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September 25	
October 25	December 1

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POSTURES DON'T happen without practice PRACTICE DOESN'T HAPPEN unlegg me ghom up

What's New?

oes anyone remember that old joke (and wow, I am dating myself here!) that starts: What's new? And the answer is New Jersey, New York ...

My dad told that joke a lot and I think that's how I perfected rolling my eyes! But I appreciated his sense of humor and was very happy that he had other funnier jokes.

As I was putting this month's issue together, I saw a lot of new things, but I first noticed someone who is new.

His name is Michael Lambrugo Jr., and he was born on March 4th. His photo is on the cover with his parents, Nina and Michael, and his sister, Eva. He is officially the youngest person to be on our cover! How's that for new?

It was delightful writing about the Lambrugo family. Both Nina and Mike grew up in town, and now, they are raising their children here. They also have a story to tell about the birth of Michael Jr. and I'm sure it will encourage other families.

Do you know when Nutley became the new name for the town? It happened on March 5, 1902, when the New Jersey Senate and General Assembly in Trenton approved the name change from Franklin to Nutley. Barry Lenson of the Nutley Historical Society tells us all about it in his article.

Our Kids' Corner, written by Michelle Palmer, always has new and wonderful artwork by our youngest residents. I sincerely thank the children and their parents for sharing photos of their creations.

The Nutley Public Library is hosting Free Comic Book Day on May 7. This is a great time to see what is new or to be introduced to the world of comic book and graphic novel reading appreciation.

Trio Jewelers is in a *new* location, at 86 Centre Street, but Michele and Sam Fleitell still have the same level of professionalism and trustworthiness we have all come to expect and love. Visit them at their new place; they love Nutley and are both business owners and caring members of our community.

Now, it's time to start turning the pages and see all the wonderful stories we have for you in this issue.

And the next time someone asks, "What's new?" just show them the magazine!

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patients, including advanced painless allergy testing. Ligresti Dermatology Associates is a full service dermatology practice including cosmetic dermatology for antiaging like: Restylane fillers, Botox/Dysport, Chemical Peels and Microdermabrasion. The office is located at 175 Franklin Ave. Nutley.



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Renée Friscia is a 2nd generation agent with over 35 years of State Farm Insurance experience in Nutley, NJ. Renee focuses on helping people insure their cars, home, rentals, valuables and educates everyone about the importance of Life insurance coverage. And as a business owner herself, she works closely with small businesses for their insurance and planning needs. State

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Randall Kenneth Photography 862-208-2807 www.randallkenneth.com

List and Sale Prices In Nutley March 2022

PROPERTY ADDRESS	LIST PRICE	SALE PRICE
56 Cathedral Ave.	\$499,000	\$470,000
447 Hartford Dr.	\$589,999	\$600,000
20 Jackson St.	\$375,000	\$430,000
402 Chestnut St.	\$429,999	\$440,000
72 Kingsland St.	\$500,000	\$550,000
147 Vreeland Ave.	\$399,000	\$399,000
596 Centre St.	\$399,999	\$425,000
256 Centre St.	\$449,900	\$470,000
10 Durant Pl.	\$519,000	\$539,000
6 Ideal Ct.	\$549,997	\$598,000
26 Cook Rd.	\$435,000	\$470,000
436 Walnut St.	\$549,900	\$581,000

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Median List Price\$459,000Median Sale Price\$469,000Price Difference:2.8%Median Days on Market19

Source: GSMLS Data, Single Family, Condominiums/ Cooperatives, Town Homes during January-March 2022







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Feature Story

A New Nutleyite in the House!

By Joyce Corey Photograph by Randall Kenneth Photography

ina and Mike Lambrugo need to set another place at the dinner table (or perhaps set up a high chair and grab some bibs!) as Michael joined their family on March 4 of this year. Their daughter, Eva, is now officially a big sister and their black Lab, Coral, will have another playmate.

This all sounds idyllic—and it really is—but there was a time when Nina and Mike were not sure they would be welcoming another baby into their home. After Eva was born, they wanted to have more children but were unable to do so. After turning to the science behind in vitro fertilization (IVF), Nina's pregnancy gave them a reason to celebrate as well as opportunities to educate and encourage other couples in similar situations.



Their story starts right here in Nutley as both Nina and Mike grew up in town and went to the local schools.

"We knew each other throughout high school and had same circle of friends, but we never dated," Nina said.

"After graduating Nutley High School, we each went to different colleges and didn't keep in touch," Mike said. "I went to Montclair State and graduated with a degree in physical education, but later worked as a police officer, and then a firefighter in Belleville. I also work here in Nutley as a Special Law Enforcement Officer."

"I went to college in Rhode Island and was gone for eight years," Nina said. "I graduated with a degree in elementary education and am a kindergarten teacher in the Belleville school system."

But Rhode Island isn't all that far from Nutley and Nina did return.

"During my summer breaks at college, I stayed in Nutley at my grandmother's house," she said. "Just like in high school, Mike and I hung around with the same group of friends."

But the couple needed a little push to get together and that came in the form of hurricane-strength winds.

"In 2012, Hurricane Sandy came through the area and most of our high school friends ended up at Midtown Bar (now it's Luna's) in Nutley since it was the only place with electricity," Mike said.

"After that night we began spending time together and a year later started dating," Nina said.

Nina and Mike got married on August 5, 2017.

"Choosing to live in Nutley was an easy decision," she said. "Although my family is spread out all over, Mike's family is still here."

"Nutley is the center," Mike adds. "It seems like everyone who grew up here comes back at some point. We



wanted to raise our children here because of all the connections we have with our family and friends."

Eva is enjoying growing up here in the same town as her parents did.

"Eva is four years old and goes to preschool at Art and Alphabet Academy," Nina said. "She loves it! She also takes dance classes at Starlight Dance Center on High Street. Playing soccer through the Parks and Recreation Department was a lot of fun for her. She can't wait until kindergarten and being able to join the Brownies."

"Mike and I love children and wanted to have more, but we were disappointed when that didn't seem to be able to happen," Nina said. "That's when we turned to IVF and were thrilled when I became pregnant. I am very grateful for the support system we had going

through this, since there are a lot of highs and lows with the treatment. I am always very happy to connect with other couples who may need someone to talk to."

Michael Jr. was welcomed into the family officially on March 4 but was happily anticipated years before. He also arrived at an ideal time since the family just booked their

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5 Things Lambrugo Family Loves About Nutley

- 1. Friends and family close by!
- 2. Restaurants: Ralph's, Luna's, Jim Dandy's and others!
- 3. Town events like the parades, Santa's arrival by helicopter, flea markets
- 4. Parks
- 5. Location

first Disney trip for this November.

"We are all looking forward to this trip," Nina said. "We are going to make a lot of great memories!"

"Since Nina's mother lives down the shore, we usually go to Long Beach Island every year," Mike said. "Eva loves Fantasy Island."

"This past winter she had her first sled ride at Reinheimer Park," Nina said. "Both Mike and I have great memories of sledding down that same hill as kids. And since Mike played football in high school, we







attend as many games as we can."

Watching their children grow up in the same place they did is magical, and for Nina and Mike, their love of Nutley makes it even more special.

"We bought our house on Cedar Street in February 2021," Nina said. "Previously we had rented on the other side of town. Our neighbors are wonderful! Several of us are talking about possibly having a block party in the future. And we love shopping locally and supporting Nutley's small businesses!"

"All roads lead to here," Mike said.

Growing up in Nutley often leads to watching your children grow up here too.

For Mike and Nina Lambrugo, there is a special significance in that. Eva and Michael Jr. will have a lot of memories to make and a lot of fun to share, with parents who love them and this town.

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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Local Business Feature

Trio Jewelers

By Joyce Corey

ith their new location at 86 Centre Street here in Nutley, Sam and Michele Fleitell, owners of Trio Jewelers, are ready to provide the same quality services we have all come to know and love.

They have been in business since September 1983, and over the years they have not only shown their professionalism and

trustworthiness, but also their friendliness and genuine respect for all who enter their doors.

"We sell quality 14 karat gold and silver jewelry, pearls, diamonds, precious gemstones, and watches," Michele said. "We design and custom make jewelry. Sam is a gemologist and goldsmith. He repairs jewelry in all mediums, including costume, and the work is done right here in the shop."

"Our wish is to provide quality merchandise, service, and value to our customers." Sam said. "Often, we repair inherited pieces, re-set original diamonds into new settings, and we clean and polish every repair."

Sam's artistic talent and creativity, as well as his love of talking to people, have made Trio Jewelers a place where you can comfortably discuss your jewelry needs and know that your preferences and price points will be heard.

"We try to follow the golden rule - no pun intended!" Sam said. "We treat every customer like we would like to be treated. I am happy when someone gets their jewelry back from repair or looks at their finished custom-made piece with an expression on their face that lets me know I did a good job."

Sam's reputation as a skilled craftsman has a long history and a funny story attached to it.

"Years ago, I ran a trade shop and did repair work for about 18 other stores, some of them being part of a major chain," he said. "The manager of one of the stores told me she didn't like to send out her jewelry but was very



comfortable with giving it to me. She told me her jewelry was in good hands and it felt like they were going off to camp for a vacation, Camp Sam. I have a plaque on my wall that reads Camp Sam."

Their impeccable reputation in Nutley is valuable to Sam and Michele on a personal level as well.

"We are not only business owners, but we are part of the community," Sam said. "We live here, we raised our children here, and have been involved in the town as members of different organizations and have tried to make a difference in the community."

Their concern for business owners in town was especially evident over the past two years.

"Sam was very instrumental in keeping the Nutley business community apprised of federal and state programs to assist them during the pandemic," Michele said. "He spent many hours on the phone with the organizations and with business owners to help them navigate the various programs."

While investing in jewelry is a significant purchase, knowing that Sam and Michele have invested their lives in this town shows us the who the real treasures at Trio Jewelers are. ■



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PHOTOGRAPHY: LINDA BUSET

By Linda Buset

ou may not realize it, but Nutley has what is considered a "world class garden." Owners, Silas Mountsier and Graeme Hardie, have collaborated with noted landscape designer and friend, Richard Hartlage, to create this 2.5-acre masterwork.

It has been open to the public through the Garden Conservancy's "Open Days Program" since 2001. People have come from all over the United States and abroad to visit it. Richard Hartlage came to visit the owners soon

after he graduated from college and started redesigning the garden. It was his first major project. That was in 1992 and ever since, he has taken the garden through each extension.

Now with his brilliance, the garden works as a whole, and you are unaware of the stages of growth. The garden moves from a traditional garden to a contemporary garden in the rear and has broad swatches of plantings.

Richard plants in layers so the garden is ever changing



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through the seasons. There are rare plants, and many are ephemerals which come and go quickly, and most people never

The decision to open the garden four times this year was made so people could see the ever-changing enchantment of this wondrous place.

see them.

The garden is featured on the cover of this year's Garden

Conservatory directory. It was open to the public on April 16. Future Open Days will be Sunday, May 15, Saturday, June 4, and September 10 from 10am to 4pm.

Tickets may be purchased online at www.gardenconservancy.org/open-days/gardendirectory/mountsier-garden.



Free Comic Book Day Comes to the Nutley Public Library with Comics for All!

May 7 from 11am-4pm

By Lucia Alvarez, Librarian, Children & Young Adult Services

ree Comic Book Day (FCBD) is the biggest event in the comic book industry – a single day when participating comic book specialty shops and libraries around the world give away comic books absolutely free! Established in 2002, FCBD was founded on the belief that for every person out there, there's a comic book they'll love. This annual event offers a huge selection of free titles designed to appeal to a broad range of age levels and their tastes. FCBD is traditionally held on the first Saturday in May and is the perfect opportunity to introduce friends and family to the many worlds of wonder available at local comic book shops and libraries.

The Nutley Public Library has been a participating location for FCBD for over 6 years and will be joining the celebration of comics on Saturday, May 7, offering the community a fun, family-oriented event where everyone can find a comic they'll enjoy. Additional activities include crafts, a movie, and some extra goodies.

With a diverse range of awesome titles like Dog Man, Star Wars, Avatar the Last Airbender, Stranger Things, Spider-Man, Pokémon, and many more, we're sure there's a comic book for everyone. Comics are a fun and enduring form of entertainment for readers of all ages to dive into as imagination comes to life. Whether it be popular comics, movies, television shows, or video games, there's something for everybody to enjoy.

Free Comic Book Day kicks off at 11am and runs until 4pm at the Nutley Public Library. Visit www.youthservices. nutleypubliclibrary.org or follow our Facebook page for more information.

Regular updates, information about comic books, and a list of participating publishers and their free comics are all online at www.freecomicbookday.com. ■



Kids Corner

May You **Always** Have a Craft **That Makes** You Proud!

By Michelle Palmer

hether you are painting, building, drawing, baking, or somehow creating-your talents are always loved.

Elise loves music and drawing so she combined both activities to make something adorable. She illustrated a mini version of a violin which show-

cases her wonderful imagination and creativity. One of the most exciting milestones of every school

year is the 100th day of school. This year, we are fortu-

nate to celebrate the occasion in person and highlight everyone's creativity. Gracie constructed a colorful and beautiful project to display the number 100 in the form of a caterpillar. She is super happy to share her knowledge of numbers, patterns, and colors.

Eight-year-old Kendall has been exploring her beautiful artistic abilities. She has used a variety of techniques including chalk, pastels, and freehand drawing. With













Vivienne and her vibrant art (far left) Charles builds his largest Lego project (left) Gracie's 100 days brighter (below right)

each project she makes, it is clear to see she pours in her love for animals.

Charles is incredibly proud

of his most recent Lego construction project. He has been a dedicated builder for a few years now, but this is his largest piece to date. Here is his very detailed haunted mansion consisting of 10,273 pieces. That is a very impressive sculpture.

Vivienne has worked hard to put the skills she acquired

in Girl Scouts to good use. She is learning to sew and proudly wears her vest to display all her accomplishments. She also created a mural from Aquabeads®, a perfectly

> colorful piece to bring lots of happiness to any room.



Did you just create an amazing piece of art? Whether you colored it, glued it, cut it, or even baked it, send us a photo with your name and we will print as many as we can. Let's make our world a bit more beautiful with your creations and smiles! Email me at: jcorey@ bestversionmedia.com





How Nutley Got Its Name

By Barry Lenson, Art Historian, Nutley Historical Society

here is no doubt that "Nutley" is an unusual name. What does it mean? When did it become our official name? In this article, I will unravel those questions.

My answers are adapted from a definitive book about Nutley history. It is NUTLEY Yesterday-Today, written

in 1961 by Ann Troy, Nutley's legendary historian and librarian. Copies of this book are now available from The Nutley Historical Society. If you are interested in the history of our town, a copy belongs in your personal library.

■ What Does "Nutley" Mean?

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Some people correctly point out our town might have taken its name from another Nutley. That "other" Nutley is a village located in East Sussex, England. It is true that we

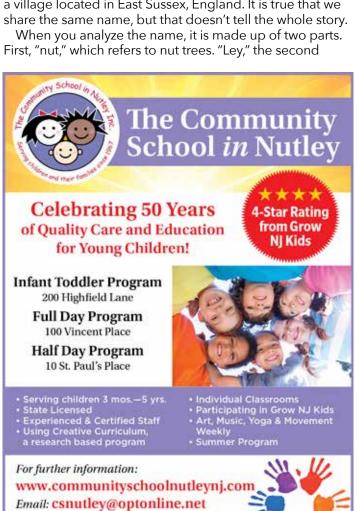




PHOTO CREDIT: LINDA BUSET

part of our name, is a word related to "leigh," an old English word for "open field."

So, Nutley means "a field that is filled with nut trees." What kind of trees? I assume they were chestnut trees and acorn-producing oak trees, which could once be found here in greater numbers. There are fewer of them today, but the "nut" name has not disappeared.

■ When Did Nutlev Get Its Name?

You have probably heard that before our town was called Nutley, it was called Franklin. That is true. The new name became official on March 5, 1902, when the New Jersey Senate and General Assembly in Trenton approved the change.

You have probably also heard that the name Franklin was discontinued because it didn't refer to Benjamin Franklin but rather to his only son William, who was the last Royal Governor of New Jersey before the American Revolution. You have probably also heard that William was a criminal. Strictly speaking, that is not true. He did, however, think that New Jersey should not join the Revolution. He was loyal to the Crown and wanted America to remain part of England.

I am not sure whether that allegiance to England had anything to do with his name being removed from our town. It seems that the name change had more to do with redrawing town boundaries. Over the years, our town had been part of Newark, Belleville, and even Bloomfield. And when it became a separate town in 1902, it needed a name of its own. So, we became "Nutley," which, of course, is still our name today.

Want to Know More about Nutley History?

If you do, you are invited to join the Nutley Museum and Historical Society, located at 65 Church Street, just up the hill from Nutley High School. We have many exciting activities planned for the next year. Please visit our website, www.nutleyhistoricalsociety.org, to learn more and get involved.



Do You Know the **Factors that Affect Car Insurance Premiums?**

By Renee Friscia

ou pay one amount for car insurance, your best friend pays another, and your neighbor pays still another amount. What gives? Most insurance companies look at several key factors to calculate how much you'll end up paying for your car insurance.

YOUR POLICY AND DEDUCTIBLES

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People who use their car for business and long-distance commuting normally pay more than those who drive less. The more miles you drive in a year, the higher the chances of a collision – regardless of how safe a driver you are.

Check with your insurance company about a discount for driving less. Usage-based car insurance like Drive Safe and Save[™] by State Farm® might save you money when you drive less by using your car's telematics information.

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Due to higher rates of vandalism, theft and collisions, urban drivers pay more for car insurance than those in small towns or rural areas.

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■ YOUR AGE, SEX, AND MARITAL STATUS

Collision rates are higher for drivers under age 25, especially single males. Insurance prices in most states reflect these differences. If you're a student, you might be in line for a discount.

What are ways to help lower car insurance premiums?

- Drop unnecessary coverage, increase your deductible, or reduce coverage limits.
- Other typical discounts include those for good students, children no longer driving while away at college, insuring multiple vehicles, installing anti-theft devices, taking defensive driving courses and accident-free driving.
- Using one insurance company for multiple insurance policies can lower your total costs.
- Finally, as always, it's a good idea to talk to your insurance agent about what policies are best for you and your situation. ■

Would you like to receive a quote on any of your insurance needs? Contact Renee Friscia of State Farm Agency of Nutley at 973-667-6600 or visit www.nutleyinsurance.com



At the time this magazine went to print, all event times and locations were accurate, but please check event websites for the most current information. Some events may have been postponed or canceled.

May 1, 8, Sun.

All Recovery Meeting @virtual event from Clara Maass Medical Center

Come with a purpose, leave with a plan. All Recovery meetings are for everyone who supports recovery. They honor all pathways to recovery, acknowledging that each person's path is unique and reflects their personal strengths. The meetings are non-denominational and offer an opportunity to focus on the hope found in recovery. Recovery does not happen alone. Join and connect with others who are initiating and maintaining a recovery lifestyle. All Recovery meetings are facilitated by trained and certified IFPR peer recovery specialists and provide social support for those seeking or maintaining recovery, as well as family members, friends, and supporters of those who have been influenced by substance use.

Time: 1-2:30pm For more information, meeting link, or other dates and times visit www.rwjbh.org/events/

May 4, Wed.

Perinatal Mood and Anxiety Disorders Support

@virtual event from Clara Maass Medical Center

Are you a pregnant or new mom? Are you feeling like motherhood isn't what you thought it would be? Do you have feelings of anxiety, panic, rage, or sadness? You are not alone. You could be experiencing one of the most common complications of childbirth, perinatal mood and anxiety disorders. This is temporary and treatable. This community is a safe place and a judgment-free group for new and expecting moms to connect online. During this time of COVID-19, increased isolation and concerns about crowds and gathering may be preventing you from reaching out for help. Join this virtual community, led by a perinatal mood disorder certified specialist, who can answer your questions, validate your feelings and concerns, and offer more resources if needed. The event coordinator will send a participation link via email after you register online.

Time: | lam-|2pm Cost: Free For more information and to register visit www.rwjbh.org/events/

May 7, Sat. Free Comic Book Day @Nutley Public Library

93 Booth Dr.

For all ages. Calling all comic book fans! Stop by the library to collect the latest popular comics and grab a goody bag that includes a craft to take home. No registration required. Time: I lam-4pm For more information visit www.nutleypubliclibrary.org/calendar

May 10, Tue.

Frog Pond Adventure Outdoor Class

@Essex County Environmental Center

621 Eagle Rock Ave., Roseland For families. This rrribbettting program will take an up-close look at the pond ecosystem. Search out and identify the life found in the pond through magnifying glasses, microscopes, and field guides. Advance registration required. **Time:** 6-7:30pm **Cost:** \$30 per family (up to two adults and two children) or \$10 per child, \$12 per adult To register call 973-228-8776. For more information visit www.essexcountyparks.org/ facilities/environmental-center/ calendar

May 14, 21, 28, Sat. **Saturday Morning Outdoor Yoga**

@Essex County Environmental Center

621 Eagle Rock Ave., Roseland All levels welcome. Experience the joy of practicing yoga in the great outdoors on the Essex County Environmental Center's partially shaded deck. In this class, you will be guided through a sequence of movements designed to stretch and strengthen the body. Yoga postures will be linked to the breath in a continual flow, with attention paid to proper physical alignment. Dress comfortably and please bring your own mat. During inclement weather, class will be moved indoors. Indoor masking is required. Advance registration and pre-payment are required.

Time: 10-11am Cost: \$15 per class, \$10 for those 65 and older **To register** call 973-228-8776. For more information visit www.essexcountyparks.org/facilities/ environmental-center/calendar

May 15, Sun.

The Mountsier Garden **Open Day**

This year, the garden will be open to the public four times, so people will be able to see the beautiful changes throughout the spring. In April, the thousands of daffodils are in bloom! All visitors must make a reservation though the Garden Conservancy Open Days program. **Time:** 10am-4pm **Cost:** \$10 For more information visit

www.gardenconservancy.org/opendays/open-days-schedule/essexcounty-nj-open-day-9

May 18, Wed. Maker's Club @Nutley Public Library

93 Booth Dr.

For grades 6-12. Do you love art, technology, and all things crafty? Join in and make a special project with friends or work on your own personal project! No registration required.

Time: 3:15-4:30pm For more information visit www.nutleypubliclibrary.org/calendar

May 23, Mon. **Spring Journaling Outdoor Class** @Essex County Environmental

Center

621 Eagle Rock Ave., Roseland For all ages (children under 5 require caregiver supervision). Discover the joy of phenology, the cyclic and seasonal natural phenomena, especially in relation to climate and plant and animal life. Find a special place to write and draw our spring discoveries and appreciate the warmth and change of the season, and maybe even partake in some spring birding! This group will also hike the grounds to note seasonal changes and beautiful discoveries. Make your journals here on site. Friends and family are encouraged to join. Advance registration required.

Time: 5:30-7pm **Cost:** \$30 per family (up to two adults and two children) or \$10 per child, \$12 per adult To register call 973-228-8776. For more information visit www.essexcountyparks.org/facilities/ environmental-center/calendar

May 30, Mon.

101st Annual Memorial **Day Parade**

@Nutley Park Oval 300 Franklin Ave.

Watch along with the Nutley Board of Commissioners as the parade travels from Chestnut St. to Passaic Ave. to Centre St. to Franklin Ave.

Kimberley A. Donohoe

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Important Phone Numbers - www.NutleyNJ.org		
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