

JULY 2019

A community magazine serving the residents of Nutley

# NUTLEY NEIGHBORS



Photograph by  
Randall Kenneth  
Photography

## Rosalie Scheckel— Mom and More



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**Publisher:**  
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**Content Coordinator:** Joyce Corey  
**Designer:** Marti Golon  
**Photographer:**  
Randall Kenneth Photography  
**Contributing Writers:**  
David Wilson, Frankie Turano Jr.,  
Scarlett Morris

## ADVERTISING

**Contact:** Michael Stefanelli

**Email:** [mstefanelli@bestversionmedia.com](mailto:mstefanelli@bestversionmedia.com)

**Phone:** 973-277-7301

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Content Due:	Edition Date:
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
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## Assimilate or Accommodate

I love reading non-fiction; not only do I learn a lot of new things but I learn things that I can apply to my own life. My current book is teaching me about how people deal with life changes. In any given situation, they can either assimilate or accommodate. (And yes, this all applies to *Nutley Neighbors*. Give me a minute to explain.)

A very basic way to describe these concepts is that assimilation is taking new ideas and putting them into a pre-existing framework, while accommodation is designing a new framework to properly hold these ideas.

Accommodation is also more difficult because it challenges a person's view of the world.

As I was interviewing Rosalie Scheckel, I had two thoughts: she is a superhero and she accommodated a new way of life and succeeded. Being a young widow with five young children must not have been easy. I'm sure it challenged her view of the world. Doesn't everyone get married, have children, grandchildren, and retire with a spouse after 50 years or more?

No, that doesn't always happen. Rosalie not only raised those children to be successful and very interesting adults, but she raised herself along the way. She graduated law school and became very active here in Nutley. (Please read the whole story!)

Rosalie Scheckel took a situation that had new ideas and created a framework in which she and her children could survive and thrive. That's an impressive feat of accommodation.

I also see this principle in Nutley's Relay for Life. Heather Soto is a delight to talk to and I am always energized after speaking with her. Her work with Relay is also a stunning example of accommodation. Cancer challenges a person's very existence, yet Relay for Life creates a framework of hope. It helps people survive and thrive.

In these pages, please be aware of the many ways your *Nutley Neighbors* take ideas and create new places for them. And it doesn't have to be in the present. Dave Wilson's article, "1865 Fire Department Hose Cart," shows us the forward thinking of the fire department. In life we will all have many changes, but our minds can accommodate them, bringing about an entirely unique place for them. What might seem difficult now may just be different. And we can handle that.

*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.

Salvatore Cocco, Jr. CLU has been with Beacon Wealth Partners, 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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### INSIGHT EYE & VISION CARE

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

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



### INVESTORS HOME MORTGAGE

Joe Isabella is a Certified Mortgage Planning Specialist (CMPS®). He has been with Investors Home Mortgage since 2010 and is a Circle of Excellence Award winner.

Since joining Investors, Joe has helped many families in Nutley and the surrounding area with their home financing needs. He was born and raised in Nutley and still resides in his home town. He is a graduate of both Nutley High School and Montclair State University.



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87 Kingsland St	\$302,500	2	2	936
33 Plymouth Rd	\$307,500	4	2	1308
288 E Passaic Ave	\$335,000	4	2	1396
19 Burnett Pl	\$365,000	3	2	1242
112 Surrey Ct	\$365,000	2	2	1208
11 Edgar Pl	\$369,000	3	2	1342
3 Wesley Pl	\$370,000	3	3	1350
377 High St	\$375,000	2	1	960
17 Hay Ave	\$395,000	3	1	1196
107 Surrey Ct	\$410,000	2	3	1600
342 Winthrop Dr	\$425,000	2	4	1986
419 Manchester Dr	\$428,000	2	3	2010
327 Winthrop Dr	\$465,000	2	3	2300
409 Manchester Dr	\$470,000	2	4	1986
91 Harrison St	\$470,000	3	3	1270
83 McKinley St	\$480,000	3	3	1873
117 North Rd	\$489,900	3	3	1708
96 Prospect St	\$500,000	4	3	2164
363 Chestnut St	\$535,000	4	2	2338
160 Highfield Lane	\$665,000	5	4	3101



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# Rosalie Scheckel— Mom and More

By Joyce Corey

Photographs by Randall  
Kenneth Photography

Once upon a time, Rosalie and Carl Scheckel married and moved to Nutley. Carl was the director of the Department of Psychopharmacology at Hoffmann-La Roche and wanted to be able to walk to work. They found a lovely home in The Enclosure, within walking distance to his job and also perfect for their growing family.

Over time, five children filled the rooms of their home and Carl and Rosalie were happy and proud parents.

But then the unimaginable happened: in 1971, Carl died at the age of 36.

Their children ranged in ages from four months to 11 years.

But time also made the imaginable happen: Rosalie Scheckel and her children adapted to this major life change and tapped into their strength and resilience.

If this article needed a subtitle it would be: Nature,

Nurture, and, Of Course, Mother. Those are the elements that shaped the Scheckel family after Carl's passing. Rosalie credits the positive growth of her children and her family's overall success to "help from family and neighbors."

She gives us a brief update on all of her children.

"John is the oldest. He was six years old when we decided to move to Nutley. He is an architect and lives in Maine. I think he first showed his ability as an architect when he was a teenager. The carport needed repair and he led the restoration project, all without being asked," she said.

"Paul lives off the grid in Vermont," Rosalie said of her second oldest son. He can be best described as a

*Beth, Carl, Rosalie, and  
Will Scheckel*



hands-on homesteader and experienced energy efficiency and renewable energy professional. He is the author of *The Homeowner's Energy Handbook* and *The Home Energy Diet*, along with various magazine articles for *Mother Earth News*, *Home Power*, *Vermont Life*, and more. His website, [www.NRGRev.com](http://www.NRGRev.com), gives a good overview of how he and his family thrive in their Vermont home which is energized by sun, wind, wood, and vegetable oil.

"Joan is in Los Angeles and is the owner of Joan Scheckel Filmmaking Labs," Rosalie said. In fact, Joan is producer, writer, director, and creator of *The Technique™*, which is considered the most influential approach to filmmaking in Hollywood today. Her website, [www.JoanScheckel.com](http://www.JoanScheckel.com), lists her many creative accomplishments.

David turned his attention to the world of cybersecurity. He is the Chief Executive Officer at Oxford BioChronometrics, which has been cited by NATO for its groundbreaking technology, and he lives in London.



*The family at Will and Beth's wedding*  
**Front row:** Joan (daughter), Rosalie, June (daughter-in-law)  
**back row:** Maureen (daughter-in-law), David (son), Beth (daughter-in-law), Will (son), Tracy (daughter-in-law), John (son), Paul (son)

"Will lives in Montclair, is an adjunct professor at NYIT and works with David as Chief Marketing Officer," Rosalie said. "He is also the social media manager for his son, Carl, who is twelve years old."

When he was seven, Carl Scheckel started his own website, [www.CarlsComix.com](http://www.CarlsComix.com), where he reviews comic books and interviews creators. He also raises donations of comic books, thousands of which have been sent to deployed troops, veterans' hospitals, and underprivileged children.

Each one of Rosalie's five children has succeeded in quite a variety of industries. All of them have demonstrated their intelligence and creativity. Yes, there was nature and nurture at work here: everything from genetics to the influence of their Nutley Neighbors. But the Scheckel family had one more benefit: a mother who led the way by her own very interesting life.

While the Scheckel home in The Enclosure originally

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suited Carl's desire to be able to walk to work at Hoffmann-La Roche, the location of their house put Rosalie at the forefront of community activism.

"In the early 70s, the town wanted to widen and repave our neighborhood street and install curbs and sidewalks. This would have resulted in the loss of all the trees that gave the area its rural setting," Rosalie said.

According to an article in the New York Times on October 21, 1973:

"Leaders of the fight to preserve the atmosphere of The Enclosure are Mrs. Rosalie C. Scheckel, a widow with five children, who lives at No. 24, and Douglas J. Eisenfelder, an engineer, whose 1838 house was moved to The Enclosure in 1924."

While the town was mandated to 'improve' the street, the state Historic Sites Commission was proclaiming The Enclosure and its environs an official historical district. And Rosalie Scheckel was at the forefront once again.

The Nutley Historical Society website recounts this moment:

"Mrs. Rosalie Scheckel, a spokesman for The Enclosure



David, Will, Joan, Paul Scheckel

active part in the world around them, as evidenced in the type of lives and careers they chose.

The issue with The Enclosure may have been Rosalie's earliest foray into community affairs, but it was hardly her last one.

"I met Carl when I was in grad school, where we were both studying psychology, but I later decided on a different course of study. When Will was four years old, I started law school and graduated in the same year that John graduated from high school." She became a partner with Feinstein, Raiss, Kelin & Booker, LLC, a firm with a

residents, received a telephone call last Friday from Terry Karschner, curator of historical sites for the state Environmental Protection Agency, notifying her of the street and surrounding area being made a historical district."

Rosalie's involvement, along with that of many concerned residents, resulted in a favorable outcome which permanently protected The Enclosure as an historic landmark. It also influenced her children to take an



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Rosalie was very involved with the town; she served six years on the Board of Adjustment, six years on the Planning Board, and twelve years on the Board of Education. She was active with the League of Women Voters and the Nutley Historical Society, to name a few organizations. She is also listed in Anthony Buccino's book, *Nutley Notables: Volume Two*.

Yet, while she was doing all this, she was a mother to five children and encouraging them to also take part in town activities. "I told them to get involved by writing letters, finding out about issues, and showing up at meetings and fundraisers for various causes."

Her words, her example, and her genuine interest in the world around her made an enduring impression on her family.

While the unimaginable can happen in life, there is a certainty to a mother's influence in a family. Just ask the Scheckel family. ■

## RIBBON CUTTING

*Submitted by Nutley Chamber of Commerce*



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\*Photo courtesy of the Nutley Chamber of Commerce

### 5 *Five Things Rosalie Scheckel Loves About Nutley*

1. People are friendly and helpful
2. Small town atmosphere
3. Library
4. School system
5. Parades

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](mailto:jcorey@bestversionmedia.com)



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# Keith John Whiteside

By Frankie Turano

Although every bloody war or police action has elements that bind each other with similarities, each individual conflict, and the brave men and women who protect us from the danger to our civilized society, have their own distinctive viewpoint on what they experienced.

Keith John Whiteside, Master at Arms First Class and Expeditionary Warfare Specialist, is no different. Keith explained how he was a part of Operation Iraqi Freedom, Operation Enduring Freedom, Operation Noble Eagle, and the Global War on Terrorism. I enjoyed the sense of pride that dispensed from his recounting of memories from his time in the service. As with most veterans, I notice a slight smile or smirk that appears when they gaze off somewhat and talk of a slice of time from their past, a time that they fought with their brothers in arms as they protected us in today's turbulent world.

He then clarified what it was he actually did. Keith Whiteside was a Patrol Boat Commander for the United States Navy. He had a crew of four that guarded assets in the North Arabian Gulf, the Tigris and Euphrates rivers. The Euphrates River is the longest river in Western Asia and Baghdad, the capitol of Iraq, stands on the banks of the Tigris. I thought of John F. Kennedy and how he patrolled the waters during World War II in the Pacific with his patrol boat, the PT-109. Two entirely different wars and yet, the common theme that binds them both, and the men who patrolled those boats, was the



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patriotism they shared and the tenacity to ignore death and defeat.

I asked Keith what his time in the service was like. He then explained. "A mission could be a month to a month and a half. Our main purpose was to detect, defend, and deter. When we were not on the water, we had camp life on land. We had a tent and a cot, chow hall, post office, television, DVDs, books, and a gym. We played volleyball and softball with the officers competing against the enlisted men. The humidity during the dog days would literally drip off the buildings and tents. It could also be a

dry heat and, with that said, we had snow in Iraq during my second term."

Keith had sent me more photos than I usually receive, so I decided to do a visual presentation with this article, for as you already know, a picture is worth a thousand words.

I asked Keith what his closing words might be. "I am proud that I had the opportunity to do it," he said. "Sad at the same time, but it had to be done."

Keith John Whiteside, I thank you, your country thanks you, and your town thanks you for your service. ■



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# Keller Williams Realty Hosts RED Day

*Submitted by Anthony Turturiello of Keller Williams Realty*

Keller Williams Realty NJ Metro Group located in Montclair, NJ was the proud host of RED Day, which stands for Renew, Energize and Donate, annual day of service.

Each year on the second Thursday of May, we celebrate RED Day as a part of our legacy worth leaving. Making a difference in the lives of others and bettering the communities that we serve lies at the heart of the Keller Williams' culture. This observance defines who we are and is a natural extension of our commitment to the highest level of professional customer service. It embodies the generous spirit and commitment



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associates have to "giving back" to the cities and towns they live and work in.

This year we decided to give back to Nutley by planting perennial plants consisting of Maiden Grass, Lemonjade, Crepe Myrtle, Double Knock Out and Floribunda roses on the island at the

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know what you think!

Even though our office might be located in Montclair, NJ, we live here too and at the end of the day it's all about giving back to where you live and work.

Nutley residents - this is nod to you and your families - we truly hope you enjoy our work and invested commitment.

A special thank you to: Daniel Merlino from Reliant Abstract, John Lubenesky, Esq., from Lubenesky &

Associates, Julie Corbo/KW Broker of Record, and Nutley's Centre Ridge Garden Center for their sponsorship and funding support for this project.

Another thank you goes to KW Realtor and RED Day Project Manager/Marketing Specialist, Anthony Turturiello.

Finally, a big thank you to the KW Realtors listed below for their dedication to this event: Craig Mohr, Jonathan Lai, Melissa Gonzalez, Sharon Bullock, and Theresa Loch. ■

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# Nutley's 13th Annual Relay for Life

By Joyce Corey

On May 17, about 400 participants, including 30 cancer survivors and 40 teams, walked around the track at Demuro Park at Nutley's 13th Annual Relay for Life. This successful signature fundraiser for the American Cancer Society was energized with a feeling of hope that permeated the event.

Event Chair, Heather Soto, shared her optimism and her thankfulness in a moving speech:

*Welcome everyone!*

*First, I want to thank Commissioner Tucci for allowing me this wonderful opportunity to connect with so many great people in our community and be such a big part of this event for a cause that's so important to all of us and mean-*

*ingful for me.*

*Today is our 13th Relay and we continue to Celebrate, Remember and Fight Back here in Nutley.*

*I walked onto this track nine years ago and every Relay year is special in its own way BUT for me each year has its own identity in a sense.*

*For those who do not know: 13 is my*



*The Soto family, Emily, Heather, Armando and Sophie*

*absolute favorite number; it's also signs of my dad and angel from above and a very long list of so many great things in my life as well!*

*So what happens when you mix our 13th Relay and our belief in hope with our Hope butterfly? We have an extra magical year and Hope literally takes flight! The butterfly represents positive transformation, to embrace the growth, and of course, HOPE.*



*All representing Hearts 4 A Cure Team: Denise Costantino, Danny Marucci, Maria Marucci, Commissioner Mauro Tucci (first row), Armando Soto, Heather Soto, Sophie Soto*

*We have opened many new doors to new friends, supporters, and even our first beautiful art chalk festival. Hope Bear continues her voyage of another Relay year under her belt! Hope bear has welcomed a new friend, teammate and artist Denise Costantino. In October 2019, Denise kicked off our fundraiser event with me with pretty hand-painted pumpkins, then the gift of Hope Lantern, our beautiful butterfly and our soon-to-be butterfly stepping stone that will be placed at a future time and event.*

*We have our first Nutley Sapphire team of Annie's Courage leading us on a bright shining pathway to this very moment tonight! Annie, you are a great friend, true symbol of hope and strength, and I cannot thank you and your team enough for the unbelievable levels you have reached. I love you Annie. You thank me often but I thank you for your strength and belief and dedication to Nutley Relay. You are like no other. To my core committee – thank you for sharing yourselves and being so dedicated and always willing to help me create our successful events.*

*Magic is something you make and you believe in and miracles happen every day if we just believe. So tonight, flutter around the track for a cure and show us your hope. Let the stress go for tonight and allow your blessings to flow. Let's all join together, rally our angels from above,*



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Group shot of Relay evening from the stage

*listen to the birds sing along, and make this the most magical relay ever!*

*Thank you for being here and believing in hope with me to support Nutley's 13th Relay for Life!*

A few weeks later, on June 2, the Relay for Life committee sponsored Nutley's 4th Annual National Cancer Survivors Day at the Turtle Back Zoo. The fundraising from the fall festival specifically supported this scheduled event. ■

**For more information or to get involved or to donate, visit their Facebook page: [www.facebook.com/nutleyrelay](http://www.facebook.com/nutleyrelay)**



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# What Are the Best Movies You Can Watch about Annie Oakley?

By Barry Lenson

If you visit the Nutley Public Library, you will find plenty of books about the amazing life of Annie Oakley, the legendary sharpshooter who made Nutley her home between the years 1892 and 1900. And if you visit the Nutley Museum, you will discover one of America's most important collection of items that she owned.

But there is another way to learn about Annie Oakley. Sit back and watch movies about her! Which are the best? I watched the following movies about her, and here is what I saw.

## ■ *The American Experience - Annie Oakley*

This biographical documentary, which aired on PBS on April 14, 2019, is by far the most authoritative of all the videos that I mention in this article. Rather than romanticizing Oakley's difficult childhood, for example, it tells the story of how her poor family sent her off to work as a servant to another family when she was still a child. The film also does a good job of exploring her remarkable achievements at a time when mostly men, and few women, worked as professional sharpshooters. The archival footage of her shooting and of Buffalo Bill's Wild West Show make this documentary a must-see for anyone who wants to know the real, unvarnished story of Oakley's life.

**To watch this video:** At the time we are writing this article, this video can be watched free online on the PBS website, [www.pbs.org](http://www.pbs.org). We hope that in the future, it will still be available there, and hopefully on YouTube and other streaming services.

## ■ *Buffalo Bill and the Indians*

This Hollywood film, directed by Robert Altman in 1976, features Geraldine Chapman as Annie Oakley, Paul Newman as Buffalo Bill Cody, and Frank Kaquitts as Sitting



Bull. Although it tends to gloss over the historical details of Oakley's life, it is worth watching for its expansive and detailed recreations of Buffalo Bill's Wild West Show as it might really have looked. It's colorful, and a lot of fun.

**To watch this video:** Available to watch in full on YouTube, and also on some streaming services.

## ■ *Annie Oakley*

Back in 1935, Hollywood director George Stevens made this biographical film about the life of Annie Oakley, starring Barbara Stanwick. Stanwick brings a lot of energy and pluck to the title role and creates a memorable character. The problem is, the film is full of inaccuracies. In real life, Oakley was married to a man named Frank Butler. In this film, her husband is named Toby Walker. And in the film, Oakley intentionally loses a shooting contest to preserve her husband's reputation – something she never





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did. So watch this film for fun, not historical research.

**To watch this video:** Available to watch in full on YouTube.

#### ■ **Annie Get Your Gun**

In 1950, Metro-Goldwyn-Mayer released a film version of the musical comedy that had debuted four years earlier, with music by Irving Berlin. The film version features Betty Hutton as Annie Oakley, Howard Keel as Frank Butler, and Louis Calhern as Buffalo Bill.

Like the earlier Broadway musical, this film version of *Annie Get Your Gun* doesn't strive for historical accuracy. But in many ways, *Annie Get Your Gun* is the major force that still actively keeps Annie Oakley's reputation alive. And it is so much fun, who cares if it bends the truth a bit? *Annie Get Your Gun* is part of Nutley's legacy. Why not sit back and enjoy!

**To watch this video:** Available to watch in full on YouTube. ■

*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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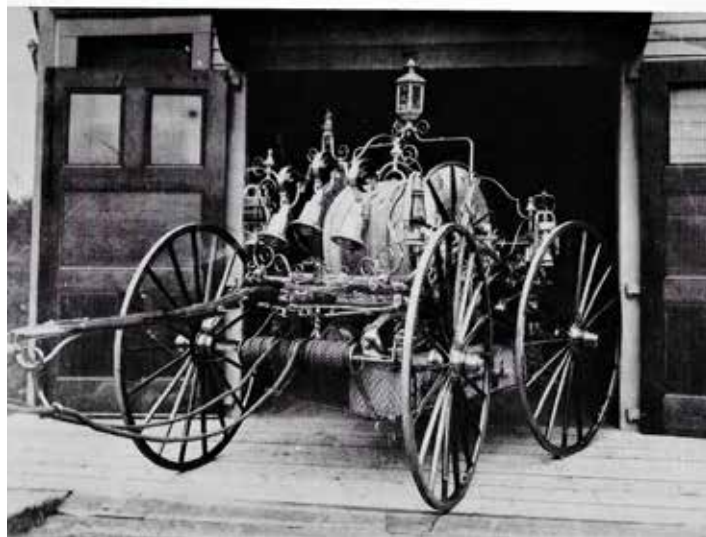
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# 1865 Fire Department Hose Cart

By David Wilson



*Above: Hose cart at Weston Street barn*

*Left: W.O. Davis age 92, NFD charter member, ensured cart's preservation*

*Below: Exempt Firemen's Parade Wildwood, NJ*

*l-r Steve Clar, David Wilson, Joe Iorio, Ken Latham, Dave Hamilton, Bob Wynn*

When we look back at the Nutley Fire Department's apparatus history, nothing comes close to the beauty of the 1865 hose cart acquired from Orange, New Jersey by Fire Chief A.H. Van Riper in 1894. Known as Franklin Township then, Nutley was organizing and outfitting three volunteer companies and all types of equipment was needed to transport hoses, buckets, nozzles, ladders, and axes.

This hose cart, built by C. Young and Company of Philadelphia, PA, was the second purchase by the township and it saw service with all three fire companies. The hose cart was also used in Baltimore, MD. This was a hand drawn cart requiring six men to pull and one brakeman on the rear step to ring the bells and control hill descent. Pulling was an exhausting task for the crews who then had to fight the fire. Trolleys helped with a tow at times.

Avondale Hose Company #1 was assigned the cart in 1895. They stored it at Charles Hiller's barn on Weston St. and paid for new doors to protect the valuable asset.



Then it was moved to the West Nutley Hose #2 in 1905. After being retired from service as horse drawn and motorized equipment was acquired, members had the foresight to realize this important relic needed to be



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saved. W.O. Davis, a fireman and dry goods merchant on Passaic Ave., stored the cart in his barn for many years and eventually it was displayed on the second floor of the Nutley Museum.

In the late sixties, a committee was formed to restore the cart to its original glory. Many spaghetti dinners enabled funding of a complete restoration and period uniforms. 1970 saw the dismantling of the cart, pieces photographed and numbered, parts lowered by ropes from the museum windows and wheels taken to Amish workshops. Many hours of tedious labor were spent stripping the coats of paint, re-plating the metal bells and hardware, and restoring the lanterns.

The cart was now ready for parades and the last step was to outfit the firemen in period uniforms consisting of red wool double-breasted shirts, metal helmets, leather belts, and neck ties. The reappearance of this fabulous antique wowed the citizens as it appeared in many local parades with bells clanging and members doing some quick runs for the crowd.

The piece is so unique and beautiful, the members decided other parades and firemen's musters would enjoy this display, so a custom transport trailer was built. The wheel hubs were reworked in 1990 and the group won awards wherever they traveled, including the Exempt Fireman's Parade in Wildwood. Prepping for these events included soaking the wooden wheels to ensure spokes were tight and wheels would be strong, polishing all the plated surfaces, applying wax to the painted sections, and cleaning the uniforms. The crowd response was fantastic

and we all felt very proud of keeping this tradition alive.

The cart is now on display at the New Jersey Firemen's Home Museum in Boonton, where proper climate control and professional care will ensure the cart's survival. Who knows, perhaps someday an energetic group with proper funding will return the 1865 Hose Cart to Nutley. ■

*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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## Acupuncture: The Medicine You Never Knew You Needed

*Contributed by Dr. Alan Genitempo*

Acupuncture and Chinese medicine practices have become a very common treatment in sports medicine. From cupping at the Olympics to athletes spending thousands of dollars on their bodies, holistic medicine has never been more relevant to the athletic community. High profile athletes such as James Harrison of the New England Patriots and LeBron James of the Los Angeles Lakers, to name a few, are taking health and wellness to the next level. James Harrison reportedly spends upwards of \$300,000 per year on acupuncture, cupping, massage therapy, and exercise training programs. After 16 NFL seasons, Harrison finally retired after playing last season at age 40. The average career of an NFL player is approximately three years. Harrison said, "I don't need to do the checks and balances like that. When it comes down to it, what I make versus what I spend, the payout is worth it based on how I feel."

Over the years, acupuncture has grown in popularity as a go-to treatment for pain management. Contrary to popular belief, this is not hocus-pocus. It has the scientific research to back its validity as a legitimate medical intervention. There is one system in particular that governs the rest, the president if you will, and it's called the central nervous system. The central nervous system governs all other systems in our body and acts as the circuit board to how our body functions optimally. The central nervous system perceives pain, makes muscles move, and articulates sensation. Acupuncture is the practice of inserting very thin needles into specific areas of the body where the nervous system is prevalent to send signals back to the brain to respond to certain stimuli. Knowing that acupuncture now has a direct effect on the central nervous system, can we say that acupuncture can treat most ailments not just

exclusive to pain? Acupuncture is also a viable alternative to opioid medications that are causing a national epidemic with record-high addiction and death rates. Acupuncture is a non-pharmacologic treatment for pain management.

What does this all mean? Ditch the drugs and go get acupuncture to relieve your pain! Acupuncture is generally considered a powerful intervention for pain relief and people enjoy its relaxing, therapeutic effects. Acupuncture is just the tip of the iceberg (no pun intended). Other modalities used by acupuncturists like Dr. Alan Genitempo include: cupping therapy, kinesiology tape, infrared heat therapy, instrument-assisted soft tissue mobilization, and electric stimulation.

No need to spend "James Harrison money" to get adequate care. You just need to know where to go. Other therapies that complement acupuncture and Chinese medicine are dietary therapies, exercise programs, chiropractic care, physical therapy, massage therapy, and much more. By utilizing some of these therapeutic modalities in your regular routine a few times a month, it can make a world of difference in your everyday life.

If you are an active individual, pay attention. This is not a suggestion, this is a warning—you must take care of your

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body. If you do not start when you are young, you are putting yourself at a disadvantage and increasing your risk of getting injured. It's not science, it's common sense. What happens if you don't regularly take care of your car? You're going to eventually need a new car but, guess what? You don't get to replace your body, you only get one, so take care of it every day. The best type of medicine is preventative medicine, work on your body before injury occurs to ensure injury is less likely to happen. ■

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**July 1, 8, 15, 22, 29, Mon.****Maker Monday**

@Nutley Public Library, Children's Room, 93 Booth Dr.

For all ages and skill levels. Stop by and try out a fun maker project!

Time: 1-3pm

For more information visit [www.nutleypubliclibrary.org/calendar](http://www.nutleypubliclibrary.org/calendar)

**July 1, 8, 15, 22, 29, Mon.****Senior Art Program**

@Parks and Recreation Building, 44 Park Ave.

Time: 1-2:30pm

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

**July 1, Mon.****Monthly Supper Club for Seniors Health Series**

@Clara Maass Medical Center, 1 Clara Maass Dr., Belleville  
Summer Foot Care with Wayne Caputo, DPM, and Kathleen Villarino, Registered Dietitian Nutritionist. This monthly Supper Club event for seniors includes dinner, bingo, great raffles, prizes, and giveaways. Parking will be validated and seating is limited.

RSVP required.

Time: 4:30-6pm

Cost: Free

For more information call 1-888-724-7123

**July 2, 16, Tue.****Board of Commissioners Meeting**

@Town Hall, 3rd Floor Commission Chambers, 1 Kennedy Dr.

Time: 7pm

Open to the public

For more information visit [www.nutleynj.org/board-of-commissioners](http://www.nutleynj.org/board-of-commissioners)

**July 3, 17, Wed.****Essex County Clerk Program**

@Parks and Recreation Building, 44 Park Ave.

On the first and third Wednesday of each month the Essex County Clerk's office is available at the Recreation Department for residents to obtain passports and notary public oaths.

Cost: Free

For more information and current hours and dates visit [www.essexclerk.com](http://www.essexclerk.com)

**July 3, 17, Wed.****Families Coping with Addiction Support Group**

@169 Chestnut St.

Individuals caught up in a family member's addiction are at risk for multiple life challenges, with social isolation and mental health problems among them. Destructive behavioral patterns such as victimization, enabling, and codependency can reinforce and perpetuate the disease's debilitating dynamics. If you are interested in learning how to break the cycle of dysfunctional relationship patterns associated with addiction, join this group. Staela Keegan, MSW, LCSW, LCADC, facilitates this free support group which provides a confidential and psychologically-safe environment for learning about: practicing self-care and non-judgmental detachment, reducing emotional reactivity, informed decision making, and resource options.

Time: 7-8pm

Cost: Free

For more information call 973-667-1884

**July 4, Thurs.****4th of July Celebration and Fireworks**

@Park Oval (Franklin Ave. will be closed from Chestnut St. to Church St.)

Food vendors will line Franklin Ave. and DJ Rob Franicola will be on hand to provide music and games in the Oval.

Time: 6:30pm. Fireworks begin at dusk.

For more information call the Office of Mayor Scarpelli at 973-284-4959 or visit [www.nutleynj.org](http://www.nutleynj.org)

**July 7, 14, 21, 28, Sun.****Nutley Farmers Market**

@Municipal Parking Lot 9, 537 Franklin Ave.

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### July 8, 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: Free  
For more information or to register call 1-888-724-7123

### July 8, 15, Mon.

#### Dungeons & Dragons Club

@Nutley Public Library, Stockton Room, 93 Booth Dr.  
Open to grades 6-8. Try this all new Dungeons & Dragons club! All skill levels welcome. Sign up at the Children's Desk.  
Time: 6-7pm  
For more information visit [www.nutleypubliclibrary.org/calendar](http://www.nutleypubliclibrary.org/calendar)

### July 8, Mon.

#### Escape Room Mystery

@Nutley Public Library, Stockton Room, 93 Booth Dr.  
Open to grades 4-6. Decipher the clues and solve the mystery before time runs out! Online registration is required.  
Time: 3-4pm  
For more information and to register visit [youthservices.nutleypubliclibrary.org](http://youthservices.nutleypubliclibrary.org)

### July 8-19

#### Nature Explorers Summer Camp 2019

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### July 10, Wed.

#### Parkinson's Disease Support Workshop

@Clara Maass Medical Center, Cancer Center Conference Room, 1 Clara Maass Dr., Belleville  
This peer support group will help participants build relationships and share ideas about exercise, nutrition, medication management, medical resources, and how to treat the symptoms of Parkinson's Disease. Participants will be encouraged to talk openly and honestly about their feelings and to support each other. Registration is preferred but walk-ins and caregivers are welcome.  
Time: 10-11am  
Cost: Free  
For more information or to register contact Fabiana Alvarez, RN, or Dhyana Velez, RN, at 973-450-2631

or [fabiana.alvarez@rwjbh.org](mailto:fabiana.alvarez@rwjbh.org)

### July 10, Wed.

#### Touch the Music Story Time

@Nutley Public Library, Children's Room, 93 Booth Dr.  
For ages 3-5. Learn about music that takes you out of the world and touch, feel, and play musical instruments.  
Time: 10:30-11:30am  
For more information visit [www.nutleypubliclibrary.org/calendar](http://www.nutleypubliclibrary.org/calendar)

### July 11, Thurs.

#### Nutrition Support Group

@Clara Maass Medical Center Medical Nutrition Therapy is essential for the treatment of chronic diseases such as cancer, diabetes, and heart disease. Patients can speak with a Registered Dietitian Nutritionist about nutrition as it relates to their



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## EVENTS CALENDAR

# JULY 2019

diagnosis and side effects from treatments. Each monthly session will feature a different theme. Refreshments are provided and your parking garage ticket will be validated. All are welcome, and friends and family members are invited as well. No RSVP is required. Time: 6pm  
For more information, please call 973-450-2328

### July 13, Sat. Electronics Recycling Collection Day

@Municipal Parking Lot 7,  
1 Franklin Terr. (Franklin Ave. behind Bella Luce)  
Acceptable items for recycling include computers and laptops, fax machines, microwaves, monitors, printers, scanners, stereos and speakers, VCR and DVD players, and televisions.  
Time: 9am-1pm  
For more information call the Department of Public Works at 973-284-4984

### July 13, Sat. PAWS Story Time with Rodney

**and Baby Ruth**  
@Nutley Public Library, Children's Room, 93 Booth Dr.  
Enjoy stories, a craft, and a visit from therapy dogs Rodney and Baby Ruth.  
Time: 10:30-11:30am  
For more information visit [www.nutleypubliclibrary.org/calendar](http://www.nutleypubliclibrary.org/calendar)

### July 21, Sun. Kingsland Manor Ice Cream Sunday

@Kingsland Manor, 3 Kingsland St.  
Take a tour and enjoy a refreshing treat at the historic homestead of the Kingsland family, set within park-like grounds overlooking a pond and waterfalls.  
Time: 1-4pm  
Cost: Admission is free. Donations are gratefully accepted.  
For more information visit [www.kingslandmanor.org](http://www.kingslandmanor.org) or "Kingsland Manor" on Facebook.

### July 22, Mon. Howling Woods Farm Wolf Dog Visit

@Nutley Public Library, Children's Room, 93 Booth Dr.

Come to this special presentation about wolves and a visit with wolf dogs from Howling Woods Farms! Recommended for ages 6 and up. Online registration is required.  
Time: 7-8pm  
For more information or to register visit [youthservices.nutleypubliclibrary.org](http://youthservices.nutleypubliclibrary.org)

### July 24, Wed. Infant Care Class

@Clara Maass Medical Center,

1 Clara Maass Dr., Belleville  
In two hours, learn what you need to know about parenting in an interactive 'University' for parents-to-be. Learn about the basics on how to navigate parenthood including topics such as newborn and post-partum care. Parents are welcome to attend at any time.  
Time: 7-9pm  
Cost: Free  
For more information or to register call 1-888-724-7123



**Stay in touch!**

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# Summer Reading 2019

## Best Summer Reads @ the Nutley Public Library

By Jeanne Sylvester, Supervising Librarian

Are you looking for the perfect book to throw in your suitcase, take to the beach, or read in your lounge chair? Do you want your summer reading to be fun and breezy, addictive and thrilling, educational, or inspirational? Visit the Nutley Public Library for amazing books packed with pleasure and guaranteed to let you escape to other worlds and expand your horizons. Check out our "Summer Reads" display and join the Adult Summer Reading Club for the chance to win some prizes at the end of the summer.

### Hot New Summer Titles - Sure to be Popular (get your name on the waiting list)

#### ■ Popular Fiction

*The Bride Test* by Helen Hoang  
*City of Girls* by Elizabeth Gilbert  
*Mrs. Everything* by Jennifer Wiener  
*Queen Bee*  
 by Dorothea Benton Frank  
*Summer of '69* by Elin Hilderbrand  
*The Sunshine Sisters* by Jane Green  
*The Wedding Party*  
 by Jasmine Guillory

#### ■ Thriller/Suspense/Mystery

*Backlash* by Brad Thor  
*Cari Mora* by Thomas Harris  
*The Last House Guest*  
 by Megan Miranda  
*The New Girl*  
 by Daniel Silva  
*The Silent Patient*  
 by Alex Michaelides  
*Under Currents*  
 by Nora Roberts

#### ■ Nonfiction and Biography/Memoir

*All the Way* by Joe Namath  
*American Moonshot: John F. Kennedy and the Great Space Race* by Douglas Brinkley  
*The British Are Coming* by Rick Atkinson  
*For the Good of the Game* by Bud Selig  
*The Infinite Game* by Simon Sinek  
*Sea Stories: My Life in Special Operations*  
 by William H. McRaven  
*Women Rowing North: Navigating Life's Currents and Flourishing as We Age*  
 by Mary Pipher ■

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*Submitted by Tiffany Servidio*

**K**enzie is an adorable three-year-old, medium-size pitbull mix who has the cutest pep to her step and absolutely loves life now. Kenzie was found roaming the streets of Jersey City a year ago. Shelter life was not faring well with her, so she was pulled just in the nick of time by Brick City Rescue. Since then, she has been cared for by her loving, devoted foster family who absolutely adores her. Kenzie has gone through approximately two months of intense training and is now ready to show off her new lease on life. Trusting humans was Kenzie's biggest issue. However, after months of consistency, patience, and love, she has finally turned the corner. Her foster family is amazed at the transformation that she has made since entering their home. Due to her diva-like ways, Kenzie should be the only pet in the household. The word on the street is she is all that you need. For more information on this cutie, please email Brick City Rescue at [info@brickcityrescue.com](mailto:info@brickcityrescue.com).



*Submitted by Christa Milici*

**K**ayson and Kody are looking for their forever homes! These two are bonded brothers who must be adopted together. These brothers have been in our care since they were only a few days old and were bottle-fed which makes them super sweet. Kody loves to give kisses and Kayson loves to snuggle. Please consider adopting them. Application and adoption fee applies. To apply: [yellowbrickroadrescuenj.com/cat-adoption-application/](http://yellowbrickroadrescuenj.com/cat-adoption-application/) ■

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 Library ..... (973) 667-0405

Parks and Recreation ..... (973) 284-4966  
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