

NOVEMBER 2019

A community magazine serving the residents of Nutley

# NUTLEY NEIGHBORS

**The Feld  
Family  
is in the  
Spotlight!**

Photograph by  
Randall Kenneth  
Photography



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## That's Entertainment!



I often have a song in my head. (That's probably not a serious medical condition so I am not overly worried right now!)

Anyway, as I was working on this month's issue, I was humming Judy Garland's wonderful song, "That's Entertainment." It has a catchy tune and fun lyrics, but most importantly, it makes sense.

I love the line: *The world is a stage; the stage is a world of entertainment!*

Isn't that the truth?

The stories we bring to you this month center on entertainment. Let's be honest; we love to be entertained, whether it's through music, acting, or movies. But do you know what's even better than box seats? How about personally knowing the people (and places) that take the stage in our community?

Let's start by meeting the family on the cover. The Feld family is active in town through sporting events and programs with their son, Cameron, as well as church activities, volunteering opportunities, or regular neighborhood get-togethers and conversations.

They chose to live in Nutley because of the town's wonderful reputation and its proximity to New York City. Both Bennett and Janet work in the city; he a teacher of English as a Second Language for EC New York and she is an actress with *The Phantom of the Opera* at the Majestic Theatre on Broadway.

Ah...that's entertainment! (I hear Judy Garland again!) It was a pleasure meeting the Felds this month and I hope you will enjoy the article as well as the terrific photos.

Our entertainment theme continues with David Wilson's ongoing series of the Franklin Theatre. He takes us to Opening Night, circa 1926, and recreates that evening with details of the events that almost made me feel like I was sitting there with Judy Garland! (Who, by the way, would only have been a wee child!)

Barry Lenson takes us back in time to the 1967 Nutley High School prom. That's entertainment! Be sure to see the photo of him prom-ready and hear about the dating life of high school teens half a century ago. Let's join him in his mom's Ford Falcon for a ride into the past for a sweet taste of nostalgia.

And since entertainment and applause go hand-in-hand (yes a pun!) let's give some appreciation for the Nutley cheerleading program. I spoke with Jaime Ardizzone, one of the coaches, and she told me about some new and exciting events.

So without future ado, I bring you the November issue of *Nutley Neighbors*! I hope you will be entertained, and, most importantly, enjoy your front-row seats in a town that stars all these great people.

**Joyce Corey** Content Coordinator

## Expert Contributors



### BEACON WEALTH PARTNERS, LLC AXA ADVISORS, LLC

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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# Adopt Us!

Submitted by Tiffany Servidio

**M**aple is as sweet as her name! This six-year-old gal will make a wonderful companion for any family. She is a happy-go-lucky girl who enjoys life to the fullest. She is vibrant and active outside and calm in the house. She is currently thriving in foster care but would love a home and family to call her own. She does need to be your one and only pet but she has enough love to give to make your family feel complete. Adopt sweet Maple today! Email [info@brickcityrescue.com](mailto:info@brickcityrescue.com) if interested in Maple.



Submitted by Christa Milici

**P**ita (female) and Peanut (male) are ready for their forever homes! They are both about 3 months old. They do not need to be adopted together, but they have similar stories. Pita had a severe eye infection where she needed her left eye removed and Peanut is blind in his left eye also from a severe eye infection. They are both sweet and would make the perfect addition to any home. They are FIV/FelV negative, vaccinated, microchipped, stool tested, dewormed and will be spayed/neutered. For more information or an adoption application visit [www.yellowbrickroadrescue.com](http://www.yellowbrickroadrescue.com). ■

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*The joy of music has been passed down through the family, as well as Janet's mother's piano.*

## The Feld Family is in the Spotlight!

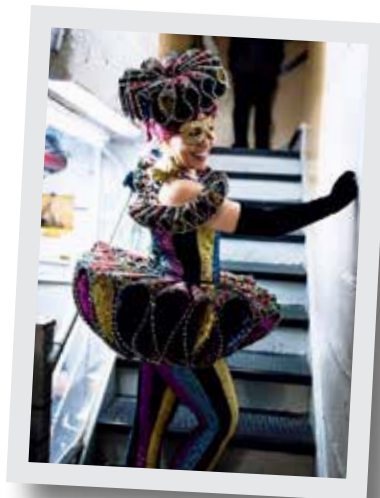
*By Joyce Corey*

*Photograph by Randall Kenneth Photography*

**J**anet, Bennett, and Cameron Feld have front row seats in a town that has top billing in their eyes.

But their story actually begins on the West Coast.

"Bennett and I met at a family camp in the mountains of California when we were teens," Janet said. "Our families were friends there. Our friendship grew over the years with a mutual appreciation for the arts. Bennett proposed to me in a quite surprising way! I was performing the lead in a production of *Ziegfeld Follies* in Portland, Oregon and he secretly flew out from Boston and walked up on stage when I was bowing front and center. He handed me a bouquet of flowers and dropped to one knee, saying, 'My dear Janet, I am



*Janet backstage wearing her 'Ribbon Candy' Masquerade costume.*

your stage door Johnny ready to give you a lifetime of adventure if you will have me.' I replied, 'Yes,' and the stage manager had arranged with Bennett in advance to have gold glitter drop from above us in front of the 2,000 applauding audience members. We were married in 1993 in Oakland, California."

The proposal is definitely worthy of a standing ovation, and Janet and Bennett joined their lives and their career paths in a compatible way.

"Bennett has a BS in computer science from UC Berkeley and an MBA from Babson College of Business," Janet said. "He worked as a software engineer in the Boston area and later



telecommunications sales and marketing in New York City. Currently he is a teacher of English as a Second Language for EC English in New York City."

"I attended San Francisco State University studying opera for two years and then switched to The Boston Conservatory of Music and received my BFA in Musical Theatre after three more years of study. I continued performing in touring companies throughout the United States and Europe for many years before landing a Broadway job."

When it came time to choose a home, Nutley's location and reputation were major factors.

"We have lived on Hillside Avenue for four years, having moved from Hoboken in the summer of 2015. I had always heard that Nutley was a nice place to live with good schools. When I was feeling the town out, I thought how nice to be able to walk to school throughout my child's education! How nice to enjoy a spacious suburban life yet be



*The family on vacation in Cape May.*

close enough to New York City to never feel isolated. How nice to feel safe and be surrounded by people that have a history here and are rooted in the town they love. Quite a difference from the transient city living I was used to."

Nutley's proximity to New York City played a big role in the Felds' move because both of them need to commute. Janet said, "My current position is with *The Phantom of the Opera* at the Majestic Theatre on Broadway. I am the swing covering eight roles including two leads: the diva, Carlotta, and Madame Giry."

Yet, even with the spotlight of Broadway on her, the family has a different kind of light that influences them.

"Our family motto is 'Let your light shine,' which is from the Beatitudes in the Bible, Matthew 5:14-16. 'A city on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand and it gives light to everyone in the house. In the same way, let your light shine

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before men.' In a difficult world we strive to remember this in our dealings with everyone around us."

This guiding principle has led to the Felds interacting in the community in many positive ways.

"Recently I volunteered at the Actor's Nursing Home in Englewood, New Jersey and put together a concert featuring another Nutley neighbor, Christian Sebek," Janet said. "I have worked with Christian in *Phantom of the Opera* when he played the role of Ubaldo Piangi for five years. During that time, he was instrumental in helping us to move to Nutley. My husband and I also attend a fellowship group with members of our church that are from neighboring communities." The family recently became members of Vincent United Methodist Church having transferred from Hoboken Redeemer.

Having a nine-year-old son keeps the family connected to many activities and school events. "Cameron keeps busy locally and is active in sports with the wonderful Nutley Parks and Recreation Department," Janet said. "He has been involved in so many sports including soccer, baseball, basketball, and flag football. One of the things he loves most is just going to Yantacaw Park and meeting up with old and new friends. He always finds someone to play with and has a blast. Cameron loves to read and goes to the library for new books regularly. He volunteered to do backstage crew at the school talent show and looks forward to trying saxophone in school next year after playing cello last year."

"We also have two cats, our loving elder lady, Ginger, and Maverick, the ragdoll recipient of all of Cameron's playful



*The Parks and Recreation Halloween festival in 2015. That was the first Nutley event that the Felds participated in after moving here!*

attention. Maverick is a rescue from the Bloomfield animal shelter. He got his name because he was the first to come away from the litter of stranded kittens and get the milk offered him by the helper's hand. He is a brave mouse hunter now!"

Yet, when the lights dim at the end of the day and the curtain falls, the Felds applaud their town and the people around them.

"What we love about our neighborhood are the friendly people," Janet said. "From the day we moved in we felt welcomed. Two of our neighbors came over on day one to say hello. We were completely exhausted from unpacking and were taking a break on the couch when a neighbor from across the street knocked on the door and welcomed us with a bottle of wine and a toy truck! Also, a seven-year-

old boy came by and offered Cameron a swim in his pool! Our next-door neighbors feel like family to us and we enjoy sharing porch visits, backyard luncheons, and even projects together."

While Nutley may not win a Tony award, Janet, Bennett, and Cameron Feld give their *Nutley Neighbors* Best Supporting Cast! ■

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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99 Alexander Ave	\$649,900	4	4	3100
16 Sunset Dr	\$659,000	4	3	3770
20 Brookway	\$699,000	4	4	1987
145 Ridge Rd	\$699,000	4	4	2456
37 Hetherington Rd	\$699,900	4	4	2956
166 Walnut St	\$729,900	5	3	4200
34 Nutley Ave	\$739,000	3	4	2650
21 Edgewood Ave	\$760,000	5	5	2768
140 Coeyman Ave	\$779,000	4	3	3469
10 Linn Rd	\$799,888	6	6	5200
355 Prospect St	\$799,888	4	4	9250
15 Beech St	\$799,900	6	4	4486
18 Tennis Pl	\$849,000	5	3	2710
31 Beech St	\$899,900	8	4	

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## Impeachment??

## Maybe we just need a new House.

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# The Franklin

## PART 2 of 3

By David Wilson and John Demmer

Construction of the Franklin Theatre was completed in 1926 and it was magnificent. Opening night, Wednesday, September 8, 1926, was a memorable celebration for the sold-out crowd. The Woman's Club of Nutley had full control of the night and chose Henry M. Libby as the Master of Ceremonies. The Boy Scouts stood at attention in front of a stars and stripes tableau as the crowd sang a patriotic song to kick off the eight o'clock show.

Commissioner G. R. B. Symonds and superintendent of schools, Paul R. Radcliffe, spoke about the societal importance of motion pictures. The Reverend Robert E. Falconer was detained elsewhere so his prepared speech was read aloud. He admired movies, but felt some were questionable and proceeded to list them all. Chuckles from the crowd followed as they realized one of the movies was scheduled at the Franklin.

Organist, Griswold H. Congreve played the overture. Sixteen Girl Scouts performed folk dances, followed by a violinist and a trio of vocalists. Lastly, a tenor performed



1942 audience lining up for Miss Polly



Backlit ceiling dome

with a piano accompaniment. A Pathe newsreel started the film portion and was followed by a novelty reel and an *Our Gang* comedy short. The feature film was a silent, Cinderella-themed *Ella Cinders*, starring Colleen Moore, an extremely popular actress. A gathering in the lobby followed where people raved about the inaugural performance and future shows.

Thursday and Friday night was a double feature: Lon Chaney in *The Road to Mandalay* and Bebe Daniels in *The Palm Beach Girl*. A comedy short was also shown. Quite a bargain for those eight hundred people at forty cents. Saturday's double feature included Irene Rich in *Silken Shackles* and Rin-Tin-Tin in *The Night Cry*. An Aesop Fable, comedy short, and newsreel rounded out the show. Management ensured that the latest movies and biggest stars were on the marquee to entice crowds.

The developers, with an eye toward investment return,

Photo Credits: Donald Lee





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also included two store fronts and second floor office suites. These would prove to be essential for cash flow during the Depression years. Lawyers, insurance agents, dance instructors, marketers, and many other businesses thrived in this space. The store fronts included convenience stores, cafés, jewelry stores, as well as a party shop, book store, and dance studios.

Nutleyites recount stories of Italian movie night, Santa Claus, free candy, dish-set promotions, stage shows, police and fire benefit shows, school trips, and block-long lines for the Saturday matinees.

John Saar and his two sisters were given twenty-five cents to attend one such matinee in 1954. Upon returning home, they met their new baby brother, Daniel.

Several moviegoers recall the theatre being referred to as



*Lobby fireplace circa 1990 ticket and chopper stool to right*



*Plaster frescos decorated the walls*

the 'Itch.' This could be reference to an entomology issue such as lice, the chair upholstery, or maybe Marilyn Monroe's movie, *The Seven Year Itch*.

Controversy over various films was always a challenge for theatre owners, moviegoers, and the township. One movie in 1970, Allan Funt's, *What Do You Say to a Naked Lady?*, stirred plenty of ire among township regulators with its 'X' rating. Nutley demanded that the theatre remain family-oriented and never show 'adults only' movies again.

Next time, we will discuss the final thirty years of the Franklin. ■



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PPG-146795 (8/19)(Exp. 8/21)

# Nutley Physicians Reminds Men to Take Charge of Their Health: Feel Better and Live Longer with a Healthcare Game Plan Tailored to Your Needs

Submitted by Clara Maass Medical Center



Luis Espina, MD

Most men need to pay more attention to their health, according to the U.S. Department of Health and Human Services. Besides taking more chances than women (they're more likely to smoke, drink too much alcohol, and make risky choices) they also tend to put off health exams and medical care.

In fact, about 1 in 4 doctors reported that up to half of their male patients failed to fill prescriptions or follow up with a test ordered for their condition, according to a recent survey by the American Academy of Family Physicians. "If that's been the case for you, start with periodic complete physicals by a primary care provider," says Luis Espina, MD, a family medicine physician affiliated with Clara Maass Medical Center and a member of the Barnabas Health Medical Group. "Having baseline and



screening tests allows us to get to know the patients so we can make smarter decisions about their care," he says.

"I try to motivate my patients, whether with persuasion or encouragement," he says. "My visits tend to run a little long, but I find that when I take the time to understand

*Kimberley A. Donohoe*

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CHECKUP, EXAMS, SCREENINGS	AGES 20-39	AGES 40-48	AGES 50+
Complete physical	Every 3 years	Every 2 years	Every year
Blood pressure	Every year	Every year	Every year
TB (tuberculosis) skin test	Discuss with your physician	Discuss with your physician	Discuss with your physician
Blood tests and urinalysis	Every 3 years	Every 2 years	Every year
EKG (electrocardiogram)	Baseline age 30	Every 2 years	Every year
Tetanus booster	Every 10 years	Every 10 years	Every 10 years
Rectal exam	Every year	Every year	Every year
PSA (Prostate Specific Antigen) blood test		Discuss with your physician	Every year
Hemoccult stool screening		Every year	Every year
Colonoscopy			Every 3-10 years
Chest X-ray		Discuss with your physician	Discuss with your physician
Bone density			At 60: Discuss with your physician
Testosterone screening		Discuss with your physician	Discuss with your physician

their needs and recommend a course of treatment to my patients, men in particular, it's amazing how they actually respond. On the other hand, if I just write prescriptions and a referral without engaging with them, they generally don't follow through and most likely won't come back."

Keeping vaccinations and annual screenings up to date is another priority for Dr. Espina, and an area where men often do not keep up. "I can't tell you how many patients who work in construction have told me they have not had a tetanus booster since they were 16," he says.

"The accompanying checklist provides an overview of checkups, exams, and screenings men should have, but it can be customized according to a patient's needs and his physician's advice," Dr. Espina says. "For example, a colonoscopy would be highly recommended for a man with a family history of rectal cancer. This is the benefit of having a primary care doctor who truly understands the patient and their health care needs. I will sit with them and help prioritize what screenings or treatments they need most." ■

To contact Luis Espina, MD, call 973-542-2880. To find a doctor in the Barnabas Health Medical Group, visit [www.rwjbh.org/doctors](http://www.rwjbh.org/doctors).

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# Dance! Dance! Dance! ...

## *What dating life was like for Nutley High School students 50 years ago*

By Barry Lenson

**B**ack when I was attending Nutley High School a half century ago, our dating life centered around dances that were held at the high school. I don't know if that is still the case, but this is what we did in years past.

### **There were record hops ...**

We danced to records at these informal hops. You could just show up, walk in, and either start dancing or hang around, wishing you were dancing. You could take a date if you were 'going steady' with someone. But most of us, both boys and girls, went solo.

### **And three or four formal dances every year ...**

You went with a date. Boys had to work up the nerve to ask somebody. It was stressful for girls too. There was no telling who might invite them. And girls were expected to go to dances with the first boy who asked them.

If a girl wanted to refuse a date, she had to fabricate an excuse ("my uncle Sid died in Cleveland") and not go at all. Lots of uncles died in those years.

### **And the Twirp Dance ...**

This annual dance was the only one where girls took the lead and asked boys to go with them. This was fun for boys especially, who didn't have to summon the courage to ask someone. If you were a lucky guy, and not everyone was, someone you liked would ask you.

### **And the Senior Prom ...**

This was the "big kahuna" – a real formal dance. Girls wore gowns and boys wore rented tuxes with pants that had been lengthened and shortened repeatedly. Until 1967,



the prom was held in the Nutley High School gym. Then it moved to a country club. It was a very big deal.

*Barry Lenson heading off to the 1967 Nutley High School prom in his mother's 1967 Ford Falcon. (above)*

### **What happened on a typical date to a dance?**

The boy ordered a corsage ahead of time and picked it up on the day of the dance. The girl spent dance day getting her hair nicely done at a salon or by her mom.

The boy wore a suit and if he was old enough to drive, he drove to his date's house to pick her up. (If he was too young to drive, his mom or dad usually drove him, which was mortifying.) When he arrived, he was usually greeted by



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his date's dad, who sat him down and gave him a once-over.

Then the young woman would come downstairs looking lovely. Her mother would pin the corsage to the front of her daughter's dress. The couple would then spend the evening dancing, drinking punch, and greeting friends in the gym.

After the dance, it was customary to go to dinner at a restaurant, someplace nice like Pals Cabin. The final activity meant driving the young woman home, parking in front of her house, then walking her to her front door and hoping for a modest kiss. That didn't always happen. But somehow, the young woman's parents knew that they were supposed to disappear and leave the porch light off.

That was how we dated in Nutley High School a half century ago. It might seem innocent by today's standards. But the rituals I describe resulted in both long-term relationships and, amazingly, in some marriages that have endured for decades.

What if you were gay, you might ask? Good question! There were certainly a good number of gay young men



*The Valentine Dance*

and women in Nutley High School in those days, and they were our friends. In those days, same-sex couples never openly dated or went to dances. I am sure that was not the happiest solution for them, to have to maintain an outer straight appearance. I feel bad about that. But I would like to think that despite our differences,

all of us who shared those early times can still look back and find something happy to remember.

If you are a student in Nutley High School today, let's hope you are creating some happy memories too. Now is the time to do it. ■

*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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# The Makings of a Thanksgiving Meal at Nutley Family Service Bureau

*Submitted by Emma Cortese, PhD, NFSB Board Member*

Nutley Family Service Bureau's goal is to decrease the impact of food insecurity in households by providing a nutritious and dependable resource for family meals. USDA data for 2018 shows that over 11% of US households were food insecure, which means that, at least sometime during the year, over 14 million households lacked access to enough food to sustain a healthy life regimen.

At NFSB, we recognize the many ways that food insecurity is experienced. Disrupted eating patterns and reduced intake means worrying that food will run out before there is enough money to replenish the shelves, cutting down on



the size of meals or skipping meals, being hungry even after eating a meal, and being hungry but not having food to eat.

It is well established that caretaker/parental responsibilities surrounding food insecurity often create stress from having to budget and parcel available resources and reserves for family meals. Now, there is growing awareness that coping with food insecurity may impact children more severely than previously known.

Sociologist Kate Cairns, an assistant professor in Rutgers University Department of Childhood Studies, indicates that children are tuned into their situation. They

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recognize when their parents pretend not to be hungry in order to save food; they know the cycles of hunger—that there's more food in the house after food stamps arrive, and less as the month progresses; and they know their parents prioritize feeding their children before themselves. ([www.civileats.com/2018/03/26/what-children-understand-about-food-insecurity/](http://www.civileats.com/2018/03/26/what-children-understand-about-food-insecurity/))

NFSB supports our pantry participants' ability to maintain normalcy and independence in their daily routines as they cope with the overwhelming physical, financial, and emotional disruptions that often accompany food insecurity. Our annual Thanksgiving Initiative provides "all the makings of the meal" for a stress-free, abundant table. Families can enjoy a turkey roasting, an apple pie baking, and the medley of aromas that signal *holiday is happening here!* Additionally, the diverse menu provides food choices, from mashed white to candied sweet potatoes, to choosing carrots, peas, or corn as their vegetable. And there is no need to worry about the fixin's either—broth, gravy, and cranberry sauce are included.

The quantity of groceries distributed to each household depends on the number of family members.

From year to year, NFSB tries to improve the services we provide. We listen to the needs of our participants and take them into consideration. Small freezers, undersized ovens, and inadequate thaw time present certain limitations, so this year we are specifically asking for smaller-sized turkeys or turkey breasts to ensure they may be prepared within space and time constraints. As in previous years, Nutley Park ShopRite's reward program provides an opportunity for customers to effortlessly donate their free turkey or turkey breast to the Food Pantry.

This annual Thanksgiving Initiative is no small undertaking. An enthusiastic army of volunteers will help to organize, pack, and distribute over 150 holiday meals to our food pantry participants. In 2018, a record number of Nutley residents, civic organizations, church groups, and businesses generously donated all the items necessary to create a memorable and nourishing holiday meal. NFSB is proud to bring our community together, connecting those who are in a position to give with those who are in a position to receive.

Wishing everyone a warm and wonderful Thanksgiving. ■

## Friends Go to the Fair

By Barbara Hirsch, President, Friends of the Nutley Public Library

The Friends of the Nutley Public Library will host their annual Book Fair at Barnes & Noble Clifton Commons on Saturday, November 16, 2019 from 9am to 11pm. The Friends will receive a percentage of sales with the exception of gift cards. Additionally, online sales are included for several days following the Fair. Many interactive activities will be available throughout the day for all ages. Prizes will be awarded from time to time as we sip on a special beverage developed by Starbucks, just for us. Yes, Starbucks purchases do count. This major fundraiser supports our summer reading program. Over 720 students participated this year. Flyers for the event will be available at the library and online. Author Stephen King reminds us that, "Books are a uniquely portable magic."

Hoping to share that magic with you on November 16. ■



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# Nutley Cheerleaders Take the Field!

By Joyce Corey

**D**o you know what a cheerleader and a football player have in common? Quite a bit! They both practice a lot before a game, seek to do their best on the field, are athletic, and have a strong work ethic.

Let's give the Nutley cheerleading squad and their coaches a well-deserved...cheer!

Jaime Ardizzone, a coach for the 7th grade girls, told me more about the recreation and cheerleading program here in town and about some new and very exciting events happening.

"We have squads of girls from 3rd grade to 8th grade," she said. "The girls on my squad practice an hour twice a week from July to September. I like to end our practices by the end of September so the girls can pursue other activities like softball and dance, as well as concentrate on their studies. They cheer weekly at games through November so they have a pretty busy schedule."

"I have been coaching cheer here for the past five years. Our program has over 150 participants each year. These girls work hard week after week with practices, tumbling classes and games, all with the goal of cheering on our Maroon and Gray boys."

Jaime brings a lot of enthusiasm and some great ideas to her role as coach. "This year I decided to pilot a Big Sister-Little Sister game for our 7th and 3rd grade squads," she said.

"The purpose of this program is to boost morale, encourage teamwork, and prove the power of leadership



*Big Sister-Little Sister practice*



*I spy Coach Jaime standing in the middle of the formation*

and unity for, not only the newest and youngest cheerleaders, but for the entire program and community. My hope



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7th grade game day



7th grade half-time dance



7th grade Raider touchdown celebration

is that this game unites our cheer program while creating friendships and bonds that are everlasting. I also hope to

continue this program for years to come."

This Big Sister-Little Sister game took place Monday night, October 7th, at Owens field.

But that's not all the news!

"Thanks to Commissioner Tucci and Superintendent of Recreation, Frank DeMaio, our recreation cheer program has two exciting events coming up," Jamie said. "The 7th grade cheer squad will dance at halftime side-by-side with the Jets Flight Crew (a.k.a. Jets Cheerleaders) at MetLife stadium on Sunday, November 24th as the New York Jets take on the Oakland Raiders. What an incredible experience for these girls!"

Yet, Jamie has perhaps an even bigger goal for these girls. "I would like these cheer squads to be a community of girls. I want them to develop camaraderie so when they see each other on the street in town or at a local store, they feel comfortable to stop and say hi. I want to keep that tight-knit community feel that Nutley is known for, year after year."

Since the cheerleaders do so much for the teams' morale at games, let's all try to show them some support by attending games and cheering them on as well. ■



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# Nutley Jr. Wrestlers Continue to Rise

Submitted by Joyce Corey

The Nutley Jr. Raiders wrestling program continues their focus on transforming their group into one that heavily invests in young people.

"We want kids to come to us great and become even greater," Coach Michael Blanchard said. His eyes light up at the idea that wrestling is becoming a real fixture in the youth of Nutley. "Our future is bright because we have so many that are buying into our program in major ways. Not only do we have tons of volunteers with varying levels of wrestling experience, but we are fortunate to have lots of terrific kids that want to work hard, listen, and become better versions of themselves."

The program recently bought a new mat to fit alongside their competition mat. "This mat affords us amazing opportunities to grow our program further," Blanchard explains with excitement.

The program continually takes steps toward developing the talents of its participants.

From July 11th through July 14th, sixteen coaches and sons took an eight-hour road trip to Ohio State. The purpose of the journey was to get to see a top Division I program in action with clinicians like Logan Stieber, a four-time Division I NCAA champion, assistant Coach Bo Jordan, a four-time All-American, and Associate Head-Coach, J Jagers, a two-time National Champion.

Nine young Raiders went with seven fathers. They learned techniques from high-level wrestlers and coaches. "Most importantly the boys bonded and the fathers did,



The Jr. Raiders hosted Joey McKenna during their Raiders Wrestling Clinic in July. Over 65 kids learned from the Ohio State NCAA All American. Towns like Cedar Grove and Rutherford sent wrestlers to attend, as well.



Joey McKenna signs autographs for the youth wrestlers at the Nutley Raider Clinic in July. Photo courtesy of Dawn Cundiff and Nachor Alvarez

too. It was yet another way the wrestling program is willing to do big things to benefit the young people participating."

From July 16th through July 19th, the Raiders Wrestling Clinic welcomed over forty participants to learn new techniques. "It's the second year of the clinic and we do it to expose our wrestlers to new techniques, and to help encourage kids to join wrestling," Blanchard said. "So far it seems to be working because we doubled our participation this year."

Additionally, Blanchard invited Ohio State star and three-time All American (2019 NCAA runner-up), Joey McKenna to attend the clinic. Once McKenna's attendance was secured, Blanchard invited wrestlers from towns like Cedar Grove, Rutherford, and Fair Lawn to come and participate.

He also garnered local business support to ensure that the shirts and clinician fee were taken care of. "We run our clinic as a fundraiser so we can do great things for our kids." Businesses like Blue Ribbon Home Inspections, LoRe Sweeping Company, BMR Painting, Brothers Marquart - Painting and Remodeling, Manzer's Landscape Design and Development Inc., The Oakley, Krank Nutley, and Vilardo's



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Deli and Catering all sponsored the shirt this year.

Joey McKenna's presence at the wrestling clinic was both inspiring and instructional. He warmed up over 65 young wrestlers, ranging in ages from first to eighth grade, and taught several moves that were a staple of his college wrestling career. At the end of the session he spoke about the value of the sport that gave him so much.

Blanchard added, "My sons remembered three things Joey said. Essentially that wrestling is a tough sport for tough people, that wrestlers make great employees because of their work ethic, and that wrestling teaches you to work through adversity."

McKenna later signed autographs and took pictures. It was a terrific night for the program. "What's exciting for us as coaches is the idea that our kids might continue to do big things with wrestling because they met someone who inspired them to be more



*At Ohio State Father/Son Camp. Patrick Chell, Jacob Harlow, Evan Blanchard, Nolan Brewer, Ethan Maiden, Luke Finkelstein, Kevin Gallagher, Valen DeLaney, and A.J. Maiden. Coach Bo Jordan is in the background. Photo courtesy of Ed DeLaney*

than what they are right now. Who knows, we might have several future All-Americans in our program. At the very least we have kids that will not soon forget the day they met Joey McKenna and that's pretty cool."

Blanchard continued, "Of course we'd be nothing without the support of Parks and Recreation. Frank DeMaio and Michael DiPiano help us to get everything accomplished. In addition, volunteers like Ed DeLaney, Antonio Maiden, Derrick Chell, Darren Finkelstein, Marc Della Volpe, Kevin Gallagher, Chapman Manzer, Michael Berardesco, Chistian Crespo, Tim Koster, and many more help us to have a robust program that offers quality instruction with the right amount of supervision."

The future is bright in Nutley and the Jr. Raiders show promise as they head into their next season starting in November. All their hard work will pay off! ■

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# Weight Loss and Integrative Medicine: Finding Your “Why?”

Contributed by Dr. Shannon DiCarlo, DAOM RN LAc

When I was fifteen, a friend of mine and I took our babysitting money to the mall and bought matching bikinis. Later, we stood side by side in front of the mirror and together, completely insulted and degraded ourselves while complimenting the other. “I wish I had your legs.” “I hate how this top fits me, but I love it on you.” This went on for 10 minutes until we both decided we hated the suit and never wore it. We were fifteen. We were both a size 2.

I wish I could say that this negative self-talk about my body stopped at 15, but it didn't. While I have, over the years, developed a sense of self-worth that includes appreciating things about myself that go beyond appearance, I will still turn myself around a thousand times and examine my body from every angle to see how I look in a dress. Often, I'll put it back on the rack while promising myself that I'll drink more water, run an extra mile, and skip dessert.

It's not my fault. It's not yours. We are inundated every



day with images of what we should look like, and it becomes part of the narrative we tell ourselves. We're targeted for creams that erase lines that come from laughing and living. We are offered products that will straighten or curl our hair because what we have isn't good enough. We are instructed to buy diet products because we can be content about some things in our life, but God forbid we ever get content about our weight. Pay attention to the majority of commercials on television and radio. These advertisements aren't designed to make us want to learn a new language, start a new hobby, or organize fun activities

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for our family and friends. They're designed to make us hate ourselves and want to look like something or someone else, as if that's all that matters. And it works. Because when we feel inferior, we will spend any amount of money to not feel inferior.

What does any of this have to do with Integrative Medicine? I get multiple calls a week from patients (mostly women) who want to lose weight. Often it's because they aren't happy with the way they look. Occasionally it's because their husband/boyfriend/partner has made them feel that he/she doesn't like the way they look. (Side note: when you take your clothes off, your partner should have a look on his face like he can't possibly believe his luck. And if you happen to be wearing sweats with messy beach hair and no makeup and he still looks at you like you're some mythical creature that he can't possibly look away from, just understand that is how it is supposed to be.) My point is that very rarely do I get calls from women who want to change their weight because the primary goal is better health. I want that to change.

Integrative Medicine is effective at helping with digestion so that we process our food intake more efficiently. It helps with cravings for things like salt and sugar. It can decrease inflammation in the gut and help with increasing our metabolism. The cumulative result of that IS weight loss. Sometimes, weight loss needs to occur so that we enjoy our lives more, play harder with our kids, and yes, appreciate how we look in the mirror. We need to feel good about ourselves and I want that for all of us. But on our terms. Not the companies' that want our money. Not the partner's who you think will love you more if you drop 10 lbs. (Pro tip: he won't).

As a doctor who practices Integrative Medicine, I want you to lose weight if your health will be better for it. As a woman, I want you to lose weight for the right reasons and I want you to love yourself through the process. As a mother who is raising a 10-year-old daughter and 8-year-old niece, I needed to write this and have them read it. Because I'll be darned if either of them are standing on a stage preparing to accept an academic achievement award, an award for outstanding athletics, or the Nobel Prize in Literature and gets distracted by comparing her waistline to the woman presenting the award. The voices of these companies are always going to be in our girls' ears. Let's make ours louder. ■

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## EVENTS CALENDAR

# NOVEMBER 2019

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Kingsland Manor is offering an all-day basket making workshop taught by Sandra Kehoe. The basket will be a shopping tote made in a natural color with a woven design near the top and carrying straps. All skill levels are welcome. Class size is limited to 12 and reservations are required.

Time: 9am-4pm (with a lunch break at 12pm)

Cost: \$95 (which includes materials and a light lunch)

For more information visit

[www.kingslandmanor.org](http://www.kingslandmanor.org) or

"Kingsland Manor" on Facebook.

### Nov. 3, Sun.

#### Maternity Meet and Greet:

#### Maternity Center Tour

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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: 10-11am

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### Nov. 4, Mon.

#### DISH! The Monday Night Cookbook Club

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Each month, patrons will choose,

prepare at home, and share a DISH! from a selected cookbook. Then, gather to sample each other's recipes, discuss our cooking techniques, and share stories and culture.

The cookbook for this meeting is

*The Thanksgiving Table* by Diane

Morgan and is available to be

borrowed from the Circulation Desk.

Time: 7pm

For more information contact

Michelle Albert at [michelle.albert@](mailto:michelle.albert@nutleybccls.org)

[nutleybccls.org](http://nutleybccls.org) or 973-667-0405

x2632. To register visit

[www.nutleypubliclibrary.org/](http://www.nutleypubliclibrary.org/dish-cookbook-club)

[dish-cookbook-club](http://dish-cookbook-club) or stop by the

Reference Desk.

### Nov. 4, Mon.

#### Informational Seminar: Weight Loss Surgery

@Clara Maass Medical Center,

The Learning Center,

1 Clara Maass Dr., Belleville

Learn more about surgical procedures available to achieve weight loss. Speak with one of Clara Maass Medical Center's top-rated surgeons regarding benefits, risks, and alternatives for bariatric surgery, including expectations before, during, and after surgery.

Time: 6-7pm

Cost: Free

For more information and to

register call 973-450-2476

### Nov. 5, 12, 19, 26, Tue.

#### All Recovery Meeting

@Clara Maass Medical Center,

The Morris Canal Room,

1 Clara Maass Dr., Belleville

All Recovery meetings honor

all pathways to recovery,



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acknowledging that each person's path is unique and reflects their personal strengths. This group offers an opportunity for social support that focuses on the hope found in recovery and to connect with others who are initiating and maintaining a recovery lifestyle. Whether you are seeking or maintaining recovery for yourself or have a family member or friend who has been influenced by substance use disorder, this group is for you.

Time: 6:30-7:30pm  
Cost: Free

For more information and to register contact Jenna Reidy at [Jenna.Reidy@rwjbh.org](mailto:Jenna.Reidy@rwjbh.org) or call 848-303-0277

**Nov. 6, 20, Wed.  
Essex County Clerk Program**  
@Parks and Recreation Building,  
44 Park Ave.

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 or current dates and times visit [www.essexclerk.com](http://www.essexclerk.com)

**Nov. 6, 20, Wed.  
Families Coping with Addiction Support Group**

@169 Chestnut St.  
Being caught up in a family member's addiction are at risk for life challenges like social isolation and mental health problems, among others. Destructive behavioral

patterns such as enabling and codependency can reinforce and perpetuate this disease's debilitating dynamics. To learn how to break this dysfunctional cycle, join Staela Keegan, MSW, LCSW, LCADC, in this support group which provides a confidential, psychologically-safe place to learn about self-care, non-judgmental detachment, resource options, and other ways to foster positive mental health.

Time: 7-8pm  
Cost: Free  
For more information call 973-667-1884

**Nov. 7, Thurs., Nov. 19, Tue.**

**Board of Commissioners Meeting**

@Township of Nutley Municipal Building, 3rd Floor Commission Chambers, 1 Kennedy Dr.  
Open to the public  
Time: 7pm  
For more information visit [www.nutleynj.org/board-of-commissioners](http://www.nutleynj.org/board-of-commissioners)

**Nov. 7, Thurs.  
Nutrition Support Group**  
@Clara Maass Medical Center; Cancer Center Resource Room, 1 Clara Maass Dr., Belleville  
Nutrition therapy is essential for the treatment of chronic diseases such as cancer, diabetes, and heart disease. Participants of this group will be able to speak with a Registered Dietitian Nutritionist about nutrition. Each monthly session features a different theme.

Refreshments are provided and parking garage tickets will be validated. All are welcome, and friends and family members are invited as well.

Time: 6-7pm  
Cost: Free  
For more information call 973-450-2328

**Nov. 7, Thurs.  
Princess Ball**

@44 Park Ave.  
Open to boys and girls ages 12 and under: Fairy tales will come to life as children encounter characters from their favorite stories. What better way to kick off fall in the community than with a Cinderella horse and carriage ride. Feel like a real-life prince or princess as you take a magical ride with a special unicorn horse. Children will enjoy a special appearance by

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Cinderella and other favorite fairy tale princesses, as well as music, a whimsical princess meal, ice cream, and more. This event is sure to be a royal hit! Tickets will be available at the Department of Parks and Recreation.

Time: 6-8:30pm  
Cost: \$25 for one child. \$35 for

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**Nov. 12, Tue.**

**Color and De-Stress with Vinyl Records**

@Nutley Public Library, 93 Booth Dr.  
Color from a wide and eclectic assortment of coloring sheets, listen to new and classic vinyl records owned by the Library, and sample pastries from local Nutley bakeries. Coffee and tea will also be provided. The library welcomes any coloring sheets or vinyl records that you would like to bring.

Time: 7pm

To register visit

[www.nutleypubliclibrary.org/coloranddestresswithrecords](http://www.nutleypubliclibrary.org/coloranddestresswithrecords), call 973-667-0405, or stop by the Reference Desk

**Nov. 21, Thurs.**

**S'mores N' More**

@Essex County Environmental Center, 621-B Eagle Rock Ave., Roseland

For families. All ages welcome. Come build a campfire and practice fundamental fire skills in a safe and controlled environment. Once the fire starts burning, you can roast marshmallows and make S'mores.

Time: 6-7:30pm

Cost: \$30 per family (up to two adults and two children) or \$10 per child and \$12 per adult.

For more information and to register call 973-228-8776

**Nov. 29-30, Fri.-Sat.**

**RAKES Program**

The RAKES program provides an

alternative to seniors and those who are disabled and unable to rake their leaves. Residents seeking help must be over 60 and/or be disabled, own and live in the home requiring raking assistance, and be unable to afford help. Community volunteer teams will rake homes during this time period.

Time: 7am-5pm

To either apply or volunteer for this program, email [cgaccione@nutleynj.org](mailto:cgaccione@nutleynj.org) or call 973-284-4958

**Nutley Department of Public Affairs FACEBOOK pages**

Type these into the Facebook search bar to find:

Nutley NJ Public Health Resource Center

Nutley NJ Young Women's Initiative

Nutley NJ Military & Veteran's Affairs Bureau

Nutley NJ Department of Public

Affairs Pet Health Resource Center

Nutley NJ Bernie's Club

**Nutley Health Department**

They conduct a number of health workshops throughout the year as well as provide resources to some of the finest health service organizations in New Jersey. These resources include home care planning, family/caregiver support and respite, medication management options and home safety. They also conduct screenings for skin cancer, adult vision, and colorectal cancer. Immunizations and a children's clinic are also available.

For more information visit [www.nutleynj.org/health](http://www.nutleynj.org/health) or call 973-284-4976

**Nutley Corps**

Nutley students from grades 6-12 are invited to assist the Department of Public Affairs with a number of our senior citizens, health and veteran programs, and other community services. Nutley Corps

is a very rewarding and educational experience for all the students who participate. For more information email Commissioner Rogers at [commissionerogers@nutleynj.org](mailto:commissionerogers@nutleynj.org) or visit [www.nutleynj.org/nutley-corps](http://www.nutleynj.org/nutley-corps)

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Emergency ..... 911  
 Police Department..... (973) 284-4940  
 Fire Department..... (973) 284-4940  
 Town Hall ..... (973) 284-4951  
 Library ..... (973) 667-0405

Parks and Recreation ..... (973) 284-4966  
 School District..... (973) 661-3500  
 Chamber of Commerce ..... (973) 667-5300  
 Public Affairs & Health Dept. .... (973) 284-4976  
 Public Works ..... (973) 284-4958



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