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I Like it!

I'm sure you have said that many times, but as I was getting this issue ready, the whole idea of liking something stuck in my mind.

'Like' is such a little word and for the most part, I always thought it meant something simple and even benign. But after talking to residents this month, answering emails, and making phone calls, realized that 'liking' something was actually a big deal.

The people in town really like Nutley. They like the parades and the holiday events. They like their neighborhoods and their neighbors. And all that liking means one thing: Nutley is where all of these people really want to be.

Liking something means we are comfortable with it and it brings us joy. Dare I say that I love this new and improved image I have of liking?

As you turn the pages in this month's issue, I sincerely hope you will like all the articles.

We have our regular and very interesting contributor, David Wilson, taking us backstage in history to the Franklin Theatre, a building that shall live (and be liked!) in Nutley lore forever.

Michael C. Gabriele wrote a new book about New Jersey diners. Since this state really likes this type of eatery, Michael takes the pulse of what connects people and food.

Did you hear that the Nutley Little League Intermediate Division 13-year-old All-Stars team competed in the World Series over the summer? I spoke with the team manager, Peter Breihof, and really liked what he said about the players and the entire experience.

And speaking of Nutley athletes, Barry Lenson tells us about the wonderful legacy of town sports. I'm sure you'll like the photos of teams from the good old days he shared with us.

I enjoyed putting this issue together and I hope you like each and every page. And just to clarify, the 'like' I am talking about is more than a click you get on Facebook. I am referring to liking people and the town and everything about it in a real and personal way.

This kind of liking is a powerful way to live; it brings joy and satisfaction and gives us a wonderful sense of belonging.

See you next month!

Joyce Corey Content Coordinator





Expert Contributors





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Michael S. Cocco, CFP®, ChFC® is a
CERTIFIED FINANCIAL PLANNER™
professional with AXA Advisors, LLC where
he provides Financial Planning, Investment

Advice, and Insurance Planning for his clients. Mike is a graduate of Penn State University.

Salvatore Cocco, Jr. CLU has been with Beacon Wealth Partners, LLC since 1995 and has practiced as a generalist in all disciplines of the financial planning services including Investment Planning, Retirement Planning, College Savings, and Insurance. He is a 1977 graduate of Seton Hall University and was inducted into their Entrepreneurial Hall of Fame.



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have sought out Dr. Femino for hip and knee replacement surgery. Local sports teams rely on the expertise of Dr. Ducey to get them back on the playing field after injuries sideline them. Dr. Queler's expertise treating the foot and ankle enables patients to become fully functional once again.



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 MORTAGE

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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contribute to illness. Dr. Shannon DiCarlo, RN LAC DAOM develops an individual treatment plan for each patient using her in-depth knowledge of both Western Medicine, Eastern Medicine/Traditional Chinese Medicine, and a variety of integrative therapies.



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musculoskeletal pain as well as other generalized health conditions. Services include acupuncture, cupping therapy, herbal medicine, electric-stimulation acupuncture, dietary therapy and infrared therapy. Dr. Genitempo is a lifelong resident of Nutley and looks forward to serving the community of Nutley for years to come.



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We're Going to the Gonzalez House!

By Joyce Corey

Photography by Randall Kenneth Photography

ometimes when the doorbell rings, it's a friend, family member, or even a delivery person. But when Ivan Gonzalez rings the bell, it's a sure thing that you called him for help. As the owner of All Clear!®, he may have visited your home for a plumbing, heating, cooling, or

sewer issue or perhaps for drain cleaning, but today we go to his house.

When we step through the door we are greeted by several people and a few much-loved pets.

Jade is 19, studies criminology at Johnson & Wales

University in Rhode Island, and is an intern at the courthouse there. Jacob is a senior at Nutley High School, a wrestler, and hopes to become a dentist. Jagger is 5, started first grade this year, and is busy with his new friends.

Buster the Cairn Terrier and Tovan the Yorkie vie for attention.

Ivan has lived in the Avondale section of town for the past 25 years and has high praise for the people and all that make Nutley great.

"This is a nice, middle-class American town," he said. "Coming home is almost like a scene in a movie: beautiful houses, quiet streets, great neighbors."

He and his family appreciate the way Nutley celebrates holidays. "We all love the parades. This town has excellent St. Patrick's Day and Columbus Day parades. The 4th of July celebration is also great."

Summer days find the family swimming in the pool or down the shore.



Ivan Gonzalez is the owner of All Clear!® specializing in plumbing, heating, cooling, sewer, and drain issues.

Ivan shared his family motto which nicely sums up the motivation of the entire family. "Every day is another opportunity to change your life," he said.

When he speaks about his home life and children, there is a genuine feeling of family unity and appreciation.

"We enjoy simple things. Spending time together is important. The children are of different ages and have different types of activities but we all like to

share in whatever they're doing. We enjoy making connections in our neighborhood and in town."

Ivan has certainly made a lot of connections among people through his business. "We're a family-owned and operated company and we treat everyone with respect," he said. "Because of that we get a lot of repeat customers and referrals."

As anyone who has ever needed a plumber in the middle of the night or on a holiday weekend knows, it can be difficult to find a professional. Ivan has a great attitude

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about those calls. "I get emergency calls and I just go and do what I do best which is helping people. I really love this business and this type of work. I meet a lot of wonderful people and I love it when I fix the problem."

Ivan's attitude of caring extends beyond his family and throughout the town. It's nice have *Nutley Neighbors* who appreciate all the things that make the town great while giving back to the community.



Five Things the Gonzalez Family Loves About Nutley

1. Jacob's accomplishments as a wrestler make everyone appreciate the school's wrestling

program and the recreation building that is used for practices.

- **2.** From elementary school to high school, the children have made best friends in town.
- **3.** Pete's Deli and Ralph's Pizzeria (no explanation needed!)
- **4.** Jade's studies in criminology and her career goals make everyone appreciate the work of the Nutley Police Department.
- **5.** The small and close-knit community is appreciated by the entire family.

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







October—It's Time to Get Your Horror at the Nutley **Public Library**

By Jeanne Sylvester, Supervising Librarian

ctober is the spookiest season of the year and we will feature a special display highlighting some of the best books and movies of the horror genre available at the Nutley Public Library. Horror is a type of story which intends to frighten, startle, or disgust by inducing feelings of fright and terror. It often creates a creepy, menacing, eerie, and frightening atmosphere filled with spooky elements such as monsters, vampires, and supernatural demons.

Many people enjoy how satisfying it can be to settle into a scary story or movie, feel the fear and rush of adrenaline, and then be able to close the book, or turn off the movie. So come to the Nutley Public Library to get started on your own hair-raising journey.



Classic horror stories to keep you up all night!

Dracula by Bram Stoker Frankenstein by Mary Shelley The Haunting of Hill House by Shirley Jackson The Strange Case of Dr. Jekyll and Mr. Hyde by Robert Louis Stevenson More classic horror authors: Daphne du Maurier, Edgar Allan Poe, H. P. Lovecraft

■ Modern Horror Classics

The Changeling by Victor LaValle Interview with the Vampire (and others) by Anne Rice The Stand (and others) by Stephen King Rosemary's Baby by Ira Levin More contemporary horror authors: Clive Barker, Ramsey Campbell, Joe Hill, Dean Koontz, Peter Straub

■ Horror Films to chill your bones or make you sleep with the lights on

Classics: Alien, Carrie, The Exorcist, Halloween, Invasion of the Body Snatchers, Night of the Living Dead, Psycho, The Shining, The Thing Modern Classics: 28 Days Later, The Babadook, The Evil Dead, Get Out, Hereditary, Paranormal Activity, The Ruins, Shaun of the Dead









Photos of Nutley Sporting Teams in Old Times

By Barry Lenson

ur town's teams are getting ready to take the field as the new school year begins. As these old team photos from the collection of the Nutley Historical Society and Museum show, today's athletes are part of a long and proud Nutley tradition that stretches back many years.

Wishing every Nutley team a great 2019-2020 season!



1911-1912 Nutley High School Basketball Team. This photo of Nutley High's basketball team dates back more than 100 years.





1916 Franklin Football Team Even though Nutley changed its name from Franklin to Nutley in 1902, this football squad kept the old town name of Franklin. We are not sure if they were a school team or a team that competed in regional leagues. Either way, they look eager to go (above and right).





Buff San Giacomo (left) This photo from The Nutley Sun shows Buff San Giacomo, a standout Nutley footballer, back in 1933.

Nutley High School Football Team, c. 1911 (left)
More than a century ago, this team posed on what is apparently the site of the Oval. Our tradition continues!



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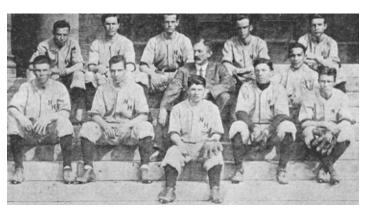
Cheerleading Squad 1960s (above)

This photo dates from before the days when Nutley High fielded competitive women's teams in softball, soccer, and volleyball. But the young women in this photo from the 1960s were clearly not about to sit on the sidelines. And this year's cheering squad won't be benchwarmers either!





The 1966-1967 Nutley High Crew Team (above) Nutley once prided itself on having one of the few competitive high school rowing programs in New Jersey. And we are still rowing today!



Nutley Baseball Team c. 1915 (above)

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.



Nutley Little League Makes Town **History!**

Submitted by Joyce Corey

he Nutley Little League Intermediate Division 13-year-old All-Stars hit one right of the park and into the World Series! After winning the district, sectional, state, and regional tournaments, the team traveled to Livermore, California

to compete in a championship tournament that began on July 28.

This was the first time ever that a Nutley Little League made it to a World Series.

Nutley, representing the East region, went 1-2 in the World Series. They lost to the Southeast region team on July 28. Two days later, they lost to the California region team. But their victory over the Australia



Front Left to Right: Anthony DiPaolo, Myles Gomez, Erik Thompson, Ryan Roque, Chris Sarno. Rear Left to Right: Coach Jon Paul LoMonaco, Manager Peter Breihof, Jayden Velez, Jonathan Breihof, Kevin Jiratatprasot, Jake LoMonaco, Joey Haines, Coach Joe Haines

region team on August 1 closed out their stint in the competition on a high note.

Team manager Peter Breihof talked about one of the most memorable moments in the series. "It was the beginning of the second game in the first inning. The team had lost the first game but I encouraged them to go out and do what they do best. They dropped three runs in that inning, which set an amazing pace and confirmed



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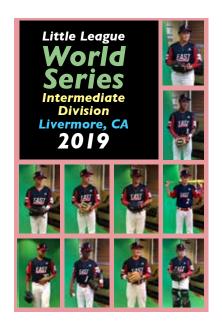
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that this team was competing on the right level."

Although the Nutley team did not win that game, Peter emphasized the ultimate goal. "I want these boys to make some memories. I want them to be able to look back at their time on the team, 25 or 30 years later, and remember some great moments."

The Nutley team has players from Nutley East and Nutley American little

leagues. Peter describes an important aspect of this team's makeup, one that has developed a strong camaraderie among the players. "These are a group of kids who go to school together and who are friends. They play well together because of this bond."

Joe Haines and J.P. Lamonaco are the coaches, and together with Peter Breihof, are not surprised that the Nutley Little League Intermediate Division made it to the World Series. Although Peter said the whole experience was a "little surreal," everyone on this team has turned a dream into an exciting reality.







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The Franklin PART 1

By David Wilson and John Demmer

here is only one building in town that incites so many memories for locals. Their first date, time with family and friends, concession food, favorite action star, birthday parties, bare skin on the screen, and a giant color picture. The Franklin Theatre was a

building that shall live in Nutley lore forever. Tenacious research by Town Historian John Demmer has provided us with more information than we can cover in one article. Social media and interviews have provided many firsthand accounts of Nutley's theatre experience. Let's start exploring the creation of this fabulous movie house.

The theatre was constructed on J. Howes's empty land at 510 Franklin Ave. that also had access from Dodd St.

in the rear. Developers Tompkins and Collict hired manager and treasurer Maurice Broskie and Hamilton Diston (Jim) Cherry who came from Philadelphia to oversee construction, Architect William



Franklin Theatre header

Friedberg designed the theatre that was constructed by either **Economy Construction Company** or Criterion Construction. The cost of two hundred thousand dollars would be recouped in the anticipated one thousand dollars a week in receipts.

No costs would be spared to make this fourteen hundred seat theatre a showplace. One hundred and sixty tons of plaster was used to form the walls and ornate decorations. Plaster was durable and also added a high

level of fireproofing to the structure, a selling point after several theatre tragedies. Dominic Walsh, a former Nutleyite, was the lead plasterer and skilled artist. Specialized frames were constructed to display the show cards and posters.

Double plate glass doors led to the marble-lined walls of the carpeted lobby. A fireplace and chairs in the lobby made this a cozy meeting place before and after movies.

> The color scheme was old rose and gold. The lobby ceiling was an India tint brown with a large center medallion highlighting the ornate chandelier. A staircase led patrons





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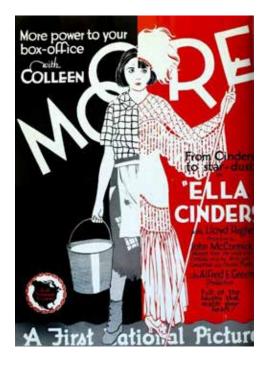
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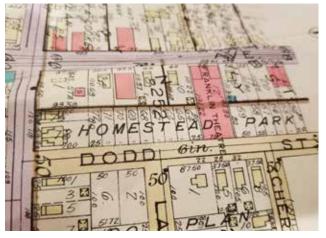
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Dr. Alan M. Genitempo

L.Ac DACM





Franklin Theatre's first movie poster (left)

Franklin Theatre map (above)

to the stadium type balcony seats.

The main theatre had upholstered chairs that complemented the fine velour stage curtains and organ grills. A modern ventilation system ensured patrons were comfortable year-round. Battery-powered emergency lighting completed the safety amenities. Double-sized exit doors were on both sides of the main room and supplemented by rear egress from the stage.

A proscenium arch separated the stage from the seats and, along with stage curtains, made a spectacular impression to moviegoers. Small stage shows were an ancillary part of the primary use as a movie theatre. A large, ornate, green back lit, inverted dome was the main ceiling

feature, with wall sconces and floor lighting completing the lighting effects. A Symphony Orchestral Organ provided incredible music.

There were three shows a day, a matinee from three to five, 25 cents for adults, fifteen cents for children under twelve. Two evening shows from seven to eleven, forty cents and twenty-five cents, and a Saturday matinee. Blue laws prevented Sunday shows until Jim Cherry won out over objections from Gregory Bergen Esq. Interestingly, their grandchildren Jack Farr and Susan Piro-Farr married years later. Ample parking and access from Broad Line trolleys made this New Jersey's finest suburban theatre.

Next time we will explore opening day September 8, 1926 for The Franklin and the many memorable years that followed.■



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Adopt Us!

Submitted by Tiffany Servidio

weet April was featured in Nutley Neighbors over a year ago. At that time she was looking for a foster home for when she returned from training. You see, April was an owner surrender who was being kept in a basement without daily interaction and socialization from the family. Flash forward to now and April is living



with an amazing foster mom who has helped her overcome so much! April is now ready for her forever home. April is a happy-go-lucky, silly gal. She is 7 years young and is super people and kid friendly. She walks well on a lead, is active, but also enjoys relaxing on the couch with her person. April does need to be the only pet in the house, but if you are looking for the perfect companion, she's the one! Email info@brickcityrescue. com if interested in adopting April.





Submitted by Christa Milici

lade was taken into our care from a very high kill J shelter. She is about 4 months old now. As you can see she is totally blind (before and after pictures). She also may have epilepsy as she has been having some seizures. She needs a special kind of home to provide her with lots of care and love. Being blind does not stop Jade, she still gets around, learns new surroundings very quickly; she's a smart girl and also very sweet! She is FIV/FeLV negative, stool tested, dewormed, vaccinated, microchipped, and will be spayed. Visit the website for more information and an adoption application: www.yellowbrickroadrescuenj.com ■



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New Book by Author Michael C. Gabriele



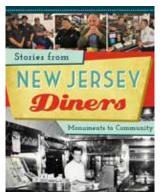
Stories from New Jersey Diners - Monuments to Community, the new book by New Jersey author Michael C. Gabriele, will be unveiled during a reception at the Nutley Museum, 65 Church St., Nutley, on Friday,

Sept. 27, 7 pm. The event, sponsored by the Nutley Historical Society, is free and open to the public.

The book (190 pages and over 80 photos) documents stories gathered throughout

the Diner Capital of the World. Diners and lunch wagons have been part of New Jersey life for 125 years, serving as beloved meeting places for their respective communities. Diner experiences-good food, slice-of-life encounters with friends and strangers, and the sentimental memories they inspire-reflect the state's spirit, culture and mythology.

Chapters in the narrative include stories from patrons that frequented Newark's legendary Weequahic Diner; late-night eats during Wildwood's wild Rock and Roll days; a "pioneer street caterer" (and his faithful horse Dandy) who operated a lunch wagon in Trenton during



the 1890s; an entrepreneur who traveled eight-thousand miles from India and opened a diner in Shamong; an impromptu midnight wedding in an Elizabeth lunch wagon; and a Vietnam veteran sustained by a heartfelt note from a beloved Mount Holly waitress.

Gabriele is a member of the executive board of the Nutley Historical Society and a 1971 graduate of Nutley High School. This is his fourth book on New Jersey history, and second book about the Garden State's diner business, all published by Arcadia

Publishing/The History Press (website: www.arcadiapublishing.com/The-History-Press). A lifelong Garden State resident, Gabriele is a 1975 graduate of Montclair State University and has worked as a journalist, freelance writer, and author for more than forty years.

The new book will be available for sale online, at local bookstores, and during Gabriele's presentations at libraries, civic organizations, and township historical societies. Arcadia Publishing/The History Press is the largest publisher of local and regional books in the United States, with a library of more than 12,000 titles. ■





5 Must-Try Tips to Build a Better Lunchbox

Contributed by Nutley ShopRite Dietitian Stephanie Bini

Pack to school means back to packing school lunch! Whether you brown bag or bento box, make your lunchbox as nutritious as possible by following these 5 easy steps!

Tip #1:

Get your kids involved- did you know that involving children in lunch preparation increases their likelihood of consuming their meals at school¹? To get started,

take your child grocery shopping and let them pick one new fruit or vegetable they'd like to try that week. Or have them help in the kitchen by washing fruits and vegetables, measuring ingredients, and placing food in their lunchbox. Make kids feel included in the process of packing their lunch and see the difference it makes in their food intake!

Tip #2:

Focus on variety- packing your child's lunchbox with foods from all 5 food groups provides them with the vitamins and minerals they need to grow big and strong and perform well in school! Try to include a whole grain, protein, fruit, vegetable, and dairy on most days of the week. Give your kids options to mix and match from all the food groups and let them make the final decision on what goes in their lunchbox:

1. Fruit- fresh, frozen, dried, freeze dried, or pureed are all healthy options! Think dried pineapple, unsweetened apple sauce, or fruit cups packed in 100% juice!



- **2. Vegetables-** try raw vegetables like carrot sticks, sugar snap peas, and cherry tomatoes for simple, stress-free options.
- **3. Whole Grains-** 100% whole wheat bread, tortillas, pitas, pasta, crackers, and brown rice are all nutritious whole grain options.
- **4. Protein-** tuna or chicken, hard boiled eggs, low sodium deli meats, beans, and seeds. If your school is "nut free" try soy nuts or sunflower seed butter as a delicious alternative!
- **5. Dairy-** include low-fat milk, yogurt, or cheese to boost calcium consumption!

Tip #3:

Remember hydration- don't forget to pack something to drink! Water is one of the body's most essential nutrients, which is why school aged children are recommended to consume 6-8 cups of water per day². To make drinking



water more exciting, try infusing it with fruit or vegetable slices and herbs. Also, pay special attention during hot weather or physical activity when children's fluid needs can increase!

Tip #4:

Use leftovers- cook once, eat all week! Turn one easy recipe into three new and exciting lunch options. Have leftover rotisserie chicken from dinner? Make it into chicken salad! You can serve it with whole grain crackers and baby carrots, wrap it up on a whole wheat tortilla, or serve on classic whole grain bread with lettuce and tomato. Leftovers make packing lunch a breeze!

Tip #5:

Make lunches fun- last but not least, shake things up to get kids excited about opening their lunchboxes each day! Use cookie cutters to make shapes out of sandwiches or make pinwheels or roll-ups with their favorite combinations. Use kid-friendly skewers to make any food into a kebab or create a fun lunchbox "theme". The possibilities are endless to make your child's lunchbox the talk of the school! ■

Bibliography:

1Wansink, Brian, et al. "Pre-Sliced Fruit in School Cafeterias: Children's Selection and Intake." American Journal of Preventive Medicine, U.S. National Library of Medicine, May 2013, www.ncbi.nlm.nih.gov/pubmed/23597811.

2Academy of Nutrition and Dietetics. "Water: How Much Do Kids Need?" EatRight, Aug. 2018, www.eatright.org/fitness/sports-and-performance/hydrate-right/ water-go-with-the-flow.



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EVENTS CALENDAR OCTOBER 2019

Oct. 1, 15. Tue.

Board of Commissioners Meeting

@Township of Nutley Municipal Building, 3rd Floor Commission Chambers, I Kennedy Dr. Open to the public Time: 7pm For more information visit www.nutleynj.org/board-ofcommissioners

Oct. I, Tue.

Reference Desk

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, call 973-667-0405, or stop by the

Oct. 2, 16, 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

Oct. 2, 16, 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, nonjudgmental detachment, resource

options, and other ways to foster positive mental health. Time: 7-8pm Cost: Free

Cost: Free For more information call 973-667-1884

Oct. 3, Thurs.

Nutrition Support Group

@Clara Maass Medical Center, Cancer Center Resource Room, I 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

Oct. 4, Fri.

Candlelight Celebration Walk

@John H. Walker Middle School, 315 Franklin Ave. Sponsored by The Nutley Thriving Survivors, Inc., a group that provides food, comfort, companionship, and celebration to women who live or work in Nutley, and their families, and who have been affected by breast cancer. Time: 6pm registration. 7pm walk begins.

Cost: \$17 registration includes long-sleeve camo shirt, bottled water, hot dog, candle, and a luminaria to be placed along Franklin Ave.

For more information visit www. nutleythrivingsurvivors.com

Oct. 5, Sat.

Leaf Bag Distribution Day and Food Drive

@Public Works Garage, I Cortland St.

10 bio-degradable leaf bags will be provided per household. The leaf bag giveaway will be combined with a food drive for the Nutley Family Service Bureau's food pantry. Canned goods, cereal, peanut butter, pasta, and rice are all needed. Residents can pick up



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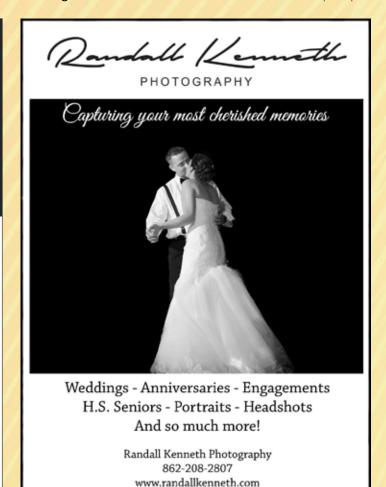
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their free leaf bags and at the same time help out people in need. If residents are unable to attend this event, they may pick up their leaf bags on weekdays starting Monday, Oct. 7 between 8am and 3pm at this location. Proper identification will be required. Time: 8am-1pm For more information call 973-284-4959

Oct. 6, Sun.

Maternity Meet and Greet: **Maternity Center Tour**

@Clara Maass Medical Center, I 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 Laborand-Delivery unit and ask about admitting procedures and childbirth options. Tours are also available by request.

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

Oct. 7, Mon.

DISH! The Monday Night Cookbook Club

@Nutley Public Library, 93 Booth Dr.

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 Mexico: The Cookbook by Margarita Carrillo Arronte and is available to be borrowed from the Circulation Desk.

Time: 7pm

For more information contact Michelle Albert at michelle.albert@ nutley.bccls.org or 973-667-0405 x2632. To register visit www. nutleypubliclibrary.org/dishcookbook-club or stop by the Reference Desk.

Oct. 7, Mon.

Informational Seminar: Weight **Loss Surgery**

@Clara Maass Medical Center, The Learning Center, I Clara Maass Dr., Belleville Learn more about surgical procedures available to achieve weight loss. Speak with one of Clara Maass Medical Center's toprated 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 visit www.rwjbh.org/ claramaass or call 973-450-2476

Oct. 7, 14, 21, 28, Mon.

Senior Art Program

@Parks and Recreation Building, 44 Park Ave. Time: 1-2:30pm For more information call the Recreation Office at 973-284-4966

Oct. 13. Sun.

Techno Trash Day

@Municipal Parking Lot 9, 537 Franklin Ave. VHS tapes, CDs, DVDs, and plastic jewel cases will be collected for recycling.

Time: 9am-2pm For more information call 973-284-4959

Oct. 16, Wed.

Laughter Yoga

@Essex County Environmental Center, 621 Eagle Rock Ave.

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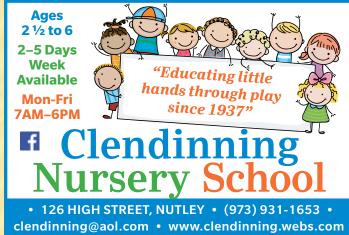


Nutley Neighbors -Best Version Media



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In this workshop series called Live Life Laughing, combine laughter exercises and deep breathing with childlike playfulness and movement to connect, unwind, and let go. It is a unique exercise practice called Laughter Yoga created by an M.D. in 1995. The instructor is Joan Castellano, certified Laughter Yoga teacher, who offers her program all over North Jersey. Time: 7:15-8:15pm Cost: \$40 per family (up to 2 adults and 2 children) or \$12 per child or senior; \$15 per adult. For more information visit www.laughteryoganj.com









2019 **EVENTS CALENDAR**

Oct. 17, Thurs.

Gary and Zeny Erbe Film **Festival**

@Nutley Museum, 65 Church St. Old-time television featuring Our Gang (1933), New York Confidential (1958), I Love Lucy with guest Groucho Marx (1955), and more.

Time: 7-9pm Cost: Free admission For more information visit the website: www. nutleyhistoricalsociety.com/

Oct. 19, Sat.

Kingsland Manor Paranormal Investigation

@Kingsland Manor, 3 Kingsland St. Join a group of fellow ghost hunters in an investigation and a reveal conducted by The Island Paranormal Society. Follow the investigators as they scare up spirits and ghosts from the Manor's past! Light refreshments will be provided. Space is limited to 30 persons each evening. Reservations required. Time: 7pm Cost: \$40 per person for reservation

For more information visit

www.kingslandmanor.org or "Kingsland Manor" on Facebook.

Oct. 20, Sun.

Bulky Rigid Plastic Recycling Day

@Municipal Parkin Lot 7, I Franklin Terr. Bring your bulky rigid plastics such as garbage cans, resin lawn furniture, laundry baskets, and children's outdoor play units for recycling. Time: 9am-2pm

For more information call 973-284-4959

Oct. 20, Sun.

Hanger Recycling Day

@Municipal Parking Lot 7, I Franklin Terr. Clean out your closets and bring down all metal, plastic, and wooden hangers for recycling. Time: 9am-2pm For more information call 973-284-4959

Oct. 20, Sun.

Out of the Darkness West Essex Walk

@Verona Park (Bloomfield Ave. and Lakeside Ave.) When you walk in the Out of the Darkness Walks, you join the effort with hundreds of thousands of people to raise awareness and funds that allow the American Foundation for Suicide Prevention (AFSP) to invest in new research, create educational programs, advocate for public policy, and support survivors of suicide loss. Thanks to Walkers and Donors like you, AFSP has been able to set a goal to reduce the annual suicide rate 20% by 2025. Time: Check-in/Registration 1:30pm. Walk 3-5pm For more information email westessexwalk@gmail.com

Oct. 20, Sun.

Pumpkin Festival

@Nutley Museum, 65 Church St. Children will tour the Nutley Museum, paint pumpkins, and find delightful surprises at this popular yearly event. Time: Ipm

Cost: Free admission For more information visit the website: www. nutleyhistoricalsociety.com/

Oct. 25, Fri.

Halloween Spooktacular

@Parks and Recreation, 44 Park Ave.

Be sure to wear your costume! Tickets will be available at the Recreation Department. Time: 6:30-8:30pm For more information call 973-284-4966

Oct. 27, Sun.

Nutley Thriving Survivors Celebration Brunch

@Forest Hill Field Club, 9 Belleville Ave., Bloomfield This is a brunch to celebrate those whose lives have been affected by breast cancer.

Time: I Iam-2pm Cost: Free for breast cancer survivors who live or work in Nutley and one guest; \$35 per

For more information www. nutleythrivingsurvivors.com



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	School District(973) 661-3500
	Chamber of Commerce (973) 667-5300
Town Hall(973) 284-4951	Public Affairs & Health Dept (973) 284-4976
Library(973) 667-0405	Public Works (973) 284-4958



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