

APRIL 2020

A community magazine serving the residents of Nutley

NUTLEY NEIGHBORS

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Beat Goes
on for the
Chieffo
Family

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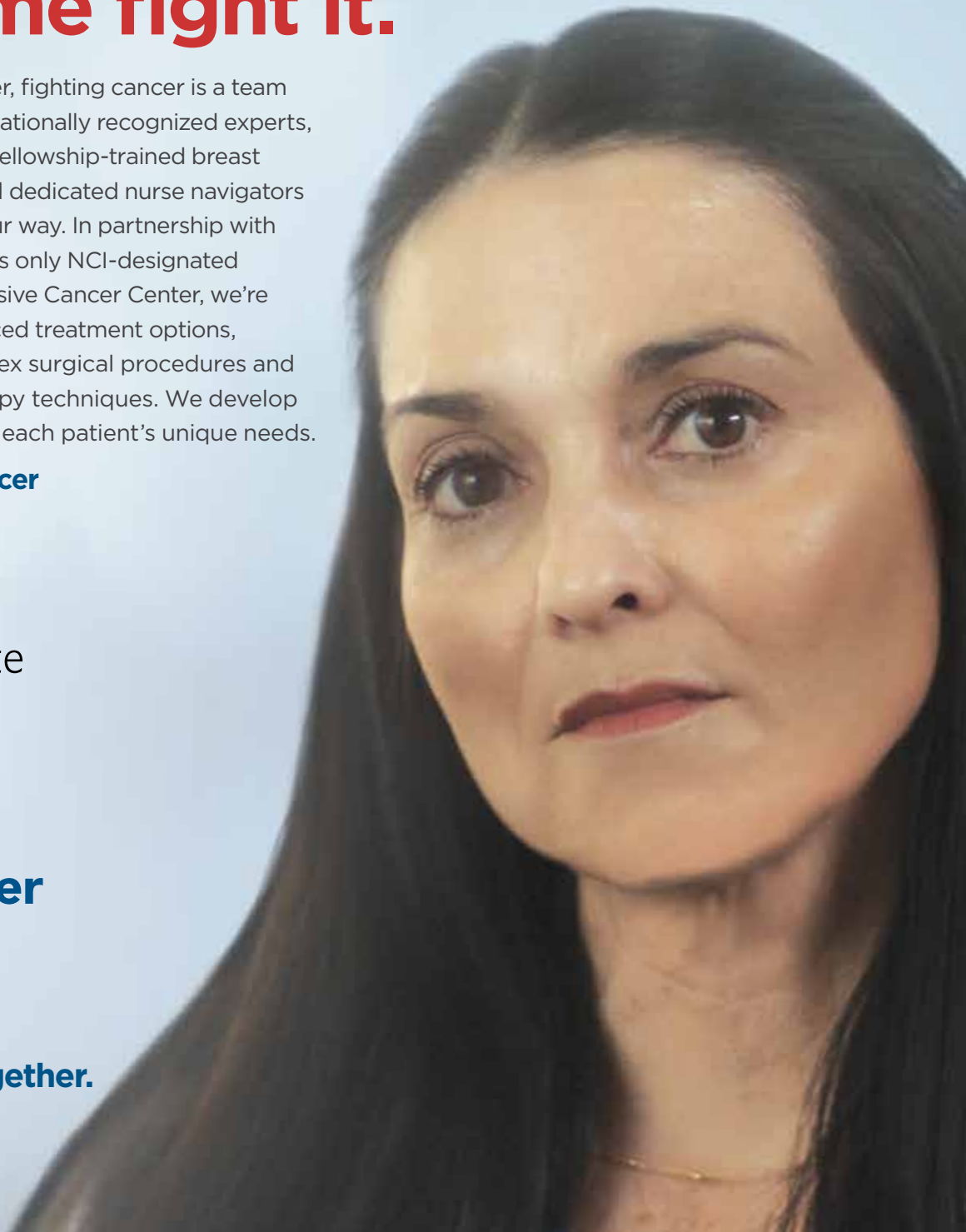
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July 25.....	September 1
August 25.....	October 1
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Fooling April

Besides food, water, and air, I have a daily requirement for fun, which is why April is so intriguing to me. April Fools' Day has piqued my interest and is second only to Groundhog Day as holidays that provide some first-class entertainment.

Do you know the backstory of how April Fools' Day started? (This is almost as good as the actual holiday!) One of the earliest references to it suggests it began in the Middle Ages. Apparently, New Year's Day was originally celebrated on March 25, with a good 'olde' week-long party but was switched to January 1. Some people, however, did not get the memo (or the carrier pigeon) and still celebrated during the last week of March.

They were the first April fools. It must have been quite a lot of fun to spot these wayward partiers and to secure a paper fish on their backs which symbolized a gullible person who was easily caught. (Truthfully, it had to have been funnier in person!)

So, today, we prank each other on the first day of April in remembrance of the first 'fools' who weren't using the right calendar. Can you imagine me smiling as I write this? I hope so.

April also has other fun days to celebrate like Reach as High as You Can Day (April 14), Pig in a Blanket Day (April 24), and my personal favorite Don't Go to Work Unless It's Fun Day (April 3).

I am very happy to see that each month as I work on the magazine, I meet people who have made fun an important part of their lives. Like the cover family, the Chieffos, who understand the power of music to lighten moods and laugh.

Our Calendar of Events always spotlights some great activities that are interesting and enjoyable. The Pet Corner features an adoptable dog and kitten each month, and I can personally attest to the amount of laughter and love a pet brings to a home.

There is fun all around; perhaps the best way to find it is to look for it. While I would not recommend putting paper fish on the backs of your *Nutley Neighbors*, I would encourage all of you to see the best in the people and places around you.

To paraphrase a saying: The community that laughs together stays together.

Time to turn the page and enjoy this issue!

Joyce Corey Content Coordinator



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INSIGHT EYE & VISION CARE

Dr. Theresa Radtke is a 2016 graduate of the Arizona College of Optometry. Through completing a residency and clinical rotations focused in Ocular Disease, she honed her skills in diagnosing and treating a full spectrum of eye conditions. InSight Eye & Vision Care is a full

service optometric practice and optical shop she opened in 2017 with hopes of providing a one stop shop for excellent eye care, eyewear and personalized service for the community.



INVESTORS HOME MORTGAGE

Joe Isabella is a Certified Mortgage Planning Specialist (CMPS®). He has been with Investors Home Mortgage since 2010 and is a Circle of Excellence Award winner. Since joining Investors, Joe has helped many families in Nutley and the surrounding area with their home financing needs. He was born and raised in Nutley and still

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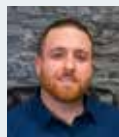
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Adopt Us!

Submitted by Tiffany Servidio



Meet Lucy! She is 23 pounds and 18 months old. She is just a baby and has a lot to learn and needs an adopter to teach her some things! Lucy does okay on a leash (but could use some more practice) and has been crate training for weeks. Lucy was found in a field where she was close to electrical wires. Workers found her in a rainstorm and saved her from being electrocuted! She was brought to a tiny rural shelter where no one claimed her. We tend to believe she has never had a real family. Lucy is now up-to-date on all shots, spayed, and microchipped. An adopter with a fully fenced-in yard is preferred. Lucy likes other dogs and has never been around cats. Lucy was rescued by Darling Paws, a Nutley-based small dog rescue. If interested in adopting Lucy, email darlingpawsrescue@gmail.com for the application.

Submitted by Christa Milici

Zendaya is looking for a home! This black beauty is only six months old and the sweetest girl ever! She has medium-length hair and a very fluffy tail. She's gorgeous! She loves human attention so much and she absolutely adores other cats. She would do okay with mellow



dogs as well. She would be an amazing fit with children, even young children, and is perfect for any family. She's always purring, looking for rubs, and is extremely loving. She's purrfect. She is fully vetted. She came from a very bad situation, and this sweet girl seriously deserves such a great home. Application and adoption fee apply. To adopt: <https://yellowbrickroadrescueenj.com/cat-adoption-application/> ■



The Chieffo family: Christian, Michael, Michele, Michael, and Luke

And the Beat Goes on for the Chieffo Family

By Joyce Corey

Photographs by Randall Kenneth Photography

When the DJ is in the house, the party starts, but when the DJ lives in your house, every day is a celebration. Just ask the Chieffo family. Michael, Michele, and their three sons, Luke (11), Christian (5), and Michael (3) are making all the right moves to put the fun in family and the friendly in neighborhood.

"I grew up in Nutley," Michele says, "and Mike is originally from Belleville. I saw a photo of him and his son, Luke, on Facebook and after a few personal messages, we started dating."

After the couple said 'I do,' the decision as to where to live was an easy one. "I was living in Hoboken," Michele said. "Since Mike lived in Nutley and because we had family and friends already in town, we wanted to start our life together here."

"It was the perfect choice," Michael agreed. "It really is a blessing to have both of our parents, who still live in Nutley, close by to help us with our sons. It's also been great that we can walk the boys to school."

What's also great is that music is the essential focus in their home. The boys love expressing themselves through music. "Right now, our kitchen is like a dance floor," Michael explains. "We all love music, pretty much any genre from the Bee Gees to Lionel Ritchie to Coldplay."

"We love to dance and the boys play with the microphone to imitate their dad," Michele said.

Although Michele and Michael are both very busy with their respective careers—she's a paralegal in a Manhattan company and he's a DJ—their family life is rich in all the things that matter.

"I have a commute to the city on weekdays, while Mike is busy at events most weekends," Michele tells us. "This actually works out well with our sons since he is an available dad. We often joke that we high-five each other as we go in and out of the house."

"The company I work for, Cerberus, is amazing," she said. "They treat everyone well and they completely understand the balance of work and home and are respectful of that."

Michael's career may have started as a teenager's idea of a cool gig, ("I used to do landscaping work when I was 14 but I helped my best friend's brother DJ a party and loved it!") but now, 30 years later, he knows that his choice was the best.

"I graduated from Fairleigh Dickinson University with a major in business and a minor in communications," he said. "I went on to intern at 103.5 WKTU and later worked on the David Letterman show for three years."

Currently he owns his own business, DJ MC Entertainment, located on Bloomfield Avenue in Nutley. "Every job and event is a blessing. I love seeing how music lifts people's spirits and adds to their celebrations."

The Chieffo family's feeling of connectedness extends beyond their home and neighborhood and touches the entire community in a very meaningful way with an annual event.



Michael Chieffo at one of his company's events

"I started a toy drive years ago when I lived in Belleville," Michael said. "When I was 12, my dad passed away from cancer and I wanted to find a way to give back. Collecting toys for children became the way for me to connect with people and make a difference in their lives. Over the years, we have donated to the American Cancer Society and the NewYork-Presbyterian Morgan Stanley Cancer Hospital and, more recently, Clara Maass in Belleville."

"When Luke was five, we started the toy drive here in Nutley," Michael continues. "We wanted to show him the importance of giving back to the community. Now, it's a successful annual event. Last year, we collected about 3,000 toys."

Michele said, "Mike is the first to donate his time and talent wherever it's needed. The toy drive has become a wonderful community event where people come to donate a toy and are able to see Santa. The toy drive is always scheduled for the second Saturday in December. Going forward,

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we plan to donate toys more locally to the Nutley Health Department."

"The schools, Nutley Fire Department, police, and local businesses have been very generous and supportive with the toy drive," Michael said. "This is really a community event that connects people with a cause."

On their block, the Chieffo family is surrounded by the "best neighbors" Michele tells us. "We love our neighbors. We may not get together socially all the time, but we know they are there when we need them and we are there for them as well. It's a lovely street to live on."

"It says a lot about our neighbors when they don't complain about our blocking the street for the toy drive each year," Michael says with a smile. "In fact, many of them ask us how they can help."

And that's how the beat goes on for the Chieffo family—with music, family, neighbors, and community involvement. But Michael and Michele wanted to end our interview by putting their lives in perspective. "We're not perfect but we work hard at the important things in life."

And that's the type of music that makes them all laugh, dance, and live. ■

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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José García Torres

By Frankie Turano

I did not have the honor of meeting José García Torres, but I understand that he was a great man who loved America and showed it through his service.

Mr. Torres was born on January 27th, 1924, in Almeria, Spain. Jesuit priests educated him until the outbreak of the Spanish Civil War. His early teen years were spent traversing Spain with his younger sister, Encarnación García de la Haza, to keep away from war zones. After a number of attempts, Jose managed to stow away on a ship that would eventually get him to the United States.

But before that, after many unsuccessful attempts of stowing away, Mr. Torres made friends with the bread man at the port and started to make deliveries to the ships. He delivered bread one day to a ship headed for the north of Africa and ended up serving in the British Merchant Service.

During his time with them, he survived the torpedoing and sinking of the Empire Lytton. He also served in the Merchant Marines, a division of the United States Coast Guard, with his service spanning three theaters: the Atlantic War Zone, the Mediterranean War Zone, and the Pacific War Zone. He was at Yokohama Harbor in 1945 when the Japanese surrendered. Eventually, Mr. Torres was honorably discharged with commendations from President Harry S. Truman.

The U.S. Merchant Marines have a rich history. Their wartime record reveals that their losses were among the highest of any group at the front lines. They died at a rate of 1 in 24. All told, 733 American cargo ships were lost and 8,651 of the 215,000 who served perished on troubled waters.

Their biggest supporter was President Franklin D. Roosevelt. While the war was underway, he proclaimed, "Mariners have written one of its most brilliant chapters. They have delivered the goods when and where needed



in every theater of operations and across every ocean in the biggest, the most difficult, and dangerous job ever undertaken. As time goes on, there will be greater public understanding of our merchant's fleet record during this war."

But it wasn't to be. With Roosevelt's death in 1945, the Merchant Marines lost their staunchest supporter and any chance to share in the accolades afforded to others who served. The War Department, the same government branch that recruited them, opposed the Seaman's Bill of Rights in 1947 and managed to kill the

legislation in congressional committee, effectively ending any chance for seamen to reap the thanks of the nation. For 43 years, the U.S. government denied benefits ranging from housing to health care until Congress awarded them veterans status in 1988, too late for 125,000 mariners, roughly half of those who had served.

Mr. Torres settled in New Jersey where he married Doris Perez Vazquez, the love of his life for 70 years. Mr. Torres served in the Nutley Police Auxiliary for ten years, was a member of the American Legion, and retired as a Master Lithographer in the printing industry, where he worked at Baker Printing and Colortron. Two of his favorite hobbies were photography and skiing.

José García Torres, you have lived a great life, sir, and the love for your family, your town, and for your country should be commended. Your country thanks you, your town thanks you, and I thank you for your service. ■

Frankie Turano Jr. is the owner of American Made Custom Cabinet Company located at 95 Stager Street. He has been in business for over thirty-seven years. He designs and sells all wood cabinetry, stone countertops, and knobs and handles for kitchens and bathrooms. www.amccc.us.

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Having a Cold While Pregnant?

A Local Physician Shares What To Do And How To Ease Your Symptoms While Keeping Your Baby Safe

Contributed by RWJ Barnabas Health Clara Maass Medical Center

Over-the-counter remedies for the symptoms of a common cold—sneezing, coughing, congestion, a sore throat—are easy to find. But if you're an expectant mother or a mom who is nursing, how do you find relief while being sure your medications don't affect your baby?

■ LESS IS MORE "If you can limit medications, that's always safer and better," says Michael Straker, MD, Director of the Department of Obstetrics and Gynecology at Clara Maass Medical Center. For congestion, he suggests the use of a saline nasal spray or steam from a neti pot, and plenty of fluids. For a sore throat, try gargling with salt water. Chicken soup and plenty of rest can relieve symptoms as well.

"For aches, acetaminophen (for example, Tylenol, rather than products containing aspirin, ibuprofen or naproxen) is safe throughout pregnancy," says Dr. Straker. "The same is true for cough medicines with guaifenesin (an expectorant) or dextromethorphan (a suppressant)," he says, "though it's best to consult your physician first."

"Read labels carefully before you take any cold medicine, particularly for multi-symptom products," advises Dr. Straker. "People often load up on different types of cold medicine because the brand names are different, but the ingredients are the same," he says. "You may be taking too much of a given ingredient without knowing it." Drug labels should also list any appropriate warnings for pregnant women.

■ WHEN TO CALL THE DOCTOR There is no one-size-fits-all recommendation for when to call a doctor—whether your OB/GYN or primary care physician—about cold symptoms, Dr. Straker says. However, troubling signs include fever and chills, shortness of breath or an increased heart rate, and symptoms that linger more than 10 days or become more persistent. In those situations, a pregnant

woman should seek the care of a doctor.

"A temperature of 100.5 or above is considered a fever, but a fever isn't necessarily cause for concern," he says. "It's the body's way of removing an infectious agent. However, if a woman has a stubborn fever that will not come down with Tylenol and increased fluids, as well as significant physical discomfort, she should contact her doctor and possibly be seen right away."

■ TAKING CARE OF YOU "An expectant or new mom already has a compromised immune system because so much of her body's energy is being used to support her baby," Dr. Straker says. "To lessen the chances of catching cold, pregnant and nursing women should follow a balanced diet, remain active, avoid those who are sick and wash hands frequently with soap and warm water.

"In addition, the flu shot is not only safe for pregnant and nursing moms, it's recommended," he says. "It helps to protect mom, and mom passes those antibodies to the baby.

"Any time you're concerned, talk to your doctor," says Dr. Straker. "He or she will walk you through whatever you're experiencing." ■

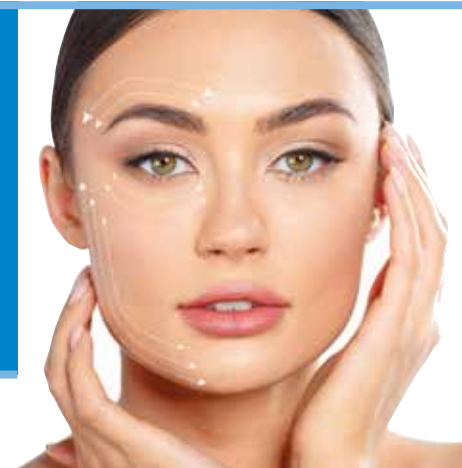


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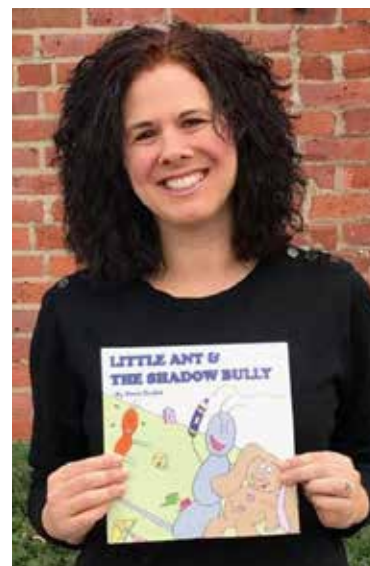
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Nutley Author Ilene Dudek Launches Her Fifth Little Ant Book

Submitted by Joyce Corey

The next big adventure in the Little Ant series, *Little Ant & the Shadow Bully*, features the lovable little ant and his naughty shadow. When the ant discovers his shadow is a bully, he does everything in his power to end the friendship. But nothing seems to work until he stops running and starts listening. In the end, they choose kindness and decide to work together to make things better for everyone.



Ilene Dudek first introduced her Little Ant character in June 2017 through her book *Little Ant on the Go*. Since then, she has developed a Little Ant series, including five books, that tout the zany adventures of one little ant. Each whimsical tale features colorful pictures, bold images, and easy-to-read rhyming words for early readers.

Ilene's new book, *Little Ant & the Shadow Bully*, continues the little ant's wild journey. In this story, the ant must learn to confront a bully; not with muscle, but with kindness. It is a lighthearted tale of friendship, tolerance, and understanding.

Jodi of Nutley states, "My son loved this book as he does all of the Little Ant books. It was such a cute story with a good lesson."

Ilene Dudek is a local author with a background in advertising. She enjoyed many years as a copywriter, but when the opportunity presented itself to change her path and follow her dreams, she took it. She now writes and illustrates the Little Ant children's series, inspired by her sons who are always on the go and looking for the next big adventure. Ilene has participated in over 30 local author events, including a book signing at Barnes & Noble, and has been featured on "Spotlight New Jersey" News 12 New Jersey. She plans to continue writing her Little Ant series and sharing her books with the local community.

Ilene's next event will be at the Nutley Public Library on April 22, 2020 from 10:30am-12 pm. She will be doing an Author Visit Story Time featuring a reading of her new book, interactive games, Earth Day activities, and book signing.

For more information, please visit www.littleantstories.com. ■



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PPG-146795 (8/19)(Exp. 8/21)

Dante Contella Named Recipient of the 2020 Diane Greco Sajle Scholarship

Submitted by Joyce Corey



Nutley High School senior, Dante Contella, has been named the recipient of the 2020 Diane Greco Sajle Scholarship. The scholarship, named for the late 1974 Nutley High School graduate, is awarded annually to the football program's "Most Valuable Teammate," who, along with displaying athletic abilities, also exhibits the qualities Diane was most known for: compassion, dedication, and selflessness towards family, friends and community.

Upon receiving the scholarship, Contella said, "It's really awesome. I remember when the scholarship was given to Tyler Genitempo last year. He always showed such good qualities so it's really an honor to receive the same recognition he did."

The scholarship is funded by members of the Greco family and a close family friend, Glenn Villacari of Parkway Auto Body in Nutley. "It's a privilege to be able to help a deserving student athlete continue their education," said Thomas Greco, Diane's younger brother and founder of the scholarship. "To be able to do that and honor and keep Diane's memory alive is something that is very meaningful to our family. I want to thank Coach Steve DiGregorio and the Nutley football coaching staff for choosing such an outstanding young man like Dante."

Rob Melillo, assistant coach and Greco family friend, named Dante the recipient of the award at a recent football awards dinner. In early February, members of the Greco and Sajle family gathered with the Contella family and the football coaching staff at Nutley High School to formally present him with the \$2,000 award. "Dante is one of those kids you can always count on, on field and off," commented Coach DiGregorio. "He always does the right thing. He's a great citizen and a great role model for others."

The Diane Greco Sajle Scholarship will be awarded annually at the conclusion of each Nutley High School football season. ■

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Blooms and Brunch Workshop

Submitted by Kate Correll



Below left: Suzanne Haggert, Vice-President Nutley Historical Society. Below right: Participants used a variety of materials to make their arrangements. Above: The finished arrangements!



On Sunday, January 19, 2020, Kate Correll of I Design Floral Events held a sold-out Blooms and Brunch Workshop at the Nutley Historical Society Museum. Kate's family actively assisted with every aspect of the workshop. Museum Vice President, Suzanne Haggert, gave the participants a tour of the museum and spoke

about its unique history.

After enjoying a plentiful brunch, all participants enjoyed a hands-on floral class while working with fresh flowers and unconventional materials, such as curly willow branches and rosette succulents. Everyone took home their very own floral arrangement. To learn more about I Design, please visit their website at www.idesignfloralevents.com.



Celebrating 10 Years!

Performance of Frozen Jr. at Good Shephard Academy

Submitted by Musical Theatre Club, GSA

Good Shepherd Academy's Musical Theatre Program is celebrating its 10th anniversary with a production of *Frozen Jr.*, April 24th-26th.

For the past 10 years, the students have been creating musical theatre magic and participation has grown from a 30-member cast to an 80-plus cast today.

The Musical Theatre Program also offers a 6-week Summer Musical Theatre Intensive which ends with an all-out musical production. Enrollment in the program is open to any student in grades 7-12 (parochial or public schools). Many of our alumni come back to attend this program.

It is expected that this year's production of *Frozen Jr.* will be the biggest, the most extravagant, and the most magical production yet. Looking for a 'snow day'? Look no further; you can definitely find one in April at Good Shepherd Academy! Visit our website @gsanutley.org for ticket information. ■

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Nutley's Memorial Parkway

How Nutley's Magnificent Memorial to Its World War One Veterans Came to Be

By Barry Lenson

When you have strolled by our beloved Mudhole in Memorial Park, have you noticed the elegant old trees that line your path? And when you have arrived at the Chestnut Street entrance to the park, have you stopped to read a plaque on a large stone that bears the names of Nutley soldiers who died in World War I?

If you have, you have experienced Nutley's Memorial Parkway, an enduring remembrance of Nutley's soldiers who died in World War I. Memorial Parkway is a permanent commemoration of our young men and women who fought more than a century ago in what was then called The Great War.

■ How Did Memorial Parkway Come to Be?

In 1919, a group of dedicated Nutleyites formed a committee to create a memorial to honor Nutley's soldiers who served in World War I. The committee planned to purchase a strip of land by Kingsland Pond (now known as The Mudhole) from the Schneider family, which owned it, and to plant an arcade of trees and shrubs alongside a path that would run through it.

Several plans were considered. The first was to plant 427 trees: one for each Nutley citizen who served in the war. All their names would appear on a special memorial. In addition, a second memorial would bear the names of the Nutleyites who perished in the war.

In the end, a somewhat simplified plan was set in motion. The committee would ask every citizen of Nutley to contribute either \$25.00 to pay for the installation of one tree, or \$1.00 to pay for one shrub. And in the end, two memorials with bronze plaques were installed in a way that differed from the original plan; one would inform park visitors that they were entering the Memorial Parkway, and another would bear the names of Nutley residents who perished in the war. Both those memorials are still in place today.

Here is an excerpt of a fundraising letter that the committee sent out to all town residents on June 17, 1919 ...



This is not the project of any small group of men. We are convinced that it will appeal to the sympathies and understanding of everyone in Nutley and will receive prompt and enthusiastic support.

There is nothing sectional or restricted about it ... The soldiers came from all over town, people from all over town will buy the trees

and shrubs ... We hope that every living soul in Nutley will buy at least one tree or shrub for this Parkway.

As much honor goes with a small subscription as with a large one. All will give according to their means.

The people of Nutley were moved to contribute funds to buy the land and install a number of trees. We do not now know the exact number of those original trees that were planted on the newly created Memorial Parkway. But many are still there today.

Every time we walk through this section of our town's parks, let us pause to thank both our Nutley forefathers who had the idea of creating Memorial Parkway and to remember the Nutley soldiers who fought to protect our nation and defend our way of life.

■ Join the Nutley Historical Society's Tour of Nutley Parks on May 25, 2020, at 9:30am.

Every year on Memorial Day, John Simko, the Director of the Nutley Museum, leads "A Walk in the Park," a tour about the history of Memorial Parkway, the mills that were once located along the Third River, and more. An open house follows at the Nutley Museum. Space is limited. Call 973-752-8984 or email johnsimko1014@gmail.com to reserve a place. ■

Schedule a tour or event at the Nutley Museum. For school groups and private museum tours, please call Kerry Flynn, caretaker, at 973-667-1528, or Suzanne Hagert at 973-667-4270. The Nutley Historical Society is a not-for-profit organization dedicated to serve the educational, cultural, and historical needs of our community.



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Swimming Superstars Charitable Foundation Coming Soon

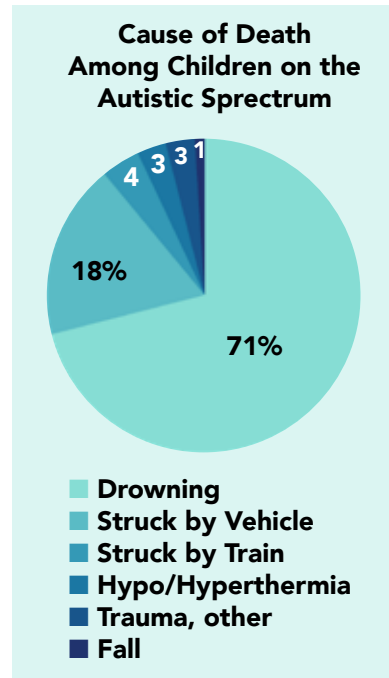
Submitted by Kimberley A. Donohoe



Swimming Superstars Charitable Foundation, Inc., the brainchild of Ron Mosca, parent and Nutley firefighter, is a nonprofit 501(c)(3) organization being founded by parents of children on the autistic spectrum in conjunction with the Nutley Fire Department, the Township of Nutley and with the support of the Nutley FMBA and Nutley Police Department. Its purpose is to provide free "survival"

swimming lessons to children with disabilities.

Ron Mosca, a 20-year veteran of the Nutley Fire Department, decided to pursue the formation of this charitable foundation because drowning is the leading cause of death among children on the autistic spectrum. His pursuit has picked up momentum thanks to the backing of various



township organizations and supporters and fundraising will start soon. Ron's hope is to raise enough money to offer these survival swimming lessons at no cost to families of children with disabilities for many years into the future. A study released in 2017 by the National Autism Association (NAA) highlights the risk of injury and death related to missing persons with an Autism Spectrum Disorder (ASD), specifically those who wander or elope from safe environments.

The study, NAA Mortality & Risk in ASD Wandering/Elopement, found that nearly a third of reported ASD missing person cases related to wandering/elopement from 2011 to 2016 in the United States ended in death or required medical attention. The study was based on over 800 media-reported missing person cases in the U.S. over a six-year period involving individuals with an ASD. According to the study, accidental drowning was responsible for over 70% of lethal outcomes, Lori McIlwain of the National Autism Association stated these findings likely underrepresented the issue of wandering/elopement and its associated risks. "It's very likely these cases are happening at a much higher rate than what's being reported."

More details about this worthwhile cause are coming soon...

Founding Trustees:

Ron Mosca, Parent/Nutley Firefighter/Creator

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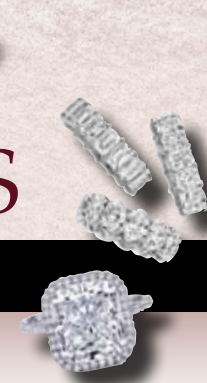
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Tilt Towards The Light

Contributed by Shannon DiCarlo, DAOM RN LAc

One of my favorite days of the year is March 19. On that day, we celebrate the Spring Equinox, or Ostara. This means that the length of day and night are equal on this date. After March 19, we enter the phase of the year where the Northern Hemisphere begins to tilt toward the sun, giving us longer, brighter days.

The Spring Equinox is celebrated by a variety of cultures and religions around the world. The one thing that all these celebrations have in common is the theme of change. Of renewal and rebirth, and the arrival of something new. I love that.

I love it because there is something magical in the idea that we made it through days that were darker and colder and now things are changing. What's on the other side of that change is a chance at something warmer and more radiant.

I'll give you another example. I recently went to the Planetarium in Jersey City (I highly recommend it!) and my friend and I watched a film inside the dome that talked about how stars develop. Basically, these things called molecular clouds contain large amounts of air and dust that change and move around over time. As they are undergoing all of this change, it looks like they are collapsing. Actually, what they are doing is drawing more matter into the area and eventually a star is created. At first it can look like it's over and done, with no hope of anything good coming from it. But that's not it at all. Not even close. What

happened is that all of that change, even when it looked uncertain, allowed this molecular cloud to develop into something remarkably beautiful.

This isn't to say change is easy. I tell my patients that there is always some reason to feel like you aren't ready to change something about your health. The truth is, we get comfortable with our ailments. There's something predictable about them. We can even get so used to anxiety and depression that when we start to feel good, it almost feels unsettling. It can be tough to see what's on the other side. It might feel overwhelming because we have so many things that need to be addressed, that it's just easier to live with things the way they are. It could be one particular thing, but it's been going on for so long that it has just become part of life as we know it. So, yeah, change is hard. But that doesn't mean we shouldn't try.

Leaning into the light, much the same way as Earth does during the Spring Equinox, means leaning away from something else. We can't do it any other way. When we want to change things about our health, that sometimes means we have to let go of some of the patterns that have become comfortable.

What I mean by that is this: we need to lean in to the possibility of creating something different for ourselves. We need to be okay with the fact that changing, while sometimes challenging, can lead to something brighter. The Earth does it every year. We can too. ■

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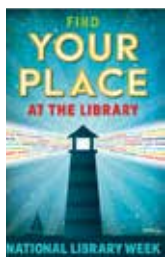
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Find Your Place at the Library: Celebrate Your Library and National Library Week April 19-25, 2020

By Kiran Patel, Supervising Librarian



From education to job resources to leisure-time goals, the Nutley Public Library provides access to the programming and services you need to reach your personal and professional potential. Enjoy access to books, vinyl records, and graphic novels (for adults, teens, and children), movies, music CDs, audiobooks, and digital magazines. Our patrons develop

leadership skills through our eResources portal, the gateway to academic, business, and career databases such as Lynda.com, ReferenceUSA, and EBSCOHOST. The library also offers access to Ancestry.com, which delivers billions of records in census data, vital records, directories, photos, and more. To increase access to the Internet and the library's digital resources, the Nutley Public Library now offers a mobile Wi-Fi hotspot lending program. Hotspots are available for patrons to "check out" unlimited Internet service from the library – free!

National Library Week is the perfect time to celebrate your library. Join us throughout the year for exceptional children's and adult programming, workshops, and activities featuring music, dance, yoga instruction, art projects, book clubs,

movie nights, local history, and more. Sign up your child for story time; join the Hooked-On-Books Reading Club. Stop in for Maker Days, STEAM Story Times, family game nights, and Drop-In Craft days. For young adults, join our Video Game and Manga/Anime Clubs. For adults, join us for our Bridge Group, Knitting Group, Monday Night Cookbook Club, Tuesday Afternoon Book Club, and musical concerts.

Below are some family-friendly programs the library is offering during National Library Week:

Monday, April 20 at 7pm: "Relatively Speaking," a one-hour interactive lecture by Donna J. Atkins

This highly engaging group experience with music and humor provides 12 excellent reasons for documenting your life story with valuable handouts.

Monday, April 20 to Saturday, April 25:

Library Scavenger Hunt

Children and teens can decipher clues about the library to solve a mystery and collect a prize.

Wednesday, April 22 at 10:30am:

Story Time, for all ages, with Ilene Dudek the author of the Little Ant series, followed by an eco-themed craft for Earth Day

Friday, April 24 at 3pm: Video Game Club for teens in grades 6-12

Saturday, April 25 at 10:30am:

STEAM Story Time Stories and activities that explore science, technology, engineering, art, and math suitable for all ages.

Saturday, April 25 at 2pm: Jazz concert for all ages

These programs are sponsored by the Friends of the Nutley Library, are free, and open to all members of the community. The Nutley Public Library offers opportunities for everyone to obtain their personal, professional, and leisure-time goals. Come visit us during National Library Week and join the celebration! You will find the right answers and a whole lot more @ Nutley Public Library. ■

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For more information, visit the library's website at www.nutleypubliclibrary.org. The library is located at 93 Booth Drive and is barrier free. Hours: Mon. Tues. Thurs. 9am - 9pm/Wed. Fri. Sat. 9am - 5pm.

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EVENTS CALENDAR

APRIL 2020

Mar. 29, Sun.

Taste of Italy Fundraiser

@Parks and Recreation Building,
44 Park Ave.

A fun-filled day with delicious food, wonderful music, and fabulous raffle gift baskets to raise money for the Nutley/Belleville 38th Columbus Day Parade. Remember to bring your own wine.

Time: 2:30-6:30pm

Cost: \$30 per person

For more information call Barbara Freda at 973-650-3849 or Rosemary Costa at 862-452-7899

Apr. 1, 8, 15, 22, 29, Wed.

Essex County Aerobic Exercise Program

@Parks and Recreation Building,
44 Park Ave.

Time: 9:30am

For more information and to register call 973-735-6228

Apr. 1, 15, Wed.

Essex County Clerk Program

@Parks and Recreation Building,
44 Park Ave.

The Essex County Clerk's office is available at the Recreation Department to process Passports and Notary Public Oaths.

Time: 10:30am-4pm

For more information or current hours and dates visit www.essexclerk.com

Apr. 1, 15, Wed.

Families Coping with Addiction Support Group

@169 Chestnut St.

Being caught up in a family member's addiction are at risk for life challenges like social isolation and mental health problems, among others. Destructive behavioral patterns such as enabling and codependency can reinforce and perpetuate this disease's debilitating

dynamics. To learn how to break this dysfunctional cycle, join Staela Keegan, MSW, LCSW, LCADC, in this support group which provides a confidential, psychologically-safe place to learn about self-care, non-judgmental detachment, resource options, and other ways to foster positive mental health.

Time: 7-8pm

Cost: Free

For more information call 973-667-1884

Apr. 2, Thurs.

Nutley Jaycees Distinguished Service Awards Dinner

@Valley Regency, 1129 Valley Rd., Clifton

Five individuals who live or work in Nutley will be honored for their outstanding contributions to the quality of life in Nutley. The awards are presented for commitment and excellence in the areas of business,

education, civic affairs, public health and safety, and to one outstanding young adult between the ages of 21 and 40.

Time: 6:30pm

Cost: \$45 per ticket with cash bar
For tickets, call Dr. Steven Clarke at 973-235-1515. For ad book, call David and Dianne Wilson at 973-667-4690.

Apr. 6, Mon.

DISH! The Monday Night Cookbook Club

@Nutley Public Library,
93 Booth Dr.

Each month, patrons will choose, prepare at home, and share a DISH! from a selected cookbook. Then, gather to sample each other's recipes, discuss cooking techniques, and share stories. This month's book, *Salt, Fat, Acid, Heat* by Samin Nosrat, will be available to be borrowed from the Circulation

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nutleybccls.org or 973-667-0405
x2632. To register visit www.nutleypubliclibrary.org/dish-cookbook-club or stop by the
Reference Desk.

Apr. 6, 13, 20, 27, Mon.
**Self Help Program: Tai Chi,
Qigong, Yoga, Stress Technique,
and Meditation**

@Parks and Recreation Building,
44 Park Ave.
Time: 10-11am
For more information call the
Recreation office at 973-284-4966

Apr. 6-8, Mon.-Wed.

Spring Camp

@Essex County Environmental
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Time: 12:30-4pm
Cost: \$170 per child for all 3 days
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For more information and other
program dates call 973-228-8776

Apr. 7, 21, Tue.
**Board of Commissioners
Meeting**

@Township of Nutley Municipal
Building, 3rd Floor Commission
Chambers, 1 Kennedy Dr.
Open to the public
Time: 7pm
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Apr. 9, Thurs.
Flashlight Egg Hunt

@Reinheimer Park,
40 Bloomfield Ave.
For Nutley residents in grades 2
through 6. Bring a flashlight and
a basket or bag for your eggs! All
participants must be pre-registered
prior to the event.
Time: 7-8pm
For more information call 973-
284-4966. To register visit <https://register.communitypass.net/nutley>

Apr. 13, Mon.
Breastfeeding Workshop

@Clara Maass Medical Center,
1 Clara Maass Dr., Belleville
For new mothers considering
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EVENTS CALENDAR

APRIL 2020 *Continued*

care. Dads-to-be and partners are also welcome.

Time: 7-9pm

Cost: Free

For more information and to register call 1-888-724-7123

Apr. 16, Thurs.

The Plant-Based Diet: Fighting Climate Change

@Nutley Public Library,
93 Booth Dr.

In this program, Jeanne Sylvester, Vegan Educator, will introduce you to some of the potential benefits of this diet and how to incorporate it into your lifestyle. Environmental benefits include reducing greenhouse gases, water pollution, rainforest destruction, and your carbon footprint. You will also be able to sample a variety of plant-based snacks and win some prizes!

Time: 7pm

To register call 973-667-0405 x2604 or visit www.nutleypubliclibrary.org/plant-based-diet-fighting-climate-change

Apr. 17-25, Fri.-Sat.

Semi-Annual Friends of the Nutley Public Library Book Sale

@Nutley Public Library,
93 Booth Dr.

Donate, shop, or both! Donations of hardcover and paperback books, audio books, music CDs, and DVDs are accepted from Apr. 17 through Apr. 21. The sale begins on Apr. 22 through Apr. 25. All proceeds from the sale are used to support the Nutley Public Library's programs and collections.

Time: For more details on dates and times visit www.nutleypubliclibrary.org/friends-of-the-library-upcoming-events
For more information call 973-667-0405

Apr. 19, Sun.

Kingsland Manor Open House Tour

@3 Kingsland St.

Come explore the historic homestead of the Kingsland family and beyond, set within park-like grounds overlooking a pond and waterfalls.

Time: 1-4pm

For more information visit www.kingslandmanor.org

Apr. 21, Tue.

Color and De-Stress with Vinyl Records

@Nutley Public Library,
93 Booth Dr.

Color from a wide and eclectic assortment of coloring sheets, listen to new and classic vinyl records owned by the Library, and sample pastries from local Nutley bakeries. Coffee and tea will also be provided.

Time: 7pm

To register stop by the Reference Desk, call 973-667-0405, or visit www.nutleypubliclibrary.org/coloranddestresswithrecords

Apr. 23, Thurs.

The Franklin Theatre: The History, Stories, and Memories

@Nutley Public Library,
93 Booth Dr.

Local historian, David Wilson, and Township Historian, John Demmer, will host a presentation and slideshow recounting the life and legacy of the Franklin Theatre of Nutley. This well-known and beloved building was the epicenter of Nutley's social and recreational life. Learn about its beginnings and life through news articles, stories, and never-before-seen pictures to celebrate this lost iconic Nutley gem.

Time: 7pm



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NR-0004215639-01

For more information visit
[www.nutleypubliclibrary.org/
franklin-theatre](http://www.nutleypubliclibrary.org/franklin-theatre)

Apr. 23, Thurs.

Kindergarten RoundUp

@Parks & Recreation Dept.,
44 Park Ave.

Saddle up for a preview of the fun programs and activities that will be available throughout the elementary years. A fun-filled evening has been planned including art activities, games, refreshments, and more. Kindergarteners will get a chance to make friends while their parents learn about the programs and resources available to their children.

Time: 6-7:30pm

For more information call
973-284-4966. To register visit
[https://register.communitypass.net/
nutley](https://register.communitypass.net/nutley)

Apr. 24-26, Fri.-Sun.

**GSA Theatre Arts Group
Presents Frozen Jr.**

@Good Shepherd Academy
Auditorium, 24 Brookline Ave.
Good Shepherd Academy's Musical
Theatre Program celebrates its
10th anniversary with a production
of Frozen Jr., sure to be their most
magical show yet!

Time: 7pm on Apr. 24-25. 3pm on
Apr. 26.

Cost: \$15 adults/ \$7 students/
children

For more information and to
purchase tickets visit
www.gsanutley.org

Apr. 25, Sat.

Earth Day 2020

@Essex County Environmental
Center, 621-B Eagle Rock Ave.,
Roseland
Happy 50 years Earth Day!

Bring your family, friends, and
neighbors for this annual outdoor
Earth festival. On this special day,
celebrating its
50th anniversary year, the Essex
County Environmental Center
will make extra efforts to share
its wonder and appreciation of
the natural world with its patrons,
partners, and friends. Enjoy a
day filled with crafts, games, and
recreational opportunities, such
as canoeing and hiking. Enjoy
demonstrations, information,
a local eco-vendors' sale, with
Environmental Center staff and
partner groups on hand to guide
you throughout the day.

Time: 11am-4pm

Cost: Free event

(items may be for sale)

For more information call
973-228-8776

Apr. 25, Sat.

Lambert Square Dedication

@Nutley Museum,
65 Church St.

The Nutley Community
Preservation Partnership and
The Nutley Historical Society
invite you to the Lambert Square
Dedication. First, visit the Nutley
Museum for the William A.
Lambert exhibit, reception, and
talk by John Demmer, Township
Historian. Then, meet at the
intersection of Franklin Ave. and
High St. for the Lambert Square
Dedication.

Time: 11am Nutley Museum
exhibit. 12:30pm dedication at
intersection of Franklin Ave. and
High St.

To RSVP visit [www.facebook.com/
events/623274971795915/](https://www.facebook.com/events/623274971795915/)

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Nutley Homes Recently Sold

PROPERTY ADDRESS	SALE PRICE	BEDS	BATH	SQFT
101 Stratford Dr	\$320,000	2	2	1200
512 Centre St	\$325,000	2	2	945
137 Raymond Ave	\$365,000	3	2	1180
72 Highfield Ln	\$385,000	3	2	1446
480 Walnut St	\$405,000	3	2	1428
46 Linn Rd	\$416,000	3	3	1466
61 Montclair Ave	\$425,000	3	2	1482
70 Raymond Ave	\$440,000	3	3	1657
332 Wilshire Dr	\$445,000	2	4	1998
234 E Passaic Ave	\$450,000	3	3	1280
90 Mt Vernon St	\$469,000	4	3	2574
7 Tennis Pl	\$479,000	4	3	1803
10 Parallel St	\$488,000	5	4	2952
41 Oak St	\$525,000	3	2	2200
27 Stewart Ave	\$550,000	4	2	2604
144 Stager St	\$600,000	5	3	2950



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Important Phone Numbers - www.NutleyNJ.org

Emergency 911
 Police Department..... (973) 284-4940
 Fire Department (973) 284-4940
 Town Hall (973) 284-4951
 Library (973) 667-0405

Parks and Recreation (973) 284-4966
 School District (973) 661-3500
 Chamber of Commerce (973) 667-5300
 Public Affairs & Health Dept. (973) 284-4976
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