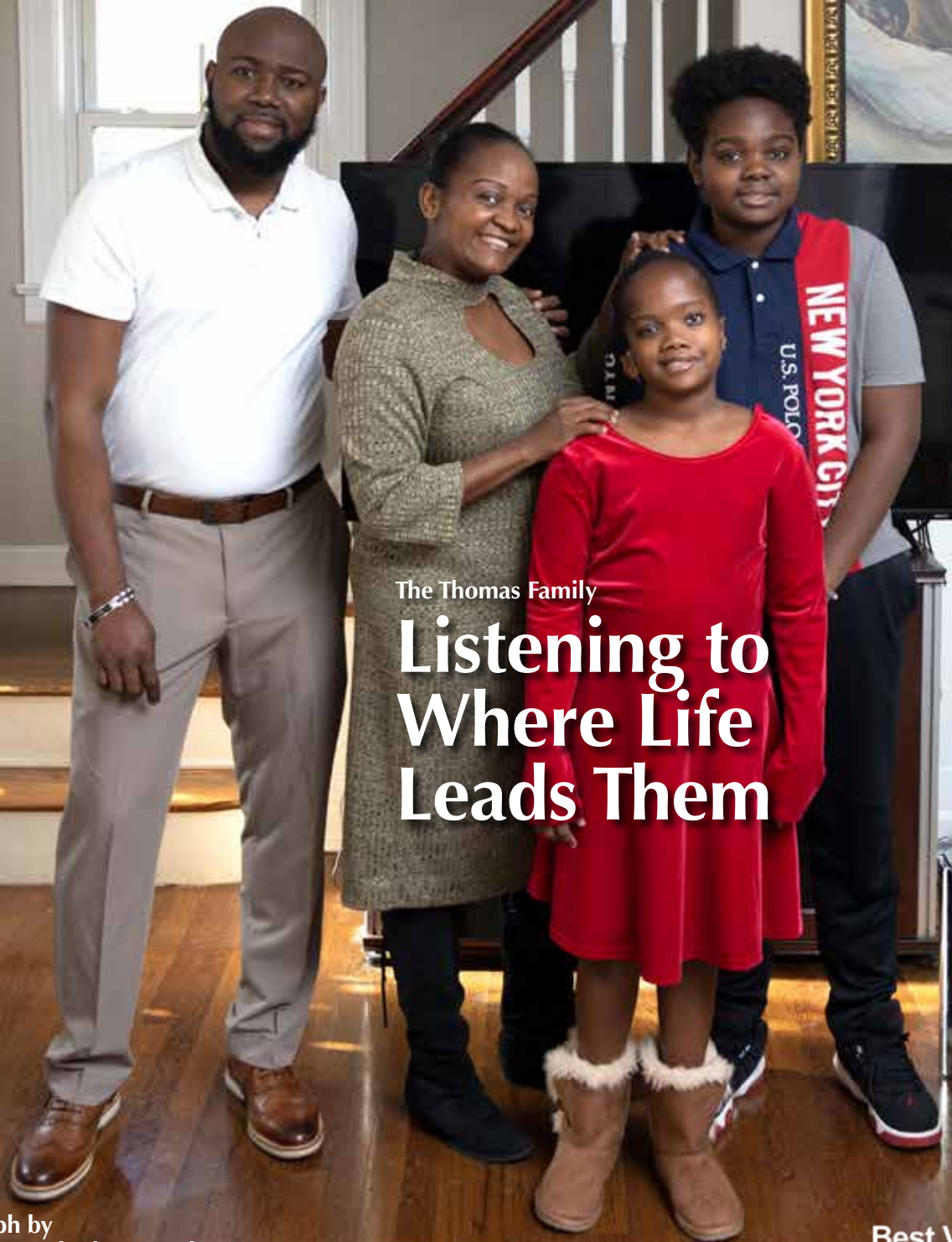


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Letter to Residents

Do You Hear What I Hear?

Did you just hum that title? I confess to humming it as I wrote it. That very popular and much-loved holiday song came to mind as I was putting this issue together.

But in a little different way than Bing Crosby sang it.

The ability to hear is indeed one of our most powerful senses, isn't it?

Our cover story family—Stanley, Gina, Steeve, and Giana Thomas—are very aware of the ability to hear. Giana, who is now 11, was born deaf. Becoming advocates for those in the Deaf community has been leading this family on a life path that helps them find joy in even the most unlikely places.

Gina Thomas also shared her thoughts and encouragement to other parents of children with disabilities. "You Are Not Alone" is the title of the companion article which expresses her heartfelt feelings. She inspires us to show empathy and kindness and she gives everyone a strong feeling of hope.

Hearing can also make us aware of joyful sounds that are part of our everyday experiences. Like applause. Marcella Blancato, a high school senior who is featured on our Sports page, deserves some serious hand clapping. She broke Nutley High School's 800-meter record and left her mark in track and field. Marcella is quite active in many other things in town; be sure to read her story.

But we have many other things to 'hear' in this issue!

How about the sounds of a happy dog or kitten who found their forever home? Check out our Pet Corner.

Or maybe the praise of parents who admire the terrific artwork in our Kids' Corner?

Perhaps one of the best things we can hear is someone reaching out to us to say hello and to ask how we are doing.

Let's be that voice to our *Nutley Neighbors* and to the wonderful businesses that sponsor each issue.

Do you hear what I hear?

If you hear the sounds of a close-knit community reaching out to their neighbors, supporting each other, and creating a wonderful place to live, then yes, you do hear what I hear.



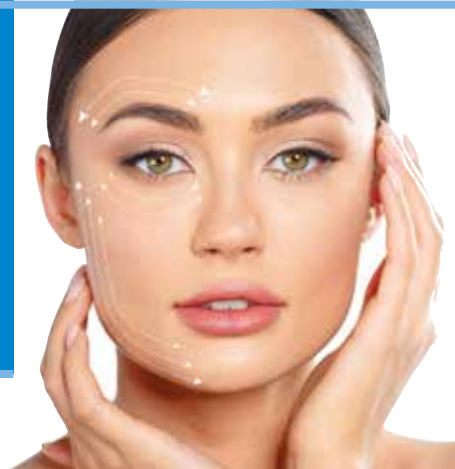
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Featured Article

Type 1 diabetic Jaime Ferrer inspires through FSU baseball

By Logan Hanson,
BVM Sports Journalist/Editor

In 2019, 37.3 million Americans, or 11.3% of the population, had diabetes. According to the American Diabetes Association, nearly 1.9 million Americans have type 1 diabetes, including about 244,000 children and adolescents. Florida State University baseball star Jaime Ferrer is one of those 1.9 million. The sophomore outfielder was fortunate enough to be diagnosed early. At age 3, Ferrer began to show the symptoms of Type 1 diabetes... Continue reading on the BVM Sports website.

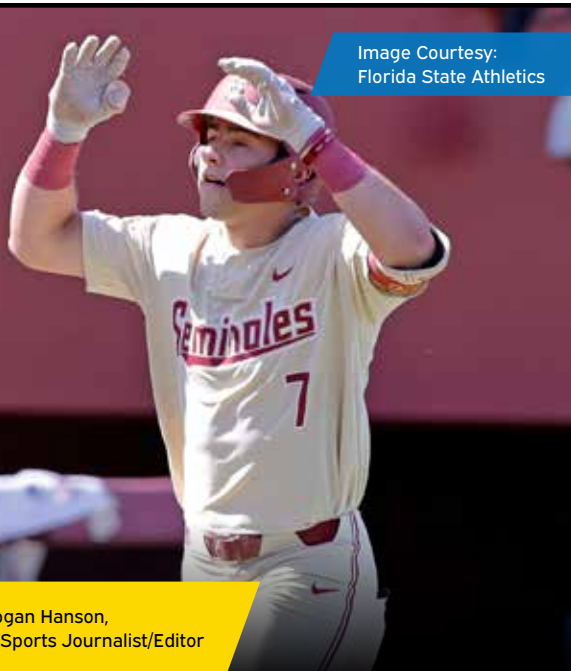


Image Courtesy:
Florida State Athletics

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Sale Price Range	# of Properties Sold
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\$200,000 - \$299,999	19
\$300,000 - \$399,999	33
\$400,000 - \$499,999	82
\$500,000 - \$599,999	107
\$600,000 - \$699,999	45
\$700,000 - \$799,999	17
\$800,000 - \$899,999	8
\$900,000 - \$999,999	5
> \$1,000,000	2

Calendar Year	Median Sale Price	# of Properties Sold
2022	\$515,000	328
2021	\$475,000	398
2020	\$425,000	334
2019	\$385,000	340
2018	\$393,000	310

*GSMLS Data: Single Family, Condominiums/Cooperatives, Town Homes during 2022

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The Thomas Family Listening to Where Life Leads Them

By Joyce Corey Photograph by Randall Kenneth Photography

Sometimes life calls to us in a shout, other times it may be a whisper. For the Thomas family—Stanley, Gina, Steeve (14) and Giana (11)—silence became a way for them to use their voices.

When Stanley and Gina married and started their family, their expectations of parenthood changed after their daughter Giana (Gigi) was born deaf. Being advocates for those in the Deaf community leads this family on a life path that helps them find joy in even the most unlikely places.

While the Thomas family lives off Washington Avenue, close to their home church, Abundant Life Worship Center, their story starts in a country in the Caribbean Sea.

"Stanley and I are both from Haiti, but we met here in New Jersey at his cousin's baby shower," Gina said.

Their romance had a different twist in the beginning, but Stanley's determination led to their happy-ever-after.

"I was not interested at first, so I gave him a fake number," Gina said. "Somehow he found out my real number. On the day of the baby shower, he told his cousin that he was going to marry that girl. Fourteen years later we still laugh about that day!"

Becoming a couple meant combining their interests and future goals.

"Stanley started his law degree in Haiti, but after moving to the United States, he started over and is currently attending Berkeley College for his degree in business administration with a concentration in management," she said.

Gina's education dovetailed that of her husband and led the couple to joint ventures.

"I graduated from Teaneck High School and received my bachelor and master's degrees from Caldwell University," she said. "I majored in business administration with a concentration in accounting. In 2022, we opened Gia Dance Studio in Nutley."

While they offer a wide array of dance classes,



their awareness as parents of a deaf child led them to add to their curriculum.

"Besides dance and cheer, we offer classes for American Sign Language, music therapy, art therapy, and social skills," Gina said. "We wanted a place where all are welcome."

Inclusiveness is a significant factor in all that the Thomas family does. Gina shares her feelings during those early years after her daughter was born.

"Giana was born profoundly deaf in both ears, she had a paralysis on the left side of her body, and she also had a stroke at birth," she said. "She had over a year of physical and occupational therapy to help to sit, crawl, and even walk. At 18 months old, Gigi went to New York Eye & Ear for surgery that implanted the Advanced Bionics cochlear implants. We were hoping that they would help her to speak but that was not the case. At age 3, she was transferred to a total communication school where sign language became her primary language."

While this news would be difficult for any parent to accept, Gina listened to where this situation was leading her and her family.

"I have been very involved in the Deaf community," she said. "When I found out Giana was born deaf, at first, I blamed myself. I felt like I carried her for nine months, it must have been something I did. But then I told myself I can either remain in that stage or become an advocate for her, so I decided to learn all I can about the Deaf community."

Gina is indeed doing all she can. She is on the board for the Hearing Loss Association of America and a member of the SPAN Parent Advocacy Network.

"We do the New Jersey Walk4Hearing every October," she said. "We also work with Thyson Hailey and the deaf advocacy group teaching American Sign Language."

While their daughter's deafness has defined their family in many ways, at home, they are rather typical.

"Our son, Steeve, is 14 years old and loves to play baseball, football, and basketball," Gina said. "Steeve has been a big supporter of his sister in the NJ Walk4Hearing. His favorite things right now would be sports, video games, food, and his friends."

"Giana is 11 and loves to dance. This year she started to play tennis. She has been recognized as a HearStrong Champion. This is someone with hearing loss who has fought through adversity."

"We are a big sport family," Gina said. "We go from one sport season to the next. That is one of the things we love about Nutley. There are so many sport options for the kids. Steeve has been playing baseball with Parks and Rec since he was 5 years old and this year he started playing football. Giana has been dancing since she was 3, and she played soccer, softball, and tennis."

The family has high praise for their *Nutley Neighbors*.

"We love Nutley and have made some amazing friends



5 Things the Thomas Family Loves About Nutley

1. Small town feel
2. Sense of unity
3. Togetherness
4. Beautiful parks
5. Amazing restaurants

here," Gina said. "I joke around that my kids are Haitian Italian because they always make fun of my pasta and my sauce. I have to keep reminding them that I am Haitian not Italian!"

But even though she may not have perfected the pasta and sauce, Gina has the right recipe for life.

"People often talk about my positive outlook in life and my answer has always been it is a choice," she said. "We have all



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You Are Not Alone

A mother of a deaf child speaks out

By Joyce Corey

Gina Thomas, who is on the cover of this month's issue with her family, is more than our Nutley neighbor. She is also the mother of a deaf child.

"When the doctor told us Giana was profoundly deaf, he seemed so straightforward about it," Gina said. "He gave me a bunch of papers and told me to call his office for a follow-up appointment."

"I understand that to him this was a diagnosis that he had probably made many times, but to us, it was devastating. So many things went through my mind—like how would she be able to go to school and make friends and one day go off to college?"

Once she accepted the shock of her daughter's diagnosis, Gina started to take things day by day.

"I realized that I was not alone," she said. "I started to search for support groups and resources to help deaf children and their families."

Gina eventually became a board member for Hearing Loss Association of America and a member of the SPAN Parent Advocacy Network. Yet, while her knowledge and activism for the Deaf community increased, she learned the one thing people most wanted.

"Parents need to have hope," she said. "Whenever a child is diagnosed with hearing loss or autism or Down syndrome, it's important for them to know they are not alone and there is hope. Today, people see Giana as an 11-year-old dancing and playing tennis, but they don't see everything that happened before. Like when she had a stroke as an infant and was in physical therapy for 18 months."

Gina understands the fear and uncertainty that surrounds being the parent of a child with disabilities, but she has comforting advice to anyone else in that same situation.

"We can't keep our children in a cocoon or shelter them for their entire lives, but we can teach them to advocate for themselves," she said. "Our children need to be empowered and to learn to speak for themselves."

Mentoring other moms is now Gina's life purpose.

"It's important to talk to others about your feelings and fears," she said. "There is strength and hope in sharing." ■



been through some hard times in life, and we wonder - why us? We can question the situation, but we can't remain there and be angry. We seek help if we need to and find ways to find joy again. There is always a rainbow at the end of a storm."

The next time it rains, I wouldn't be at all surprised to see a rainbow arching over the Thomas house.■

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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RAQUEL DROSOS

Take a Look at Her Newest Book!

By Joyce Corey

Raquel Drosos always wanted to write a book. So, she wrote four (and counting!) This Nutleyite published her first book as a teenager, under her maiden name Raquel George, and her latest book, *Games of Chance* was released in October 2022.

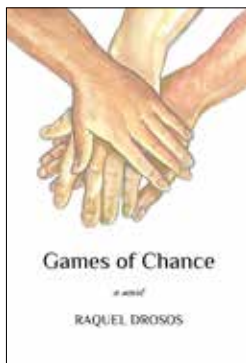
"I've been writing since I was 5, and I published my first book at the age of 14," she said. "I've lived in Nutley my whole life and attended schools here."

While her writing career is quite prolific, it took 10 years for her to finish writing *Games of Chance*.

"I started writing it when I was 23 and I finished it at the age of 33," she explained. "A lot happened in my life during those ten years—I met my husband, got married, switched careers, bought a house, and had two kids—so I needed to take a lot of breaks! But I kept coming back to this story because I knew I had to finish it. I don't intend to take ten years to write my future novels; I hope to have the next one finished within a year or two."

That's good to know because recent reviews of *Games of Chance* mention how readers are immersed in the lives of the characters. Which is exactly what Raquel had in mind when she penned these pages.

"I had characters in my head, and I wanted to tell their story as vividly as I could," she said. "One of my aims with this novel, though, was to have a close-knit family at the center of the story. I think the slow progression of my writing *Games*



of Chance was a benefit to the novel. I wrote the scenes from the main characters' adolescence when I was closer to adolescence myself and could remember it vividly, and I wrote the scenes when they're almost thirty when I was in my thirties and going through similar experiences. I think the novel would miss some of its depth and authenticity if I had written it all in one period of my life."

The story is character-driven and focuses on Alex, Seb, and Emilia, who are raised as siblings in an Italian-American family in New Jersey. The

readers follow their lives over a period of 21 years and to places as diverse as New York and Italy. When one of them goes too far astray, the real strength of a family is revealed.

"I personally grew up with a supportive, loving family, and I rarely saw families like mine portrayed in novels. Most family sagas are about dysfunctional families, but I think a happy family can be just as interesting to read about."

"I also think people from the Tri-State area will enjoy it in particular because there are a lot of references to New Jersey culture—our food, our accents, our relationship to New York City. But anyone who likes character-driven stories will enjoy my novel." ■

Games of Chance is available on Amazon. Follow Raquel Drosos on Facebook or Instagram @raqueldrosos or visit her website www.raqueldrosos.com to find out about any upcoming author events or news.





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Remembering Robert Bowden, the Nutley Artist Who Painted with Leather

By Barry Lenson, Art Historian,
Nutley Historical Society



Robert Bowden, who resided at 76 Hillside Avenue in Nutley for many years, was probably the most unique artist who ever lived in town.

When you first see one of his paintings, you may think there is nothing unusual about it. One work to consider is a very lovely and picturesque painting of our nation's Capitol Building, surrounded by colorful cherry blossoms. This could well be Mr. Bowden's most famous work, and for good reason. President Dwight D. Eisenhower selected it to be displayed in the Oval Office. It is a beautiful and accomplished depiction of one of America's most beloved landmarks. In appreciation, President Eisenhower sent Mr. Bowden a letter wishing him "much pleasure and satisfaction" in his hobby as an artist.

But like Mr. Bowden's other works, this painting has a remarkable secret you can only discover when you take a very close look. It was not created with paint, but with thousands of tiny pieces of dyed leather that the artist meticulously applied to a panel, using glue and a palette knife. Mr. Bowden created hundreds of artworks in this way. He referred to them as "leather mosaics," and that is accurate. But because of the many tiny, intensely colored pieces of



leather he used, his works seem to belong to the tradition of pointillist paintings that were done by French artists Seurat and Signac. In the history of American art, they are unique.

■ Who Was This Nutley Artist?

According to his granddaughter Sally Nordstrom French, Robert Bowden was born in Montréal on August 6, 1881. In the early 1900s he resided in Jersey City, then moved to his home at 76 Hillside Avenue in 1912.

According to "There's Colorful Art in An Old Pair of Gloves," an article that Edna Keil published in *The Nutley Sun* on January 15, 1953, his artistic career began in an unusual way in 1928. While he was working as a salesman, selling gloves to retail establishments, a store manager asked him to create a window display - "Something striking that will sell gloves." In response to that request, Mr. Bowden made his first mosaic out of leather that he took from gloves.

He created more artworks in the years that followed. By the time he had retired in 1948, his unique works were on display in museums in almost every state. He retired to his studio in his home at 76 Hillside Avenue and produced a steady stream of beautiful leather paintings until he passed away in 1964. He is remembered by his descendants as a modest and kind man.

■ One Of His Works Will Soon Be Displayed in the Nutley Museum

As I write this article, I am pleased to report that one of Mr. Bowden's extraordinary works will soon be shown at The Nutley Museum, thanks to the cooperation of his family.

Many artists have lived and worked in Nutley but of them all, the most unusual could well be a modest and accomplished citizen named Robert Bowden. ■

The Nutley Historical Society is a not-for-profit organization dedicated to serve the educational, cultural, and historical needs of our community. Located at 65 Church Street in Nutley, you can visit in person, online at www.nutleyhistoricalsociety.org or with a phone call 973-667-1528.



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Tracking Marcella Blancato's Successes

By Joyce Corey

While every athlete knows that hard work is the foundation of success, Marcella Blancato accelerated her track career by adding a few extra steps.

"The best advice that I've received has been that the only person who can cause you to succeed is yourself, and you have to work to achieve the results you desire," she said. "This can also be applied to levels of confidence, for the whole world could be cheering for you, but it will not make you satisfied unless you cheer for and believe in yourself."

Confidence and believing in herself helped her break Anna Quinn's 28-year, 800-meter school record in May. But just like in any sport, Marcella worked her way up to this achievement.

"My freshman year I ran the 55- and 200-meter races, my sophomore year I focused on the 200- and 400-meter, and I've worked my way up to the 800-meter race," she said. "I was very surprised when I broke the school record and for this year, I am going to try and break my personal record in the 400 meters. Time will tell!"



Nutley Athletes

3rd place medal in the North II Group III Sectional Championships for the 400m during the 2022 season (left). Speed Medley Relay (SMR) team broke the school record. Photo credit: Gerald Ryan

While Marcella has impressive stats on the track team, her involvement with school and community-based activities has given her wins of a different kind.

"I have been the class president for the past four years of my high school career, so I have been able to put a lot of my effort into benefitting my school," she said. "I am also the president of the Core Ambassadors which focuses on the well-being of the student body. We had several projects to increase positivity and a feeling of being welcomed throughout the high school. I am the vice president of National Honor Society and one of the secretaries of Key Club, and I try to involve myself with

many other clubs as well. I am an active member of the National Art Honor Society, Italian Honor Society, and I continuously volunteer at the Nutley Family Service Bureau."

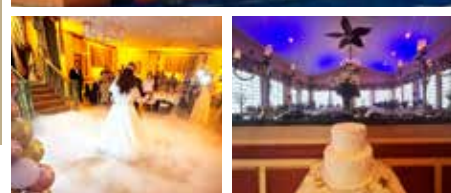
While Marcella is certainly busy with many activities as well as track, she has an underlying principle that motivates her in all that she does.

"I try to always go out of my way to include others," she said. "Everyone is on a team to do the same thing—to make friends, have fun, and perform to the best of our abilities. I try to help make sure that there is a healthy environment to make the most of the memories that we are creating."

This kind of thinking has led Marcella to make a major impact in her sport and one that will be remembered.

"Considering I'm an athlete who will not be continuing my athletic career in college, when I graduate, I not only leave my school, but I leave my past of structured athletics behind."

Marcella Blancato has left her mark in the sports world at Nutley High School and all of her *Nutley Neighbors* wish her continued success in college and beyond. ■



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The Rooming House of Nutley Part 3

By David Wilson

The final stop on our rooming house tour takes us to 308 Passaic Avenue. This grand old home has many elusive stories, but we have been able to piece them together using maps, ads, memories, and pictures. The history begins across the street from where it found prominence as a boarding and rooming house. Maps from 1875 through 1900 show the structure as part of a large land tract stretching from Passaic Ave. west to the Third River, and from Chestnut St. south to Park Ave. The location would be about where Shepard Place now connects to Passaic Ave.

This property was owned by A.T. Stewart & Company, then Henry Hilton, and appears to be farmland. We can safely



1909 ad for 308 Passaic Ave. (far left) Wickham house (left), photo credit John Demmer. Green Gables Rooming House (below left), photo credit Laurie Daeberick Dettloff and Town Historian John Demmer.



assume this was home to the landowners, their family, and domestic staff. We can see the building's outline expand over the years indicating a growing family. Suddenly, a 1906 map shows the building now on the east side of Passaic Ave. on a lot overlooking the area. Stories handed down through the decades referred to this structure being relocated, and research now supports this. Horsepower, logs, manpower, and ingenuity made this possible.

A 1906 advertisement from Wm. F. Liebing highlights a new rooming house, six minutes from Franklin RR Station, pure well water, high ground, and the finest view around for twenty-five dollars a month.

Known as Green Gables, 308 Passaic Ave. saw use as a boarding house where meals were served, and later as an owner-occupied rooming house with twenty rooming units and five baths. Owners identified through tax records include, M. Giepet, Frank Nelson, Martha Priestley, Donald Odell, Paul Neudeck, and Diane Daeberick. Tenants included a diverse group of characters, transients, and schoolteachers.

The building had a grand staircase, marble fireplace, formal living room, and a large front porch, indicative of halcyon days housing wealthy landowners. The support structure had very severe termite damage and was repaired with a basement maze of new beams and columns.

During a fire in the early 1980s one tenant took a "swan dive" out the window into some bushes below. Firefighter Bob Verdi recalls this event and advancing a hose line into the building. To reopen, some repairs were made, a new fire escape was added, along with a fire alarm system and emergency lighting. The building was sold in 2001, demolished, and two one-family homes were built, ending a 126-year history.

The last rooming and boarding house is the Wickham House. This was located on Franklin Ave. on what is now the Park ShopRite's north parking lot. A 1909 picture was located, but we have no other details or stories about this house.

I hope you have enjoyed this travel back in time to explore the rooming houses of Nutley. They were located near train stations and trolleys, within walking distance to employment, and provided "a place to hang your hat" for many hundreds of folks over the years. ■

David Wilson is the author of *Fire in Our Lives*, a book containing stories, experiences, and advice from his forty-year career in public safety. Available at Amazon, Barnes & Noble and Google Play.

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Cherishing Our Crafty Memories

By Michelle Palmer

Although the festive winter holidays have passed, we still treasure the art our children created. They painted, molded, drew, and sketched scenes of happiness to enjoy.



Kids Corner



Clay creativity

Audrey is only three years old, but is very interested in creating art. She made a Christmas tree with Play-Doh and decorated it to resemble a real tree.

Samantha is a second grader who loves art class. She made a gumball machine poster that shows what a wonderful artist she is by using various techniques and plenty of pretty color combinations.

Seven-year-old George completed a creative project where he designed a flag for his own future country. He named it "Cval" and declared that everyone is welcome there.

Michael, seven years old, created this colorful and tasty project. His gingerbread house brought big smiles and made it a fun experience.

Noor enjoys art very much, so she hosted a crafting party for her



George's country (top left)
Gingerbread house fun (left)
Getting crafty (above)

friends and neighbors. They decorated stars, clay ornaments, and wooden angels. This was a very memorable event

that will be a special memory for the community. ■

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.



A colorful masterpiece



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Adopt Us!

Submitted by *Christa Milici,*
Yellow Brick Road Rescue NJ

Selena is female, about a year old or a little younger, and is in search of her forever home. She came from a maintained colony, but she does not belong outside. She is friendly, likes indoor life, and would love to find her new family. She will need time to warm up in her new home, but she is sweet and enjoys pets and doesn't even mind being held. She is up to date on vaccines, dewormed, FIV/FelV negative, microchipped, and spayed. \$150 adoption fee applies. ■



If interested in Selena, fill out an application at www.yellowbrickroadrescue.com/cat-adoption-application/



Submitted by
Nicole Milici,
Jersey Pits
Rescue Inc.

Yes, you have seen Patches before, but he is still looking for his forever home. His foster family can only keep him until February; maybe he can be part of your family now.

At not even a year old yet, Patches hasn't had much exposure to the world around him and is looking

for a bully breed savvy family to continue to help him build his confidence in the outside world and his love for exploring. He does have bursts of puppy energy at times, but mostly goes with the flow—he's happy as can be going for a long walk, but also content finding a spot to sit out and sun or watch a movie! He is crate trained, housebroken and also walks well on leash! He does take medication twice daily for his seizures (he's been seizure free for almost a whole month now!), that he takes without any issues at each feeding! Patches is still very much learning what life as a dog is about, he would likely do best with older children and may be willing to share his home with another mellow pup! ■

If you're looking to adopt Patches, please apply today at www.jerseypitsrescue.com.

LinkedIn Learning at the Nutley Public Library

By *Nick Van Dorn, Senior Librarian*

Learning and growth in your career (and in life!) is a journey and lifelong process. Nutley Public Library is committed to the professional and personal development of our patrons and is now proud to offer LinkedIn Learning, for free, to all residents who are Nutley Public Library card holders!

Why use LinkedIn Learning?

- LinkedIn Learning has over 16,000 courses in its library, taught by hundreds of industry leaders and top instructors. New courses are being added, each and every week.
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Getting Started: Visit www.linkedin.com/learning-login/go/nutleypubliclibrary and log in with your library card barcode number and PIN. Login instructions and additional help can be found on our website at nutleypubliclibrary.org. Once you're in, browse around! Take a course, learn something new, and apply it in your day-to-day life!

Learn on the Go: The LinkedIn Learning mobile application is now available for library patrons. After you download it from your app store, sign in with your library card and enter the library ID: nutleypubliclibrary.org. You'll be prompted to enter your library card barcode number and PIN. You can also download courses on your phone to watch later!

Help is Available! If you run into issues with logging in, email library@nutleynj.org. For technical issues, once you're up and running, you'll have the option to click for help throughout the system, with access to LinkedIn Learning's FAQs, as well as the ability to connect via email, live chat, or phone. ■

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FEBRUARY EVENTS CALENDAR

Feb. 1, Wed.

Perinatal Mood & Anxiety Disorders Support Group

@virtual event

Are you feeling like motherhood isn't what you thought it would be? Do you have feelings of anxiety, panic, rage, or sadness? You could be experiencing one of the most common complications of childbirth, Perinatal Mood and Anxiety Disorders. Join this virtual community, led by a Perinatal Mood Disorder certified specialist who can answer your questions, validate your feelings and concerns, and offer more resources if needed.

Time: 11am-12pm

Cost: Free

For more information, registration, and other dates and times, visit www.rwjbh.org/events

Feb. 11, Sat.

DPW Electronics Recycling Day

@Municipal Parking Lot 9, 537 Franklin Ave.

All items must be placed in the trunk of your vehicle. Acceptable items include computers, laptops, fax machines, microwaves, monitors,

printers, scanners, stereos, speakers, VCR and DVD players, and televisions.

Time: 9am-1pm

For more information call the Department of Public Works at 973-284-4984

Feb. 13, Mon.

Special Teen Event: Anti-Valentine's Day

@Nutley Public Library, 93 Booth Dr. For grades 6-12. Anti-Valentine's Day is an unofficial holiday celebrated among friends and no significant others. Join in on the fun, make a craft, and enjoy special treats!

Time: 3:15-4:30pm

For more information visit www.nutleypubliclibrary.org/calendar

Feb. 14, Tue.

Baby Prom

@Nutley Public Library, 93 Booth Dr. For 23 months and under. Get ready to shake your "booties!" Babies and their caregivers are cordially invited to a special event featuring music, dancing, photo ops, refreshments, and more. Dress to impress!

Time: 10-11am

For more information and to register visit www.youthservices.nutleypubliclibrary.org or call 973-667-0405 ext. 2623

Feb. 23, Thurs.

Celiac Disease & Gluten-Free Support Group Meeting

@virtual event

Amy Keller, MS RDN, LD, an associate with Gluten Free Watchdog, joins Michelle Pasia, MPH, RDN, Program Coordinator of The Kogan Celiac Center, to share what to do when gluten shows up in items labeled gluten-free, fermented, and hydrolyzed food. This support group is for those with celiac disease or gluten sensitivity, as well as their loved ones who would like to learn more. The Zoom details will be shared with you after you register online.

Time: 5:30-6:30pm

For more information and to register visit www.rwjbh.org/events

Feb. 23, Thurs.

Comprehensive Blood Screening Program

@Clara Maass Medical Center, 1 Clara Maass Dr., Belleville

The screening includes a complete cholesterol profile and glucose test in addition to other elements including electrolytes and a complete blood count. Light refreshments will be provided to registrants including juices, tea, coffee, fruit, and an assortment of breakfast pastries and breads.

Time: 7-9am

Cost: \$40, cash or check, payable at time of screening. For more information, registration, and the full list of items on the blood test, visit www.rwjbh.org/events or call 973-450-2398

Feb. 27, Mon.

Hooked on Books Reading Club

@Nutley Public Library, 93 Booth Dr. For students in grades 4-6.

Registration required. A book chat with games and awesome activities! This month's book is *Witches of Brooklyn* by Sophie Escabasse.

Time: 6:30-7:30pm

For more information and to register visit www.youthservices.nutleypubliclibrary.org or call 973-667-0405 ext. 2623

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