

MARCH 2019

A community magazine serving the residents of Nutley

NUTLEY NEIGHBORS

Meet Nutley's Wonder Woman and Her Family



Photograph by
Randall Kenneth
Photography



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Lions, Lambs, Oh My!

Can you imagine being a weatherman in the really old days? You could say something like "If March comes in like a lion it will go out like a lamb." Everyone around you would nod their heads and praise you for your great weather wisdom.

Today, of course, we have a plethora of sophisticated equipment to predict the weather. And guess what? Sometimes, it's really wrong. The funny thing is that we do not praise the weathermen of today whether (a pun!) they get it right or not.

That made me wonder.

I finally realized a very significant difference between the weathermen who used images of animals in their predictions and those who tap into today's technology.

The great weather wisdom of old-time forecasters was personal. They used words and ideas that related to the times in which they lived. So when they said, "Clear moon, frost soon" or "Rainbow in the morning gives you fair warning," they wanted to make the weather as easy to understand as possible.

Today, even though I know terms like 'bombogenesis' or 'polar vortex,' I still appreciate the simplicity of the lion and lamb analogy. That tells me that someone, back in the old days, understood that weather was more than just a part of the evening news program.

It makes a difference when someone truly 'gets it' and shows you they do.

On this month's cover is Kim-Michelle Garner. As the owner of Absolute Rehab, she knows physical therapy, but she 'gets it' since she had a personal medical crisis that left her almost completely paralyzed. She has since recovered, but she will forever know what therapy is like from the patient's side.

Our regular contributors this month also introduce us to people who 'get it.' Barry Lenson writes about Nutley's Friday Afternoon Book Club. It started 114 years ago because women wanted to talk about books but also needed to take care of their households. Read about how they chose the unique discussion format and the day of the week to meet.

Frankie Turano tells us about a Hometown Hero who 'gets it.' Corporal John P. McGuire felt called to serve his country after the terror attacks in 2001.

David Wilson connects the past and the present in an article about Captain John A. Frobose and his family's involvement with the Nutley Fire Department. The captain dedicated his life to helping and saving people and his legacy of fire prevention shows that he 'gets it.'

In a way, it doesn't matter if March is lion-like or lamb-like. The best 'weather' prediction I can make is that there are many people here in Nutley who 'get it' and make this town very special.

See you all next month!

Joyce Corey Content Coordinator



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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.



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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216 Alexander Ave	\$485,000	3	2	1600
99 Elm Pl	\$495,000	3	3	1973
69 N Spring Garden Ave	\$495,000	4	3	1749
59 Gerard Rd	\$500,000	3	3	2400
77 Enclosure St	\$520,000	4	3	2079
89 Cathedral Ave	\$525,000	4	3	2350
151 Rutgers Pl	\$535,000	3	2	1808
51 Prospect St	\$539,000	3	4	
82 Race St	\$540,000	2	1	2140
59 Ridge Rd	\$540,000	3	3	1757
415 Prospect St	\$557,000	3	2	2120
145 Pershing Ave	\$600,000	4	3	2500
590 Bloomfield Ave	\$630,000	4	4	2922
165 Watchung Pl	\$634,000	4	4	2380
62 Overlook Terr	\$670,000	4	4	2528
19 Faber Pl	\$676,000	5	4	3171
375 Chestnut St	\$681,600	4	4	2800
54 Brookfield Ave	\$802,500	6	5	3784

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*Kim-Michelle Garner
in front of her business
with her three children*

Meet Nutley's Wonder Woman and Her Family

By Joyce Corey

Photographs by Randall Kenneth Photography

Although Kim-Michelle Garner may not wear a cape and a cute headband, she more than qualifies as a 'wonder woman.' As a single mom to three children, owner of Absolute Rehab on Franklin Avenue, and someone who recovered from an almost total body paralysis, she gets my vote as a superhero.

But after talking to her, I came away with one more reason to give her that cape: she loves to help people.

"My mother was a nurse and my uncle has cerebral palsy," Kim said. "I grew up knowing about both the caregiver side as well as what life was like from someone who had to choose not to give up every day. My uncle was and still is a fighter who succeeds despite his limitations."

Along with this knowledge, Kim added her innate compassion for people and sought out ways to help. "As a teenager, I was a candy striper at Clara Maass hospital and later a volunteer at the cerebral palsy center that was located behind the hospital. I loved to see how happy the patients were when they went into the pool for physical therapy. Their joy at having this freedom of movement inspired me to continue my studies."

She graduated Essex County College with a degree as a Physical Therapist Assistant and then achieved a Master's Degree in Therapy from Mercy College. Currently, she owns Absolute Rehab in Nutley and brings not only an impressive academic record to her business, but a compassionate knowledge of what it feels like to be a patient.

"In 2015, I was hospitalized because of complications from the flu vaccine," Kim said. "My symptoms escalated from a feeling that something wasn't right to a heart attack which led to a blood clot that caused a stroke. I woke up in a hospital bed, paralyzed, on full life support, with only the ability to move my eyelids."

Yet, our wonder woman met this challenge with a mix of bravery, medical knowledge, hope, and a whole lot of assistance from people who really know how to show they care. "This was a step-by-step journey; I had no idea if I would ever get well. I credit my recovery to hard work and the love and constant support of several very special



Kayleigh, Shane, and Kara McClafferty

super heroes in their own right. Small examples of how these remarkable people helped me are my brother building a ramp to ensure wheelchair accessibility, my father managing my children's busy schedules when I was unable and stepping in to run Absolute Rehab so that I had a business to return to after my own rehab. There are so many other friends and family who encouraged me every day with cards, phone calls, and all the prayers said on my behalf. These acts of kindness enabled me to get through the numerous battles and struggles bringing me to this point

today: a survivor."

Seven months later, she left the hospital. "Although I still have some weakness in my legs and ankles and may use a cane occasionally, I consider myself recovered."

Living in Nutley has played a huge part in her recovery, as well. "Some towns can hinder your growth and recovery but not Nutley. I was motivated through the ease of movement afforded me with clear and clean roads and with handicap accessibility for individuals of all levels of special needs. Therefore, you see, Nutley also assisted in my recovery by allowing me access to Shoprite, the post office, town events, schools, and so much more. These



are things taken for granted by many people, but not by the handicapped. Nutley is an amazing community that comes together, and certainly for me, has made my daily living achievable."

And not only did Kim-Michelle Garner literally walk away from this life-changing challenge, she left with an even greater understanding of a patient's perspective.

"Since I have been on the other side of physical therapy, I completely empathize with people who are struggling to reclaim their mobility and to heal."

She brings this mindset to her practice each day. "I offer one-on-one therapy sessions and schedule hour-long visits. Each patient gets my complete attention. At Absolute Rehab, we offer treatment throughout the lifespan of a person, which includes pediatrics, adults, and geriatrics. While many of our patients know us as sports specialists, (I am a Certified Strength and Conditioning Specialist) I cannot over emphasize the support we provide to our pediatric patients as well."

On the home front, this miracle woman feels blessed to be able to call herself mom to three children, Kayleigh, Kara, and Shane McClafferty.

"Kayleigh is 12 and attends the middle school in town," Kim said. "She loves to play volleyball at the recreation center on Thursdays. At school, she is the floor patrol and was also chosen to help students who have special needs or disabilities. It looks like she may be following in her mother's footsteps."

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Five Things Kim-Michelle Garner and her Family love about Nutley

- 1.** A thriving and welcoming town center
- 2.** School system
- 3.** A variety of community activities for all age groups
- 4.** Parks and Recreation Department
- 5.** Spirit of helping and caring in neighborhoods

"Kara is 11 and attends Radcliffe School," Kim tells us. "She loves to read and play tennis. She wants to be a vet someday and she is exceptionally attuned to animals." (You can ask Saoirse, the family dog. The name is an Irish word that means 'freedom' which is totally appropriate since he joined the family on July 4.)

"Shane is my youngest; he's 9 and also attends Radcliffe School. He is interested in wrestling and football."

Kim-Michelle Garner reaches out to the community in many ways. "I'm the Health Advisor for the Chamber of Commerce, member of the Nutley Irish American Association, and am someone who is always looking for opportunities to help others. An example of this is the Moving and Grooving exercise class I started in 2012 with, then mayor, Joanne Cocchiola. We wanted seniors to have a free wellness class."

And isn't that what all champions do? They look for ways to connect with their community to make a positive difference. The full list of activities in which Kim is involved is much, much larger, but wherever she shows up, people notice and are encouraged and helped.

If it were up to me, I would give her the cape and cute headband. ■

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

Nutley Irish American Association: More Than a Parade!

By Joyce Corey

What's the first thing that comes to mind when you think of the Nutley Irish American Association? You might say the St. Patrick's Day parade but this organization is much more than an annual event.

Besides keeping Irish heritage alive in town, they support scholarships for Nutley High School graduates, raise money for the American Cancer Society through Relay for Life, and ran a food drive in November for the St. Mary's Food Pantry. As one of the premier civic groups in town, their philanthropic spirit is felt every month of the year.

Deidre Hollywood, Corresponding Secretary for the organization, said, "We respond to the needs in our community as we are able. We recently donated to the Special Olympics here in town and held our second annual Shamrock Fest at the Parks and Recreation Center in November."

"We are thrilled to announce that we started a 501(c)3 non-profit organization called the Nutley Irish American Charitable Foundation to support our philanthropic endeavors," she said. Donations made are fully tax deductible and will be applied to the scholarship fund or to help others in the community.

But at the heart of this group is the much-loved and well-attended St. Patrick's Day parade. According to their website, www.nutleyirish.com, the parade began with four little words.

"Let's have a parade!"

These words, spoken by Richie Clark in March of 1978, were the



seeds of what became the Nutley Irish American Alliance's Annual St. Patrick's Day Parade.

Joe "Muggs" McGuinness and Paul Denkinger brought the idea of a parade up to Judge Robert Citrino. His father, the town doctor, had always loved the parade in New York. The Judge overcame many obstacles to make this all a reality. He acquired the permit, the flags, the pipe band, and he even had the first green line painted.

The first parade stepped off March 17, 1978 behind the St. Columille Pipe Band; the first Grand Marshal, Joe "Muggs" McGuinness.

This year's parade will be held on March 2nd. It will begin with an Investiture Mass at St. Mary's Church at 10am. Parade lineup is at 12pm at the Holy Family parking lot and Parade Step Off will begin promptly at 1pm.

The Grand Marshal this year is Ed Saegers, who is very involved in the Belleville and Irish communities.

If you are not able to march with them this year, please consider another event in which they will be participating.

The group's Nutley Relay for Life will be held on Friday, May 17th at Demuro Park (379 Bloomfield Ave, Nutley) from 6pm to 11:30pm. All money raised will go towards the American Cancer Society. More information is available on their website: www.nutleyirish.com.

So let's remember as the parade marches through town that the Nutley Irish American Association shares their philanthropic spirit in our community in many ways throughout the entire year. ■



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After 114 Years, Nutley's Friday Afternoon Club Continues to Thrive

By Barry Lenson

In 1904, a woman named Mrs. William Kinsley and a group of friends started a literary group in Nutley that they named the Friday Afternoon Club. It is still going strong today, with its membership limited to 20 members – all women – who get together on Friday afternoons to talk about books.

Curious to know more, we called Mrs. Jeanne van Steen, one of Nutley's most esteemed residents, who is the group's Historian and who serves on the Literary Committee. Another member of that Committee is Mrs. Joanna Conrad, who inspired many students to love language and literature during her years as a German teacher at Nutley High. Our first question to Jeanne was, how did the group get its unusual name?

She explained that a century ago, women who were managing their households traditionally reserved different weekdays for different domestic tasks. There was even a popular poem at the time that went, "Monday Wash Day, Tuesday Ironing Day," with a different job for each day of the week. But by Friday afternoon, Jeanne explained to us, the ladies had completed their jobs and had time to socialize together. And what better way was there to socialize than to talk about books?

That is exactly what those Nutley women decided to do. They held their early meetings in Mrs. Kinsley's house on Prospect Street. In later years, meetings were held in different members' homes, but always on Friday afternoons. And that is how the club got its name.

What is surprising is that when the group was started, the founders created an innovative way to talk about literature – an approach that the Friday Afternoon Club still uses today. Each member of the group reads a different book, then makes a presentation to the entire group about it. As a group, everyone discusses the book, as well as literature and related topics. In that way, each member gets maximum exposure to lots of books and can identify one or two she would like to read. This methodology

differs from the one that is now used by most book groups today, in which all members read the same book and discuss it together.

We really like the approach used by the Friday Afternoon Club. Though old, it seems uniquely efficient and modern.

The group still observes other traditions that were established in its early days. Meetings are still held on Friday afternoons in members' homes. Every year, the group reads books that center on one topic. (This year, the topic is Africa.) The club donates books to the Nutley Public Library in memory of members who have died. From time to time – but only occasionally – husbands and other men are invited to attend a meeting. And sometimes, the group hosts a luncheon or other event. Every few years, but only occasionally, members are allowed to bring guests to a meeting.

Another throwback is the fact that the Friday Afternoon Club still doesn't have a website, a Facebook page, or any other newfangled online presence. So how are you supposed to contact the group, learn more, and express interest in joining? Or is the Friday Afternoon Club some kind of shadowy secret society?

We asked Jeanne that question, and she laughed. "If people are interested in joining, they can email me and ask about it." Jeanne's email is jvansteen@verizon.net.

If you do, you will discover a hidden gem of Nutley history that is still going strong today. ■

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Nutley Author Ilene Dudek Releases Her Fourth Children's Book: *Little Ant & the Ice Cream Mystery*

A sweet story for children ages 3-8

Submitted by Joyce Corey



experiences to guide her whimsical tales.

"My new book was so fun to write because it really spoke to my childhood. I grew up reading classics like *And Then There Were None* by Agatha Christie and *Bleak House* by Charles Dickens. And who didn't love watching *Scooby Doo*? These incredible stories introduced me to the power of suspense and the thrill of solving a good mystery. They inspired me to write a book that shared that same level of excitement."

Ilene Dudek is a self-published author from Nutley, NJ. Since June 2017, she has written and hand drawn four Little Ant picture books for early readers. She has participated in over 20 local author events, including a book signing at Barnes & Noble, and has been featured on "Spotlight New Jersey" - News 12 New Jersey. She plans to continue writing her Little Ant series and sharing her books with the local community.

Little Ant & the Ice Cream Mystery and the entire Little Ant collection can be found at www.littleantstories.com. ■



Ilene Dudek, author of the Little Ant children's series, presents her new book *Little Ant & the Ice Cream Mystery*. This colorful picture book features the lovable little ant and his quest to solve the mystery of a missing ice cream cone. When his favorite treat suddenly disappears, the

ant must follow some unusual leads to uncover the truth. Through many twists and turns, and an unflappable main character, we soon discover that no mystery is too big for this little ant!

Little Ant & the Ice Cream Mystery is the fourth book in the Little Ant series inspired by Ilene's fun-loving, active boys. Each book captures a sense of childlike wonder and adventure. Whether the ant is on the go, turning fear into fun, or solving mysteries, Ilene uses her own life

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Mamma Vittoria Awarded "The Knot's Best of Weddings"

Submitted by Joyce Corey

Congratulations to Mamma Vittoria Catering for being selected as a recipient of "The Knot's Best of Weddings" for 2019. The Knot is the nation's largest source for wedding news and inspiration. The Knot Best of Weddings is an annual award that recognizes the top wedding vendors across the country. This prestigious honor distinguishes vendors who are trusted, dependable, and fun to work with. They have



dazzled and delighted their couples, and it definitely shows. To qualify for the award, wedding professionals need at least 10 reviews from real couples, their families, and wedding guests within the year. From there, the award selection process is rigorous as only the best wedding vendors (top 4%!) receive the honor! They are truly the best of the best. ■

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- *Please mention offer when making appointment and bring this ad at time of appointment.

EVENTS CALENDAR **MARCH** 2019

Mar. 2, Sat.

Nutley St. Patrick's Day Parade

@St. Mary's Church,
17 Monsignor Owens Pl.
Parade day will begin with an Investiture Mass at St. Mary's Church at 10am. Parade lineup will begin at 12pm at the Holy Family Parking Lot and Parade Step Off will begin promptly at 1pm. If you would like to march in the parade but have a physical restriction that keeps you from marching, please contact them arrange to have a car for you. If you know a group or an organization that would like to march in the parade, please email parade@nutleyirish.com
Time: 10am mass; 12pm lineup; 1pm step off.
For more information email parade@nutleyirish.com

Mar. 3, 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 admitting procedures and childbirth options. Tours are also available by request.

Time: 9-10am, 10-11am
For more information or to register call 1-888-724-7123

Mar. 4, Mon.

DISH! The Monday Night Cookbook Club

@Nutley Public Library, Stockton Room, 93 Booth Dr.
Each month, patrons will choose, prepare at home, and share a DISH! from a selected cookbook. The group will then gather to sample each other's recipes, discuss cooking techniques, and share stories and culture.
Time: 7-8:15pm
For more information or to register visit www.nutleypubliclibrary.org/dish-the-monday-night-cookbook-club/

Mar. 4, 11, 18, 25, Mon.

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

& Meditation

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

Mar. 4, 11, 18, 25, 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

Mar. 4, Mon.

Surgical Options for Weight Loss

@Clara Maass Medical Center,
The Learning Center, 1 Clara Maass Dr., Belleville
Determine whether you, a family member, or friend is eligible for weight loss surgery. The seminar will cover what can be expected before, during and after bariatric surgery. Visit the campus and meet the supportive Bariatric Surgery Team. Immediately after the seminar, attend the Bariatric Support Group Session and meet

patients that received bariatric surgery previously. This program is also offered in Spanish.
Time: 6-7pm
Cost: Free
For more information or to register call 973-450-2393

Mar. 4, Mon.

Bariatric Support Group Meeting

@Clara Maass Medical Center,
The Learning Center, 1 Clara Maass Dr., Belleville
Meditation and Stress Relief will be the topic for this meeting.
Time: 7pm
For more information call 973-450-2393

Mar. 5, 12, 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

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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
Cost: Free
For more information or to register call 1-888-724-7123

Mar. 5, 19, 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

Mar. 6, Wed.
Colorectal Cancer Education & EZ-Detect Kits
@Public Affairs/Health Dept., 149 Chestnut St.
Colorectal cancer is the third most common cancer in both men and women. Early detection has decreased the death rate for colorectal cancers in the past 15 year. Receive free Colorectal Cancer Education and EZ-Detect Fecal Occult Kits.
Time: 10am-12pm
Cost: Free
For more information or to make an appointment call the Nutley Health Department at 973-284-4976

Mar. 6, 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

Mar. 6, 13, Wed.
Preparing for Childbirth
@Clara Maass Medical Center, 1 Clara Maass Dr., Belleville
For parents who plan to deliver at Clara Maass Medical Center, this workshop will help them prepare for the birth of their first child by discussing birth options and practicing birthing skills. Expectant mothers may attend at any stage of their pregnancy.
Time: 7-9pm
For more information contact 1-888-724-7123

Mar. 11, 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

Mar. 21, Thurs.
Bird Club
@Essex County Environmental Center, 621-B Eagle Rock Ave., Roseland
For children ages 5 through 10. Come explore the wooded wetland and see what birds live there. Use binoculars, field guides, and a keen sense of observation to discover and identify all sorts of birds. 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

Mar. 23, Sat.
NJ Makers Day
@Nutley Public Library, Children's Room, 93 Booth Dr.
Explore the world of makers with fun activities, crafts, experiments, and more! No registration required. Open to all ages.
Time: 11am-2pm
For more information call Lucia Alvarez at 973-669-0405 or visit youthservices.nutleypubliclibrary.org or the Nutley Public Library's Facebook page.

Mar. 24, Sun.
Kingsland Manor Open House Tour
@Kingsland Manor, 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

Mar. 30, Sat.
Basket-making Workshop with Sandra Kehoe
@Kingsland Manor, 3 Kingsland St.
Time: 9am-4pm
For more information visit www.kingslandmanor.org

Apr. 4, Thurs.
Nutley Jaycees Distinguished Service Awards Dinner
@Valley Regency, 1129 Valley Rd., Clifton
Time: 6:30pm
Cost: \$45 per person
For ad book and more information call David or Dianne at 973-667-4690.

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Join Us for the Fifth Annual NJ Makers Day

MARCH 23, 2019 11:00AM - 2:00PM

By Lucia Alvarez

NJ Makers Day is a celebration of maker culture across New Jersey. This all-ages event connects individuals with libraries, schools, and independent makerspaces that support making, tinkering, and crafting, manufacturing, and STEM-based learning.

The maker movement in the United States isn't just a hobby; it's having a significant impact on school curriculum development and growing local economies. To celebrate making and maker culture, residents throughout New Jersey will come together Saturday, March 23, 2019 in libraries, schools, museums, colleges, makerspaces, businesses and other community locations.

NJ Makers Day is designed to be a statewide event that celebrates, promotes, and in many cases may introduce maker culture, as well as the values associated with making, tinkering and STEM-based learning. In 2018, events were featured at over 290 participating locations in 20 counties in New Jersey, with a reported attendance of 110,000. Participating locations included schools, colleges and universities, libraries, museums, and other

educational organizations.

Makerspaces across the state are having a significant impact on education and job skills development by providing access to people, information, resources, and tools that facilitate making to a wide variety of skill levels. NJ Makers Day allows communities to share hands-on programming opportunities, demonstrations and displays, and the expertise of the individuals and organizations that make, create, and develop right in their own backyards.

We are ecstatic to be able to bring this type of programming to the Nutley community. The Nutley Public Library is proud to be a participating site for New Jersey Makers Day on March 23, 2019 from 11:00 AM - 2:00 PM! Community members of all ages are invited to join us for an exciting day filled with activities focusing on maker culture.

The Nutley Public Library will be offering a variety of activities and demonstrations for all ages. Hands-on maker stations include paper circuits, sewing, Ozobots, Oculus Rift virtual reality, 3D Printing, drawing, coding, Sphero, marble mazes, engineering challenges, crafts and much more. ■

For more information, please contact Lucia Alvarez at 973-669-0405 or visit youthservices.nutleypubliclibrary.org and the Nutley Public Library's Facebook page. Find out more about New Jersey Makers Day at www.njmakersday.org.

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The Compassionate Soldier

By Frankie Turano

Serving in the military is an honor and a privilege. It is true, it is not for everyone. There are just those special individuals that heed the call for service above self. There are those patriots that felt that baseball, hot dogs, apple pie, and Chevrolet are just not enough when the terms 'American' or 'patriotism' are spoken out loud. As with many veterans as of late, after the terror attacks in 2001, the inspiration to join the military and serve this country grew to epic proportions. One such patriot, in whom this overwhelming feeling surfaced, was a gentleman named John P. McGuire.

I knew of John but did not really get to talk with him until I had asked for a Military Color Guard for this past year's Chamber of Commerce 5K Run. He appeared in military dress and was a representation of all that is good with this country.

John P. McGuire joined the United States Army and was a combat medic for eight years, between 2006 and 2014. John had basic training at Fort Sill in Oklahoma and eventually found himself deployed to Iraq in 2008.

John was responsible for 120 men. Though he never lost anyone, and that in itself is a miracle and a testament to his gift as a medic, he did have to deal with Traumatic Brain Injury and had to operate in the field under adverse conditions.

And so I inquired what daily life was like over there. He scratched his head and thought for a moment before answering.

"Depending on what the mission was, really dictated how the days would be. For me, as a medic, it could have

been like a 9-5 work day at the hospital and things were slow or it could have been 9-5, eat, and then go and train civilian workers on basic first aid or even advanced blood stoppage techniques. It was a weird time as President Obama was taking over and the sense was that we would be leaving Iraq, which was a tough pill to swallow knowing that all your hard work might be for nothing. It seemed to me as though everyone is very motivated at the beginning of the deployment and then homesickness and everything else gets people down through the middle and then the morale picks up as everyone knows that we are getting

close to going home and you're going to make it. As we discussed, I found it necessary to put a smile on every day as I was mostly concerned with the mental health of all my soldiers."

I listen intently to all the soldiers and what it is they had to say to me as I write my articles. What strikes me most is the compassion one soldier has for another. Band of Brothers is my all-time favorite miniseries, but if we forget the movie aspect for a moment and focus on the title, the phrase has always been poetic and meaningful.

They are just not words or a catchy phrase. It is a way of being. It is a mindset for a chosen few. As you know from my past articles, there is not much that comes close to a medic. They are heroic healers and givers of life. That is a boundless responsibility to hold in one's hands.

Corporal John P. McGuire, it was an honor to meet you. Your town, your country, and I salute you. ■



Nutley Military Color Guard

Frankie Turano Jr. is the owner of American Made Custom Cabinet Company located at 95 Stager Street. He has been in business for over thirty-seven years. He designs and sells all wood cabinetry, stone countertops, and knobs and handles for kitchens and bathrooms. www.amccc.us



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Captain John A. Frobose

By David Wilson and Michael Frobose

When we look back into Nutley history we find multiple generations of immigrants who settled here and made a difference in the quality of life for many. Johann Friedrich Frobose was the first family member to come to Nutley in 1872 after arriving from Germany. Johann's son Fred and grandson Frank Frobose together served over one hundred years with Nutley Hose Company 1, cementing the Frobose legacy in the Nutley Fire Department (NFD). Johann's other son, John A. Frobose Sr. became a charter member of Hose Company 1 in 1895 and served forty years.

Next came John A. Frobose Jr. born 1897 with fire department in his blood, first living at 115 Chestnut St. right next to the fire bell and Stirratt's stables where the fire horses were kept. During a fire at the stable, John and the Stirratt girls braved the smoke to save the horses. He and brother, Fred, at age twelve, would ride the back of the fire engine until John became a volunteer in 1919, a paid driver in 1920, and then a paid firefighter in 1929. John started a delivery business moving furniture and freight to provide for his wife Margaret and three children.

Nutley experienced many large fires in those early



John Frobose as expressman in delivery truck 1918

years owing to carelessness, arson, and lack of modern fire-fighting equipment. John was at them all including the Yountakah Country Club, Grace Church, and the tenements in the Dublin area on Passaic Ave. The Hudson Hat Factory fire at Washington and Park in 1944 was certainly the largest conflagration and even caused a house blocks away at Grant and Weston to burn to the ground. Neighboring towns were also affected, including power line failures into Lyndhurst. John's most memorable fire was in 1923 at the Satterthwaite Mansion on River Road, known as Nutley

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Left: John A. Frobose Sr. Hose Company #1 1910
Right: Captain John A. Frobose Jr. Headquarters Company 1953

Manor. During this all night fire, Dr. Oscar Denes delivered his son, John A. III, at the Frobose house on Park Ave. John was appointed Lieutenant in 1949 by A. Theodore DeMuro and Captain in 1952 by Mayor Harry Chenoweth. He was a charter member of FMBA Local 44 and served two years as president. During his career, he became convinced that over half of all fires were preventable. The Nutley Fire Prevention Bureau was formed in 1947 and with the support of Chief Andy Hutch, John significantly reduced Nutley's fire losses over the next ten years.

In order to keep things "normal," John trained fire prevention engineers and sent them all over town to eliminate fire hazards from overloaded electrical circuits, debris in basements and attics, careless smoking, faulty chimneys, and outdoor rubbish burning. He also set up counseling programs for juvenile fire setters. John enjoyed extensive editorial support from local media and his detailed scrapbook, currently being digitized, is providing a fascinating look into 1940-1960 Fire Department history. The NFD connection continued when grandson Robert Shepard became a firefighter and granddaughter Maryann Shepard-Romas became administrative assistant to the Deputy Chief.

Captain John A. Frobose leaves a legacy of fire prevention over his forty year career. Upon John's January 1957 retirement, Mayor Chenoweth said, "Captain Frobose devoted his life, with intelligence and foresight, to the science of fighting fires from the days of horse-drawn fire wagons to today's modern fire service." ■

David Wilson is an expert organic gardener, who also enjoys researching and sharing Nutley history. His new release, *Fire in Our Lives*, is an encyclopedic book of advice and experiences taken from a forty-year career in public service, emphasizing fire safety and severe weather preparedness. Available at Amazon and Barnes & Noble.

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Do You Need a Pre-Nup for Your Business?

by Michael Cocco, CFP®, Beacon Wealth Partners/AXA Advisors

You hear about prenuptial agreements between soon-to-be husbands and wives. But what about people going into business together?

It's actually a really smart idea. For closely held or family businesses, a properly designed and funded buy-sell agreement can save time, hassle and money, similar to a pre-nup for some couples.

In the end, it could actually save the business itself too. That's because...

- Less than 1/3 of family businesses survive the transition from 1st to 2nd generation ownership.*
- Another 50% don't survive the transition from 2nd to 3rd generation.*

Why is it so difficult to make a smooth transition? Maybe because the owners didn't have a plan in place to continue the business after an owner's retirement, disability, divorce or death. This is what a buy-sell agreement is for.

BENEFITS OF A WELL-DESIGNED BUY-SELL AGREEMENT

Not only will a buy-sell agreement describe the terms under which ownership interest in the business can and will be transferred, it can also establish:

- A market value for the business, or the way in which the value will be determined in the future. This can eliminate huge hassles (and arguments) later.
- A funding source for the purchase of the ownership interest, and the payment terms for the sale of the business. Without proper funding, the buyer could have to sell assets, take out loans or even file for bankruptcy.
- Restrictions, such as who can own the business or how to transfer or sell ownership interests.

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from a bank, or making installment payments. However, many people choose to fund a buy-sell agreement with permanent, cash value life insurance because it offers:

- **Proceeds Paid Quickly** – The death benefit or cash values* are available (generally income tax free) when they are needed, to fund the business sale.
- **Cost efficiency** – The premiums are significantly lower than the death benefit itself, and can be much lower than the cost of a loan. What is a buy-sell agreement? A legally binding contract that

establishes under what conditions, to whom and at what price an owner, partner or shareholder can or must sell his or her interest in the business.

- **Stability** – A life insurance death benefit is guaranteed, so you know it will be available when you need it.

**Loans taken from a permanent life insurance policy's cash value will generally be free of current income tax as long as the policy remains in effect until the insured's death, does not lapse or mature, and is not a modified endowment contract. This assumes the loan will eventually be satisfied from income tax-free death proceeds. Loans and withdrawals reduce the policy's*

cash value and death benefit and increase the chance that the policy may lapse. If the policy lapses, matures, is surrendered or becomes a modified endowment, the loan balance at such time would generally be viewed as distributed and taxable under the general rules for distributions of policy cash values. ■

Michael Cocco is a **CERTIFIED FINANCIAL PLANNER®** professional with Beacon Wealth Partners/AXA Advisors in Nutley. He may be reached at mcocco@beaconwealthpartners.com or (973) 667-8650.



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Adopt Us!

Submitted by Tiffany Servidio

Meet beautiful Bella! Bella was rescued off the streets of Newark; she is now looking for the second chance she truly deserves. Bella is a loving pup who is about 2 years old, spayed, and house-trained. She just finished up a training program at Jay's K9 Universe where she did extremely well learning new things and building up her confidence. Bella will need a home that can provide continued guidance and structure, just like any other dog. Bella has done great with her canine friends, in particular the males, and she does good on her walks. Bella loves to play tug and chew on her ball, but she also enjoys nap time. She would do best in a home with older children. If you want to make gorgeous Bella part of your family, submit an application at brickcityrescue.com! Don't think Bella is the right fit for you? Follow @brick_city_rescue on Instagram to see more dogs in need of homes!



Submitted by Christa Milici

Freddy is a 5-month-old medium-haired male. He was found outside at just a few weeks old with his eyes heavily infected. They were swollen shut and he was unable to see. After a lot of medication the swelling went down but his eyes were already damaged from going so long without treatment. He is now blind but this doesn't stop him from finding his way around. He is one of the sweetest kittens and just wants constant love. He is always looking to snuggle and give plenty of kisses. He is neutered and up-to-date on all vetting. Can you be Freddy's forever family?

To adopt: www.yellowbrickroadrescuenj.com/cat-adoption-application/ ■



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