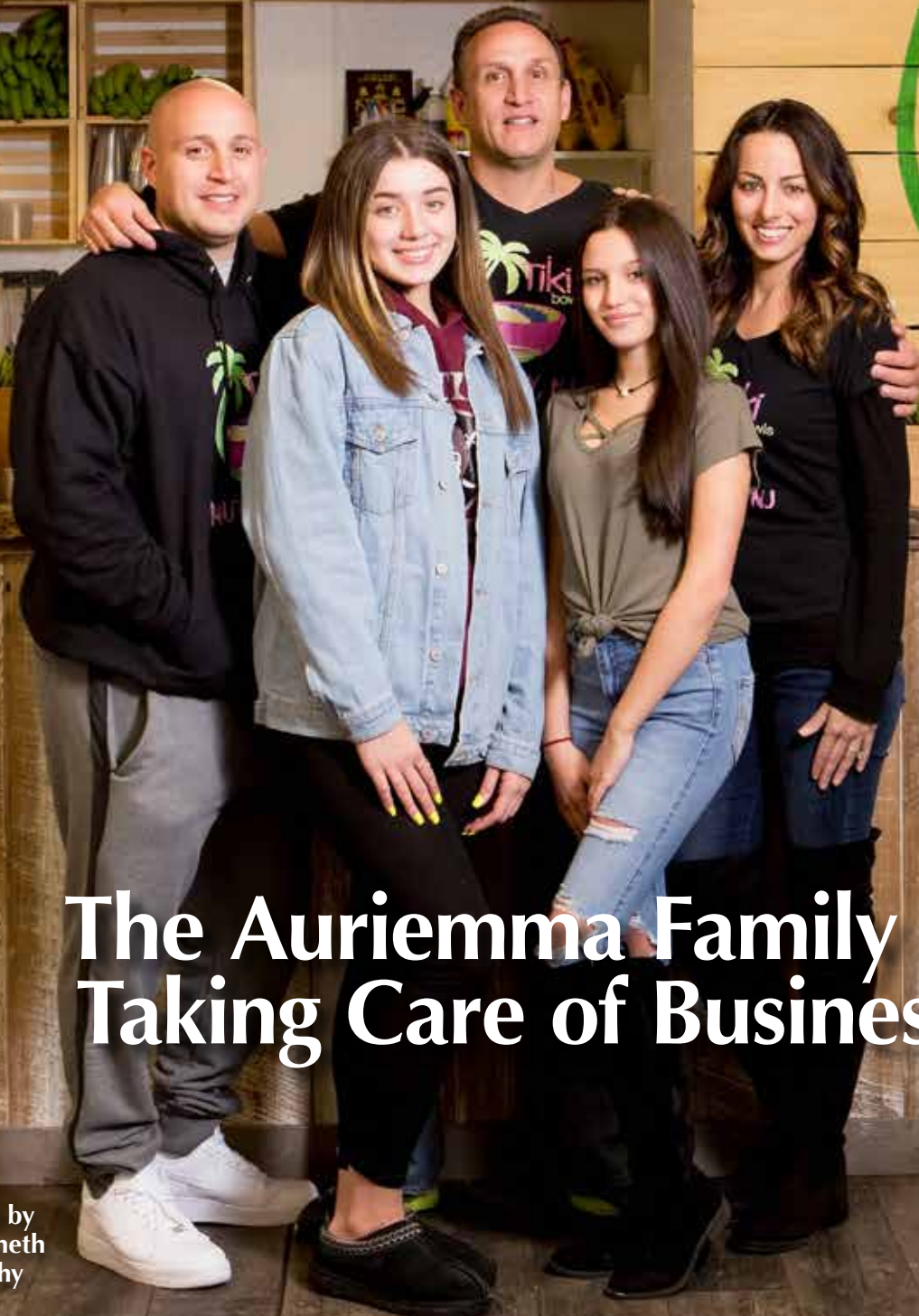


FEBRUARY 2018

A community magazine serving the residents of Nutley

NUTLEY NEIGHBORS



The Auriemma Family is Taking Care of Business

Photograph by
Randall Kenneth
Photography



Best Version Media®

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Myopolis™
Inside!

Is Myopolis™ Changing the Face of Social Media?

In the wake of frustration that many people have with social media, Myopolis™ could be changing the face of social media. A well-publicized study released last April (Harvard Business Review April 10, 2017) concluded that depression may be linked to social media usage. According to a recent article from CNBC, Facebook admitted usage could be bad for you. The harm stems from reading posts versus interacting with others, which can positively impact your mood.

Anyone who used social media during the last election can attest to the tiring intensity of the political posts. It becomes very uncomfortable when you face the choice of either “unfriending” your relatives and co-workers or building frustration by reading their divisive opinions.

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Feedback/Ideas/Submissions: Have feedback, ideas or submissions? We are always happy to hear from you! Deadlines for submissions are the 1st of each month. Go to www.bestversionmedia.com and click "Submit Content." You may also email your thoughts, ideas and photos to: jhandzo@bestversionmedia.com.

Content Submission Deadlines:

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November 25.....	January 1
December 23.....	February 1
January 25.....	March 1
February 25.....	April 1
March 25.....	May 1
April 25.....	June 1
May 25.....	July 1
June 25.....	August 1
July 25.....	September 1
August 25.....	October 1
September 25.....	November 1
October 25.....	December 1

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Short and Sweet

That is how I see February: short and sweet. It's the shortest month of the year with one of the sweetest holidays on the 14th. That got me to thinking about how we all look at other things. Kind of like word association.

What do you think of when you see *Nutley Neighbors* in your mailbox? Some of the people who email me say things like:

"I love the focus on different people and events each month."

"Reading about our town makes me proud to live here."

"It's great to have a magazine that brings us good news about interesting people."

Okay, I do not want to toot our own horn here, but hey, each month our wonderful community fills these pages with their stories and photos.

If I did a word association with *Nutley Neighbors*, it would be family-friendly and fun.

So I am going to keep this short and sweet and ask you to turn these pages to meet some more great people. Like the Auriemma family on the cover. (Nick and his son own Tiki Bowls on Franklin Avenue.) In our conversation, I was very happy to see how much this family loves Nutley and gives back to the community. They really put the 'neighbors' in this issue.

If you have been to any basketball games at the high school, you probably watched Anthony Fabiano. Find out more about this exceptional young man in our Nutley Athlete feature.

Barry Lenson at the Nutley Museum put together a wonderful collection of old photos. It's amazing to see how things have changed.

And speaking of change, check out author Lou Redmond. He is all about change; changing lives for the better and helping people find their life purpose.

We also have a lot of other great stories so please don't miss a page.

And when you are around town, stop in at one of the businesses who advertise here. They help us bring you this family-friendly and fun magazine each month.

Ready to turn those pages? I hope so.

See you next month!

Joyce Corey
Content Coordinator



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Michael S. Cocco, CFP®, ChFC® is a CERTIFIED FINANCIAL PLANNER™ professional with AXA Advisors, LLC where he provides Financial Planning, Investment Advice, and Insurance Planning for his clients. Mike is a graduate of Penn State University and a lifelong Nutley resident.

Salvatore Cocco, Jr. CLU has been with AXA Advisors, LLC since 1995 and has practiced as a generalist in all disciplines of the financial planning services including Investment Planning, Retirement Planning, College Savings, and Insurance. He is a 1977 graduate of Seton Hall University and was inducted into their Entrepreneurial Hall of Fame.



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Dr. Steven Clarke is a nationally acclaimed chiropractic physician who has practiced in Nutley since 1983. He has had extensive experience with virtually every type of pain condition and has worked with tens of thousands of patients throughout the

tri-state area. He was elected and served as the state president of the chiropractic association for four consecutive years and has been a strong advocate of patient rights speaking in Trenton and Washington, DC. He was named New Jersey Chiropractor of the Year for 2006



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Mr. Garruto partnered with Joseph Calabria, another experienced Certified Civil Trial Attorney in 2011, forming Garruto & Calabria. The firm concentrates the practice to personal injury claims, involving any incident where one's negligence causes injury to another, as well

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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 resides in his home town. He is a graduate of both Nutley High School and Montclair State University.



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93 North Rd	\$449,900	4	3
230 Swathmore Dr	\$455,000	2	4
22 Weston St	\$464,999	4	3
384 Bloomfield Ave	\$489,900	4	3
428 Bloomfield Ave	\$519,900	4	3
47 Ernest St	\$525,000	5	8
364 Hillside Ave	\$649,000	5	4
193 Rutgers Pl	\$925,000	5	5
142 Brookfield Ave	\$979,900	5	3

PENDING SALES 10

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Should I Sell My Home Now or Wait Until the Spring?

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Jamie and Nick behind the counter at Tiki Bowls on Franklin Avenue

The Auriemma Family is Taking Care of Business

By Joyce Corey Photography by Randall Kenneth Photography

"YOLO—You only live once, so make it the best." NICK AURIEMMA

When Nick Auriemma's son approached his father about starting a family business, Nick had one stipulation: it had to be in Nutley.

And that's exactly where Tiki Bowls is located, right on Franklin Avenue.

Nick said, "I wouldn't open up a business other than in my hometown of Nutley. I want our place to be family and community-oriented. I want people to build memories in Tiki Bowls. There are several groups of young middle school students that come in often. I love when they all enjoy their time together here."

The Tiki Bowls' menu offers healthy food choices, like acai bowls, fresh juices, and smoothies but people keep coming back for the atmosphere and friendliness found here as well.

The Auriemma family brings something special to Nutley; they bring a strong sense of family and community spirit. Customers of Tiki Bowls know that the entire family—wife, children, nieces and nephews—all work there. That, combined with the beach decor, makes people think of those summer days at the shore with their own families.

Nick Auriemma was born and raised in Belleville and moved to Nutley about 14 years ago. "I wanted to stay close to family and the places where I grew up. I had several ties to Nutley," he said.

He is married to Jamie, whom he met through a mutual friend. They have two daughters, Giannah (age 15) and AngeLena (age 13). His oldest son and business partner, Nicky Jr, is 27.

Nick has high praise for living here in town. "I think Nutley is a great place to raise a family. I am extremely impressed with the events they put on throughout the year. Nutley is a family-oriented town, has a great school district, and the center of town offers you a place to shop

and eat. It is great to see old friends from neighboring towns and meet new ones."

So, it was no surprise that he opened a business here. Yet, his entrepreneurial skills seem to be a reflection of this family's sincere appreciation and concern for the welfare of the town and its people.

Nick tells us, "My son and I are Belleville firemen. I'm on the Child Study Team at Hillside High School serving as the Transitional Coordinator and my son is a substitute teacher for Nutley. My wife is a hair stylist and is attending college to become a social worker. I graduated from Montclair State University with a history major, and then continued my education at Kean University where I received my M.A. in Educational Leadership. My son attended Monmouth University. We are both veterans of the armed forces—me from the United States Marines and Nicky Jr. from the Navy."

Both of his daughters are cheerleaders for Nutley and



Nicky Jr is a business partner with his dad.

participate in recreation basketball where Nick and his wife coach.

Their choices of careers and town activities all have a common denominator: they care about where they live and want to enrich it.

As a business owner, Nick holds a lot of fundraisers for the local school and athletic programs. His overriding principle as one of the

owners of Tiki Bows is "not to get rich, but to give back to the community." His time and generosity are much appreciated.

Nick may have gotten his town spirit from his father whom he describes as "the unofficial mayor of Belleville. "My father was known for his animated Christmas display that started in 1940—Santa's Workshop—located on Mount Prospect Avenue. Every year, thousands of people from neighboring towns would come and visit during the holiday season."

Nicky Jr. also seems to have "inherited" the caring-for-his-community gene. Nick said, "My son has

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The Auriemma family enjoying the Seaside Heights boardwalk.

literally followed in my footsteps. After graduating from college, he became a fireman like me and now we run the business together. He just won't admit to being dad's clone," he jokingly adds.

While the expression "the apple doesn't fall far from the tree" may apply to the Auriemma family, perhaps it can



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also be said that the acai berry doesn't either.

Whether you meet Nick Auriemma and his family over an acai bowl or see them out walking their dogs, Max and Bambie, we all know they are taking care of business and taking an active interest in everyone and everything Nutley.

5

Things the Auriemma Family Loves About Nutley

1. Family-oriented
2. Franklin Avenue
3. Constant activities
4. Several parks
5. Being able to stay connected with family and friends

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 jhandzo@bestversionmedia.com



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Nutley Defense Council 1942

By David Wilson

Nutley has always been known for its foresight, preparedness, and volunteerism. The Nutley Defense Council (NDC) formed in the late 1930's may be the epitome of these attributes. Mandated by federal statutes, Mayor Charles A. Sherwood spearheaded the appointment of thirteen divisions that would prepare us for the turbulent years ahead. After the 1941 Pearl Harbor attack, the NDC was put on a war footing, as the drive to recruit residents and further prepare the town took on a new urgency. The 1942 citizen's booklet "If They Come to Nutley" summed it up saying, "There is plenty you can do, and upon you lies a very strong duty to yourself, your family, and your neighbors, TO DO IT!"

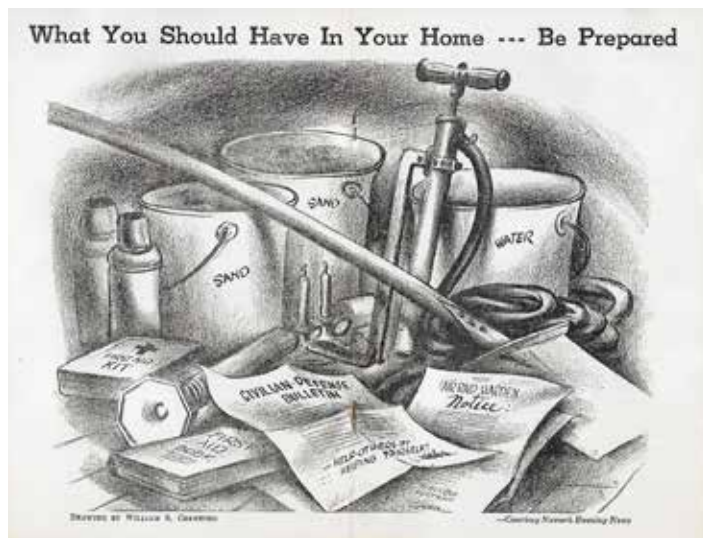
Many familiar Nutley names served on this council:

Chairman William J. Jernick, Vice Chairman Dudley R. Shepard, Secretary Simon Blum, and Commissioner A. Theodore DeMuro. The goal was to prepare for enemy attacks and coordinate individual energies for the war effort. The council produced a movie in 1942 that was used nationally to show how small towns could recruit, practice and celebrate their achievements. Air raid sirens were upgraded, Nutley was divided into eight response zones, equipment was purchased, businesses provided space and supplies, improved communications became a focus, educational classes and drills prepared each division, station wagons were added to the fleet, and homes were converted to hospital and aid stations as every able-bodied citizen contributed to or joined NDC.

William F. X. Band supervised 1,100 air raid wardens. Sgt. Charles Rummel coordinated the 150 police reserves. Fire Chief Andrew Hutch organized 160 fire reserves and developed protocols for extinguishing incendiary bomb fires. Howard Sargent and the Salvage Committee said, "Get in the Scrap." Health Officer Richard Fellers and Dr. Edward Whelan ensured medical services and blood donations would flow. Richard Osborne readied phones, radios and messengers to keep communications open. Wayne K. Johnson brought together cars and drivers for transportation needs. DPW Superintendent Dudley R. Shepard organized engineers, utilities, and had every local contractor volunteer their services and equipment. Dr. Robert Heald had the unenviable task of heading the decontamination squad in the event of poison gas attacks. Richard Hendriks ensured no profiteering would occur under the Consumer's Interests Committee. Irwin Smith, Ivor Watts, and John Ackerman of the Coordinating Committee prevented overlap of the various NDC divisions. C. H. Eastment brought together surveyors and



A vintage Civil Defense flag



engineers to identify and map strategic infrastructure and buildings. Mrs. A. F. Beh coordinated the energies and skills of women for many activities. Walter Maloney kept the public informed and educated through bulletin boards, mailings, meetings and pamphlets. Allan P. Ames chaired the already organized Red Cross efforts that supported the NDC programs. William Schonfisch oversaw rationing that conserved materials for the war effort, prevented hoarding of supplies, and formed an appeal board for offenders.

The need for such organizational plans will continue forever as world politics and nations evolve. In 1951 the NDC morphed into Civil Defense that prepared us for the Cold War and nuclear threats. The 1994 Stafford Act defined emergency preparedness plans that fell under the Office of Emergency Management and FEMA. After 2001, Department of Homeland Security and all-hazards preparedness became buzz words. We must maintain our readiness to respond to natural or man-made calamities and protect our homeland.

Article based on Nutley Museum files, "Nutley at War" film and citizen's booklet.

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Anthony Fabiano: Nutley High School Basketball

By Joyce Corey

Anthony Fabiano has his sights set on more than the basketball net. This high school senior is not only team captain with some impressive personal stats, but he has recognized the true victories found in playing a sport.

While athletics are extremely important to him (he ranks them "a 9 out of 10"), he also said that they "taught me how to be a man of integrity and how to sacrifice for others. They made me competitive, which are great characteristics to have moving forward in life."

This type of thinking starts somewhere and it may have begun with his dad and grandfather. "My main hero is my father, Peter," Anthony said. "I admire his enthusiasm and his involvement with sports throughout my entire life. He has been my most admirable coach in both sports and in real life situations since I was a child. He is an overall excellent role model for always supporting me. Another one of my heroes is my Pop-Pop, John. My grandfather always gave me advice before and after my games since I was a child and taught me how to have character while playing. He practiced with me for hours in the backyard, whether it was throwing around a football, or calling balls and strikes while I pitched to him."

The encouragement Anthony received probably played a big role in his sports activities, but he also dressed for the part at a young age. He said, "I became interested in sports probably since the day I was born. My parents dressed me in Yankees gear when I was only a few months old."

He didn't make his official debut into sports until he was about five years old. "I started playing and loving basketball, football, and baseball then. I continued to play all three sports up until high school when I focused on mainly basketball, and also picked up track and field."

Anthony understands the time commitment involved in playing a sport. "I spend about six days a week practicing: after school for about two hours and on Saturday mornings for another couple of hours," he said. "Sometimes I stay after practice to play pickup games with the team or even just to shoot around."



My father also trains me whenever I make the extra time to improve on my game."

Scheduling time for school, work, and social activities may be challenging but Anthony has a plan. He said, "My routine is simple, yet effective. Time management is key throughout my day because I have to go to school, go to practice, finish all of my homework, study if I have a test, participate in any clubs or activities that I am in, while still having a social life with my friends and family."

The time he has spent practicing and honing his skills has shown itself in his achievements. "I achieved many goals during high school basketball," he tells us. "These include being named team captain my junior and senior year, scoring 30 points in a summer league game, receiving SEC All Conference Honorable Mention my junior year and being able to play varsity as a sophomore. My sophomore year was really a year of gaining experience while I got the opportunity to practice with the tougher seniors each and every day. It made me the player and person I am today on and off the court."

He also acknowledges another major aspiration he expects to achieve. "My goal concerning basketball is ultimately to make me a better man."

Academically, he is an excellent student. "I am on the Honor Roll with a 3.5 GPA. My greatest accomplishment was scoring a 1300 on my SAT."

Yet, sports do not factor into his college plans. Anthony said, "I do not expect to continue with sports in college because I want to focus on my academic career, but I will consider trying out for a Division 1 university simply for the experience. I will always continue playing basketball whether it is an intramural at college or an individual league."

Anthony Fabiano has his focus in all the right places. His winning attitude and determination show up both on and off the court.



Anthony Fabiano (Two Year Captain #3) leaps up and scores a lay in basket to help lead Nutley's defeat of Weequahic at home, capturing their second win of the season.



Diesel

Adopt Him!

Submitted by Montclair Animal Shelter

This month, we had to focus the Pet Corner spotlight on these soulful eyes. **Diesel** is an 8- or 9-year-old male Boxer who was abandoned in an apartment. He loves to go for walks and is a complete gentleman on a leash—no jumping up or pulling. Found with a female Boxer who has since been placed in a new home, we know he is good with female dogs and has lived with pre-teen children too. The shelter is planning to test him with male dogs as well.) Known for being a very sensitive breed, this sweet, unassuming, gentle dog is everything you would want from a Boxer and has moved through all the recent changes in his life like a champ. Boxers need regular connection with their humans, so we have a very short window before he gets depressed living kennel life. Please don't let this senior linger in the shelter! If you're thinking about giving Diesel a new home, please contact

Montclair Township Animal Shelter at 973-744-8600 or email emorgan@montclairnjusa.org for more info.

At press time, Diesel was available for adoption. If he is no longer available, please consider other wonderful pets at PAWS-Montclair or Montclair Township Animal Shelter waiting for a loving home like yours.

Help stem the tidal wave of homeless animals flooding this country's shelters by spaying or neutering your pets. And if you're going to add a furry friend to your family, PLEASE opt to adopt.



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Why It's Important to Replace Missing Teeth

Contributed by Dr. Todd Jolly

Missing several teeth can severely influence your daily life and affect your general health, appearance, and self-esteem. Your cheeks may become hollow and sag because they can no longer fully stabilize your facial structure from the inside. When you lose teeth, it disturbs the interplay between teeth and bone. Gum and bone are no longer stimulated well enough due to the missing teeth, so the jaw bone starts shrinking and your gums pull back. This can compromise neighboring teeth which can drift out of position. Teeth in the opposite jaw can then start growing into the gap.

• How can dental implants help you?

Dental implants are widely considered to be the most successful method of tooth replacement used today because of the benefits they provide. A dental implant looks and feels just like your natural tooth. The color, shape, and contour of the new tooth can be made to match your

existing teeth. The result is a natural smile that can bring back your confidence, quality of life, and the full function of natural teeth. So, no matter how hard, crunchy, or sticky the food, dental implants can put it back on your menu. They can also restore your clear speech for the next business presentation or long chats with your friends. Other methods often require neighboring teeth to be ground down to anchor the restoration in your mouth. Dental implants do not harm neighboring teeth. Implant treatment can be considered a long-term investment into your health and your wellbeing. Compared to other restorations, costs might seem higher at first glance. However,





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higher maintenance costs, the potential increase in lost jaw bone and ultimately, the loss of even more teeth can make other restorations more expensive in the long run.

- **What is a dental implant?**

A dental implant is an artificial tooth root made of titanium which replaces the missing tooth (normally around 10 mm long and only 3-5 mm wide at the top). The dentist inserts the implant into the jaw bone where the titanium then integrates with the bone just like your tooth root did. This builds a stable foundation for the crown, which will become the visible part of your new tooth. If you do not have a lot of bone for conventional implants, your dentures can be firmly anchored on implants giving you more confidence and thereby removing the need to apply denture fixative.

- **What next?**

Please free to call Thea or Alcira at our office to set up a complimentary consultation and discuss your options with Dr. Jolly. Our telephone number is 973-235-0333.

Dr. Jolly has devoted his professional career to the pursuit of advanced technologies that improve the appearance and function of his patient's teeth. He is a member of The Essex County Dental Society, NJDA, ADA, and the Academy of General Dentistry. He was awarded the top honors in operative dentistry in his graduating class at the University of Medicine and Dentistry of NJ.

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Ankle Arthritis: From Bracing to Total Ankle Replacement

Contributed by Dr. Seth Queler,
Foot and Ankle Specialist,
FDQ Orthopaedic Group



Ankle arthritis, while somewhat uncommon, can be an extremely debilitating and painful problem for many patients. Over two-thirds of the time it is the result of a previous trauma, such as an ankle fracture. Other causes of ankle arthritis include rheumatoid arthritis, osteoarthritis, and other less common causes. While there is no cure for arthritis, patients can live active, fulfilling lives and manage their pain with proper treatment.

Patients often come to the doctor with pain, swelling, stiffness, and difficulty walking. The swelling that we see around an ankle joint is often due to an effusion. An effusion is an increase in the amount of fluid within the joint. The joint is surrounded by a capsule which is an envelope of tissue that encloses the joint. The inner lining of the capsule, or the synovium, produces this joint fluid. When a patient has arthritis, the synovium becomes irritated, leading to an effusion. In addition, with arthritis, the cartilage, or the cushioning of the bone at the joint, is often worn away or injured. This "wearing away of the cartilage" usually leads to irritation of the synovium, leading to increased pain and effusion.

Patients who initially visit the orthopaedic surgeon with ankle arthritis should have a history and physical exam at the time of their visit. In addition, they should have standing ankle x-rays to further evaluate the severity of their condition. This can help determine the extent of the joint destruction and can also find the underlying cause.

Treatment options range from conservative management to surgical intervention. Conservative measures include oral and topical anti-inflammatory medications, cortisone injections and bracing. Unfortunately, because this is a chronic problem, long term use of NSAIDs (nonsteroidal anti-inflammatory drugs) is fraught with significant risks, including bleeding gastrointestinal ulcer, stroke, and heart attack. Unfortunately, cortisone injections provide only limited and short-term relief. There are several different types of braces available. I find that the Arizona brace works most consistently with the best results. The patient who wears an Arizona brace often needs to increase their shoe size to accommodate their brace. This can be a small price to pay in order to have pain relief and also, to avoid surgery.

If all nonsurgical options fail, then surgical measures can be considered. The two most common procedures to treat this condition include ankle fusion and total ankle replacement. There are advantages and disadvantages to both procedures. The advantage to total ankle replacement is preservation of ankle motion and improved, more "normal" gait. However, there is a higher risk for additional future surgeries. The newer generation of total ankle replacement makes this a very exciting option that was not available in the same way less than 20 years ago.

At Femino-Ducey-Queler Orthopaedic Group we take great pride in finding the correct diagnosis and guiding our patients through these challenging problems. It is our mission to customize each patient's treatment plan for a path to a speedy and painless recovery.



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Ribbon Cuttings

The Nutley Chamber of Commerce welcomes **Chris' Pizzeria and Family Restaurant**, 356 Valley Brook Avenue, Lyndhurst, NJ, 201-935-8445, www.ChrisPizzaLyndhurst.com, as a member.



l-r: Linda Buset of Virtual Assist, Stella Kalogirou, Kerry Emmanouilais, Teddi Emmanouilais, owner John Emmanouilais, Anthony Emmanouilais, Luther Engler of Engler Financial, Pasquale Pisani, Financial Advisor of Kingsview Asset Management

*Photo courtesy of Chamber Member Randy Frum of Randall Kenneth Photography



The Nutley Chamber of Commerce also welcomes **JOSUBU Productions**, 402 Centre Street, Nutley, 973-542-8400, www.josubu.com as a member.

l-r: Kai Rahimi, Amy Saracino, Susie Budine, Jon Budine, Luther Engler of Engler Financial, Pasquale Pisani, Financial Advisor of Kingsview Asset Management

*Photo courtesy of Chamber Member Randy Frum of Randall Kenneth Photography

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Nutley Jaycees Distinguished Service Awards

By Dianne Wilson

There are many people who help to make Nutley a great township. Each and every person who volunteers, works without fanfare or goes the extra mile needs to be thanked publicly for their community service. The Nutley Jaycees Distinguished Service Awards (DSA) program has been identifying and recognizing five individuals each year for the past 46 years.

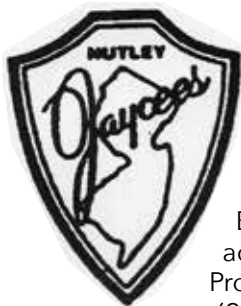
After receiving nominations from community groups and people who know them, the judges sort through their stories and pick the top five outstanding people. There are always plenty of choices as people continue to add their talents and time to the betterment of Nutley.

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. Deadline for the nominations is March 3, 2018.

The past winners list is a "Who's Who" of Nutleyites, with many familiar family names, husbands and wives, beloved educators, second and third generations of families and some with less name recognition, but all who contribute in a big way. The awards dinner is a fun event. Each winner is introduced by a judge or close friend followed by a short speech. This is when everyone gets to hear about their efforts to make Nutley such a great place to live, work, and be involved. To date, a total of 241 people have been honored.

"I have been involved with the dinner since the beginning," stated former Commissioner Walt Smith. "It is always gratifying to see the winners being honored for their unselfish efforts to make our community a better place to live. The evening is more than an awards dinner, it is a celebration of Nutley," continued Smith.

The awards will be presented at the Nutley Jaycees Distinguished Service Awards Dinner on Thursday, April



12, 2018 at The Valley Regency, 1129 Valley Road in Clifton. Last year's affair attracted over 300 Nutley supporters. Reservations for the dinner can be purchased for \$45 per person from Dr. Steven Clarke at (973) 235-1515.

Businesses, families, and individuals can purchase advertisements and congratulatory pages in the Program Book by contacting Dianne or David Wilson at (973) 667-4690.

"The Distinguished Service Awards program has, since 1972, recognized those individuals who have helped make Nutley one of the most highly regarded and respected communities in our state," said Jaycees Chairman Dr. Steven Clarke.

Nomination forms are sent to charitable organizations in town and are also available at Township Hall and the library. You may email nominations to Chairman of Judges Walt Smith at: waltbeau@aol.com or fax to 973-661-9270. This year's DSA Committee includes Dr. Steven Clarke, Walter Smith, Andy Garruto, David Wilson, and Dianne Wilson.

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Motivational Writer Lou Redmond

By Joyce Corey

Lou Redmond seemed to have it all: a great job in San Diego, a nice raise, accolades from his boss and co-workers.

So, what did he do? He quit so he could live the life he was intended to live.

He also wrote a book: *Find Your Truth: A Modern Day Story About Letting Go of Addiction and Finding Life's Purpose*.

His purpose for writing the book is to help other people know that "no matter what your circumstances are, you have the ability to change your life. There is greatness inside all of us."

Lou understands the demands and delays of life. "I always had dreams of doing something big," Lou said. "But then I got caught up in the 'normal' activities of work which made me lose sight of what I really wanted."

He grew up in Nutley, graduated from high school here and attended Penn State for golf management. He

secured a job in San Diego and was an apparently satisfied employee who was on the path to career success.

"When I quit in January, around three years ago, everyone was surprised," he said. "Even though I had a great job, I left so I could pursue my life work."

His book is a candid look at his journey which led to his self-realization. "In college, I took partying a little too far and decided to stop. One night I went to a meeting and was introduced to several young entrepreneurs. They were living the same dreams I had and I became excited with that idea."

He took several steps towards achieving his goal of a more fulfilling life. "I got on the path of personal development with meditation first. That unlocked my spiritual side which gave me the insights to grow and move forward."

Today, Lou is busy living his dreams and helping others find their purpose. "I give themed talks at local libraries and other events," he said. "I offer an empowering message to inspire audiences to live happy and fulfilled lives. I discuss practical steps for growth."

Lou is praised by both readers and those who attend his speaking engagements. Many people mention his authenticity and candid nature. And everyone is motivated.

For more information about his book and future events, visit Lou Redmond's website: www.louredmond.com/

He also has a Facebook page: www.facebook.com/lou.redmond.1

Lou sums up his reason for writing *Find Your Truth: A Modern Day Story About Letting Go of Addiction and Finding Life's Purpose*. "I wrote a book about what I learned."

Lou Redmond may have quit his day job but he certainly found his life work.

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Sgt. Steven Rogers Jr. United States Marines

By Frankie Turano

My friend, Sgt. Steven Rogers Jr, United States Marine Corp. is an amazing human being. When he graciously granted me an interview to discuss his time in the military, his love of country, family, and service was heartfelt and undeniable. Although this wasn't the first time we talked about these things, I walked away that day feeling even more patriotic.

I began with the question: What was the driving force that led you to join the military, specifically the Marines? He responded quickly. "It was the image on television




of Marines boarding a C5 Galaxy and being transported to Desert Storm. They were going to fight for my freedom and that is what truly inspired me to serve my country," he said proudly. "Joining the military is in our family lineage, but it was that striking image that was the deciding factor."


He started at the beginning, informing me that basic training took place in Beaufort, South Carolina on Parris Island, also known as "the land that God forgot." After three months, he graduated and began infantry school where he learned how to become a machine gunner and live off the land using survival skills. He explained how he perfected his Military

Occupational Specialty and how every Marine is an Infantryman to some degree.

Steve then joined his unit in 2002 as they became a Quick Reaction Force, a military unit trained to rapidly respond to national emergencies and terrorist attacks.



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Next was a transfer to Kosovo for peace-keeping missions. Then he received the call to go to Iraq.

"We were keeping the peace and on patrol just after the Marines rescued Jessica Lynch. We were technically engaging in police patrols in a sense. We made sure schools were being rebuilt and food and water was being properly distributed. On the Fourth of July, I took sniper fire. My buddy thought it was firecrackers, but I quickly explained that was not the case," he said as he chuckled.

I asked how this experience changed him. He took a moment to answer me. "It was an eye-opening experience and brought what matters most in this life into full perspective. It makes you very pro-family and brings forth the value of home. Witnessing the living conditions and the world overseas makes you appreciate this country. You thank God that you were born in the best country in the world, where you are relatively safe on a daily basis."

"When I was stationed in Iraq, I escorted young girls to school so they could get an education. Instead of crossing guards, there were Marines carrying rifles protecting them so they could learn how to read. Those are the things you do not see in our own country, but our service members from every branch are doing something like that in other parts of the world. Protecting people who cannot protect themselves makes me very proud."

"It was an eye-opening experience and brought what matters most in this life into full perspective."

"I had a unique conversation with the locals once," Steve tells us. "When they heard the United States Marines were coming, they did not know who to expect. I asked what that meant. They said that Americans are a mix of Italians, blacks, whites, Chinese, and this big mix of people. When you say the British are coming, you know what you are going to get. When the Marines come, you are getting a little bit of everybody and that made me so proud. Being part of the military means that we are everybody; and everybody comes together for a single unified purpose to help our fellow men and women."

Steve said, "There is power in diversity and that is what makes us unique as a military. We are not one color, except in the Marines. We say everybody is green. But we are made up of different nationalities and religions, but we also have a common purpose, and that is to help people."

I could not be more proud of you Sgt. Steven Rogers Jr. Your country, your town, 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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EVENTS CALENDAR

FEBRUARY 2018

Feb. 1, 8, 15, 22, Thurs.

Thursday Evening Yoga

@Environmental Center, 621-B Eagle Rock Ave., Roseland
For adults. This "all levels" yoga series will focus on alignment, flow and warmth followed by a restorative pose to unwind the body and mind for bed. All levels are welcome. Advanced registration, monthly payment and minimum number of participants are required.
Time: 6:15-7:30pm
Cost: \$10 per class
For more information or to register call 973-228-8776

Feb. 5, Mon.

Monday Night Book Club

@Nutley Public Library, 93 Booth Dr.
In a story that travels beyond borders and between families, author Julia Alvarez reflects on the joys and burdens of love for her parents, for her husband, and for a young Haitian boy known as Piti. In this intimate true account

of a promise kept, Alvarez takes the reader on a journey into experience that challenge their way of thinking about history and how it can be reimagined when people from two countries – traditional enemies and strangers – become friends. Copies of A Wedding in Haiti and its discussion guide are available at the library.
Time: 7pm
For more information visit www.nutleypubliclibrary.org

Feb. 5, 12, 19, 26, Mon.

Self Help Program: Tai Chi, Qigong, Yoga, Stress Technique & Meditation

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

Feb. 5, 12, 19, 26, Mon.

Senior Art Program

@Parks and Recreation Bldg., 44 Park Ave.
Time: 1-2:30pm

For more information contact the Recreation office at 973-284-4966

Feb. 6, 13, 20, 27, Tue.

Bridge

@Nutley Public Library, 93 Booth Dr.
Time: 1-4pm
For more information visit www.nutleypubliclibrary.org

Feb. 6, 13, 20, 27, Tue.

ESL Classes

@Nutley Public Library, 93 Booth Dr.
Time: 6:30-8:30pm
For more information about other class days and times visit www.nutleypubliclibrary.org

Feb. 7, Wed.

Essex County Clerk Program

@Recreation Department, 44 Park Ave.
On the first Wednesday of each month the Essex County Clerk's office is available at the Recreation Department for residents to obtain passports and Notary Public services.
Time: 2-8pm
Cost: Free
For more information visit www.nutleynj.org/recreation

Feb. 7, 12, 21, 28, Wed.

Bingo

@Recreation Department, 44 Park Ave.
Time: 12:30-3pm
For more information contact the Recreation office at 973-284-4966

Feb. 7, 14, 21, 28, Wed.

Wednesday Afternoon Knitters

@Nutley Public Library, 93 Booth Dr.
Come share your love of knitting

and crocheting with both beginning and experienced knitters. Meet fellow knitters, brush-up on your skills, and learn some new techniques. Please bring your own supplies.
Time: 1-3pm

For more information visit www.nutleypubliclibrary.org

Feb. 15, Thurs.

Bird Club

@Environmental Center, 621-B Eagle Rock Ave., Roseland
For children ages 5-10. Come explore the wooded wetland and see what birds live there. Use binoculars, field guides and a keen sense of observation to discover and identify all sorts of birds. Advanced registration, payment and minimum number of participants are required.
Time: 4-5pm
Cost: 8 per child per session
For more information or to register call 973-228-8776

Feb. 17, Sat.

Electronics Recycling Collection Day

@Municipal Parking Lot 8, William St. and Franklin Ave.
Acceptable items include computers and laptops, fax machines, microwaves, monitors, printers, scanners, stereos and speakers, televisions, and VCR and DVD players.
Time: 9am-1pm
For more information call the Department of Public Works at 973-284-4984

Feb. 17, Sat.

Build a Bird House

@Environmental Center, 621-B Eagle Rock Ave., Roseland



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Time: 11am-12:30pm
Cost: 10 per child; 12 per adult
For more information call 973-228-8776

Feb. 18, Sun.

Kingsland Manor Open House Tour

@3 Kingsland Street

Time: 1-4pm

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Nutley NJ Young Women's Initiative

Nutley NJ Military & Veteran's Affairs Bureau

Nutley NJ Department of Public Affairs Pet Health Resource Center

Nutley NJ Bernie's Club

Nutley Health Department

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Nutley Corps

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Nutley In Years Gone By: Photos from the Nutley Historical Society

By Barry Lenson

What would you have seen if you took a stroll in Nutley 70, 80 or even 100 years ago? We know you will enjoy these pictures from the collection of The Nutley Historical Society.



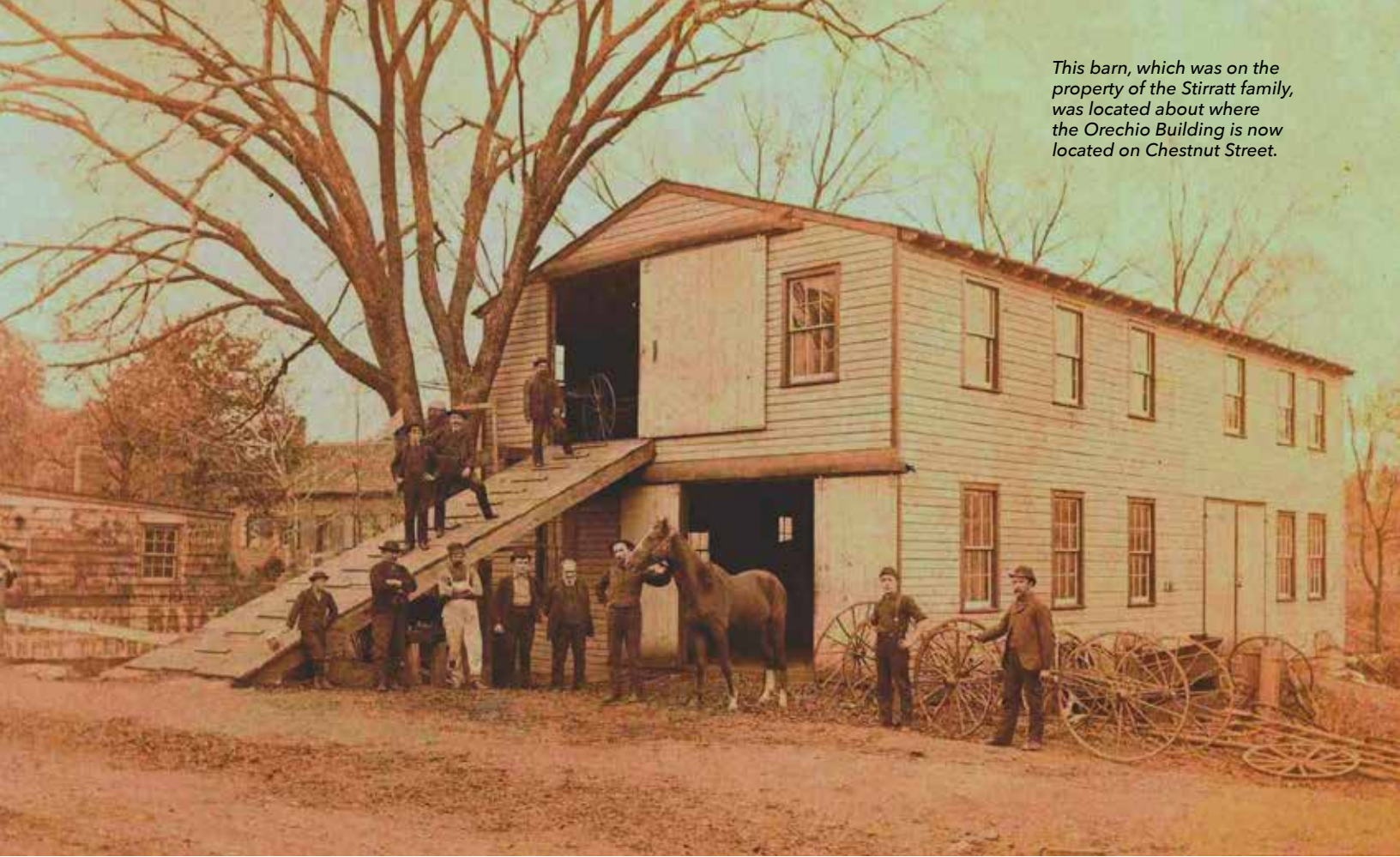
ABOVE: A bicycle racer inflates his tires before a race at Nutley's famous Velodrome, located on Park Street near Washington Avenue.

LEFT: The Black Prince Distillery Inc., which is still in business in Clifton, operated this distillery in Nutley until about 1960. It was located at the intersection of Bloomfield Avenue and Kingsland Street.

BELOW: Nutley High School 1916 football team



This barn, which was on the property of the Stirratt family, was located about where the Orechio Building is now located on Chestnut Street.



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ABOVE: A horse-drawn carriage and its driver pause on Passaic Avenue outside of what is the Chestnut Café today.

RIGHT: This class picture from about 1905 shows students outside the Church Street School, which now serves as the Nutley Museum.



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ABOVE: Nutley Civil War veterans

RIGHT: Nutley High School 1911-1912 basketball team

BELOW: The Booth family had this picture taken on July 4, 1931 in one of the Nutley parks.



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Curl Up With a Cozy Mystery This Winter

By Jeanne Sylvester, Supervising Librarian

Winter is the perfect time to curl up in your armchair, by a warm fireplace, with a cup of tea and a cozy mystery novel. "Cozies" are a distinct type of crime fiction, which leave out graphic violence, profanity and sexual situations, and are often set in small towns and feature amateur sleuths who are well-regarded members of the community. The detectives tend to be likeable young women who are juggling work, family and home life when someone in their community is murdered. These investigators usually have a friendly contact on the local police force who can give them information about the case in hand, and they usually eavesdrop, gather clues in the community and use their instincts and intelligence to solve the crime. Many of the other characters in a cozy mystery are eccentrics and provide some comic relief to the murder investigation. The murderers are usually not psychopaths nor serial killers, but are community members who are taken into custody without violence.

Some classic and popular authors of cozy mysteries include; M.C. Beaton (Agatha Raisin series) Lawrence Sanders (The Burglar Who series), Agatha Christie (Miss Marple and Hercule Poirot series), P.D. James (Inspector Dalgleish series) and Elizabeth Peters (Amelia Peabody series).

Cozy mysteries continue to be popular and there are many contemporary authors with "themed" series; Susan Conant (cats and dogs), Diane Mott Davidson (cooking), Monica Ferris (needlework), Sarah Graves (home repair) and Parnell Hall (crossword puzzles).

Look for our Cozy Mysteries display and check out these new titles the next time you visit the library.

The Body in the Casket by Katherine Hall Page



The Cat of the Baskervilles by Vicki Delaney
Death by Chocolate Cherry Cheesecake by Sarah Graves
Death of an Honest Man by M.C. Beaton
Lethal Licorice by Amanda Flower
Wild Chamber by Christopher Fowler

For more information about our print and digital collection and the different programs that we offer stop by the library, check out our website at nutleypubliclibrary.org, or give us a call at 973-667-0405. 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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Our Story

Dedication to customer service has been at the forefront of our dealership since Dominick Tozzo founded Lynnes Auto Group in October 1953. Dominick's determination and entrepreneurial spirit started when he was only 12, as he began working as much as possible to save money while also attending school every day.

Dominick's early dedication to work laid the foundation for what would become Lynnes Auto Group. He wanted to create a car dealership that combined the comfort of a home with the relationships he witnessed between the local butcher shop owner and his customers. In 1953, Dominick began selling used vehicles on Bloomfield Avenue in Bloomfield, NJ.

Today, Dominick's daughter Julie leads one of

his dealerships. There's no job at Lynnes Nissan City that Julie hasn't worked, as she started out answering phones and then helped customers on the lot. This experience has given her a full understanding of the true value of our customers. Simply put, without you, we wouldn't be here.

Not much has changed about Lynnes Nissan City since it first opened in 1953. It's still in the same location, and we still maintain the hard-working and dedicated attitude that Dominick Tozzo instilled in us all those years ago.



Mr. Tozzo

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 Library (973) 667-0405

Parks and Recreation (973) 284-4966
 School District..... (973) 661-3500
 Chamber of Commerce (973) 667-5300
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