A community magazine serving the residents of Nutley APRIL 2024

NUTLEY NEIGHBORS

Nutley Treats Them Right

Joseph, Alisha, Evan, and Samuel Pagano

Photograph by Carly Ann Photography

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September 25	November 1
October 25	December 1

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Hide and Seek

When was the last time you played hide and seek? Maybe you can't remember the date (or even the decade!) but you probably remember how much fun it was to find your friends in what they thought were ideal hiding locations.

Even though we may not be playing hide and seek anymore, there is always a special thrill when we find something. Like a treat or a treasure close to home.

Our cover story family, Joseph, Alisha, Evan, and Samuel Pagano, know a lot about treats since Halloween is one of their favorite times of the year. But they have also found other treats around town—sports programs at the Parks and Recreation Department, scouting, and the many community events.

It's like winning at hide and seek every day!

In this issue, you will find many other treasures right here in town.

Perhaps you are looking for the perfect sport. Read about the Nutley Tennis Club. You will make new friends, have fun, and, of course, get some exercise. Their uniquely terraced red clay courts are not only visually appealing but are designed for optimal performance.

But before starting or restarting a sport, it's a good idea to assess your fitness level. Core Physical Therapy has an article with some key points to consider. If you have any questions, they are only a phone call or a short walk away!

National Library Week is in April. Let's not forget all the treasures at the Nutley Public Library!

Turn the page and get started on finding all the treats right here in town.

Joyce Corey
Content Coordinator

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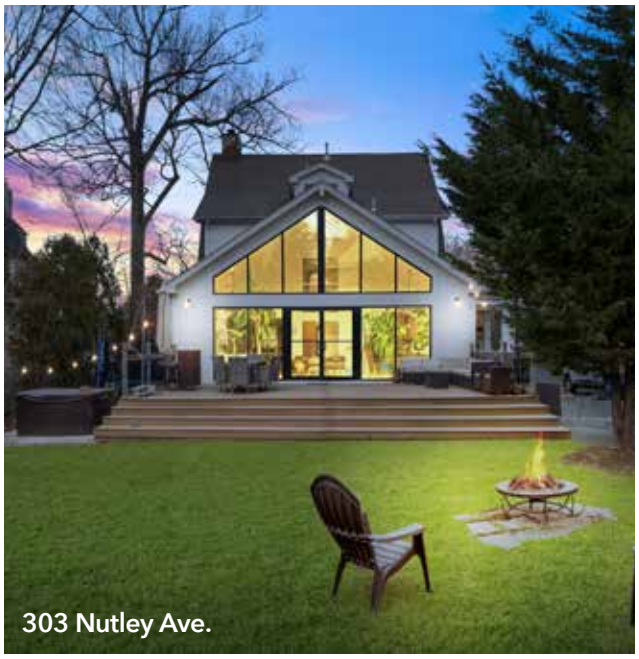
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GSMLS Data: Single Family, Condominiums/Cooperatives, Town Houses January-February '24

2024 Real Estate Snapshot in Nutley*

Median List: $525,000
Median Sold: $565,000
Median Days on Market: 20

SINGLE FAMILY HOMES SOLD FEBRUARY 2024:

ADDRESS	LIST PRICE	SOLD PRICE	DIFFERENCE
1 River Road UJ	$185,000	$205,000	$20,000
6-12 Hillside Ave. 2E	$319,000	$340,000	$21,000
458 Bloomfield Ave.	$399,000	$450,000	$51,000
22 Hower Ave.	$625,000	$590,000	-$35,000
150 Pake St.	$605,000	$654,000	$49,000
9 Wayne Pl.	$609,900	$630,000	$20,100
247 Vreeland Ave.	$599,999	$852,000	$252,001
96 Raymond Ave.	$669,000	$610,000	-$59,000

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Joseph, Alisha, Evan, and Samuel Pagano

Nutley Treats Them Right

By Joyce Corey
Photograph by Carly Ann Photography

When you meet a family who loves Halloween, you can be sure they know where to get the best *treats*—and they are right here in Nutley!

After Joe and Alisha met and later married, living in Nutley was their ideal choice. "Joe and I met while attending college together," Alisha said. "We started dating our senior year and got married a few years after we graduated."

Their degrees opened career doors for the couple, and after purchasing a house in town, Joe and Alisha opened the door of their new home.

"We both graduated from Fordham University," Alisha said. "Myself with a degree in English and my husband with a degree in economics. I received a master's degree from Montclair State University in English in 2012. I've spent the last decade working at an educational technology company that creates products to help students and teachers with early literacy skills. I'm passionate about education and love working for a company dedicated to helping teachers."

"I lead the global services team for a data and analytics company," Joe said. "I've been lucky to spend the last 10 years traveling the world with my job and being able to teach my children about the different places I have visited—most recently spending a week working in South Africa."

"We bought our home in 2011 but I have lived in Nutley all my life," Alisha said. "My sister, her family, and my parents are also in town. When it was time to buy a home, we knew Nutley was where we wanted to settle down so we could remain close to friends and family. My husband is originally from New York but jokes that everywhere he goes he meets someone with a Nutley connection!"

Joe and Alisha have all that and more—in the way of *treats* as they interact with the community and take part in town events. And as parents of two children—Evan (9) and Samuel (4)—they are always looking for age-appropriate activities that will enrich their lives.

"We love how close our neighborhood is to Radcliffe Elementary School, where Evan attends, and it's a short walk to both the middle school and high school," Alisha said. "We have friendly neighbors and a lot of families with kids on our block and nearby."

"Our older son Evan enjoys being busy," Alisha said. "He plays soccer each fall through the Nutley Parks and Recreation Department, and we love to take advantage of the different classes they offer. He has been taking coding lessons nearby and dreams of building his own video games one day. He has been a member of Cub Scout Pack 142 in town since kindergarten and recently won the 2024 Pinewood Derby!"

"Sam is our younger son, and he loves any and all sports," Joe said. "He has been taking soccer lessons at local clinics for the last year and gets his endless energy out at swim class each week. He can't wait to start playing t-ball this spring. He spends a lot of time outdoors and has enjoyed taking nature classes at the South Mountain Reservation. He is currently part of the Nutley Raising Raiders program but is looking forward to kindergarten next year so he gets to be in the same school as his big brother."

The Pagano children are not the only ones finding *treats* in town; Joe and Alisha are exploring their own interests.

"I enjoy gardening in the summer and have an ever-growing collection of houseplants that I love experimenting with and learning about," Alisha said. "I take yearly hiking trips with a group of friends I grew up with, all of them from Nutley! Joe enjoys cooking and trying out new recipes. He and our sons do science experiments together and they recently started a new hobby—learning how to make models with a 3D printer."

The couple also interact in the community in significant

ways. "I am the secretary of the Radcliffe PTO and help organize activities and fundraisers for the school," Alisha said. "Joe helps Evan in the community service events that he does with the Cub Scouts. They both look forward to the Scouting for Food event each year where scouts all over Nutley collect a ton of donations for the Nutley Family Service Bureau."

The *treats* that the Pagano family found in Nutley have also become wonderful memories.

"Our younger son, Sam, was born about 3 months after his grandfather, my father, received a life-saving lung transplant," Alisha said. "Both boys enjoy spending time with their grandparents and are lucky for the extra time they now get with their 'Pop' and his Sunday spaghetti and meatballs!"

Molly, their 12-year-old West Highland White Terrier, is also part of the family's story.

"We have always said that Molly was the first one to know that I was pregnant with our first son, before I even knew, since she was following me around and putting her head on my lap." Alisha laughs at the memory.

Traveling is also part of their lives and offers more *treats* and memories.

"My husband does a ton of traveling for work. Both kids love hearing about the places he goes and especially seeing the different currency and candy he brings back from other countries. Our whole family including my parents, sister, brother-in-law, and nieces take trips to Disney World usually every other year," Alisha said. "Evan had his first ever haircut at the barber shop in Disney World!"

5 Things the Pagano Family Loves About Nutley

1. Beautiful parks
2. Amazing teachers in the Nutley schools
3. Community events like the Fourth of July fireworks
4. The new Raising Raiders pre-school program
5. Wide array of sports and classes offered by the Parks and Rec

But it's home in Nutley where they find the best *treats*.

"Our favorite memories are always around Halloween and events like Trunk or Treat," she said. "We wear matching family Halloween costumes, and the kids especially enjoy pumpkin picking and hosting an annual Halloween party with our family, friends, and their children."

Joe, Alisha, Evan, and Sam Pagano know there are no tricks here, only a town that has special treats for the whole family. ■

We are always looking for fascinating residents to feature in *Nutley Neighbors*. If you are interested in being included or would like to nominate one of your neighbors please email jcorey@bestversionmedia.com.

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'Tis the Season For Tennis

By Joyce Corey

Are you enjoying all the sights and sounds of spring? Like the birds singing, longer days, the rhythmic thud of tennis balls, and watching an ace fly over the net.

Okay, a couple of those things are not on everyone's list of spring things, but if you haven't been on a tennis court lately, perhaps it's time to pick up a racket.

And the best place to do that is right here in town at the Nutley Tennis Club, located at 51 Maple Place.

Located in a quiet residential area next to a park with a tree-shaded deck overlooking the courts, this may be the perfect place to welcome spring and to enjoy a sport that offers health and social benefits that are unmatched.

The Nutley Tennis Club focuses on its members, whether they are new to the game or have been playing for a while. Interclub leagues and tournaments provide the right amount of competition, and lessons are available to learn the sport or to hone skills. With five uniquely terraced red clay courts, playing the game is not only visually appealing but uses principles of physics for optimal performance.

It's a great place to play!
–NEIL WEINSTOCK

The club fields three tennis teams: one women's team and two men's teams. The women compete in the NJ Summer League and the men compete in the Northern NJ Tennis League and the Suburban Summer Tennis League. Depending on the league, the teams compete in both singles and doubles. Club members are invited to participate in team tryouts.

On each Tuesday and Thursday morning, the club dedicates three courts for a round-robin format where members are paired randomly for a set of doubles. It's a great way to meet other people and to introduce new members to the rest of the club.

Thank you to the club board for all that you do that makes it so easy to have a very positive tennis experience.
–ROBERT GLASSMAN

And that's where the health benefits of tennis meet the social aspects in a very real way.

Photo credit: Serge Carniol

The Nutley Tennis Club is more than individuals playing a sport; it has become a place to make new friends who share a common interest. In keeping with this idea, about once a month the club hosts a social tennis afternoon where members can play the game and enjoy a barbeque.

I've made lifelong friendships and continued playing the sport that I love.
–RICK GRUDZINSKY

If you're looking to add the perfect 'game, set, match' to your life, consider becoming a member of the Nutley Tennis Club. You will score big on social interaction, competitive (or just for fun!) games, and find a sport that will enrich your life. ■

Visit the website at www.nutleytennis.com for more information or to download the membership application.

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The Importance of Straightening Your Teeth

Contributed by Shefali Pilar, DDS
Smile Today Dentistry of Nutley

As a dentist, I often witness the transformative power of straightening one's teeth. While many may view orthodontic treatment as solely for aesthetic purposes, the benefits extend far beyond just a beautiful smile. Proper teeth alignment can positively impact your oral health and overall well-being in numerous ways.

Improved Oral Health

This is one of the key advantages of straightening your teeth. Misaligned teeth can create tight spaces that are difficult to clean properly, leading to a higher risk of tooth decay and gum disease. By straightening your teeth, you can enhance your ability to maintain good oral hygiene practices, reducing the likelihood of dental issues in the future.

Enhanced Chewing and Digestion

Crooked or crowded teeth can affect your ability to chew food properly, leading to digestive problems. Straightening your teeth can help align your bite, allowing for more efficient chewing and aiding in proper digestion. This can have a significant impact on your overall nutrition and well-being.

Speech Improvement

The alignment of your teeth plays a crucial role in speech. Misaligned teeth can affect your ability to pronounce certain sounds correctly, leading to speech impediments. By straightening your teeth, you can improve your speech clarity and boost your confidence in social interactions.

Prevention of Dental Issues

Straightening your teeth can help prevent a variety of dental issues that may arise due to misalignment, such as uneven wear on teeth, jaw pain, and temporomandibular joint (TMJ) disorders. By addressing these issues early through orthodontic treatment, you can mitigate the risk of more significant dental problems in the future.

Boost in Self-Confidence

While the health benefits of straightening your teeth are substantial, the boost in self-confidence that comes with a beautiful smile should not be overlooked. Feeling good about your smile can have a positive impact on your mental health, social interactions, and overall quality of life.

Long-Term Investment

Orthodontic treatment is a long-term investment in your oral health. By straightening your teeth, you are not only enhancing your smile but also setting the foundation for a lifetime of good oral health. The benefits extend far beyond the duration of the treatment itself, providing lasting advantages for years to come. ■

If you want to ensure a radiant smile and have optimal oral health, take the first step towards straighter teeth today. Contact us to schedule a consultation.

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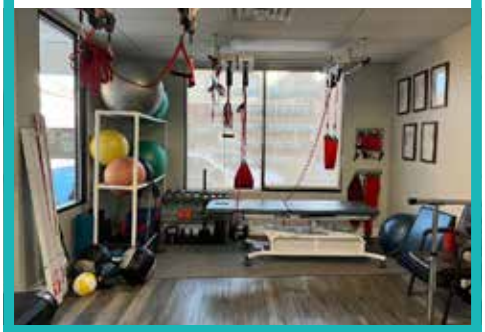

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SPRING INTO ACTION:

A Guide to Getting Active Safely with Physical Therapy

By John Kaufman

As the days grow longer and the weather warms, many of you are ready to shed your winter coats and get active. Unfortunately, you may be suffering from a problem; it might be with your knee, neck, or lower back. Could it stop you from enjoying an outdoor run or walk? Could it keep you from your first spring hike on a beautiful day? Whether you're already experiencing limitations or worried you could, transitioning from sedentary habits to regular physical activity requires careful planning and consideration. Your goal should be to move without restriction, prevent injuries, and ensure long-term success. That's where our solution comes in.

PREPARING YOUR BODY FOR ACTIVITY

Physical therapy offers a comprehensive approach to assessing your current fitness level, identifying potential areas of weakness or imbalance, and developing a personalized plan to address these issues.

- **Pre-Activity Assessment**
A physical therapist can identify any underlying musculoskeletal issues that may predispose you to injury during physical activity. This assessment may include evaluating flexibility, strength, balance, and joint mobility to create a baseline from which to work.

- **Functional Movement Screening**
This allows physical therapists to assess how well your body moves and performs basic functional tasks. By identifying movement dysfunctions or compensations, therapists can design targeted interventions to improve movement patterns and reduce the risk of injury.

- **Strength and Conditioning**
Physical therapists prescribe specific exercises to address weaknesses and imbalances identified during the assessment process.

- **Flexibility and Mobility Training**
Physical therapists employ various stretching techniques, manual therapy, and mobility exercises to improve range of motion and reduce stiffness in tight muscles and joints.

PRO TIPS

- **Start Slow**
Gradually increase the duration, intensity, and frequency of your workouts to allow your body time to adapt and build endurance safely.

- **Proper Warm-Up and Cool-Down**
Always include a dynamic warm-up and cool-down routine before and after exercise to prepare your muscles for activity and promote recovery.

- **Incorporate Variety**
Mix up your routine with a combination of cardiovascular, strength training, and flexibility exercises to keep your body challenged and prevent overuse injuries and boredom.

- **Listen to Your Body**
Pay attention to any signs of pain, discomfort, or fatigue during exercise. Pushing through pain can lead to injury.

- **Prioritize Recovery and Sleep**
Allow your body time to rest and recover between workouts. Aim to sleep 7-8 hours a night.

As you embrace the spring season and strive to lead a more active lifestyle, partnering with a physical therapy clinic can provide you with the guidance, support, and resources you need to succeed. From preparing your body for activity to implementing injury prevention strategies, physical therapy plays a vital role in helping you stay safe, healthy, and active throughout the spring and beyond. Schedule a consultation with a trusted physical therapist today. Your body will thank you for it! ■

Core Physical Therapy is committed to providing the most optimal care so our clients can return to a pain free active lifestyle. Visit our website at www.physicaltherapynutley.com or call us at 973-542-8355

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Celebrating National Library Week–April 7-13
Ready, Set, Library!

Submitted by Jeanne Sylvester, Supervising Librarian

National Library Week is an annual celebration highlighting the essential role that libraries, librarians, and library workers play in transforming lives and strengthening communities. This year's theme is "Ready, Set, Library!" and the Nutley Public Library happily promotes the idea that in our always-online world, libraries give us a green light to find something truly special. Find your crew at the Nutley Public Library at our book clubs, craft workshops, story-time sessions, cultural events, and more. A visit to the library is the opportunity to connect with others, learn new skills, and focus on what matters most in an inclusive and supportive environment where everyone belongs.

During National Library Week, the Nutley Public Library encourages all community members to visit their library in person or online to explore and access its wide variety of services and programs for all ages. The library offers almost 100,000 items in its book and media collections, as well as millions of digital e-books, audiobooks, films, and music to be streamed or downloaded through Libby, hoopla, Kanopy, and more. Unique displays throughout the library highlight these collections, and encourage browsing, borrowing, and connecting.

Special events during National Library Week include many story time programs for children, a Saturday drop-in craft for kids and their families, and after school programs for kids and teens. For the adult community, there will be the monthly Cookbook Club discussion and a Let's Decoupage crafting program. So, get ready to explore, become inspired, and connect with your library this National Library Week. Libraries are there for you, all the way to the finish line. Ready, Set, Library! ■

For more information on the library and its programs, visit the library's website at www.nutleypubliclibrary.org

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By Jeanne Hilla, Proponent Federal Credit Union

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Nutley is Blooming with Artists

By Michelle Palmer

Sebastian–Legendary Lego builder! (left) Vienna combines culture and cooking (below left) Charlotte's new chef skills (below)

Spring is in the air! As we enjoy a new season with a fresh start, let's look back at some amazing art.

When Bobby J. was just three years old, he drew a very special sketch of him and his mom using crayons. He designed himself in color which was so impressive to his mom and really made the drawing stand out. He wrote that the way for him to relax is by being at home. This assignment is absolutely frame-worthy and will hold a special place in the heart for a long time.

Sebastian is a ten-year-old who is very creative and talented. He completed his biggest Lego build. He is very proud of his new creation. The Pac-Man theme showcases the fun his hobby brings about and the dedication is seen with a big smile.

Vienna is a seven-year-old who is taking on a new skill and making some delicious creations in the kitchen. She learned how to make chrusciki, a traditional Polish food. This special moment increased her knowledge of culture and cooking. She and her family are very excited to enjoy this art together.

Charlotte is six years old and growing her chef skills in the kitchen. She learned how to make chicken cutlets for dinner just as good as her mom. This is truly a special moment shared in the family. She was so happy to prepare a delicious meal and feed everyone. ■

Michelle Palmer is the author of a children's book, *Brinco Finds His Way Home*, which is available at Amazon and Pretty Handy in Nutley.

Bobby's special sketch

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Adopt Us!

Submitted by Nicole Milici, Jersey Pits Rescue Inc.

Edamame recently joined our rescue as an owner surrender along with two of her puppies, Wonton and Shumai.

She is a very sweet and calm dog who is estimated to be 6 years old. She is house trained and does well with other dogs. Edamame has never received the love and care that we believe that all dogs deserve. She has been bred numerous times and wasn't living in the best conditions. We are so happy that she is part of Jersey Pits Rescue and that she will finally find the love and family she deserves and that she will never have another litter of puppies to worry about again. She is extremely loving and would be a great family dog! Please apply for this sweet mama today! ■

Already have an application on file? Send us an email at jerseypitsrescue@gmail.com to express interest.

Submitted by Christa Milici, Yellow Brick Road Rescue NJ

Zeus is a 6-month-old male. He was found outside in the cold and is way too friendly to be living on the streets.
He is very sweet and would make the perfect addition to any family.
He loves being held and is also very talkative.
He is being fostered with other cats and kittens.
He is microchipped, FIV/FeLV negative, UTD on vaccines, and neutered.

To apply for Zeus visit https://form.jotform.com/231577667522060 or email us at yellowbrickroadnj@gmail.com

Apr. 1, Mon.
We Hate Books! Story Time
@Nutley Public Library, 93 Booth Dr.
For all ages. Join for a silly and sassy story time and craft celebrating April Fool's Day!
Time: 10:30-11:30am
For more information visit youthservices.nutleypubliclibrary.org or call 973-667-0405 ext. 2623

Apr. 4, Thurs.
Interactive Family Movie
@Nutley Public Library, 93 Booth Dr.
A very not-quiet movie experience! Join for a family-friendly film where you will move, shout, and interact with the movie! For all ages. Film rated PG.
Time: 11am
For more information and film title call the Children's Desk at 973-667-0405 ext. 2623

Apr. 11, Thurs.
Nutley Jaycees Distinguished Service Awards Dinner
@Valley Regency, 1129 Valley Rd., Clifton
Five recipients will be honored.
Time: 6:30pm
Cost: $65 per person
To make reservations and purchase tickets call Dr. Steven Clarke at 973-235-1515

Apr. 13, Sat.
Florian Schantz Jazz Combo
@Nutley Public Library,

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APRIL 2024 EVENTS CALENDAR

93 Booth Dr.
The program will focus on music spanning Louis Armstrong's amazing career from the 1920s to the 1960s. It's suitable for audiences of all ages and will feature entertaining and educational narrative as well as music. The Florian Schantz Jazz Combo was formed in 2012 by then 9 year old Florian Schantz. Since then, Florian and his band have delighted audiences with over 800 performances in hundreds of venues from the NYC area to Germany.
Time: 2-3pm
For more information visit nutleypubliclibrary.org or www.vfsjazz.com

Apr. 17, Wed.
Melanoma Screening
@Dept. of Public Affairs and Health, 149 Chestnut St.
A full body physical examination done by a medical professional. Open to those not under the care of a dermatologist. Registration is required.
Time: 1:30-3:30pm
Cost: Free
For more information and to register call 973-284-4976

Apr. 20, Sat.
Earth Day
@Essex County Environmental Center, 621 Eagle Rock Ave., Roseland
For all ages.
Yay, it's Earth Day! Enjoy a day filled with crafts, games, and recreational opportunities such as canoeing and hiking, demonstrations, information, and a local eco-vendors' sale. Environmental Center staff and partner groups will be on hand to guide you throughout this exciting Earth-centric day!
Time: 11am-3pm
Cost: Free
(items may be for sale)
For more information call 973-228-8776

Apr. 24, Wed.
Depression Screening
@Dept. of Public Affairs and Health, 149 Chestnut St.
Behavioral health professionals will screen for signs of depression. Registration is required.
Time: 10am-12pm
Cost: Free
For more information and to register call 973-284-4976

Apr. 25, Thurs.
Celiac Disease and Gluten-Free Support Group Meeting
@virtual on Zoom
Amy Keller from Gluten Free Watchdog will join to answer your questions and share updates on some of the hottest topics in the gluten-free world. Please send your questions in advance to amykellermsrdld@gmail.com and Amy will take them on!
Time: 5:30-6:30pm
For more information and to register visit the calendar at www.rwjbh.org/events

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