

A community magazine serving the residents of Nutley

NOVEMBER 2023

NUTLEY NEIGHBORS

Tom, Nicole, Gianna,
and Jocelyn D'Elia

The D'Elia Family Gives Nutley High Grades

Photograph by
Carly Ann Photography

POWERED BY

BVM 
BEST VERSION MEDIA



carve your

SAVINGS INTO SHAPE

HIGH YIELD RATE OPTIONS

profcu.org/savings | 800 457 8058

Eligibility



Publication Team

Publisher:
Michael Stefanelli



Content Coordinator: Joyce Corey
Designer: Marti Golon
Contributing Photographer:
Carly Ann Photography
Contributing Writers:
Linda Buset, Barry Lenson,
Michelle Palmer, David Wilson

ADVERTISING

Contact: Michael Stefanelli
Email: mstefanelli@bestversionmedia.com
Phone: 973-277-7301

Feedback/Ideas/Submissions: Have feedback, ideas or submissions? We are always happy to hear from you! Deadlines for submissions are the 25th of each month.

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

Content Submission Deadlines:

Content Due:	Edition Date:
November 25.....	January 1
December 23.....	February 1
January 25.....	March 1
February 25.....	April 1
March 25.....	May 1
April 25.....	June 1
May 25.....	July 1
June 25.....	August 1
July 25.....	September 1
August 25.....	October 1
September 25.....	November 1
October 25.....	December 1

Any content, resident submissions, guest columns, advertisements and advertorials are not necessarily endorsed by or represent the views of Best Version Media (BVM) or any municipality, homeowners associations, businesses or organizations that this publication serves.

BVM is not responsible for the reliability, suitability or timeliness of any content submitted. All content submitted is done so at the sole discretion of the submitting party.
© 2023 Best Version Media. All rights reserved.

Letter to Residents

Scorecards and Report Cards

Scorecards keep track of who is winning but report cards track achievements. Is one better than the other?

The short answer is no; each of these cards has a purpose and can tell us important information. At a sporting event, we want to know which team is ahead and by how much. In school, parents want to monitor their children's progress in various subjects.

But I see an important distinction between scorecards and report cards. One is about what is happening at the moment, while the other is about longevity.

On the cover is the D'Elia family who gives Nutley high grades in all the important subjects like location, educational system, recreation activities, and community. The town's report card is exemplary and the achievements in these areas have been consistent over the years.

And if you want to look back at some of Nutley's old report cards, read David Wilson's review of *Family Portraits: The Autobiographies of a Mother and Daughter*. The book shares personal accounts and descriptions of life in Nutley from 1900-1940. Life may have been different here in town, but it still got high grades.

There are many community organizations that contribute to the overall atmosphere of the town, giving it a report card to be proud of. Nutley Rotary, UNICO, Nutley Family Service Bureau, and Nutley Historical Society and Museum, to name only a few, seek to improve and impact all our lives.

Nutley doesn't need a scorecard; we already know we're winning in all the right places.

Joyce Corey
Content Coordinator



Coverage to live the life you want

• Auto • Home • Life • Business

Call **973-667-5451** today, for a no-obligation quote!

NANCY DELIMA

Your Local Agent | License 9730155
141 Franklin Avenue
Nutley, NJ 07110-3077
ndelima@farmersagent.com
www.farmersagent.com/ndelima



FINANCIAL PLANNER

Vincent Petracco, MBA



Vincent Petracco is a lifetime resident of Nutley, NJ. He and his experienced team assists families and business owners increase their net worth, protect their assets, and secure their financial futures.

SERVICES CREATIVE PROVIDES:

- Personal Financial Planning
- Retirement Planning Strategies
- Life Insurance/Disability Income Insurance
- Employee Benefits
- College Education Funding Strategies



SCAN ME



CONTACT ME TODAY!

30 Two Bridges Road, Fairfield NJ 07004
VPETRACCO@FINANCIALGUIDE.COM
Phone: 551.404.7241

Securities and investment advisory services offered through qualified registered representatives of MML Investors Services, LLC. Member SIPC. 1305 Campus Parkway, Wall Township NJ 07753.732.751.3000 CRN202401-3468129

VINYASA YOGA GOOD VIBES KOMBUCHA BAR

MAKE TIME FOR BODY & BREATH

HOT, WARM, AND INTRO-
NON-HOT VINYASA YOGA

RESTORATIVE YOGA

P1 P2 P3



& REFRESH AT THE KOMBUCHA BAR

WWW.GOODVIBESYOGABAR.COM

237 FRANKLIN AVE. NUTLEY NJ 07110

Expert Contributors

To learn more about becoming an expert contributor, contact BVM at mstefanelli@bestversionmedia.com or phone (973) 277-7301



BEACON WEALTH PARTNERS, EQUITABLE ADVISORS, LLC

As a platinum group within Equitable Advisors and a local family office, they focus on wealth management, retirement planning, insurance, and group benefits. Their mission is to bring value to clients and families through

sound and objective strategies. Michael, Daniel and their father Salvatore are graduates of Nutley High School and have obtained professional degrees and certifications with a combined 60+ years of experience. Michael is a Certified Financial Planner™ professional (CFP®), meeting rigorous education, fiduciary training and ethical standards, while serving clients' best interests to prepare them for a more secure tomorrow.

CATHY KELLY - CENTURY 21 AWARD AGENCY

With over 20 years in local real estate, Cathy specializes in having a keen sense of the Nutley market. Whether you are buying or selling a home, she will work with you to ensure the process is seamless and successful. If you are looking for a responsive and reliable realtor or have any questions about the local market, please reach out. (201)-232-8583 ckelly7@aol.com www.ckellyrealtor.com



THE CENTER FOR ORAL & MAXILLOFACIAL SURGERY AND IMPLANTOLOGY

Dr. Philip M. Echo D.M.D has been practicing Oral and Maxillofacial surgery in the area for over 20 years. The Center for Oral & Maxillofacial Surgery & Implantology is committed to making every aspect of your care as pleasurable as possible.



LIGRESTI DERMATOLOGY ASSOCIATES

Doctor Dominick J. Ligresti is a Medical Doctor who is a Board Certified Dermatologist (which is the highest degree in medicine and dermatology). He is also an Adjunct Professor of Dermatology and Clinic Chief at Mount Sinai School of Medicine in NYC. He teaches medical doctors from Hackensack University Hospital. He successfully treats all skin diseases for adult and pediatric 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.



PROPONENT FEDERAL CREDIT UNION

Proponent Federal Credit Union has been lending locally in Nutley for over 50 years, offering all types of retail loans with competitive rates and lower fees than traditional banks. Proponent is a neighborhood lender, with lending decisions made at their Nutley Headquarters, which means faster decisions for members. Proponent is a full service financial institution, including deposit products with attractive rates for Certificates and IRAs. profcu.org



SMILE TODAY DENTISTRY OF NUTLEY

Dr. Shefali Pilar and her team at Smile Today Dentistry have been improving health and transforming smiles by providing preventive, restorative, and cosmetic dental care for all ages in Nutley for over a decade. Dr. Pilar is a graduate of NYU College of Dentistry and a clinical instructor at Hackensack University Medical Center's dental residency program. Smile Today Dentistry is

committed to providing compassionate, technology driven, individualized care in a fun and comfortable environment to ensure all our patients have a truly memorable dental experience. 973-667-2466 @smiletodaydds www.smiletoday.com.

STATE FARM INSURANCE

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 Farm Nutley is a proud member of the Nutley Chamber of Commerce and serves as a Notary Public.



Pet Corner

Adopt Us!

Submitted by Nicole Milici, Jersey Pits Rescue Inc.

Ray came into the local animal control on the brink of death. We knew he deserved dignity and peace, despite his grave prognosis, so we rushed Ray to the hospital in partnership with RBARI, in hope of a miracle.

Ray entered the emergency room in shock. His body was septic, dehydrated, failing, and his blood pressure was unstable. Ray's heroic medical team immediately responded with aggressive treatment including a plasma transfusion, fluids, a feeding tube, antibiotic therapy, and supportive care. Incredibly, Ray stabilized and made a miraculous (and rapid!) recovery.

Ray is an adorable one-year-old bully mix boy, at about 50 pounds. He has been very sweet and is doing well with other dogs. He is crate trained and would make a great addition to any family.

Please visit www.jersey pitsrescue.com to apply for Ray.



Submitted by Christa Milici, Yellow Brick Road Rescue NJ



Stumpy is a 1-year-old (or a little younger) male. He is sweet but also timid and needs a home that will give him the time he deserves to warm up. Stumpy has a stubby little tail, hence his name. He was found outside where stray cats are fed and he was super friendly so we took him in so he could find a loving home. He is cat friendly but unsure about dogs. Older kids, as

well as young kids, may startle him. He is making progress quickly in his foster home and enjoys being petted. He is microchipped, FIV/FelV negative, stool tested negative, dewormed, UTD on vaccines, and neutered. \$150 adoption fee and application apply.

To apply for Stumpy: <https://yellowbrickroadrescueenj.com/cat-adoption-application/> or email us at yellowbrickroadnj@gmail.com



The Community School in Nutley

Celebrating over 50 years!

For further information:
www.communityschoolnutleynj.com
 Email: csnutley@optonline.net

Infant Toddler Program
 200 Highfield Lane
973-667-5446

Full Day Program
 100 Vincent Place
973-661-0789

NR-0004215639-01



- Serving children 3 mos.—5 yrs. • Experienced & Certified Staff
- Individual Classrooms • Art, Music, Yoga & Movement Weekly
- Using Creative Curriculum, a research based program
- State Licensed • Participating in Grow NJ Kids • Summer Program

4-Star Rating from Grow NJ Kids

Sold Single Family Homes 2023 In Nutley*

PROPERTY ADDRESS	LIST PRICE	SOLD PRICE	DIFFERENCE
110 Union Ave.	\$339,000	\$335,000	-\$4,000
33 Ideal Ct.	\$425,000	\$480,000	\$55,000
26 Woodland Ave.	\$449,000	\$490,000	\$41,000
14 Ackerman St.	\$499,999	\$540,000	\$40,001
80 Highfield Ln.	\$570,000	\$550,000	-\$20,000
80 Mckinley St.	\$585,000	\$585,000	\$0
33 Witherspoon St.	\$599,900	\$600,000	\$100
100 Beech St.	\$599,900	\$620,000	\$20,100
27 Evelyn Pl.	\$630,000	\$630,000	\$0
474 Hartford Dr.	\$585,000	\$632,000	\$47,000
80 Coeyman Ave.	\$680,000	\$675,000	-\$5,000
311 Prospect St.	\$649,900	\$680,000	\$30,100
89 Chestnut St.	\$629,000	\$715,000	\$86,000
34 Daily St.	\$830,000	\$750,000	-\$80,000
47 North Rd.	\$699,900	\$850,000	\$150,100
92 Race St.	\$849,999	\$850,000	\$1
58 Vreeland Ave.	\$825,000	\$965,000	\$140,000



470 Passaic Ave. Under Contract, \$749,999 list price

Median List Price **\$505,000**
 Median Sale Price **\$530,000**
 Median Days on Market **16**

*GSMLS Data: Single Family, Condominiums/Cooperatives, Town Houses January-September 2023

Best Version Media does not guarantee the accuracy of the statistical data on this page. The data does not represent the listings of any one agent or agency but represents the activity of the real estate community in the area. Any real estate agent's ad appearing in the magazine is separate from the statistical data provided which is in no way a part of their advertisement.



Our clients in **Nutley** are receiving
8.2% ABOVE their **list price**, on average*

What number would
 you need to sell your
 home within the next
 year? Scan to tell us!



Mary Ryder Broker Associate | **Michael Ryder** Sales Associate
 Cell: 973-477-3657 | RubinoRyderTeam@gmail.com
 RUBINORYDERTEAM.KW.COM
 237 Lorraine Ave. Montclair NJ, 07043
 Office: 973-783-7400

Each office is independently owned and operated

*Listing Sales in Nutley per GSMLS data in 2023

Tom, Nicole, Gianna, and
Jocelyn D'Elia

The D'Elia Family Gives Nutley High Grades

By Joyce Corey

Photograph by Carly Ann Photography

Do you remember being in school and paying close attention to everything the teacher said? Knowing that you were being graded on everything from behavior to the proper use of a semicolon was a pretty strong motivator to do your best, right?

Well, this month's family—Tom, Nicole, Gianna, and Jocelyn D'Elia—gives Nutley high grades in all the important subjects like location, educational system, recreation activities, and community.

And the best part is that all Nutley had to do to get these great scores was just to be here—every day—making this an ideal place to live.

The theme of school and grades factors strongly in the D'Elia family since both Tom and Nicole are educators.

"I have a bachelor's and master's degree from Montclair State University and currently work as a reading specialist in the Garfield Public School District," Nicole said. "Previously, I was a preschool teacher in Union City."

Tom's career in education led to him serving in various positions, including his current role as Trustee on the Nutley Board of Education. Both Nicole and Tom are active members in the Washington Elementary School PTO.

"I have a bachelor's degree from Saint Peter's University, a master's degree from Kean University, and a doctorate (Ph.D.) in teacher education and teacher development from Montclair State University," he said.

"I have held various administrative positions in the Belleville Public School District. Before becoming an administrator, I was a special education teacher and coached wrestling and track and field. I'm currently Director of Operations/Chief Talent Officer in Belleville and an adjunct professor at Montclair State University and Centenary University."

Outside of their respective classrooms, Tom and Nicole, along with their children, Gianna (10) and Jocelyn (6), have settled nicely into their Nutley home.

"We live in the Avondale section of Nutley and have been here for 9 years, although Tom has lived in Nutley for almost 20 years," Nicole said. "We



previously lived on Homer Avenue but moved here to grow our family. We immediately fell in love with our block and our friends and neighbors that live there. It's a true neighborhood and we all look out for one another like family."

Not only does the D'Elia family give high marks to their location, they also happily appreciate all the community activities.

"As a neighborhood, we enjoy holiday decorations such as luminaria bags and reindeer food during Christmas," Nicole said. "We also enjoy annual block parties, Halloween parties, St. Patrick's Day get-togethers, and random meetups with neighbors on our street."

"Our daughters are active in both Little League and Parks and Recreation activities," Tom said. "Gianna has partici-

parted in cheerleading, track, soccer, cross country, softball, and T-ball when she was younger. She is an avid singer and studies at Nutley School of Music. Jocelyn participates in T-ball through Nutley East Little League and loves playing soccer for Nutley Parks and Recreation. Now that she is older, she is looking forward to trying basketball and cheerleading."

"Both girls recently participated in the Nutley Academic Booster Club's Science Fair, and they look forward to other opportunities to work with friends on projects," Nicole adds.

Gianna and Jocelyn also found a delightful way to spread a little happiness around town.

"As a family, we enjoy taking walks through the neighborhood and the many



parks Nutley has to offer," Nicole said. "One day while walking, our girls wanted to add little fairy doors to random trees in hopes that other children and adults would be surprised when they saw a little door at the base of trees. They wanted to make others a little bit happier in their lives and we wanted to encourage them to try to do so. As we take our walks, we enjoy seeing other children add to the fairy doors by placing little fixtures around the base of the trees. We enjoyed doing this because it invited kids to use their imagination and add onto what our girls started."

At home, Louie, the family's three-year-old cockapoo, has a place in everyone's heart despite a little bit of mischievousness.

"Louie enjoys pancakes and stealing Halloween candy from trick-or-treat bags!" Nicole said.

Trips down the shore, especially to Toms River, are perfect opportunities to enjoy family time and unwind. But there is something about their Nutley neighborhood that adds to their lives in special ways.

"Nutley is a unique place to live, rich with character and pride," Nicole said. "We are proud to plant our family's roots in the Nutley community. We can literally fill our calendars with events taking place on a daily basis, or just kick back and relax with friends on our block. Either way, Nutley has both to offer."



5 Things the D'Elia Family Loves About Nutley

1. Parks
2. Schools
3. Safety and town services
4. Parks & Recreation Department
5. Diners

A wonderful neighborhood, fun community activities, and an excellent school system all receive high grades from the D'Elia family. But there is another element that sets Nutley apart—the feeling that you are in the best place to live your life and raise your family.

"We are building our greatest memories together with family, friends, and our *Nutley Neighbors*," Nicole said.

If this town was a classroom, it would be getting extra credit points! ■

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.



Your Community Funeral Home
Professional, Compassionate Service 24 Hours a day, 365 Days a year

John F. Brown
 Manager
 License No. 2633

267 Centre Street
 Nutley, NJ 07110
www.swbrownandson.com
 (973) 667-0875

Participant in the NJ Prepaid Funeral Trust Fund

Navigating Medicare Open Enrollment: Choosing the Right Supplemental Plan

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

Medicare Open Enrollment, which typically runs from October 15 to December 7 each year, provides Medicare beneficiaries with a vital window to review and modify their healthcare coverage. For those relying on Medicare, this period is crucial for ensuring that their healthcare needs are adequately met. One of the most important decisions during this time is selecting the right supplemental plan, often referred to as Medigap. In this article, we will explore the significance of Medicare Open Enrollment and provide valuable tips for choosing the right supplemental plan.

The Importance of Medicare Open Enrollment

Medicare Open Enrollment offers beneficiaries the chance to reassess their healthcare coverage and make changes that align with their evolving healthcare needs. It encompasses two primary parts of Medicare: Part A (hospital insurance) and Part B (medical insurance). Beneficiaries can switch between Original Medicare (Part A and Part B) and Medicare Advantage (Part C), which is offered by private insurance companies. Moreover, they can also make changes to their prescription drug coverage, known as Part D.

Tips for Choosing the Right Supplemental Plan

■ **Assess Your Healthcare Needs** The first step in selecting a supplemental plan is to evaluate your healthcare requirements. Consider your current health status, prescription medications, and any upcoming medical procedures. This assessment will help you identify the areas where your existing Medicare coverage may fall short.

■ **Compare Medigap Plans** There are 10 standardized Medigap plans, labeled A through N (excluding E, H, I, and J). Each plan offers different coverage options, and it's essential to compare them carefully. Pay attention to coverage for services like co-payments, deductibles, and foreign travel emergencies.

■ **Plan Pricing** While the benefits offered by each Medigap plan are standardized, pricing can vary widely between insurance companies. Shop around and obtain quotes from different insurers to find the most cost-effective option that meets your needs.

■ **Consider Future Health Needs** Think about your long-term health outlook. A plan that suits your current situation might not be ideal in the future. Ensure that your chosen supplemental plan has the flexibility to adapt to your changing healthcare requirements.

■ **Seek Professional Advice** Medicare can be complex, and the options overwhelming. Consider consulting a Medicare advisor or counselor who can provide personalized guidance based on your specific circumstances.

■ **Read the Fine Print** Before finalizing your choice, carefully read the policy documents, paying attention to any restrictions, exclusions, or waiting periods. Make sure you fully understand what the plan covers and what it doesn't cover.

Medicare Open Enrollment is a valuable opportunity for beneficiaries to fine tune their healthcare coverage. By assessing their healthcare needs, comparing Medigap plans, and considering long-term requirements, Medicare recipients can make informed choices that ensure their healthcare needs are met effectively and affordably.

Remember, guidance by knowledgeable professionals and thorough research can be your allies in making the right decision during this critical enrollment period. ■

Disclosure: This article is for educational purposes and should not be interpreted as investment, tax or legal advice. Beacon Wealth Partners and Equitable. Advisors are not affiliated with any federal agency or program. Securities offered through Equitable Advisors, LLC (NY, NY 212-314-4600), member FINRA/SIPC (Equitable Financial Advisors in MI & TN). Annuity and insurance products offered through Equitable Network, LLC. Beacon Wealth Partners is not a registered investment advisor and is not owned or operated by Equitable Advisors or Equitable Network. PPG-5947744.1 (9/23)(Exp. 9/25)



Guiding your path to financial success

973-667-8650

As a full-service platinum firm within Equitable Advisors focusing on wealth management, our goal is to provide a high level of value to our clients through sound and objective strategies.



Michael S. Cocco, CFP®, ChFC®
Managing Partner
CERTIFIED FINANCIAL PLANNER™
mcocco@beaconwealthpartners.com



Salvatore Cocco, Jr. CLU
Founding Partner, Financial Consultant
scocco@beaconwealthpartners.com



Daniel Cocco, CPFA
Partner, Financial Consultant
dcocco@beaconwealthpartners.com

- Investment Management
- Retirement Planning
- Estate Planning Strategies
- Health & Life Insurance
- 401k & Pension Plans
- Group Benefits Plans
- Long-Term Care
- College Funding

www.BeaconWealthPartners.com

Securities offered through Equitable Advisors, LLC (NY, NY 212-314-4600) member FINRA/SIPC (Equitable Financial Advisors in MI & TN). Investment advisory products and services offered through Equitable Advisors, LLC, an SEC registered investment advisor. Beacon Wealth Partners is not a registered investment advisor and is not owned or operated by Equitable Advisors or Equitable Network.



Photos: Linda Buset

Nutley Rotary 5th Annual Classic Car Show

By Joyce Corey

"Members of Nutley Rotary Club put service above self to serve our community and help other organizations with their needs. We're looking forward to keeping the annual event a success in the future. Thanks to everyone who attended and the volunteers who make it possible."

—John Monaco, Rotary Club President

Nutley Rotary 5th Annual Classic Car Show was held on September 17 from 1-6pm on Franklin Avenue between Chestnut and Centre Street. There were 225 cars at the event and many of our *Nutley Neighbors* had a fun day looking at all types and classes of cars, trucks, and motorcycles. Food vendors, two DJs, and a live band brought a new level of enjoyment to snacking and socializing.

Proceeds from the event are going to the Van Riper House and the Rotary Club's scholarship fund. ■



Neighborhood News



Rotary President and Committee Chair John Monaco awards trophy to Rosemarie Brush for first place in her division.



Rotary members selling t-shirts and raffle tickets.



Time to award the trophies! First place in his class is John Griffith.

Ligresti DERMATOLOGY

General & Cosmetic
Dermatology Serving Adult
& Pediatric Patients

175 Franklin Avenue, Suite 103
(1st floor) Nutley, NJ



Look Great Feel Great

- Surgical Procedures
- Skin Care Products
- Cosmetic Services
- Advanced Allergy Testing
- Botox/Dysport
- Microdermabrasion
- Dermal Fillers
- Chemical Peels
- Restylane

(973) 759-6569
LigrestiDermatology.com

Understanding Teeth Grinding

Contributed by Dr. Sefali Pilar, DDS
Smile Today Dentistry of Nutley

Teeth grinding, also known as bruxism, is a common dental condition that affects many individuals and can have detrimental effects on oral health and overall well-being. As a dentist, I believe it's crucial to educate patients about the causes and consequences of teeth grinding. In this article, we will delve into why people grind their teeth and explore the significance of wearing a night guard as an effective preventive measure.

Why Do People Grind Their Teeth?

- **Stress and Anxiety** Stressful situations and unresolved anxiety can manifest during sleep as teeth grinding. The subconscious response to stress can cause the jaw muscles to contract, leading to grinding.
- **Misaligned Bite** Dental misalignments, such as malocclusion or an improper bite, can result in excessive grinding. The misalignment causes the jaw to exert extra pressure while chewing, which can result in teeth grinding.
- **Sleep Disorders** Individuals with sleep disorders like sleep apnea may experience teeth grinding as a side effect. The body's attempt to open the airway can lead to increased muscular activity, including jaw clenching and grinding.
- **Lifestyle Factors** Certain lifestyle habits, such as excessive alcohol consumption, smoking, or consuming caffeine, can contribute to teeth grinding.
- **Medications and Substances** Some medications, like antidepressants, as well as recreational substances, can trigger teeth grinding as a side effect.

A night guard is a custom-made dental appliance worn during sleep to protect teeth from the damaging effects of grinding. Here's why wearing a night guard is essential.

- **Prevents Tooth Damage** Teeth grinding exerts excessive force on the teeth, which can lead to enamel erosion, tooth fractures, or wear. Wearing a night guard provides a protective barrier, distributing the forces and minimizing the risk of dental damage.
- **Alleviates Jaw Pain and Headaches** Bruxism often causes jaw pain, facial discomfort, and headaches. Night guards help by providing a cushioning effect, reducing the pressure on the jaw joint, and alleviating associated pain.
- **Minimizes Temporomandibular Joint (TMJ) Disorders** Chronic teeth grinding can lead to disorders like temporomandibular joint disorder (TMJD). Night guards help in



maintaining proper jaw alignment and reduce stress on the joint, thereby minimizing the risk of TMJ-related issues.

■ Improves Sleep Quality

Teeth grinding can disrupt sleep patterns for both the individual and their sleep partner. Wearing a night guard helps reduce noise and disturbances caused by grinding, promoting better sleep quality for everyone involved.

■ Preserves Dental Work

Individuals with dental restorations, such as crowns, bridges, or veneers, can benefit from wearing a night guard. By protecting these restorations, night guards extend their lifespan and prevent the need for premature replacements.

By wearing a night guard, individuals can protect their teeth, alleviate discomfort, and ensure a good night's sleep. If you suspect you are teeth grinding, we would be happy to schedule a consultation for you to provide a proper diagnosis and recommend the appropriate treatment, including the use of a night guard. Remember, prevention is key to maintaining a healthy smile and optimal oral health. ■

IMPROVE YOUR
HEALTH, TRANSFORM
YOUR
Smile

DEDICATED TO YOUR
COMFORT & DRIVEN
BY TECHNOLOGY

Digital x-rays
Digital scanner "impressions"
Intraoral cameras
Paperless charts, forms, consents
Encrypted communication
(text/email)

4 FRANKLIN AVE | NUTLEY
973-667-2466

MONDAY 9:00AM-8:00PM
TUESDAY 9:00AM-7:00PM
WEDNESDAY 9:00AM-5:00PM
THURSDAY 9:00AM-6:00PM
FRIDAY 8:00AM-2:00PM
SATURDAY 8:00AM-1:00PM (1ST/3RD)

Smile TODAY
—DENTISTRY—

WWW.SMILETODAY.COM
FOLLOW US @SMILETODAYDDS



SERVICES

- Exams & cleanings
- Porcelain crowns, veneers, & bridges
- Tooth colored fillings & bonding
- Implant restorations
- Teeth whitening
- Clear orthodontic aligners
- Root canal therapy
- Periodontal Therapy (deep cleaning)
- Dentures
- Extractions
- Smile makeovers

BOOK REVIEW:

Family Portraits: The Autobiographies of a Mother and Daughter

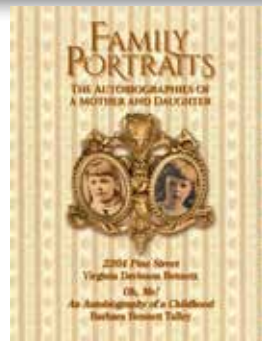
By David Wilson

We all have heard the family stories handed down from past generations and may have regretted not recording them or putting them on paper before they are forgotten. The Bennett family was fortunate to have a mother and daughter who both wrote their life stories and created supporting picture books. This is a marriage of both books, full of pictures and sketches, designed and edited by grandson/son Ivan Stiles and does it deliver!

Virginia Davisson Bennett began her life in Philadelphia during the Victorian Era, and we learn many intimate details of the times through her descriptive writings. She reminisces about her schooling and meeting Francis I. Bennett, a talented artist, engineer, composer, and inventor. They moved to Nutley and settled into small town life that was a roller coaster of joy, heartbreak, financial cycles, domestic staffing, New Jersey shore trips, and European adventures.

The Bennett's time in Nutley from 1900-1940 is a mix of social engagements, family life, business, art studios, house building, and interactions with many old Nutley businesses and families. They are blessed with six children, and we meet all of them. The last child, Barbara Bennett Talley, a self-proclaimed tomboy, provides the fabulous stories and memories of growing up in Nutley from 1923-1940.

Barbara takes us shopping in Nutley Olde Towne and to the Franklin Theatre, meeting friends and animals along the way. Winter adventures, summer bike rides, trolley and train rides, parochial and public schools, neighbors, high jinks,



West End Memorial Park bridge designed by Virginia Bennett (top)
The book is available on Amazon.com

parties, and many other stories provide insight into early Nutley life. Many colorful personalities are included, adding a delightful level of entertainment.

"Many prominent artists have lived and painted in Nutley," says Barry Lenson, Art Historian at the Nutley Historical Society. "We read about them in history books, but don't hear their stories told in the words of people who knew and loved them. *Family Portraits* brings the Bennett family talents to life and provides a compelling glimpse of Nutley in years past."

Rediscovering this book is a story in itself. When the estate of Ruth G. Bedford was being settled by executors, a watercolor—*The Blum Bridge in Memorial Park* by V. Bennett—was of interest. Who was this artist and what was the connection to Nutley? Nancy Brancaccio Duhm had family roots in the local art world and led me to an artists' chat room where the family of Virginia D. Bennett had posted. I joined the chat and Ivan Stiles answered saying there was a book with Nutley lore available. The book was shipped and my dive into another Nutley history book began. What a literary adventure it has been, even after ten readings. Stories have been used by Town

Historian John Demmer and me in shows on Nutley Olde Towne, Dr. George Philhower, and Northwest Nutley. This is an historical source unlike any other known book.

Family Portraits by Virginia D. Bennett and Barbara B. Talley is available at Amazon and is a book you won't be able to put down! ■



Carly Ann Photography
MY LENS. YOUR STORY

Make each moment that passes by a memory that will last forever. From proposals to pregnancy, capture every special moment along the way.

 @carlyann_photo

 973-204-8045

Moscara Realty

Family Owned Business since 1955

973.667.1732

165 FRANKLIN AVENUE NUTLEY

www.MoscaraRealtors.com

Your Hometown Realtor for 60 Years



"It's Not Just Business, It's Personal."

Member NUTLEY Chamber of Commerce

Do You Know the Value of Your Home?

With this ad get a **COMPLIMENTARY MARKET ANALYSIS** No obligation.

MLS REALTOR

Friends of the Nutley Public Library

By Dorothy Huey, President of Friends of the Nutley Public Library

The Friends of the Nutley Public Library is an active group of people of all ages. We welcomed many new members this year, and we have made it easy to join. Visit our website, www.FriendsOfNutleyPL.MembershipToolkit.com, to join, renew, sign up for events, and more!

We loved meeting many of you at the Farmers Market this summer when Friends members joined librarians at the library table. Please become part of our important mission to support the activities and purposes of the Nutley Free Public Library in enhancing the artistic, cultural, humanitarian, intellectual, and literary aspects of community life.

Our popular spring and fall book sales were successful thanks to those of you who participated and visited! We also held our much-loved Lee Rae O'Brien Author Tea this past spring, which was well attended. Our book sale and author tea are our biggest fundraisers and allow us to continue to sponsor so many of the library programs that enrich our lives.

The popular Summer Reading Program is sponsored by the Friends, and we are thrilled to help our youth and adults learn and grow. This past summer, 669 children registered for the Summer Reading Program and read a total of 15,449 books! In addition, 84 teens registered and read 1,236 books and 131 adults registered and read 850 books. We thank our local merchants for helping to support this and other successful programs.

Your donations also help us to sponsor fun adult events like DISH! where participants choose a recipe from the same cookbook and share a delicious meal on the first Monday of each month. Other events made possible by the Friends include the library's popular DIY jewelry classes, Cricut projects, and even decoupage!

Did you know that the Friends offer free entry to select museums? Ask at the Circulation Desk about passes to The Intrepid, the Newark and Montclair art museums, Yogi Berra Museum, Storm King Art Center, and the American Museum of Natural History. We also organized a trip to Grounds for Sculpture and plan to offer more fun trips and events. We even started a Friends book club that meets on the first



Anais, library and Friends supporter, holds the watercolor she created. She also designed a new T-shirt for our fundraiser at the library (top)

Annual book sale committee l-r: Chair Teri with Sue and Ellen (above middle)

Chef Jesse Jones, speaking about his cookbook and memoir, *Pow! My Life in 40 Feasts* at the Friends' Author Tea Fundraiser (bottom)



Friends President Dorothy Huey with Library Directory Michelle Albert at the Nutley Farmers Market. Back row l-r: Trustees Jane Dinan, Margit Rademacher and member Brenda Sherman (above)

The O'Brien Family with Rev. Pam at the annual Lee Rae O'Brien Author Tea Fundraiser (left)



DJ and MC Rob of Ultimate Entertainment performing at our Summer Reading Program opening event (left)

Tuesday of every month.

If you or your family have attended a children's program, viewed a film,

attended an author Meet-and-Greet, learned a new skill, or enjoyed a performance by a musical group at the library, chances are the Friends were involved. People of all ages, backgrounds, and tastes can find print, media materials, and programs of interest, thanks in large part to contributions by the Friends of the Nutley Public Library.

Fundraising is a priority for the Friends and we invite you to support us on Giving Tuesday, November 28. Look for our Giving Tuesday link on our website and check out our Facebook page for more information. ■

For information about library programs and events visit www.nutleypubliclibrary.org, where you can find the link to the Friends' new website. The Friends' email is FriendsOfNutleyLibrary@gmail.com, and we are on Facebook and Instagram.

Kimberley A. Donohoe

• ATTORNEY AT LAW •



**General practice
specializing in:**

- Special Needs
- Real Estate
and Municipal
Court Matters
- Estate Planning &
Administration

.....
You can trust in over
20 years experience
in handling
guardianship cases
for young adults
through the elderly.

Nutley, New Jersey

Phone (973) 562-0079 • Fax (973) 562-0075

KimberleyDonohoeEsq@verizon.net



Moving Forward
MADE EASY

CATHY KELLY Broker/Salesperson
CENTURY 21 AWARD
210 FRANKLIN AVENUE, NUTLEY



(973) 661-3808 Office (201) 232-8583 Cell

TAKE ADVANTAGE OF YOUR NEIGHBORHOOD MAGAZINE!

Submitted by Joyce Corey

Nutley Neighbors is all about bringing people together and fostering our close-knit community! Check out the many ways that you can contribute to and take advantage of your monthly neighborhood magazine.

■ **Resident Features** Get to know your neighbors and community one resident at a time. We enjoy featuring residents from all walks of life. Make the magazine your own by submitting nominations of families or individuals who you would like to see highlighted.

■ **Social Scene** What's happening in the neighborhood? If you're part of a book club, social group, or charity organization promoting fun or service in the community, share your experiences and photos, and invite others to join you!

■ **Youth Classifieds** Budding entrepreneurs can submit free classifieds advertising their services to the community. With parental permission, kids can grow their babysitting, lawn care, pet care, and other small business services by submitting a free ad.

■ **Sports and Extracurricular Activities** Showcase budding athletes, artists, and actors among us by submitting photos and details on your kids' accomplishments, as well as information on school events and fundraisers your family is involved in.

■ **Share Your Photos** Do you have pictures from your latest vacation? Have you captured a nature scene or a touching moment that begs to be shared?

■ **Bulletin Board** Celebrate life's milestones and events! Post announcements such as engagements, weddings, or anniversaries, hats off to graduates, military recognition, new baby announcements, retirement congrats, neighborhood garage sales, and more. ■

If you have a submission or feature idea, email Joyce Corey at jcorey@bestversionmedia.com with your name and submission info. Please note the content submission deadline found on page 3. We look forward to hearing your ideas.

CUSTOM DESIGNS & REPAIRS BY OUR EXPERT ON-SITE JEWELER

Trio JEWELERS

Providing Quality
Merchandise &
Finest Service for
Almost 40 Years!



NEW LOCATION!

86 CENTRE ST • NUTLEY

HOURS W-F 10-5 SAT 10-3

973-667-8628

WWW.TRIOJEWELERS.COM



Kids Corner



Arlene's outstanding origami (left), Melania's meaningful Legos (middle), and Vivienne's magnificent macrame (right)

Art is a Gift from the Heart

By Michelle Palmer

As we search for that perfect gift, at the bottom of our hearts we know it can't be bought in a store. However, it can be created with yarn, paint, crayons, clay, and the little fingers of our loved ones.

Arlene is 9 years old and has put a lot of effort into learning the skill of origami. She is very happy to have created an origami mandala and frame. Her craft shows the hard work and pride that went into putting together such a sweet decoration.

Julian is only five years old and wonderfully expresses his creativity. He plans on becoming a tattoo artist in the future. He drew his first set of fish which are characters from LankyBox. His designs are happy and colorful, and he is full of enthusiasm for making masterpieces.

Melania is eight years old and enjoys creating with LEGO® bricks. She makes her scenes unique and personalizes them. One of her most detailed creations is this display that she made representing a family vacation to Wildwood. Her love for building turns family memories into an art form.

Vivienne is eight years old and has a love for crafting. She makes colorful macrame key chains and is super creative in arranging her own patterns for each design. This art takes a lot of dedication and each of her creations shows how talented she is.

Joey is a young artist who enjoys reading graphic novels. He is very proud of the drawing he made after reading the book *A Friend for Dragon*. He mastered the art of directed drawings with a step-by-step process to make this amazing work of art. ■

Michelle Palmer is the author of a children's book, *Brinco Finds His Way Home*, which is available at Amazon and Pretty Handy in Nutley.



Julian's joyful fish



Joey's amazing dragon drawing

Renee Friscia, Agent
146 Franklin Avenue
Nutley, NJ 07110
Bus: 973-667-6600
www.nutleyinsurance.com

**Surprisingly
great rates
right around
the corner.**

I'm your one-stop shop for the service you deserve at a price you want. Call me for surprisingly great rates and Good Neighbor service right in your neighborhood.

Like a good neighbor,
State Farm is there.®

Individual premiums will vary by customer. All applicants subject to State Farm® underwriting requirements.

State Farm
Bloomington, IL
2001878



**Are you looking to
Buy or Refinance?**
**Use Nutley's
Hometown
Loan Officer!**



Joe Isabella
Loan Officer

Joe Isabella, Loan Officer
NMLS #347880

973.960.1000

jisabella@njlenders.com

NJ Lenders Corp. NMLS ID: 35286 www.nmlsconsumeraccess.org





NOVEMBER 2023 EVENTS CALENDAR

Nov. 1, 8, 15, 22, 29, Wed.

Nutley Senior Citizen Club

@Parks and Recreation,
44 Park Ave.

This club meets every
Wednesday.

For more information
call Eileen Luberto at
973-632-0763

Nov. 2, Thurs.

Nutley Historic Home Series

@Nutley Museum,
65 Church St.

"Do you own a Lambert
home?" This talk and slide
show focuses on answering
this question by covering what
makes these homes unique.
The talk includes members
of the Historic Preservation
Committee, including Town
Historian John Demmer.
Light refreshments will be
served.

Time: 7:30pm

Nov. 3, 10, 17, 24, Fri.

**Moms Healing Together:
All Recovery Meeting**

@virtual event

Join for a safe space to discuss
the challenges of recovery,
pregnancy, and parenting.

Time: 10am

For more information and
other All Recovery meeting
dates and times visit
www.rwjbh.org/events

Nov. 4, Sat.

**Secrets of the Mockingbird –
Prudence Wright Holmes**

@Nutley Public Library,
93 Booth Dr., Stockton Room
Harper Lee, author of *To Kill*

a *Mockingbird*, was one of
America's most beloved but
reclusive authors. In this solo
show, learn about her close
relationships with her father
and her childhood friend
Truman Capote. Prudence
Wright Holmes has appeared
in many films and Broadway
shows, both alongside A-list
actors and on her own. She's
currently touring her solo show
*Call me William: The Life and
Loves of Willa Cather* and her
interactive murder mystery,
Agatha is Missing.

Time: 2-3pm

For more information visit
www.nutleypubliclibrary.org

Nov. 10, Fri.

Friday at the Movies

@Nutley Public Library,
93 Booth Dr., Stockton Room

Join to see a screening of
Crazy Rich Asians (2018), based
on the novel by Kevin Kwan.
No registration required.

Time: 1-3:30pm

For more information visit
www.nutleypubliclibrary.org

Nov. 16, Thurs.

**Hot Chocolate and S'mores
Hike**

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

Join for a hike around the
Environmental Center forest,
build a winter campfire, sip hot
cocoa, and make s'mores!

Time: 6-7:30pm

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

For more information and
to register visit [www.essex-countyparks.org/facilities/
environmental-center/calendar](http://www.essex-countyparks.org/facilities/environmental-center/calendar)

Nov. 19, Sun.

Nutley Hall of Fame Induction

@Nutley Public Library,
93 Booth Dr.

Cost includes induction
ceremony and reception
immediately after with assorted
food, desserts, coffee, wine,
and tea.

Time: 2-5pm

Cost: \$50

For more information call the
Nutley Public Library at
973-667-0406 ext. 2638

Nov. 28, Tue.

**Going Going Gone:
What the Next Generation
Won't Remember – Maryanne
Christiano-Mistretta**

@Nutley Public Library,
93 Booth Dr., Stockton Room

Take a walk down memory lane

and talk about products that
are either on their way out the
door, or completely obsolete.
Come share your views in this
interactive lecture. You may
also bring your own old items
for "Show and Tell!"

Time: 7-8pm

For more information visit
www.nutleypubliclibrary.org

Dec. 2, Sat.

**Joe Fischer's Holiday
Magic Show**

@Nutley Public Library,
93 Booth Dr., Children's Room
Enjoy an amazing magic show
and make a holiday craft to
take home! No registration
required.

Time: 2-3pm

For more information call
973-667-0405 ext. 2623, or visit
[www.youthservices.nutley
publiclibrary.org](http://www.youthservices.nutleypubliclibrary.org)



D&L AUTOMOTIVE

Foreign & Domestic Repairs
Established 1974

251 Washington Ave.
Nutley

(973) 667-4688

Classic Cars
Welcome

**NJ STATE
INSPECTION FACILITY**

**Complete
Automotive Services**

Emission Repair Facility
Brakes • Tires
Batteries • Electrical

Oil Changes
Electronic Computer
Diagnostics

Shocks & Struts
Front End Specialist
Mufflers & Exhaust

www.DandLAutomotiveNJ.com



**PARK SQUARE
REALTY**

244 Chestnut Street
Nutley, NJ 07110
973-667-3000

*Thankful for the opportunity
to help you find your dream home or
investment property. Buying, Selling
or Renting, I'm here to help.*

**Happy
Thanksgiving!**



CIRCLE OF
EXCELLENCE
AWARDS
FIVE YEARS
IN A ROW



Margaret Cozzarelli
Realtor Associate
973-951-6705
Margaret.Cozzarelli@yahoo.com

Important Phone Numbers - www.NutleyNJ.org

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



CT Scan Guided Dental • Implant Placement
Extractions • Wisdom Teeth • Joint Disorders (TMJ)
Bone & Soft Tissue Grafting • Facial & Oral Trauma
Treatment of Tongue Tie • Facial & Oral Pathology
Surgical Orthodontics (Exposure of Impacted Teeth)
Surgical Endodontics (Apicoectomy)

Dr. Philip M. Echo D.M.D.
187 Washington Ave.
Suite 1B • Nutley

973.667.5844

On Call For Emergencies - 24 Hours A Day

www.EchoOralSurgery.com

~We Accept Most Dental Insurances~