younger, I would become quite upset over mistakes and failures. It wasn’t until several years ago that I learned that mistakes and failures are important. They are essential in that they are necessary for growth. If mistakes lead to learning and improvement, they are invaluable.

I find it curious that although I understand a concept, sometimes that comprehension does not translate into actual thoughts and feelings. I had this experience recently during a flying lesson. For a while, I had been interested in learning how to fly a helicopter. I guess it was my fear of heights that held me back, but one day I decided to inquire. I took an introductory flight and loved it. I was scared up in the air, but I loved it and decided to continue.

One thing we practice is hovering. It is challenging to coordinate brain, hands and feet to keep the aircraft in a hover in one place a few feet above the ground. I had been showing some improvement over the course of a few lessons. However, during a recent lesson my flight instructor gave me greater reign over the controls and I did much worse than I had in the past. In the moment I felt disappointed with my performance. It wasn’t until the drive home that I realized that my mistakes were vital for my learning and growth.

Later that day, my son Joey was on his pogo-stick. I watched him with amazement. He was good! I remember when he first got it. He couldn’t even do a single jump without falling off. He practiced. Over time, all his mistakes and little failures created quite a talent for using a pogo-stick.

In the future, I am going to try to make a conscious effort to truly understand the importance of my mistakes in the moment. After all, if I learn from them, they are helping to create a better version of myself.

This is Steve Piriano preparing for departure. Until next time…. ☀️

By Steven Piriano, MD
InspireGrowth
stevepiriano.com
steve@inspiregrowth.life
At SRDS, we believe students elevate their learning when they realize the importance of their work. That’s why our curriculum includes cross-disciplinary projects with real-world outcomes—like producing an ad campaign for a bone marrow registry or developing a new perfume for Fresh, Inc. Our students confront academic challenges with optimism and determination, preparing for success at top colleges like Northwestern, Columbia and Georgetown.

SUCCESS STARTS AT SADDLE RIVER DAY SCHOOL.

To schedule a visit, contact Kris Sweeney in the Office of Admission at ksweeney@saddleriverday.org.

LoveLearning.SaddleRiverDay.org

Pre-K to Grade 12

147 Chestnut Ridge Road
Saddle River, NJ 07458
At Saddle River Day School, we cherish learning, bridging the traditional methodologies with modern technology. Student outcomes and experiences are at the core of every decision regarding purchase and implementation of new software and hardware. Learning doesn’t rely on technology at SRDS; it is just one tool that can be used and integrated in the established curriculum. We are careful to ask the question – “Does this (tech resource) help the student learn?” as we integrate technology and computer skills into core lessons across the curriculum in all divisions.

Although technology is just one tool that is integrated into the curriculum, it can be powerful and support academic excellence. Laptops, microphones, video cameras, online resources and iPad apps can help teachers differentiate their content delivery methods to reach every student. Students, in turn, have various vehicles to demonstrate their understanding, and are able to choose the most effective ways to show what they know.

Technology at SRDS engages students visually, cognitively, emotionally, socially and ethically in facets of the academic context. The technology program empowers students by giving them professional tools to use, as well as leadership and creative opportunities such as producing and broadcasting their own news shows across campus and organizing tech demonstrations for parents and students.

Students from PreK-12th grade practice their digital literacy skills and build their digital fluency through the use of various digital devices. They use these tools to gather, evaluate, organize and apply information they collect. Students use critical thinking skills to plan and conduct research, manage projects, solve problems, and make informed decisions using digital resources. They use digital media and environments to communicate and work collaboratively. Students at SRDS also use technology to explore, understand and communicate with communities outside their own.

Whether it is an interactive SMARTboard lesson illustrating a concept in AP Biology, practicing geography skills with a class in another state through a mystery Skype, or watching a student’s hieroglyph design become an object printed on a 3D printer, at Saddle River Day School we help students understand that technology can help build connections from textbook to real life and from campus to other parts of the world and beyond.

Integrating Technology Into Curriculum for the 21st Century Learner

By: Laura Hollis, Director of Technology

Article Provided By
Eileen F. Lambert
Head of School & Interim Dean of the Middle School
Saddle River Day School, Saddle River, NJ
What is TMJ?

Temporomandibular Joint (TMJ) disorders affect close to 10 million Americans. This condition causes dysfunction in the jaw joint and muscles that control jaw movement. People with TMJ often experience a variety of different symptoms. According to the American Association of Oral and Maxillo-Facial Surgeons some of these symptoms may include:

- Difficulty opening the mouth in the morning
- Jaw and cheekbone pain
- Pain when eating
- Ringing in the ear
- Headaches
- Changes in the bite

The oral and maxillo-facial surgeon will try to determine the cause of TMJ disorder in order to provide treatment. Some of the key reasons for TMJ symptoms include:

- Injury to the lower jaw
- Emotional stress
- Misaligned teeth or jaws
- Arthritis
- Muscle spasms

After the TMJ disorder is properly diagnosed, appropriate treatment can be provided. There is a range of possible treatments. Some of them include:

- Night Guards
- Non-steroidal, anti-inflammatory medications
- Physical therapy
- Conservative surgical treatment

If you believe that you may be experiencing the symptoms of a TMJ disorder, the surgeons at Ramapo Oral and Maxillo-Facial Surgery can help you diagnose and properly treat this condition.
comfort in your home all year long

The right air conditioning system, installed the right way, will bring a world of comfort to your summer living. Choose a company you can rely on for quality installation and service.

Central & Ductless AC
Sales • Service • Installations
845.351.4700
sosxtremecomfort.com

$200 OFF
any new A/C Installation
Up to 5 Year special financing*
Offer expires 6/30/18
*Subject to Credit Approval

The right air conditioning system, installed the right way, will bring a world of comfort to your summer living. Choose a company you can rely on for quality installation and service.

Central & Ductless AC
Sales • Service • Installations
845.351.4700
sosxtremecomfort.com

$200 OFF
any new A/C Installation
Up to 5 Year special financing*
Offer expires 6/30/18
*Subject to Credit Approval

comfort in your home all year long

The right air conditioning system, installed the right way, will bring a world of comfort to your summer living. Choose a company you can rely on for quality installation and service.

Central & Ductless AC
Sales • Service • Installations
845.351.4700
sosxtremecomfort.com

$200 OFF
any new A/C Installation
Up to 5 Year special financing*
Offer expires 6/30/18
*Subject to Credit Approval
TUXEDO PARK UPHOLSTERY
Custom Upholstery
Commercial/Residential

All Types of Furniture
Custom Draperies

206 Route 17 North, Tuxedo Park, NY 10987
845-351-5303

LANDMARK INN
Fine Dining in a 231-year-old Casual Country Inn • Warwick, NY

Rustic and Refined Dining Fresh Locally Grown Ingredients

One mile north of the Village of Warwick on Route 94 (17A)

Serving Dinner Tues-Sun
Closed Mondays

(845) 986-5444
www.landmarkinnwarwick.com
**Breakfast in the Formal Gardens**

Across the broad sweep of lawn, a balustrade of granite and brick graced the horizon. Just beyond, stone benches played audience to a fountain where the figure of a young boy playing a flute bathed in a pool lined with Venetian tiles. The early dew lay heavy on the climbing roses, and their fresh scent pushed into the corners of a beautiful day. People spoke in hushed tones as they rested on stone benches soaking up the splendor of the formal gardens. Upon entering these gardens, one appreciated the care, imagination, and skill devoted to them. Carefully tended beds of colorful perennials and rich green herbs nestled within stone borders that meandered carefree along the pathways. The sweet scent from the flower petals mingled with the mild haze rising from the garden path, creating a soft and mellow mood. A short way down the garden path, vines laden with the promise of Concord grapes wove themselves through trellises in the small vineyard. Their deep purple fruit, whether pressed as jelly between warm slices of bread or blended into a chill-chasing glass of wine, played an important part on linen draped tables. It was a grand time of year to breakfast outdoors. The gardens were serenely quiet, when in the distance; the shrill cry of a red-tailed hawk announced its approach. Its shadow glided across the nearby ridge, and its expanse of wings pressed against the rich blue of the young June sky.

---

**Sweet Potato Waffles**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups whole-wheat flour</td>
<td></td>
</tr>
<tr>
<td>3 tsps baking powder</td>
<td></td>
</tr>
<tr>
<td>½ tsp salt</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon molasses</td>
<td></td>
</tr>
<tr>
<td>1 ½ cups of milk</td>
<td></td>
</tr>
<tr>
<td>2 eggs</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons canola oil</td>
<td></td>
</tr>
<tr>
<td>one large, cooked until very soft, sweet potato (skin removed)</td>
<td></td>
</tr>
</tbody>
</table>

Blend all together well until the batter is on the thick side (add a bit of water if too thick). The consistency should be that of thick pancake batter. Scrape the sides of the bowl well; making sure the batter is well blended. Heat waffle grill and spray with canola cooking spray to avoid sticking. (Spray on iron before each batch). Spoon mixture as needed onto the iron and cook per directions of regular waffles.

---

**Pumpkin Griddle Cakes with Rosemary**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups flour</td>
<td></td>
</tr>
<tr>
<td>3 teaspoons baking powder</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon salt</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon dried rosemary</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons sugar</td>
<td></td>
</tr>
<tr>
<td>2 eggs, beaten well</td>
<td></td>
</tr>
<tr>
<td>1 ½ cups milk</td>
<td></td>
</tr>
<tr>
<td>1 cup cooked pumpkin</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons melted shortening</td>
<td></td>
</tr>
</tbody>
</table>

NOW ELEVATING STANDARDS IN
TWO LOCATIONS

BenzelBusch.com
LOOK YOUNGER
FEEL SEXY

FABULOUS AT ANY AGE

Constantly striving to create the most natural results.

Palisades Professional Center, 2 Medical Park Drive Suite 4, West Nyack, New York 10994
REQUEST YOUR FREE CONSULTATION (845) 358-8878 | (845) 639-7546 | rocklandmedspa.com