

JANUARY 2019

A community magazine serving the residents of Nutley

NUTLEY NEIGHBORS

Kindness,
Art, and a
Sense of
Adventure

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

InSight Eye & Vision Care is a full service optometric practice and optical shop she opened in 2017 with hopes of providing a one stop shop for excellent eye care, eyewear and personalized service for the community.



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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

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Dear Nutley Neighbors,

A year ends, and another year begins. As we ring in this brand-new year, it's always a great time to reflect and give thanks for what we have, what we have accomplished, and make plans (or resolutions) for what we want to accomplish. As publisher of this magazine, every issue that we produce is another chapter in my story. I get excited for each and every one like it was our first. This isn't just a feeling I produce on my own; it's because of you. Our readers, our fans, our sponsors. Every month when a new issue hits the homes, I receive calls, messages, emails, and have in-person conversations, I see the outpouring of love on our social media pages telling us that we are doing work that matters! For that, I am grateful.

It was another fantastic year for *Nutley Neighbors* and it couldn't be done without the hard work, dedication, and contributions from our team. Joyce Corey, you continue to bring out what's best about our neighbors. Your writing and care for making our content great doesn't go unnoticed. When folks tell me we are the best local media choice, you play a tremendous part of that. Tammi, Alex, and Randy what more can I say—the photos you bring to life in the magazine are huge reasons why people look forward to opening each issue. Captivating images that our resident features and families can cherish forever. Marti, our designer, working on all of the magazines I publish at once—it always amazes me that everything is brought together beautifully, flawlessly, and on time by you. To our regular contributors, Frankie, David, the Nutley Historical Society, and the Nutley Public Library, the valuable information, stories, and traditions you highlight in these pages



are critical components in making *Nutley Neighbors* great.

To our loyal sponsors who make this magazine possible for our residents to receive for free, I am grateful for your contributions and the bonds we have formed as friends and partners. I look forward to continuing to serve your businesses. Our residents truly appreciate your support of the magazine and hopefully they tell you so when they visit or call your businesses.

A new year represents a new stage in our lives. It's a chance to start fresh with a lot of optimism and a readiness to give our very best for every day to come. That's what I will focus on doing in 2019. Giving my best and being better than the day before, in my family life, in my personal life, in my publishing life.

I thank you for all the love and support. From my family to yours, I wish you much peace, prosperity, harmony, and happiness in this new year!

Cheers!

Michael Stefanelli Publisher

How Does a New Year Look?

I remember the first time I was allowed to stay up late to 'watch the new year come in.' I don't know how old I was but I was excited to be part of this momentous event. After watching Dick Clark for hours (and maybe napping a bit!) the moment arrived.

I stood in front of the television and counted down the seconds until the ball dropped in Times Square. Then I raced to the window to see the new year.

I was disappointed. It looked like the old year. I thought surely the sky would roll away to be replaced with ... I didn't know what exactly but I knew it should have looked different.

So what's up with this whole new year thing?

As I got older, and hopefully wiser, I realized the importance of having a January 1st every year. I now consider it an after-the-holiday present. (Yes, that was a pun!) While I know that the present does not affect the past, I am confident that the future can be shaped by our expectations. And that is a wonderful idea to start the year with, and to live with, all 365 days.

I expect the year to be filled with people, places, and events that will shape my future. 2018 certainly did that.

And on a smaller, but just as important, scale, so does each issue of *Nutley Neighbors*.

I have met many interesting people; there has not been an issue where I have not been introduced to someone who has impacted my life in some way with their ideals, values, or goals.

This first issue of the new year features Amy Tingle, Maya Stein, and sons, Evan and Charlie. Their lives are full of creativity and kindness. Literally, I did not have the space to write about all the ways they spark, engage, and nourish creativity in communities everywhere. After reading about them, please visit their website to find out more about The Creativity Caravan.

We are pleased to have faithful and interesting regular contributors. David Wilson gives us some useful resolutions for a safe new year. Frankie Turano wraps up his three-part series on Private Gaetano "Tom"

P. Nicastro and his posthumous award for serving as a medic during the Korean War. In an interesting coincidence, Barry Lenson, from the Nutley Historical Society, reviews a book about Nutley's own, William H. Clamurro, who also served as a medic but in the Vietnam War.

Yes—this first issue of *Nutley Neighbors* starts our year off right. We are literally surrounded by people, places, and events that will make 2019 a year to enjoy and remember.

Let's keep our expectations for the new year high!

Joyce Corey Content Coordinator



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Go to www.bestversionmedia.com and click "Submit Content." You may also email your thoughts, ideas and photos to: jcorey@bestversionmedia.com.

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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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The best place to return to is the dining room table (and the boys' favorite meal is mom's chicken pot pie).

Kindness, Art, and a Sense of Adventure

By Joyce Corey

Photographs by Randall Kenneth Photography

Amy Tingle, Maya Stein, and sons, Evan and Charlie, live in Nutley but they LIVE with all capital letters.

Maya tells us about the simple, yet powerful, principles that fuel their family. "A bumper sticker on our car says 'Be Kind.' And we have a sign in our studio that reads, 'Life without art is stupid.' We think that sums it up. You never know what other people are going through so be kind to each person you meet. And never forget the importance of creativity to stay sane and connected to the world."

Besides actually living up to the message on their bumper sticker, Amy and Maya take their positive (and very creative!) approach with them to work every day. As the owners of a business, The Creativity Caravan (www.creativitycaravan.com), they dedicate their days to enriching the lives of people everywhere.

The mission according to their website is "to spark, engage, and nourish creativity in communities everywhere."

And that's exactly what they have been doing. Amy said, "Running our own business takes up pretty much all of our



Morning meetings are a necessary component to partnering in business and in life.

free time but we love to travel and a big part of our mission is to find ways to encourage people to tap into their own innate creativity in communities everywhere. We have traveled the country extensively in service of this goal, towing our vintage trailer behind us on a number of projects. Maya loves to ride her bicycle whenever she can, and we both tend to read when we need down time."

In fact, the first place Amy went when she moved to town 22 years ago was to the Nutley Public Library to sign up for her library card. She can often be seen coming or going with a tall stack of books.

It all started ten years ago when Amy "met" Maya. She said, "We met online, but not via a dating site as folks might think when we say that! She was a prolific writer living in San Francisco, California, and I was a full-time mom/part-time editor/part-time art teacher living in Nutley. I was introduced to her poetry newsletter "10-line Tuesday" (www.mayastein.com/10-line-tuesday/) through a mutual acquaintance and invited Maya to come facilitate

a poetry workshop here during a cross-country writing project she undertook in 2010. We became pen pals and great friends who leaned on each other through the ups and downs in both of our lives for several years after that. Maya moved to Massachusetts in 2012, just as I was finalizing the painful breakup of my first marriage, and we saw each other in person occasionally over the next year. Eventually all of this led to the most improbable love story - neither of us could have imagined it unfolding like it did - and we got married in 2014. Maya always says that in a million years she could never have predicted she'd be living in Nutley when we met on my doorstep eight years ago!"

So how did they choose Nutley as their home? Maya tells us, "Amy's ex-husband grew up in Nutley, as did his parents. Her children are 3rd-generation Nutleyites. Amy actually moved to Nutley in 1996 about two years before



The physical hub of their small business and their home away from home is their 13-foot vintage caravan, Sunshine.

her son, Evan, was born. We bought a new house together in 2014, in the Yantacaw section, but we only strayed four blocks from their original home because we loved this area of town with its proximity to town center and the parks, and the kids were comfortable and happy here."

Growing up in Nutley has positively impacted both Evan and Charlie. Amy tells us a little about their accomplishments and future goals. "Evan is currently a sophomore at Columbia College of Art & Design in Chicago, Illinois and

an incredibly creative person. He is pursuing a degree in illustration. Growing up, we signed him up for every art class we could find in the area, including taking art classes all four years at Nutley High School. He is also an avid skateboarder. He always hoped Nutley would build a skatepark! Charlie is currently a senior at Nutley High School. He played varsity soccer and loves hiking. This past summer he spent two weeks in the Rocky Mountains in Colorado on an Outward Bound experience. He's applying to colleges now and hopes to study marketing somewhere in the South—he says he's tired of New Jersey winters! One of Charlie's proudest accomplishments was in marketing class at Nutley High School where he was assigned a project to create a viral social media campaign. He chose to make his project a reality and raised over \$2,000 for The American Cancer Society with his 'Kisses for Cancer' campaign."

It's wonderful to meet a family who engages in life with such wholehearted passion. One of their adventures even left a lasting legacy here in town. Amy tells us about it.

"After Maya and I completed a project called Type Rider 2 in 2014 during which we rode a tandem bicycle 1,400 miles and built 30 Little Free Libraries along our route (Colorado to Wisconsin), we were contacted by then-Commissioner/now-Mayor Dr. Joe Scarpelli. He wanted to know more about Little Free Libraries and how to bring them to town. We convinced him that the Greenutley committee should sponsor a few, so now

5

Five Things the Tingle-Stein Family Loves about Nutley

1. The parks.
They are absolutely gorgeous and so well kept.

Walking through them never gets old.

2. The proximity to NYC, the beach, the mountains, the airport ... and our parents.

3. The way that people look out for their neighbors.

4. How walkable and bike-able the town is!

5. The Little Free Libraries, of course.



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there is one book box in front of each of the town's five elementary schools. There's one at Town Hall, and Dr. Joe's uncle even bought one for the front of his house. We also did a giveaway contest and the winner has a Little Free Library on Vreeland Avenue. A few months later, we got a note from a woman on Alexander Avenue telling us her husband built her one for her birthday. It's been so much fun to be a steward and to share our love of books and reading with our neighbors. The motto of Little Free Library is "Take a book, leave a book" and these free lending libraries provide books for anyone and everyone who passes by, all over the entire world (there are currently about 75,000). It's a phenomenal organization and we are incredibly proud of the work we have done to help promote their mission."

And you know who else is phenomenal? Amy, Maya, Evan, and Charlie. Their lives are filled with all the treasures that make living extraordinary: love, art, kindness, and creativity.

These things not only connect them to each other and their neighborhood, but to people they meet everywhere. And that's Living (yes with a capital L)!

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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RT Dental Family and Cosmetic Dentistry

By Joyce Corey

Everyone needs a dentist and at RT Dental, everyone is offered the best dental services possible in a relaxed, comfortable, and homelike atmosphere. Conveniently located at 192 Chestnut Street, this may become your go-to place when your teeth need expert care to bring the smile back to your face.

For Richard Tom, D.M.D., opening an office here in Nutley was part of his successful journey into the field of dentistry.

Dr. Tom said, "I always wanted to be a dentist since high school. I knew I wanted to be a specific type of doctor. When I was a kid, I was good with my hands building models and drawing. In high school, the guidance counselors had you fill out a card trying to find out your career interests. At that time, I was informed of a career exploration program that the dental school of Fairleigh Dickinson University in Teaneck provided for high school students.



From left: Stacey, Gelena,
Dr. Richard Tom, Joanne, Arlene- A great team!

I enrolled in the program and it was a great introduction to the career of dentistry. We participated in dental-related activities and spent the day with a FDU Dental School student. All of this was an eye-opening experience and I was hooked."

After graduating high school, he attended Rutgers University in New Brunswick for his undergraduate studies while fulfilling his prerequisites for furthering his education. "I did volunteer work in the dental clinic at Robert Wood Johnson hospital in New Brunswick," he said. "Subsequently, I attended and graduated from the



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University of Medicine and Dentistry of New Jersey (now the Rutgers School of Dental Medicine) in 2001. Afterwards, I completed a year-long comprehensive residency in all phases of dentistry and basic hospital medicine at St. Barnabas Hospital in New York City, a Level 1 Trauma Center that serves the metropolitan New York area."

Before seeking to open his own office, he worked with several dentists in the New York/New Jersey area. When he met Dr. George Heflich, the location of his own dental office became a reality.

Dr. Tom tells the story. "I found a kindred spirit in the retiring Dr. George Heflich, who sought a successor that shared a similar practice philosophy, enthusiasm, and friendliness that embodies the great practice that he had started in 1991 in the beautiful community of Nutley. I purchased and took over the practice in March of 2016 and it has been awesome since then."

Since that time, Dr. Tom has brought not only his dental expertise to town but also his sincere dedication. "I would say my family and friends, my staff, and my patients all inspire me to be the best person and doctor I can be. I love meeting and getting to know different people from all walks of life. In dentistry, you wear multiple hats. You are an artist, engineer, psychologist, business person, and doctor in one. You encounter challenges on how you can restore the patient to function and aesthetic form. That



is where the artistry and engineering come in. People from all walks of life come to see us and, as with all people, deal with the everyday struggles of life. They share part of their life with you and that is the psychologist aspect. As a doctor, you take care of their oral health and are mindful of their overall physical and mental health. The last aspect is the exciting challenge of running and maintaining a business."

Besides the convenient location of his office, Dr. Tom and his staff make every effort to offer scheduling options to take care of their patients' needs.

He said, "We are here for Nutley and the surrounding communities. We see everybody from as young as age three to the elderly. I would like to especially thank my staff, the people of Nutley and the surrounding communities, and the former owner Dr. George Heflich for welcoming me and embracing me as their own. I am forever appreciative and humbled."

*RT Dental is located at 192 Chestnut Street in Nutley. Visit their website www.rtdentalone.com for more information or call the office at 973-667-2500 to schedule an appointment. Office hours are Mon 10-5, Tues 11-7, Wed 9-5, Thurs 12-8, Sat 8-12 (*One Saturday a month from Sept-May).*



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Camera Club Exhibits Best Photos at Nutley Library

Submitted by Joyce Corey

Tri-County Camera Club of Nutley exhibited a variety of images at the Nutley Public Library, 93 Booth Drive, during the months of November and December. These images feature the best photos club members have presented in past club competitions.

The exhibit included scenic images, portraits, action photos, and views of nature. A public reception was held on Saturday, December 8, from 2 to 4 pm, where club members discussed past competitions, exchanged practice advice, and shared how they learned their photographic skills through workshops.

Competitions are one key to learn how to take good photographs. Tri-County Camera Club offers four types of competitions: Pictorial (any subject), Nature (images of nature without the hand of man visible), Creative (a distortion of reality by any means), and Prints (large and small format, any subject).

Members upload their photos via the Internet into the club's competition management software where they are projected and evaluated by a visiting judge. Print images are brought to club meetings.



"Blue Cadillac" by Bruce Mittelman



"Bodi Light" by Jim Alfano

Members may submit up to four photos for any given competition. The best images will receive a Top award or the next best, a Merit award. Any image that received a Top or Merit award during the year is automatically entered into the annual competition. Winning images are also submitted to outside competitions.

Competition exists on three levels for Nature and Pictorial images. They are held separately for the Beginner (B) group, the Advanced (A) group, and the Salon group. New members join the Beginner group, and advance to higher levels by accumulating points which are earned by receiving a Top or Merit award in the monthly competitions.

Overall, members join Tri-County not only to learn how to take good photographs, but also to see the work of top photographers, to ask questions about photography, and to share their own photographic ideas. The club meets about three times a month, and has been the home to outstanding photography for more than 60 years.



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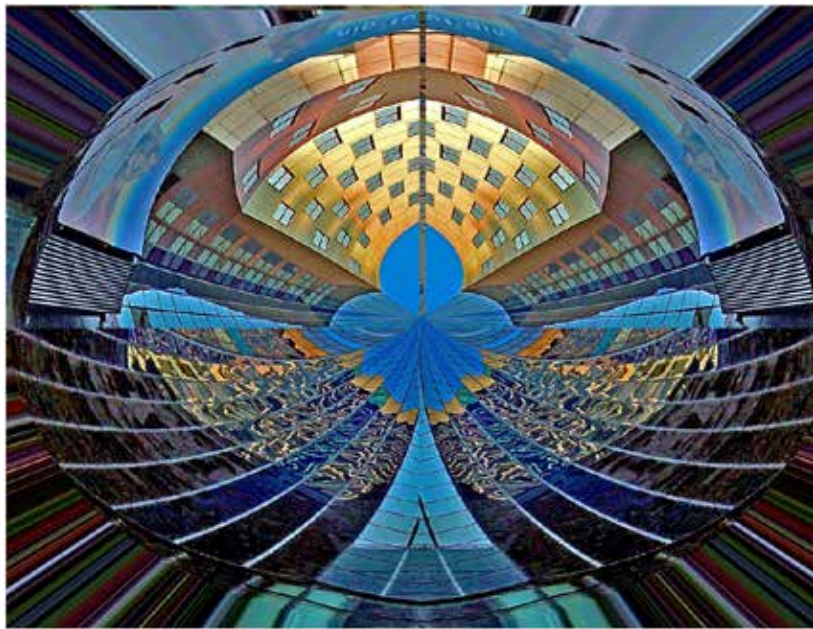
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"4th of July Celebration" by Margo Parker



"Flower Abstract" by Bob Parker

Meetings are currently held in the teacher's cafeteria at Nutley High School. Dues are \$40 a year to attend all sessions and to compete. Guests are welcome at no charge to meet its members and to see if the club

meets their photographic needs.

For further information, visit the club website at tricontyncameraclub.com or Tri-County Camera Club Photography at Meetup.com.

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Nutley Photographer Publishes New Book on How to Create Eye-Catching Images

Submitted by Joyce Corey

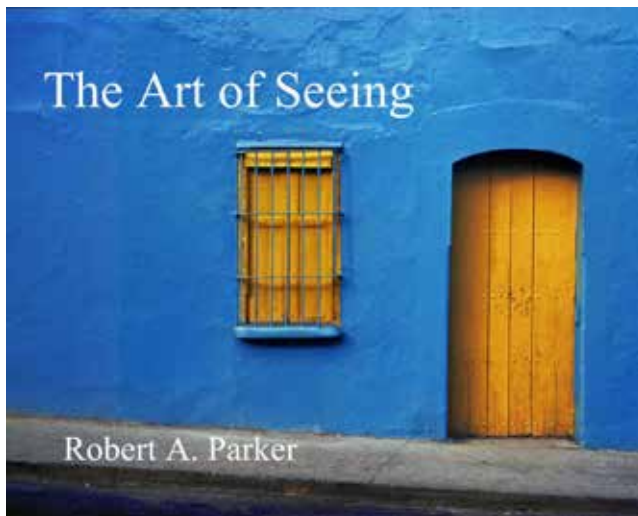
How does one create interesting photographs? The answer, says Robert A. Parker in a new book, "begins in your head, and then continues in how you use your eyes. For after learning the rules of fine art photography, whether you are facing a panorama or a single subject, you need to see only the portion of the image in front of you that captures line, form, and color, reflects an artistic harmony, and suggests the whole."

Called *The Art of Seeing*, Parker's new 250-page book presents more than 100 of the author's prize-winning images. Each image appears on a right-hand page, and opposite it, on the left page, he describes where he took the photograph, what he saw that inspired him, the effect he wished to convey, his evaluation of his success, and the rules he followed, or broke, to achieve it. The images appear under seven categories: Reflections, Architecture, Nature, Portraits, Motion, Patterns, and Vistas.

The images cover travel from Rockport to La Jolla, and from Caracas to Venice. For each image he discusses such challenges as available light, motion, or depth of field. He explains how he narrows his vision until he finds a center of interest, leading lines, and complementary colors and shapes that achieve an artistic balance.

This how-to book is the twenty-fifth book the Nutley, New Jersey resident has published. Previous books have covered both his photographic and literary work and his wife Margot's art and photographic work.

The author has been active in photography for more than 60 years, winning many national awards.



Along with his wife, Margot, he has exhibited his photographs throughout the New York/New Jersey area at both the Venezuelan Consulate and the Donnell Library in Manhattan, as well as at Brookdale Community College, Freehold.

His work has also been shown at more than two dozen exhibits throughout Northern New Jersey, such as at The Donald B. Palmer Museum, Springfield, Sussex County Community College, and the Arts Guild of Rahway.

The Art of Seeing is available at blurb.com in hard-bound and softbound versions and as an E-book. Sample pages may be viewed at the web site under Preview.

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11 Overlook Terr	\$547,000	3	3	1999
14 Nutley Ave	\$549,000	3	3	2200
5 Enclosure St	\$549,000	4	3	1768
499 Prospect St	\$559,000	3	3	1822
215 Hillside Ave	\$559,900	3	2	1998
17 Valley Rd	\$563,000	3	3	2756
282 Grant Ave	\$599,000	6	4	3673
31 Wilmington Dr	\$599,900	3	3	2354
111 Alexander Ave	\$605,000	4	3	2222
400 Passaic Ave	\$749,000	4	3	3880
21 Edgewood Ave	\$760,000	5	5	4000
352 Park Ave	\$800,000	6	5	170
Satterthwaite Ave	\$835,000	4	4	3400

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EVENTS CALENDAR JANUARY 2019

Jan. 1, 8, Tue.

Infant Massage Class

@Clara Maass Medical Center;
1 Clara Maass Dr., Belleville
Parents and caregivers will learn the benefits of massage as a way to improve bonding and communication, improve sleep and digestion, and reduce stress and depression in both parents and babies. Parents-to-be and those with children from 2 weeks to age 1 may participate. For expecting parents, a doll will be provided for in-class practice.
Time: 6-8pm
For more information or to register call 1-888-724-7123.

Jan. 2, 9, 16, 23, 30, Wed.

Essex County Aerobic Exercise Program

@Parks and Recreation Building,
44 Park Ave.
Time: 9:30am
For more information and to register call 973-735-6228

Jan. 2, Wed.

Essex County Clerk Program

@Parks and Recreation Building,
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

Jan. 3

Nutrition Support Group at Clara Maass Medical Center

@Clara Maass Medical Center;
1 Clara Maass Dr., Belleville
Nutrition therapy is essential for the treatment of chronic diseases such as cancer, diabetes, and heart disease. Patients attending our sessions can speak with a Registered Dietitian Nutritionist about nutrition as it relates to their diagnosis and side effects from treatments. Refreshments are provided and your parking garage ticket will be validated. No rsvp is required.
Time: 6:00pm - 7:00pm
For more information call 973-450-2328

Jan. 3, 10, 17, 24, Thurs.

Reclaim Your Time:

4-Part Series

@Essex County Environmental Center; 621-B Eagle Rock Ave., Roseland
Take the opportunity to change your mind about how you spend your most valuable resource—your time! In this 4-part time-management course, wellness advocate Stacy McCormack teaches how to become more focused and fully present in your life. This class addresses daily routines, calendars, and personal and professional schedules. This course has a baseline in wellness; at the core of productivity is well-being. Workbook and supplemental materials provided for at home practice and integration. Advance registration and minimum number of participants are required.
Time: 7-8pm
Cost: \$75 per person
For more information call 973-228-8776

Jan. 5, 12, 19, 26, Sat.

Winter Wonderland Club

@Essex County Environmental

Center; 621-B Eagle Rock Ave., Roseland

Let your child enjoy the winter landscape and outdoor play every Saturday from December through February. Drop off your grade-school child for a fun adventure. This is an exploratory club. Warm mint tea and a book reading after outdoor activities may be occasionally held indoors, weather dependent. Dress warmly and in layers! Good boots are a must! Advance registration, pre-payment, and a minimum number of participants are required.
Time: 9-10am
Cost: \$10 per child per class
For more information call 973-228-8776

Jan 6, Sun.

Maternity Meet and Greet: Maternity Center Tour

@Clara Maass Medical Center; 1 Clara Maass Dr., Belleville
Prepare for the birth of your child by meeting staff, touring the Maternity Center, and learning about various parent education classes. Get to know the Labor-and-Delivery unit and ask about

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admitting procedures and childbirth options. Tours are also available by request.
Time: 9-10 am, 10-11 am
For more information or to register call 1-888-724-7123

Jan. 7, 14, 21, 28, Mon.
Self Help Program: Tai Chi, Qigong, Yoga, Stress Technique, & Meditation

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

Jan. 7, 14, 21, 28, Mon.
Senior Art Program

@Parks and Recreation Bldg.,
44 Park Ave.
Time: 1:00-2:30pm
For more information contact the Recreation office at 973-284-4966

Jan. 8, 15, 22, 29, Tue
Chair Yoga

@Essex County Environmental Center, 621-B Eagle Rock Ave., Roseland
For adults. If you are new to yoga or feel that most yoga classes might be too strenuous for you,

chair yoga can provide the more easy-going supported style you've been wishing for. Come experience how gentle yogic breath decreases stress and increases comfort and fluidity of movement, not only through your yoga practice, but potentially throughout your life, as well. All poses are enjoyed at your own pace, seated or standing next to a chair and using it for support whenever you like. Our class will end in a peaceful restorative pose and optional gentle shoulder massage, and may you float out of class with a song in your heart. All levels are welcome. Dress comfortably. Advance registration, monthly pre-payment, and a minimum number of participants are required. No refunds for missed classes.
Time: 3-4pm
Cost: \$15 per class; \$10 for those 65 and older
For more information call 973-228-8776.

Jan. 8, 15, 22, 29, Tue.
Essential Oils

@Essex County Environmental Center, 621-B Eagle Rock Ave., Roseland
For adults. Wellness advocate

Stacy McCormack teaches what essential oils are and how they can benefit your life. Each week a new topic will be explored and different oils will be sampled. Learn how essential oils can be powerful allies on your journey to health and happiness and an important ingredient in the recipe of a healthy lifestyle. Participant interest guides this class. Advance registration and minimum number of participants are required.
Time: 7-8pm
Cost: \$15 per class
For more information call 973-228-8776.

Jan 14, Mon.
Breastfeeding Workshop

@Clara Maass Medical Center, 1 Clara Maass Dr., Belleville
Learn more about resources that can help you choose the best option for you and your baby. Trained lactation experts will give expectant mothers information about the advantages of breastfeeding, maternal nutrition, breast care, and breastfeeding tips for the working mother.
Time: 7-9pm
Cost: \$25 per person
For more information or to register

call 1-888-724-7123

Jan. 17, Thurs.

Bird Club

@Essex County Environmental Center, 621-B Eagle Rock Ave., Roseland
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. Advance registration, payment, and minimum number of participants are required.
Time: 4-5pm
Cost: \$10 per child per session
For more information call 973-228-8776.

Jan. 20, Sun.

Kingsland Manor Open House Tour

@3 Kingsland St.
Come explore the historic homestead of the Kingsland family and beyond, set within park-like grounds overlooking a pond and waterfalls.
Time: 1-4pm
For more information visit www.kingslandmanor.org

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Gaetano "Tom" Nicastro

PART 3 OF A 3-PART SERIES

By Frankie Turano

In late May and within 48 hours, I was bombarded with phone calls. First, my boss, Michael Stefanelli at *Nutley Neighbors* magazine, called and asked if I would kindly write an article on Father Tom Nicastro's father who was a Korean War veteran and who would soon receive the Silver Star posthumously. Then I received an invitation, from my close friends Courtney Johnson and Lieutenant Steven Rogers, to attend the historic event which was being held here in Nutley in just a few weeks. Knowing how much I do for veterans, they thought it was important for me to attend. Then my friend John Lee, owner of the online magazine *Tap into Nutley*, called and asked if I would attend the event as a reporter and write an article. Not long afterwards, Father Tom Nicastro had called me on my personal cell, very excited that I would write an article on his most deserving father and his accomplishments.

And here we are.

The air within the earth-colored stone walls of St. Mary's Church was tainted with a somber scent, as a moral crusade and resurrection was about to begin. A large gathering of veterans, dignitaries, family, friends, and clergy, all gathered on that crisp June night, Flag Day and the birthday of the United States Army, to honor a military hero.

The service that evening is what is known as a conferral of the Silver Star Medal, a very rare award, which was posthumously bestowed upon Private Gaetano "Tom" P.



Above: From left: Frankie Turano, Lieutenant Rogers, Father Tom, Brigadier General at the Silver Star award ceremony at St. Mary's Church
Left: Brigadier General giving Mrs. Nicastro the Silver Star

Nicastro, Medic, for his heroism and valor during the Korean War and on the infamous Pork Chop Hill. His son, Father Tom Nicastro, who worked diligently and should demand high praise from everyone for the trials and tribulations

that he had to go through over the last nine years since his father's passing, to ensure that his father received the credit that he deserved.

"My father did not speak much about his time in the service and his heroic acts under enormous pressure," Fr. Nicastro explained. "It was not until the very end of his life that this knowledge came to light," he informed passionately.

The meaning of the Silver Star Medal is as follows: "The



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Silver Star Medal is the United States Armed Forces' third highest personal decoration for valor in combat. The Silver Star Medal is awarded primarily to members of the United States Armed Forces for gallantry in action against an enemy of the United States."

"The Silver Star Medal honors service personnel who display exceptional valor while engaged in military combat operations against an enemy force. It also can be awarded posthumously."

Two Brigadier Generals were in attendance that evening, a rare situation as well. Brigadier General Walter Rugen, Deputy Commander of the 7th Division, and Retired Auxiliary Bishop of Newark, as well as being also a Retired Brigadier, General U.S. Army Chaplain Charles J. McDonnell, Commissioners Mauro Tucci, Thomas Evens, Alphonse Petracco and Steven L. Rogers paid their respects on this historic night.

There was little pomp and circumstance displayed among the many rows of pews where the townspeople of Nutley sat in silent reflection. No, that night was about honoring one of our own. That night was about a man who ran towards the bullets while others took cover. That night was a reminder that whenever blood is shed, a mother's tears will fall. That night was about supreme sacrifice and the never-ending pursuit of peace, justice, and liberty for all.

What began as an oversight was corrected by Father Tom Nicastro and his love for his father, and a wrong was righted. Nine years is a very long time to seek justice and recognition, not for himself, but for a soldier, a medic no less, in one of the worst battles in the history of mankind, and to receive a prestigious award for an action long ago, that his father never spoke of.

Credit should be given to the Nicastro family and their love for one another.

But there is not enough credit that we can give as a nation to Corporal Gaetano "Tom" Nicastro, Medic, Angel of Mercy, U.S. Army, 17th Infantry, 7th Division.

A story like this makes me proud to be an American.

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

Adopt Us!

Submitted by Tiffany Servidio

Daniella came to Brick City Rescue after a plea from a school teacher who said one of her students was forced to leave his dog tied to a tree because his mom said he wasn't allowed to come back home with her as she couldn't care for Daniella anymore. Daniella is now safe in a loving foster home.

She is said to be around 2 years old. She is house-trained, up-to-date with shots and spayed. She is extremely sweet and loving and also thinks she is a lap dog! Daniella is doing great in her foster home where she lives with another dog, so she is dog friendly! Daniella is perfect and will make a great addition to any family!

Follow her journey on instagram @daniella_the_rescue17 and if interested in adopting Daniella, email info@brickcityrescue.com for an application.



Submitted by Christa Milici

Onyx is looking for a forever home.

Onyx has had a rough start to life. He was found outside covered in fleas, ear mites, infested with worms and had a ruptured eye. He has since been treated for all of his issues and is doing wonderfully. He is unfortunately blind in his left eye though. Onyx has been dewormed, stool tested, FIV/FelV negative, UTD on vaccines, microchipped and will be neutered. If you are looking for a sweet, one-eyed male kitty here he is. To adopt: www.yellowbrickroadrescuenj.com/cat-adoption-application/





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How to Plan for a Dignified Retirement

Contributed by Michael S. Cocco, CFP®, ChFC®,
AXA Advisors/Beacon Wealth Partners

We may not all have the same expectations of retirement or plan to spend our golden years in the exact same way, but one thing we can agree on is the importance of maintaining healthy self-respect as we age. To ensure that this will be the case, we should all plan ahead—physically, emotionally and financially. So here are some retirement matters over which it's never too soon to ponder.

FIGURE OUT WHERE YOU'LL LIVE.

While you may assume for now that you would be most comfortable remaining in your current home, it would probably be wise to also consider alternatives. The house in which you raised your family or spent many happy decades may summon up cherished memories—but it may also require climbing stairs or navigating an abundance of space, one or both of which could pose physical challenges as you get older. So consider the following questions to help you prepare:

■ How will you take care of your home and yourself as you become less mobile?

- How long will you be able to drive? When you can no longer drive, how will you get outside your home to socialize and shop for the things you need?
- How much living space is enough for you (and your spouse or partner)? Will you have children or grandchildren coming to stay with you?
- If you'd like to move to a retirement or assisted living community, how much will it cost?

PLAN FOR LIFETIME INCOME.

Having enough savings is obviously one of the most essential ways to ensure a dignified retirement. So save as much as you can, starting as early as possible, and plan accordingly for the amount of income you think you'll need. One of our Financial Professionals can help you estimate your expenses in retirement and show you ways to generate income from your retirement assets. You may also want to consider these questions:

- How will you ensure that your savings will last for as long as you live?
- When will you start taking Social Security benefits?
- How confident are you that your savings will enable you to maintain your current standard of living once you retire?

MAKE SURE YOU'LL RECEIVE ALL NECESSARY MEDICAL CARE IN YOUR FUTURE.

Your medical care in retirement will probably qualify as one of your largest expenses during that period of your




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life, depending, of course, on the state of your health and your longevity. Therefore, it may make most sense to start considering your options now to make sure you can afford the necessary amount of coverage in your later years.

Here's a sobering statistic: Nearly 70 percent of people over the age of 65 will need long-term care at some point in their lives. In other words, seven out of ten retirees will need help at some point with such everyday basics as bathing, dressing, and eating. Lacking the type of high-quality personal care and assistance that we all deserve when it comes to such necessities can make the preservation of one's dignity and quality of life in retirement a challenge.

This article has been written by and obtained from an outside source and is provided for general information purposes only. This material does not constitute an offer or solicitation of any kind and is not intended, and should not be relied upon, as investment, tax, legal, or financial advice or services.

*Want to discuss these matters with a financial professional?
Michael S. Cocco can work with you to review your specific life circumstances and help devise a strategy to ensure that your retirement years are lived with the dignity and self-respect you deserve. For more information visit the website mcocco@beaconwealthpartners.com or call his office at 973-667-8650.*

Ribbon Cutting

Submitted by Nutley Chamber of Commerce



The Nutley Chamber of Commerce welcomes, **Nutley School of Music**, 213 Darling Ave & 558 Kingsland St, Nutley, 973-667-7155, info@nutleyschoolofmusic.com, www.nutleyschoolofmusic.com, as a member.

Established in 1999, Nutley School of Music's mission is to provide quality music instruction in a friendly learning environment for children and adults. They believe everyone can benefit from a positive music making experience. They offer private lessons on various instruments for beginners through advanced students. They also offer classes such as music theory, ear-training, and ensembles in jazz, classical (strings, winds & percussion), and rock. They also offer special programs such as the RCMDP assessments, student recitals, audition preparation, solo student recitals, college prep course for high school students entering college as music majors.

I-r: Pasquale Pisani, Financial Advisor of Kingsview Asset Management, Carey Woodruff-Vazzano of HomeBridge Financial, Rula Abualhuda of Spencer Savings Bank, Doris Harney, Mason Harney, Robert Harney, owners Kyong Lee & Tom Harney, Mike Zippo of Zippo Car Stereo & Audio, Barbara Calluori, Angie Yim, John Lee of TAPinto Nutley, Chris Surretsky, Luther Engler of Engler Financial

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





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BOOK REVIEW:

William H. Clamurro's *The Vietnam Typescript* Tells the Story of a Heroic American Medic Who Served in Vietnam

By Barry Lenson

William H. Clamurro was born and raised in Nutley. After graduating from Nutley High School in 1963 and Amherst College in 1967, he chose to serve our country not as a combatant in the Vietnam War, but as a medic. It was a heroic choice to make, one that put him in the line of fire, but allowed him to respect his humanitarian beliefs by providing medical care to American soldiers. Many heroes of the Vietnam conflict came from Nutley, and he is surely one of them.

Clamurro has recently published a book called *The Vietnam Typescript*. It recalls the emotional toll, intemperate climate, boredom and violence of serving in Vietnam. It was written in an unusual way. When Clamurro arrived as a medic in South Vietnam on December 7, 1969 at Long Binh, he began to write down entries about his experiences. After he returned to the U.S. on February 17, 1971 and began doctoral studies in Comparative Literature at University of Washington, he typed up his Vietnam notes as time allowed, and set them aside. He became a professor at Emporia State University in Kansas and led a busy life. Tucked among his belongings, his typed Vietnam entries followed him around as he moved from place to place over the years. Then, in 2017, he found them again and chose to reprint them in their original typed form in *The Vietnam Typescript*, a book then published by the Bluestem Press at Emporia State.

There were many kinds of heroes in Vietnam, and *The Vietnam Transcript* offers an opportunity to understand one of them - in this case Nutley's son, William H.

Clamurro. Many of his entries are upsetting to read. But to understand the sacrifices made by our heroes, doing so is part of our national duty.

Here is one of William H. Clamurro's typescripts, reproduced from the book . . .

Night Desk in Phuoc Vinh 30 november 1970

As interest fixes on the final days,
the first days become unexpectedly clear,
precise as the worn familiar photographs.
The middle time, once interminable and vast,
has slipped into a foreign and forgotten past.

A certain balance is demanded of the mind,
to keep a careful list of what it forgets:
the first and fearful explosions, the crushed
dead bulk
of a young blond soldier killed in his sleep,
cool blood still dripping on the gray cement.

Some images are specifically retained:
a sense of twilight and the wordless jungle night;
thoughts on the international cockroach, more
expert
at survival than man or the worthy trilobite.

And the sounds of distant artillery,
the movement of a rugged dirt road
or the partly shrouded cone of the mountain,
pale and single on the empty plain,

will become strange and returning powers
fixed in the memory, elusive of thought
or understanding, but persistent as the dust.
In this and all my sleeplessness the time has run.
It seems to end and I am tired.

The Vietnam Typescript is available for \$12.95 from Bluestem Press, Emporia State University, 1200 Commercial Street, Emporia, Kansas 66801; or call 620-341-1200 and ask to be connected to Bluestem Press.

Schedule a Tour or Event at the Nutley Museum:

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



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National Winter Reading Challenge at the Nutley Public Library: Mark Cuban Challenges YOU to Read This Winter!

By Deidra Garcia, Senior Librarian

From January 1st to January 31st, the Nutley Public Library Youth Services' Department will participate in the nationwide 2019 Winter Reading Challenge. We challenge each one of our youth patrons to read at least 620 minutes (20 minutes or more a day) during the month of January and keep track of their reading on our Beanstack site at nutleypubliclibrary.beanstack.org.

Over 100 libraries and schools across the nation will encourage their communities to read a target number of minutes and books. If we reach the nationwide goal, "Shark Tank" investor Mark Cuban will donate \$25,000 to the organization First Book. First Book is a nonprofit social enterprise that provides new books, learning materials, and other essentials to children in need. Since being founded in 1992, First Book has distributed more than 170 million books and educational resources to programs and schools serving children from low-income families.



Cuban has also agreed to donate a total of \$10,000 to local community causes for top performing libraries, so we encourage Nutley patrons, ages birth to teen, to participate in this challenge. Also, upon completion of the challenge, the Friends of

the Nutley Public Library will sponsor a prize and certificate to be given to every participant, as well as a Barnes & Noble gift card to be given to the top readers in each age category.

Registration for the national Winter Reading Challenge begins online Monday, December 3, 2018 at nutleypubliclibrary.beanstack.org and will continue throughout the month of January 2019. All reading during the month of January counts, even if you register in January! For further information, please visit nutleypubliclibrary.beanstack.org, contact Deidra Garcia at deidra.garcia@nutley.bccls.org, or call the Youth Services Department at 973-667-0405 x2623. #WinterRead2019

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Resolutions For A Safe New Year

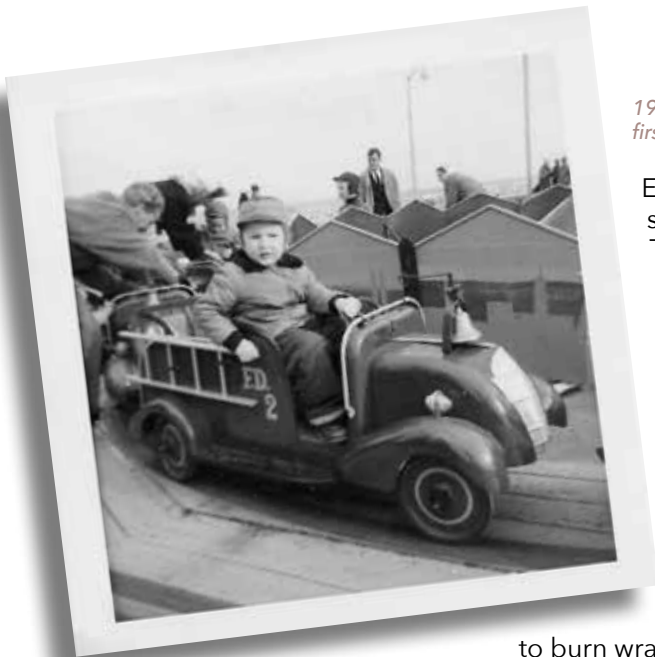
By David Wilson

Another year has passed; hopefully you enjoyed good times and successes. Make resolutions for 2019 and stick to at least a few of them. Many of our good intentions go by the wayside and we fall back into old habits. One area that needs constant vigilance to ensure the well-being of all is fire safety. This may not be on your top ten list of things to do, but it has been on mine over the last forty years of my public safety career. Let's explore some easy things we can do to decrease our exposure to fire and accidents at home.

Kitchens present many fire and burn hazards associated with cooking and the distractions we encounter daily. Watch for extra hot items coming from the microwave. Childproof your stove with special kid-proof knobs and a no-zone for children. Check the oven before turning on to ensure no pizza boxes, gloves or other items are left inside. Use timers that keep sounding until acknowledged. Have long-handled tools and oven mitts.

Consider using battery-powered candles. Open flame candles must not be left unattended, especially in centerpieces and around children and pets. Rules for smoking indoors should include having a designated smoking space, disposing of ashes in safe place outside, not in garbage cans, and a thorough check for embers after parties.

Smoke alarms and carbon monoxide alarms require monthly testing and new batteries twice a year. Smoke alarms over ten years old should be replaced with ten-year sealed battery type. You should have a minimum of one smoke alarm per floor or area of your home.



1957 Asbury Park: Dave on his first of many fire truck rides

E.D.I.T.H. should visit your house several times a year. Exit Drills In The Home remind us to have fire drills with our families that include meeting spots, two ways out, practice drills and crawling low in smoke.

Portable heaters should be U.L. listed and have tip over switches that shut unit off. The three-foot spacing rule to combustibles must be followed. Wood-burning fireplaces must have ember screen in place at all times and not be used

to burn wrappings or trash. Ashes must be disposed of in metal containers outside away from the building. Have your chimney inspected every year for creosote, animal nests and disrepair.

Clothes dryers remain in the top ten causes for fires. Venting of the moisture, carbon monoxide and lint must be to the exterior of home with proper ductwork per manufacturer's and code requirements. Lint traps should be cleaned after every cycle and ductwork must be serviced once a year. Keep piles of laundry three feet away from appliances and never run the dryer if not home.

Furnaces and hot water heaters should be inspected and serviced as needed every year. Keep the hot water heater at one hundred and twenty degrees Fahrenheit to prevent scalds at the faucet or shower, especially if you have older plumbing that lacks scald protection.

Finally, add to your booklist the instruction manuals that come with your new gadgets. Ensure you follow safety rules and register new appliances so you will be notified of product recalls. Have a happy and safe 2019!

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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