A community magazine serving the residents of Nutley

AUGUST 2024

NEIGHBORS

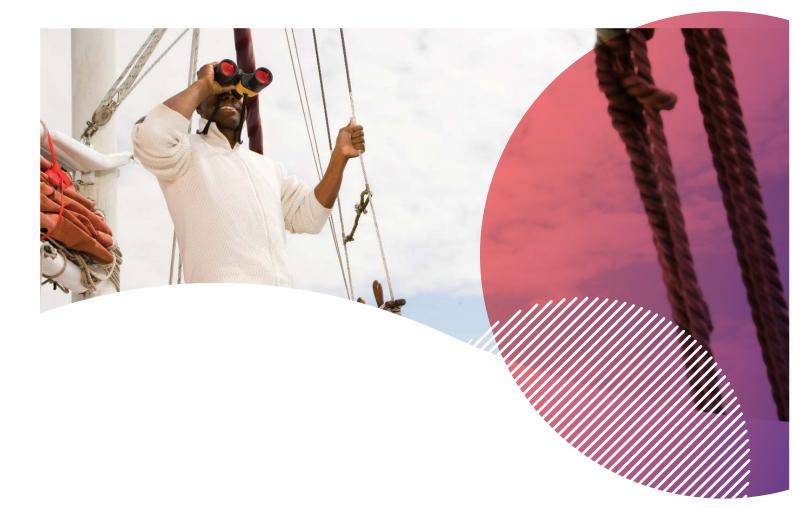
Ruchy, Machiner, Abigail, Crace, and Jake **Juning in to the Nyers Family**

Photograph by Carly Ann Photography



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Content Submission Deadlines:

Content Due: November 25	Edition Date:
December 23	,
January 25 February 25	
March 25	
April 25	June 1
May 25 June 25	July 1
July 25	September 1
August 25 September 25	October 1 November 1
October 25	

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Outside the Box

ears ago, in a galaxy right here in Nutley, televisions were encased in wooden boxes about the size of compact cars. They were heavy, difficult to move, and took up most of the space in a room. This is all true; you can fact check me at the Nutley Historical Society!



Letter to Residents

Now, televisions weigh a lot less, have amazing picture quality, and can be hung on a wall. The only downside is that you cannot display your wedding or baby photos on top of them. Oh well...

Our cover family this month knows a lot about television-from the other side of the camera. Russell 'Rusty' Myers is the director of FOX and Friends First, where he interacts with a lot of interesting people who make the news. And at home, the Myers family enjoys living among friendly neighbors who have made this the ideal place. It's the best of both worlds, on camera and live action.

Rusty, Meghan, and their three children, Abigail, Grace, and Jake, have a favorite place to be-outdoors. Camping (yes without technology!) gives everyone time to enjoy nature, which is unscripted and awe-inspiring. Here in town, everyone is involved in various activities making the Myers family well known. Be sure to ask Rusty about the Sons of the American Legion!

In this issue, we also feature some Nutley Neighbors who have gone outside of the box in terms of their service and commitment to the town.

David Wilson's article highlights the recipients of the Nutley Distinguished Service Award. This group of people are recognized for their outstanding contributions to the community. Reading what they have accomplished is worthy of our applause!

Nutley Raider Aidan O'Halloran received the 2024 Diane Greco Sajle Scholarship for his leadership skills and for motivating his teammates to be the best they could be.

And in our Kids' Corner feature, read about our little residents using their imagination to create one-of-a-kind artwork. It's too bad we no longer have those big box televisions on which to display these masterpieces!

And let's always remember that while a box is good for holding things in place, life is way more fun outside the box where there is no limit for expressing your kindness, creativity, and respect for everyone around you!

loyce Corey

Content Coordinator

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.



Expert Contributors

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Nutley Real Estate



Average List:	\$599,000
Average Sold:	\$606,250
Median Days on Ma	arket: 15

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2024 Real Estate Snapshot in Nutley^{*}

SINGLE FAMILY HOMES SOLD JUNE 2024:

ADDRESS	LIST PRICE	SOLD PRICE	DIFFERENCE
1 River Road.	\$209,900	\$235,000	\$25,100
462 River Rd.	\$299,900	\$325,000	\$25,100
113 River Rd.	\$399,999	\$435,000	\$35,001
140 Bloomfield Ave.	\$469,000	\$485,000	\$16,000
45 Kingsland St.	\$499,000	\$550,000	\$51,000
104 Cambridge Dr.	\$499,000	\$500,000	\$1,000
152 Nutley Ave.	\$600,000	\$701,000	\$101,000
50 Howard Pl.	\$625,000	\$728,500	\$103,500
73 Prospect St.	\$649,900	\$750,000	\$100,100
142 Rutgers Pl.	\$749,900	\$852,000	\$102,100
122 Alexander Ave.	\$749,900	\$752,000	\$2,100
93 North Rd.	\$765,000	\$858,000	\$93,000

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



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Feature Story

Rusty, Meghan, Abigail, Grace, and Jake

Tuning in to the Myers Family

By Joyce Corey Photograph by Carly Ann Photography

elevision brings us everything from entertainment to information, but perhaps the best part is the engaging people who fill the screen, whether actors or hosts on a talk show. Russell 'Rusty' Myers, director of *FOX* and *Friends First*, has the best of both worlds.

At work he interacts with people who make the news, while at home in Nutley he enjoys family life among neighbors who have made this the ideal place.

"Meghan and I have been married since 2007, and we moved to the Avondale section of town in February 2008," he said. "My father-in-law is a real estate agent, and when we were looking for houses, we tried everywhere in the area– Clifton, Rutherford, North Arlington, Lyndhurst–but we fell in love with Nutley. We looked at probably only three or four houses here, and when we saw the house we are in now, we knew this is where we wanted to land."

Over the years, that house has welcomed new additions to the Myers family.

"Abigail is 14, attends Nutley High School, and was named after Abigail Adams." Rusty said. "She has been very involved in choir and drama throughout her life, having a role most recently in the recreation department's production of *Frozen Jr*. She is very passionate about anything space-related and loves science."

"Grace is 13 and goes to John H. Walker Middle School," he continues. "She sings in the choir, is a member of the jazz ensemble and drama club at

school and is a year-round athlete. Jake is 9 and was named after my great-grandfather, Jacob, the first immigrant in my family who came here from Poland. He loves music class with Miss Rizzo and science class. All our kids are very involved in the community; both girls are in Girl Scouts and Jake is a Cub Scout."



The Myers children aren't the only ones active in town, both Rusty and Meghan volunteer at many different places.

"My wife takes volunteer work to the next level!" Rusty said, smiling. "Meghan is vice president at the John H. Walker Middle School PTO, is a leader for both of our daughters' Girl Scout troops and Jake's scout den. She is the 'Popcorn Kernel' for Pack 141 and has coached our children's track, soccer, and basketball teams. Volunteering as a CCD teacher at St. Mary's and her job as an aide at the middle school are a couple other things she does! She loves interacting with the kids. Practically every

time we're in town at a restaurant or at an event, someone runs up to her shouting 'Mrs. Myers!' She gets invited by the kids to their sports games, their plays, and their recitals. It's a testament to how much they like her."

While Rusty's job takes him into New York City, he finds time to pursue a special interest right here in town.

"I am deeply involved with the Sons of the American Legion," he said. "This is something that gives me direction and focus. I'm excited to have been given chances along the way to hold office at the county and state level, which is my way of trying to do a little good in the world. The American

> Legion is such a force for good in America, and it's a privilege to be a part of it. I have met and worked alongside so many hard-working wonderful people."

As a family, one of their favorite places to be is outdoors.

"One thing that makes me so proud of my children is how they are able to unplug and go into the great outdoors to camp with no technology," Rusty said. "We don't ever like to waste a beautiful day. We hike, fish, and do

whatever we can to be outside. We all live for New Jersey's warmer weather. We camp a good deal, enjoying New Jersey's state campgrounds. We ski during the winter, doing day trips and one extended trip each year."

Rusty and Meghan share the motivation behind all they do as parents.

"Our logic has always been that we have our children at



On set with Geraldo Rivera on his weekend show Geraldo At Large.

home for such a short time in our lives, so let's maximize it and enjoy every second," he said. "I heard at work recently that 90% of your time as a parent is with your kid before they are 18. Sometimes we feel like we are running around like crazy trying to do things with them, but one day that will be over. So, to be outside together just enjoying each other's company is one of the true blessings in life. That was one of the things that appealed to us about Nutley when we were looking to buy a house and settle down. This is a place where you want to spend your time outside."

But the time Rusty spends inside working for the FOX News Channel is also very important.

"I just celebrated my 21st anniversary with the company," he said. "I currently work directing the show *FOX and Friends First* with Todd Pirro and Carley Shimkus from 5-6am,

though over the years I have directed a wide variety of shows across FOX's properties. Years ago, when I was a stage manager, I worked with Geraldo Rivera on his weekend show *Geraldo At Large*. I have been very lucky to have had a front





5 Things the Myers Family Loves About Nutley

- 1. Food, especially the pizza and Italian cookies
- 2. The cherry blossom trees and our beautiful parks
- 3. The schools, especially our Washington school family
- A. Nutley pride
- 5. The wonderful, friendly, giving, caring people who live here

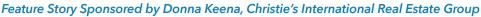
row seat for much of the breaking news over the years."

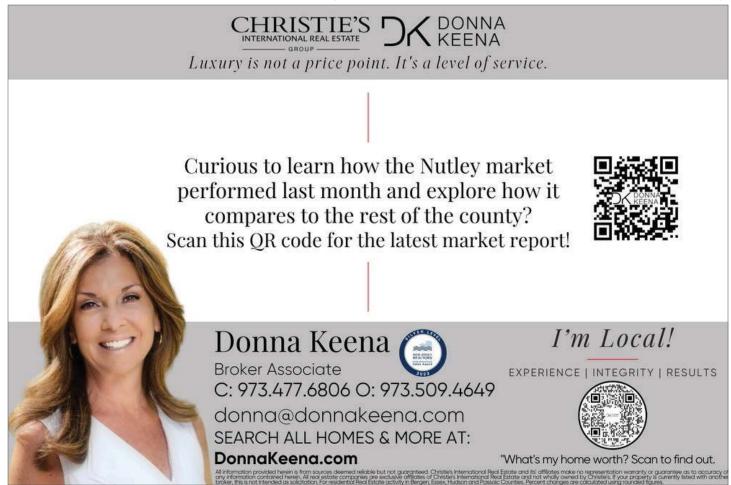
Yet, his front row seat here in Nutley gives him an excellent view of a community that he loves.

"Thank you for welcoming us 15 years ago and making Nutley the place we wanted to stay and raise our family," he

said. "We could not imagine living anywhere else and can't think of life being any better than our perfect little corner on Highfield and Walnut."

Ăs they say in television, "That's a wrap." ■





Neighborhood News

2024 Nutley Distinguished Service Awards

By David Wilson

he 52nd year of recognizing people for their service to the community was an inspiring event of personal stories, laughter, applause, and tears of gratitude. Five of 2024's best received accolades and a plaque for their efforts to help make Nutley and the world a better place.

■ Stephone Gaines, director of vocal activities and choir at NHS, is Educator of the Year. Nutley vocal programs have grown under this beloved educator, achieving signifi-



Walt Smith, Dante Intindola, Dave Popkin, Lorraine Kucinski, Stephone Gaines, Gina Thomas, Dr. Steven Clarke

cant local, county, regional, and state recognition. Nary a dry eye could be found after an emotional speech was capped by a surprise performance of the NHS Chamber Singers. When listening to an ensemble under the direction of Stephone, the sense of dedication, togetherness, and mutual passion for the arts shared between him, his students, and the music is quite astonishing.

■ Gina Thomas is the Business Owner of the Year, teaching dance at Gia Dance Studio. Involved in many school and church activities along with PTO leadership, she ensures children with special needs and their families receive that extra boost in learning American Sign Language. Being the parent of a profoundly deaf daughter spurred her to serve on several county and state level boards serving the deaf community. She also shares and inspires through ministries at the Abundant Life Worship Center.

■ Dave Popkin, CEO of Hilltop Management, an events and marketing company, serves as president of the Nutley Family Service Bureau and was awarded in the area of Public Health and Safety. With his leadership, the NFSB programs have experienced unprecedented growth for counseling, food pantry services, and other support activities. Recruiting, volunteer retention, fundraising, and committee assignments round out his commitment to NFSB. Dave is also a noted sportscaster as evidenced with an excerpt played during his introduction.

■ Lorraine Kucinski, a trailblazer in real estate management, has been honored in the field of Civic Affairs. Volunteer leadership in Nutley UNICO, Nutley Educational Foundation, and other local and national groups has enabled these organizations to grow and prosper. Her career spanned over 34 years in property management as a vice president, instructor, and board member, both in the United States and abroad. She also applies her expertise on the Nutley Planning Board. She is an avid golfer who also enjoys travelling and spending time with her family.

Dante Intindola was named Outstanding Young Adult for his extensive commitment to preserving history, both local and beyond. He is active with the Nutley Preservation Committee and Nutley Historical Society. He serves as president of the Van Riper House Inc., a 501(c)(3) organization devoted to restoring and preserving a 1690 Dutch farmhouse. An accomplished and entertaining DJ and musical talent, his day job is with PNC Bank as a relationship manager. He is a man of many talents and abounding energy.

■ Committee members Walt Smith, Dr. Steven Clarke, Andrew Garruto, David and Dianne Wilson, all concur this was an exceptional group of movers and shakers who help to keep Nutley a top-tier community. ■

David Wilson is the author of Fires in Your Life: A Fire Expert's Guide to Preventing and Surviving Fires in Your Home. He shares true stories from his 40 years of experience as a fire inspector and includes a safety guide. His recent book, The Gopher Tale, is a story for young readers about working together to solve the global challenge of food insecurity through sustainability, cooperation, and harmonious living. Available wherever books are sold.

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Neighborhood News

Nutley Raider Aidan O'Halloran Receives 2024 Diane Greco Sajle Scholarship

Submitted by Thomas Greco

he Greco family continues their tradition of recognizing aspiring athletes for their teamwork and leadership by naming Nutley High School Raiders football senior Aidan O'Halloran the 2024 recipient of the Diane Greco Sajle Scholarship Award.

The annual \$5,000 scholarship, founded by former Nutley High School Head Football Coach Steve DeGregorio and Thomas Greco, was created in memory of the former Nutley resident and 1974 high school graduate. It's awarded annually to the football program's "Most Valuable Teammate" who not only displays talent on the field, but also exhibits compassion, dedication, and selflessness toward family, friends, and community– qualities Diane was most known for.

"I am humbled and honored to have received this scholarship award," O'Halloran expressed.

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"It was unexpected and very much appreciated. It means a lot knowing that I can represent the team and honor Diane in that sense." He plans to attend trade school to become an electrician. "This will really help assist me in that goal."

"Aidan was a very good offensive and defensive lineman, but the real reason he was chosen for this award was because he showed a lot of leadership skills as his career went on," comments Nutley High School Head Football Coach Chris Helm. "He motivated those around him to become better players and to focus on the game. He did a lot of things off the field the right way and I, along with the staff, felt he was most deserving of this award."

The scholarship is funded by members of the Greco family and close family friends, including Glenn Villacari, Ralph Greco, Gloria Greco Smith, Dr. Steven Greco, Ralph S. Greco, Christy Van Saders, Michael Greco, Anthony Greco, Dan Greco, Lauren Greco, Alex Greco, Kate Rose, Dan Sajle, Michelle Greco, and Joe Greco. ■



Nutley Commissioner Alphonse Petracco, Nutley Commissioner Mauro Tucci, Ralph S. Greco, Lucas Greco, Dr. Steven Greco, Gloria Greco Smith, Ralph Greco, Donna Greco, Michael Greco, Sadie Diane Rose, Kate Rose, Joe Greco, Aidan O'Halloran, Emily Hoyt, Avery Hoyt, Nicole Hoyt, Coach Chris Helm, Joe O'Halloran, Thomas Greco, Nutley Mayor Dr. Joseph Scarpelli, Nutley Commissioner Tom Evans, Nutley Commissioner John. V. Kelly III



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Nutley History

A House Divided

By John Simko, Museum Director, Nutley Historical Society

uring the summer of 1924, the Bank of Nutley decided against upgrading their 1909 headquarters on Chestnut and Elm streets (now Vincent Place) in favor of a new bank just up the road on the Franklin Avenue corner opposite the oval. Franklin had recently surpassed



Passaic Avenue as Nutley's principal business venue, and the bank wanted in.

That property included a home built in 1834 by Abraham Vreeland and his son Warren. The bank was set to clear the land for construction when Mrs. Dorothy Leaman bought the old home with the intent of having it rolled on timbers down Chestnut Street to a lot they owned on the Enclosure.

This is where the fun begins, where immovable tree meets unstoppable home. No sooner had the 90-year-old structure been moved 100 feet than it encountered a large elm.



The recent restoration of Abraham Vreeland House (1844) and the Portrait of Warren Vreeland (c. 1900) by the Nutley Historical Society prompted the writing of this article. Photo credit: John Simko

And when a four-inch-diameter limb was broken off a maple, Nutley's Shade Tree Committee literally stepped in to order that the house be moved no farther.

The movers had their permit and noted that it was the town's responsibility, not theirs, to protect its trees, and that the town should have thought it through before issuing a permit. They couldn't care less about the trees; it

was all about moving the house.

And when George Scorso, chairman of the Shade Tree Committee, was asked what was to become of the home sitting on timbers blocking traffic on Chestnut Street, he said it was of no concern to him; it was all about protecting the trees.

And until it was all figured out, a patrolman was stationed on the street with orders to arrest any mover who resumed work.

So, what to do? It's not recorded who

had the King Solomon aha moment, but the agreed-upon solution was to cut the house in two and move the smaller sections east to Hamilton Place and then the Enclosure. But even with that, the side street proved too narrow to



allow safe, easy passage, and again progress was stopped.

Mayor Stager intervened, allowing the movers to resume work with the promise that they "show more consideration for the trees." And they did, using ropes to draw aside tree limbs to allow the sections to squeeze through.

Finally, three weeks after the house was first lifted onto timbers to be rolled to its new home, it reached the Enclosure, where reassembling began.

Meanwhile, on Hamilton Place, some limbs were broken off an old hemlock and countless leaves were shorn from trees, but serious damage had been avoided. It was left to the homeowners along that street to clean up the mess, which included thousands of farming magazines that had once belonged to Warren Vreeland and had been jostled from the now-exposed attic during the move.

Kudos to Nutley's Shade Tree Commission, who 100 years ago stood up to developers who cared little about our trees, and a shout-out to today's Shade Tree Committee and groups like Nutley Tree Rescue to continue that work.

Warm Memories from **Our Little Artists** By Michelle Palmer



Lily celebrates the 100th day of school (right) Elias leveling up (below right) Sisters, stencils, and smiles! (below left)

• ummers are filled with vacations, swimming in the pool, going down the shore, and camp. But as always, our crafty kids bring lots of creativity to this busy season.

Lily will be going into the first grade, but she won't forget how exciting it was to celebrate the 100th day of school. She crafted this adorable nature-inspired hat to show 100 items. She wanted to display what she learned in art and math this year, with lots more adventures with numbers to come.

Emma, along with her twin sisters, Beth and Grace, had a blast getting artsy at home making colorful memories. Using butterfly stencils and PAW Patrol canvases, they made painted masterpieces. They were very happy with their art, and proudly displayed their work with big

smiles. This is a day that will be treasured forever since the sisters shined at their talent together. Elias has a great aptitude for using his technological skills. He has been perfecting his coding and loving his time spent playing Geometry Dash. He has advanced so far in this popular online game that he created his own level. He named the level "Pale Impact" and continues to enjoy the educational and entertainment value of this game with lots of enthusiasm.

Kids Corner



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.



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Neighborhood News



Commissioner Thomas J. Evans' Endowment Contribution to the Nutley Public Library

Submitted by Michelle Salimbene Albert, Library Director

n May 9, Commissioner Thomas J. Evans, alongside his adult children, visited the Nutley Free Public Library to make a significant contribution to the Yolanda Perrotta Evans Endowment Fund. Accompanied by Wayne Greenfeder, president of the library's board of trustees, Library Director Michelle Salimbene Albert, and close friends, Commissioner Evans presented a \$5,000 check, elevating the fund's total to over \$100,000 – a milestone achievement marking it as the highest fund at the library.

Established on May 21, 2000, in loving memory of his wife, Yolanda Perrotta Evans, the fund has been a tribute to her and her enduring spirit. Yolanda, a lifelong Nutley resident, was deeply involved in the community, contributing to various local organizations, including the Boy Scouts of America and the Nutley Music Boosters Association. A graduate of Seton Hall University Law School and



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a respected attorney for the Nutley Zoning Board of Adjustment, her dedication to Nutley was profound.

During the visit, the Evans family reviewed reading materials funded by the interest generated from the endowment, which has consistently supported the children's library collections. This fund ensures that Yolanda's legacy continues to enrich the educational and cultural life of Nutley's younger readers.

Reflecting on the enduring legacy, Greenfeder stated, "The Yolanda Perrotta Evans Endowment Fund is a great tribute to the memory of a wonderful person who gave so much back to the town that she loved. The fund has made it possible for the library to purchase books and materials that are enjoyed and will continue to be enjoyed by children and future generations of children in our community. What a lasting legacy!"

"Commissioner Evans has been a long-time supporter of the library, and we appreciate everything he has done over the years, particularly in establishing the Yolanda Perrotta Evans Fund, which continues to enrich our children's collections significantly," said Anthony lannarone, Nutley Library's long-time former president. lannarone had established the endowment funds that were created through resolutions that he personally prepared in collaboration with donors.

For more information on establishing an endowment fund at the Nutley Public Library, please visit nutleypubliclibrary. org/endowmentfunds or contact Library Director Michelle Salimbene Albert at 973-667-0405 ext. 2638 or via email at albert@nutley.bccls.org



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Library Corner

Beat the Summer Heat with a Free Trip To a Museum

By Laura Pecoraro, Librarian, Reference Department

t can be difficult these days to find something to do on the weekend that isn't expensive and can entertain a variety of ages and lifestyles. Even a trip to the movies with a friend can easily set you back \$50 or more! Fortunately, thanks to the tireless work of the Friends of the Library, Nutley Public Library has a robust museum pass lending program. Nutley cardholders can visit several interesting and fun museums for free, which is a nice break considering other costs for your trip like transportation and food.

Nutley Public Library offers passes to the American Museum of Natural History, the Intrepid Museum, the Newark Museum of Art, the Storm King Art Center, and the Yogi Berra Museum & Learning Center. They can be borrowed by any adult Nutley Library cardholder on a first come, first served basis and cannot be reserved ahead of time.

We encourage you to call ahead to the library at 973-667-0405 to find out if the pass you're interested in is currently available and to find out how many individuals the pass covers (e.g. 2 adults plus 2 children, 2 adults only, etc.). Passes are lent out for 7 days, are unavailable for renewal, and there is a one month waiting period to borrow the same pass again.

We also encourage you to check your intended museum's website beforehand to make sure they are open when you plan to go and if they have a timed entry or mask requirement. While you are browsing there, it's always a good idea to click on their exhibitions page in case they are hosting a limited time program that you might want to see. For example, the Intrepid Museum is presently hosting an exhibition about the history of the Apollo moon missions that will close around Labor Day weekend.

Nutley Public Library's museum passes are particularly sought after during the summer, so we strongly encourage you to call ahead at 973-667-0405 as they are extremely limited in quantity. We hope you have a great time and be sure to tell us all about your trip when you return!



Adopt Us!

Submitted by Christa Milici, Yellow Brick Road Rescue NJ

Daisy was rescued from an inner-city shelter. She was pregnant and gave birth in the shelter which is no place for a nursing mom! They contacted us and we took her in. She will be looking for her forever home in just a few short weeks. She is very friendly and



enjoys the company of people. She loves having her belly rubbed and chatting. She is about 1-2 years old. We are unsure of how she would be with other cats or dogs but due to her very friendly personality we think she would warm up to another mellow cat or dog with the proper introductions. She will be spayed, up to date on vaccines, microchipped, as well as FIV/FeLV tested. Application and \$150 adoption fee required.

To apply for Daisy email us at yellowbrickroadnj@gmail.com



Submitted by Nicole Milici, Jersey Pits Rescue Inc.

Demi was stuck in an overcrowded local animal control facility. She caught the eye of one of our fosters who asked us if she could help. Of course we said yes,

and now Demi has a second chance at life!

Demi has been a special house guest who just wants to be with her person. She's a pocket pittie at approximately 2-3 years old and 40 lbs. with beautiful eyes. She is learning her basic commands and has almost mastered potty training. She stays in a gated room during the day relaxing, no destruction. She is indifferent about kids and loves other dogs. She'd do fine in a home as an only dog or with another dog to match her playful energy. Demi walks great on a leash and checks to make sure you are with her throughout the walk. She is food motivated and just looking to please. Demi wants to be loved and give love.

We know that summer brings lots of vacations. Demi's foster mom has been kind enough to help babysit her over the summer for her adoptive family if they have preplanned vacations.

If you are interested in adopting Demi, send us an email at jerseypitsrescue@gmail.com

Pet Corner

Nutley Organizations

Overcoming the Challenges of ADHD Begins with Greater Awareness A PAMILY SE



Bv Scott McKelvev and Brandon Lee, LSW

ccording to the CDC, about 6 million BUREA children ages 3-17, or nearly 10 percent of kids, have been diagnosed with attention-deficit/hyperactivity disorder (ADHD). In fact, a study from RegisteredNursing.org found that "ADHD symptoms" is the most searched mental health concern in the U.S. on Google.

Let's discuss what ADHD is and is not, common symptoms, and steps you can take if you notice these symptoms in your child.

ADHD is a neurodevelopmental disorder that is typically diagnosed in childhood but can continue into adulthood. There are three types.

Hyperactive-impulsive ADHD involves excessive movements, restlessness, and impulsiveness (talking excessively, difficulty sitting still). Inattentive ADHD involves difficulty with focus, inattentiveness, and distractibility (doesn't follow instructions, careless with schoolwork or behavior). Combined ADHD includes symptoms of both hyperactive-impulsive and inattentive ADHD and is the most common type.

It's important to understand that this is not a disorder of intelligence. Children with this condition often perform well in school. Also, ADHD should not be dismissed as laziness, which can cause a child to feel rejected or depressed, making the situation worse. Finally, ADHD should not be blamed on poor parenting, which has never been proven to cause this condition.

Because symptoms of ADHD are similar to other conditions in preschool children, it's a good idea to see a developmental psychiatrist or neurologist for a diagnosis. In elementary school, an evaluation can usually be performed through the school, which can then provide accommodation if needed. Medication may be prescribed and when taken correctly, is perfectly safe and will not change the personality of the child or cause addiction.

There are also coping skills that may reduce ADHD symptoms. Improving organization and time management with a calendar or even sticky notes can help children stay on track with school and home tasks. Because people with ADHD notice changes in patterns, alternating the colors of paper and calendar items can maintain their interest and attention.

Counseling can help children with ADHD understand the underlying causes of their thoughts, emotions, and behaviors without judgment or pressure. With greater self-awareness, counselors can then determine what process, coping mechanisms, and timeline will help children achieve success and balance.

Although ADHD can be a challenging condition that won't go away on its own, children are often very intelligent and go on to live happy, fulfilling lives. The key is to build awareness and understanding of ADHD and develop a personalized treatment plan that enables each child to succeed and thrive.

Brandon Lee, LSW, is a mental health clinician at Nutley Family Service Bureau. Founded in 1913, Nutley Family Service Bureau offers mental health counseling, psychiatric services, case management, food pantry services, and more to the local community.

Aug. 1, 8, 15, 22, 29, Thurs.

Aug. 6, 13, 20, 27, Tue. **Early Morning** Walking Club

@Department of Public Affairs, 149 Chestnut St. Join every Tuesday and Thursday morning. Participants should be aware the walk will be kept at a brisk pace for approximately 3 miles throughout the beautiful park system. No registration required. Time: 6:30am For more information visit

www.nutleynj.org/calendar

Aug. 2, 9, Fri. **Essex County Parks Summer Music**

@Brookdale Park, Watchung Ave., Bloomfield Pack a blanket, enjoy the cool evening breeze, and

dance to the sounds of summer. Each week features a different musical act. This month's shows are Step by Step: A Tribute to Johnny Maestro and Garden State Groove: Top 40 Hits.

Time: 7:30pm

For more information including other performances and locations visit www.essexcountyparks. org/parks/brookdale-park/ calendar

Aug. 4, 11, 18, 25, Sun. **Nutley Farmers Market**

@Municipal Lot 7, 507 Franklin Ave. The 15th season of the Nutley Farmers Market is here! Featuring live musical entertainment and a wide variety of fresh regionally grown produce, as well as cut flowers, homemade



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14 NUTLEY NEIGHBORS

cheese, dried fruit, fresh nuts, pickles, bread, and more.

Time: 9am-2pm For more information visit www.nutleynj.org/ farmersmarket

Aug. 8, Thurs. *Our Return to Italy:* A Film by Marylou and Jerome Bongiorno

@Nutley Public Library, 93 Booth Dr. ECLAP-funded, Emmynominated, award-winning, husband and wife filmmakers Marylou and Jerome Bongiorno will screen their short fictional film Our Return to Italy, a story about an Italian American patriarch who wants to uproot his multigenerational family winemaking business to Italy but hides the truth about his motives. A discussion and Q&A will follow. No registration is required. Light refreshments will be served. **Time:** 7-8:30pm For more information visit nutleypubliclibrary.org/ our-return-to-italy or email Michelle Albert at albert@ nutley.bccls.org

Aug. 9, Fri. Polypore Paper

@Essex County Environmental Center, 621b Eagle Rock Ave., Roseland For families. Learn to make your own mushroom paper! Together, take a short hike to collect polypores like the Turkey Tail mushroom and crust fungi like False Turkey Tail found on dead oaks. Blenders will make mushroom pulp and turn it into paper. The cell walls of fungi are made of a biological polymer called chitin, which is similar to cellulose-the key ingredient in plantbased paper. **Time:** 5:30-7:30pm **Cost:** \$40 per family (up to two adults and two children) or \$12 per child, \$15 per adult For more information and

AUGUST 2024 EVENTS CALENDAR

to register visit essexcountyparks.org/facilities/ environmental-center/ calendar

Aug. 15, Thurs. End-of-Summer Show: Eyes of the Wild

©Nutley Public Library, 93 Booth Dr. A special event for Nutley residents registered for the Summer Reading Program! Experience a live animal show in this perfect blend of education and entertainment for the whole family! Big prize winners will be announced after the show. **Time:** 2-3pm For more information

visit youthservices.nutleypubliclibrary.org or call 973-667-0405 ext. 2623

Sept. 11, Wed. Essex County Parks Photography Contest

Anyone with a camera is invited to submit photos that capture a part of a visit to an Essex County park. For more information, rules, and regulations call 973-228-8776 or visit www. essexcountyparks.org







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