

SEPTEMBER 2018

A community magazine serving the residents of Nutley

NUTLEY NEIGHBORS



**The Isip Family
Puts the 'You'
in Neighbor**

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Falling...

I bet you think I am going to make a reference to September and fall, right? I can give you partial points for that since the idea of leaves silently falling from the trees is on my mind. But then I took the idea of 'falling' a little further...

Several articles in this month's issue relate to falling of a different kind.

Our awesome cover family, Pete and Natalie Isip (and their adorable son, Phoenix), know about falling. Pete and Natalie fell in love with each other, moved to Nutley, and fell in love with this town and the people. They are very active fundraisers and are the type of people who encourage those around them.

Then there is a negative type of falling; sometimes a person needs help getting up, whether physically or emotionally. They may be experiencing a hard time in their lives.

Michele Fleitell, president of Nutley Thriving Survivors, and her wonderful group help women and their families who are battling breast cancer. They provide practical support for them as well as a lot of encouragement. To honor the work they do, they received the Mattia Distinguished Community Service Award. Well done!

Our student athlete, Natalie Melillo, fell during a soccer game at her college in Florida. She had significant damage to her knee and underwent a couple of and surgeries. Yet, that one moment of falling on the soccer field seemed very short compared to the healing process. Afterward, she experienced 'falling' of a different kind; the idea of never returning to soccer was overwhelming.

But someone came alongside her. Jaclyn Giangrande, a physical therapist at Professional Physical Therapy here in Nutley, worked with Natalie's knee. More importantly, they worked together toward Natalie's future as an athlete. Read that story and be inspired.

Falling can be good, like falling in love, and it can be hard, like falling under the weight of a physical problem.

Every month I am always impressed with the amount of generosity and genuine caring from the people I meet and write about. The Scott DeCarlo Memorial Scholarship Fund is another example and I encourage you to read about this man and the vision he left behind.

In fact, read about everybody; Gina Sarno Zenyuch is using her acting talent to bring awareness to abuse victims; Dr. Elena Vitenzon (Nutley Vision) and Dr. Shannon DiCarlo (New Jersey Natural Family Health) use their medical training to help people daily; and let's not forget those special people who help dogs and kittens find forever homes.

Falling leaves just took on a new meaning.

See you next month!



Joyce Corey Content Coordinator



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Isip family motto: Family first, family forever, be a good human being

The Isip Family Puts the ‘You’ in Neighbor

By Joyce Corey

Photographs by Photo Arts Productions

Sometimes neighbors are connected only because of a street address; sometimes they are connected because of their strong commitment to the community. So, when the Isips moved into their home on Hopper Avenue in 2010, they didn’t just see a street sign where they belonged; they saw a town with people whom they can interact with, influence, and help.

Pete Isip and his wife, Natalie, decided to make Nutley their home for several reasons. Many of you know Pete as the owner of Krank Nutley Gym on Washington Avenue. While the location of the fitness center was indeed a consideration of where to live, Pete explains another factor in choosing our town.

“We moved here because after opening the gym in 2010, I got a better look at what the town does for children and they are very active in that area. The town also sets up activities and events for all age groups. This is

important to me since I am a really big family guy and also someone who takes an active part in the community. At Krank, we look for opportunities to raise funds for different charities and organizations and to build relationships with people.”

The Isips also enjoy the atmosphere of their neighborhood. “I love the area and the people are nice,” Pete said. “It’s quiet here and since I am around people all the time, it’s good to just lay back and sit and listen to the calm and silence now and then. We are still pretty new here whereas my neighbors have been here for a while. They always let me know what’s going on and it’s fun to sit and listen to the stories about the past.”

Pete’s philosophy in running Krank Nutley Gym factors in the personal life choices he himself has made. “We specialize in group training and life transformation,” he tells us. “People use the terms weight loss or fat loss, but to



"I'm a really big family guy" -Pete



Switch, Seabass, Daisy

me it's more than that. When you choose to change your fitness levels, you really want to change more about you."

He also put many of these ideas in book form. *The Path to the Real Me* is Pete's first book (he is currently working on a second one) and discusses practical steps to overcome many of life's struggles. This book reveals his own personal journey and definitely taps into the mindset of many people who are seeking to find their real self and purpose.

Pete stays fit in both mind and body with a regimen of

working out, walking the dogs, and studying. "Learning is a huge hobby for me; I really love to develop my craft as well as ride my bike and skateboard."

He said that he feels like his life is "one big story" and the activities he chooses to put into his life reveal that holistic idea. His time and energy is literally poured into people and events that sincerely touch his heart.

He and Natalie are the happy parents of a son, Phoenix, who is two years old. "Phoenix was attending a preschool camp and his favorite subject was whatever they were doing that day," Pete said with a laugh.

Natalie and Pete also share their home and time with the dog members of their family. Seabass is a twelve-year-old Shepherd mix. "He is my wife's dog, so he's my step-dog but I think he loves me more than her," Pete explained with a smile.

Daisy is a two-year-old Coonhound that they rescued from a family that couldn't have her anymore. Switch is a thirteen-year-old Parson Russell Terrier with a strong bond to Pete.

"I got him at a time when I was in a bad place mentally in my life," Pete said. "I was highly medicated on antidepressants, but after getting this little guy I slowly weaned off and didn't need them anymore."

He credits the genuine value dogs have brought into his life. "I truly love dogs and I feel that they understand me and I understand them."

Many people have applauded Pete's involvement in the community and he gives us a glimpse into why he is so active. "I love to help people become better in any aspect of their life. I do what I can to be a good human and a dream-reacher in order to influence the community around me."

Helping people reach their dreams, achieve their goals, or transform their lives seem to be all in a day's work for Pete Isip.

Sometimes a neighbor is just a name on a mailbox and sometimes they deliver a lot to the community. Pete, Natalie, Phoenix, and the doggie members of their household bring a lot to our town and we're happy they are our *Nutley Neighbors*.

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Submitted by Tiffany Servidio

How gorgeous are Ranger's eyes? This handsome guy is estimated to be about two years old. Ranger was rescued after being found dumped in a wooded area in Plainfield. He was skin and bones and needed to go to the vet right away. Ranger was dehydrated and had skin issues from the extreme heat. He has since been fully vetted and is recovering. Now all Ranger needs is a forever family to love. He is housebroken and crate trained. Ranger is also good with dogs and kids. He has no food or guarding issues. He is a very loving, smart, and sweet boy. Ranger would make a great addition to any family! If interested in adopting Ranger, contact Brick City Rescue at info@brickcityrescue.com



Submitted by Christa Milici

Belle is a sweet tuxedo female looking for her forever home. She was found as a newborn all alone in someone's backyard with no mom or siblings. She is up to date on all vetting. She would love a home of her own! Please visit the website to look at all of the adoptable kittens: www.yellowbrickroadrescuenj.com/.



Five Things the Isip Family Love about Nutley

1. Krank Nutley Gym (of course!)
2. Grabbing a meal or a drink with family and friends at any of the amazing pubs, restaurants, or take-out depending on the interest level of our son!
3. DeMuro Park for the playground, courts, and track . (It's also Pete's place to mediate and you may see him sitting on a bench staring!)
4. Walking the dogs around town
5. All the fun street fairs and market days the town has

We are always looking for fascinating residents to feature in *Nutley Neighbors*. If you are interested in being included or would like to nominate one of your neighbors please email jcorey@bestversionmedia.com

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Nutley Vision

By Joyce Corey

Have you seen Dr. Elena Vitenzon recently? If it's been a while since you had a comprehensive eye exam, it may be time to give her a call and set up an appointment.

Nutley Vision, at 214 Franklin Avenue, has become the go-to place for anything eye-related for many people. Dr. Vitenzon is an experienced optometrist who received her Doctor of Optometry degree from the State University of New York in 2004.

She has been serving the Nutley community for the past fourteen years. Previously, she was the optometrist at Pearle Vision (at the same location) but is now both optometrist and owner of Nutley Vision since 2017.

"I can provide a comprehensive eye exam for all members of the family," said Dr. Vitenzon. "I am qualified to diagnose and treat diseases and disorders of the eyes, as well as prescribe medications."

Routine eye exams can detect vision problems and even general health issues. Dr. Vitenzon can write a prescription to correct any vision issue like nearsightedness, farsightedness or astigmatism. She and her trained



Tanya Senior, Dr. Elena Vitenzon, Diane Basilone

staff can also offer expert advice on selecting the right lenses for glasses or discuss whether the patient might prefer contact lenses.

Store manager, Tanya Senior, and sales manager, Diane Basilone, have been working with Dr. Vitenzon for 14 years and each member of the staff brings a high level of knowledge and dedication.

"We are very happy to help a patient choose the right style and color frames for glasses," Dr. Vitenzon said. "We care about how well a patient can see and we also care about how a patient wants to be seen, whether with glasses or contacts. That's why we talk about the various ways in which corrective lenses can be used. Glasses

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can make a fashion statement but sometimes a person doesn't want to call attention to any vision issue so contacts may be preferred. There are also the options of bifocals and progressive lenses. All of us here at Nutley Vision can offer solid advice and we take our time with each person who comes to us."

Many patients have left favorable reviews about their experience with Dr. Vitenzon and her staff. From a friendly greeting upon walking into Nutley Vision, to a thorough eye exam with the doctor, to the selection process of glasses or contacts or other eye-related needs, everyone is treated with respect and professionalism. Patients will have their insurance benefits explained to them and the staff will calculate what they are entitled to with their coverage.

Nutley Vision has a wide selection of frames for both women and men with top-name brands like Gucci, Tiffany, Ray-Ban, and Guess to name a few. There is truly something here for everyone's style and taste.

Dr. Vitenzon has been serving the Nutley community for years and she talked about a very happy benefit she has from this experience. "I have had the pleasure of seeing patients when they were children grow up into adults. It's a wonderful experience for me to be part of their lives for so many years. Not only have I been helping them with regular vision care and corrective lenses, but I have seen them mature into adults. I am glad that I have made a difference in their lives with eye exams. I am also pleased they

are continuing to give eye health a priority in their lives."

At Nutley Vision, there is a friendly atmosphere and high level of professionalism. Patients are assured of a thorough exam as well as courteous and knowledgeable help in selecting the right way to correct any vision problems.

Dr. Elena Vitenzon truly helps patients 'see' the results of routine eyecare and exams.

Nutley Vision offers professional eye care services in a friendly and comfortable environment. They are located at 214 Franklin Avenue. Visit their website: www.nutleyvision.com for more information or call to make an appointment: (973) 542-1105.



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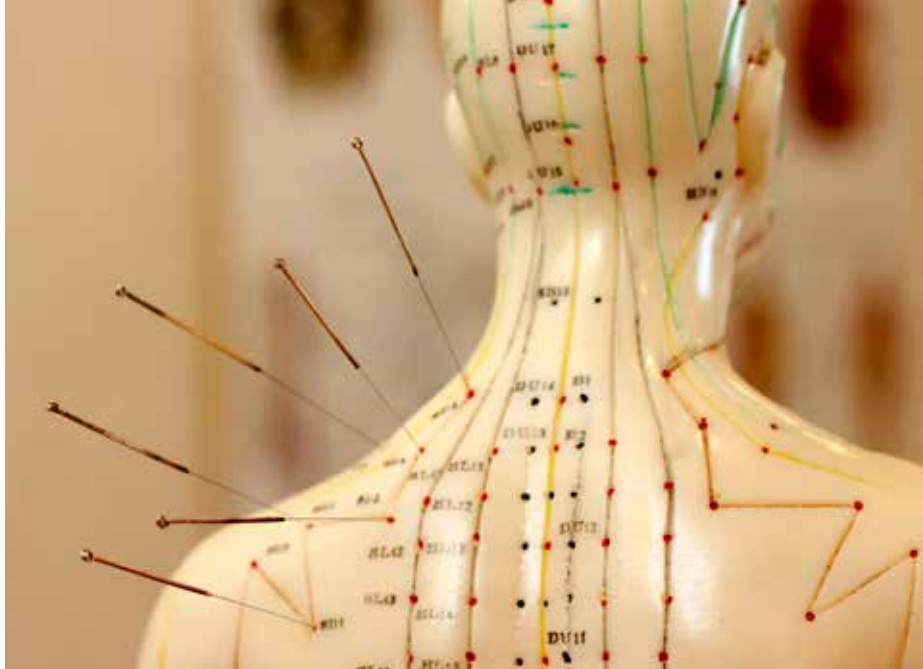
By Dr. Shannon DiCarlo

With most professions, it's typically rather clear what you do for a living. When someone tells you they're an accountant, you know they work with numbers. A teacher teaches. You get the point. For me, when I tell people that I'm a Doctor of Acupuncture and Chinese Medicine, I'm often greeted with blank stares. I like to think that they are fascinated, enthralled stares. But they are stares, nonetheless.

So let's clear it up.

WHAT ON EARTH DO YOU DO?

• **That's easy.** I offer patients, who have a variety of health concerns and diagnoses, a way to address their issues in a more holistic manner. Basically, I prescribe herbal formulas instead of pharmaceuticals. I use techniques that are rooted in holistic medicine to help patients feel better, while also addressing the root cause of the illness. For example, if a patient comes to me with a long history of migraines, I use holistic therapies to help relieve their pain. In addition to that, I want to identify any underlying causes of the headaches so that we are not



just addressing immediate and future pain, but focusing on what might actually be causing the issue. Sometimes that's poor circulation, inflammation, or any number of internal problems that are triggering pain and discomfort.

WHAT ARE THE HOLISTIC THERAPIES YOU USE?

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• **Chinese herbal medicine** is a sophisticated form of natural medicine. The goal of Chinese herbal medicine is to address symptoms, while also treating the underlying cause. Often, herbal formulas are prescribed in conjunction with acupuncture treatments to achieve optimal health. These natural formulas can address a variety of issues such as digestive health, sleep pattern regulation, allergies, gynecological and fertility health, stress/anxiety, and much more. Herbal formulas can be prescribed as a primary method to address illness and disease, or as a method of counteracting the negative side effects of prescribed pharmaceutical medications.

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Celebrate Library Card Sign-up Month at the Nutley Public Library

By Kiran B. Patel, MLIS, Supervising Librarian

September is Library Card Sign-Up Month, a time when the American Library Association (ALA) joins public libraries nationwide to highlight the value of a library card. The Nutley Public Library joins the celebration with events that remind our community that a library card is a person's most important card of all – from birth to high school and beyond. The Nutley Public Library is a dynamic community center that offers a variety of adult and children's programs to stimulate an interest in reading and learning. The Nutley Public Library card is free if you live, work or go to school in Nutley.

The extraordinary Incredibles family of superheroes are back once again to encourage everyone to "Get a Library Card and Check Out Something!" Join us at the Nutley Public Library for special programs throughout the month to celebrate the power of a library card and a chance to win great prizes.

The Saturday Afternoon Book Club presents, "Before the Book: Workshops for Aspiring Writers" on select Saturdays September through December. Join us for first of the four workshops "Writing Your First Book and Building a Writing Life" led by author Hillary DePiano on Saturday, September 8 at 2:00 p.m.

A Nutley Public Library card entitles you to borrow books, museum passes, DVDs and Blu-rays, music CDs, vinyl records, portable turntables, audiobooks, magazines, and video games. Check out the educational opportunities available on the library's website accessible with your library card number: Lynda.com, an online learning site that hosts a constantly growing library of over 6,000 courses; Mango and Rosetta Stone, language learning databases; and Ancestry.com, the world's most popular consumer online genealogy resource.

Library cardholders also enjoy remote access to eBooks and audiobooks, digital magazines, graphic novels, and JerseyClicks research databases. You can also renew and reserve materials, sign up for date due reminders and text notifications, and create a custom username. So come to the Nutley Public Library and get a library card this September. The Nutley Public Library is no ordinary place, so use your library card to "Check Out Something Incredible!"

For more information, visit our library's website: www.nutleypubliclibrary.org.



• **Cupping** is a technique in which small glass cups are applied to the surface of the skin. Using a small pump, suction is applied to pull the muscle upward. Patients often feel that it is like a "reverse massage" that loosens the muscle, provides pain relief, and increases mobility in the joints. It can be useful in recovering from respiratory illness and to help regulate digestion. Cupping does leave painless circular marks on the skin which can appear red or slightly purple. These marks typically disappear within a few days and are harmless.

• **Gua Sha** is a technique that involves the use of a blunt tool to stimulate an area of the body using a directional stroking method. It is commonly used to address pain and limitations in mobility, but also has the function of assisting with immune system concerns and respiratory issues. It is effective in improving blood circulation to areas of the body, breaking up scar tissue, and releasing connective tissue adhesions that can prevent muscles and joints from proper functioning.

• **Auriculotherapy** involves placing small seeds or pellets on the external ear to alleviate symptoms and address issues in other parts of the body. The site of these seeds is carefully chosen for each patient to correspond to each particular concern. The seeds remain for three days and are removed easily at home, much as you would remove a small Band-Aid.

WHAT IS THE END GOAL OF TREATMENT?

• **My goal with patients is this:** What are your symptoms preventing you from doing or enjoying? Do you have digestive issues that make it difficult to enjoy a dinner with friends? Is your insomnia causing you to lose focus at work? Does your neck pain make it tough to play with your kids? Once we have answers to these questions, we get to work. Plain and simple.

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An Off-Broadway Play That Starts Off-Stage Conversations

By Joyce Corey

"The play's the thing." -SHAKESPEARE

Gina Sarno Zenyuch knew the power of the play since she was nine years old. That was the age when she started acting in theatrical productions. She quickly mastered the fine art of entertaining an audience and realized that this was something she wanted to pursue for her lifetime.

And that is exactly what she is doing.

Her professional career in film and television began in 2010. She earned a Bachelor of Arts degree in Theatre at Albright College in 2011 and is a proud member of SAG-AFTRA.

Her latest performance in an off-Broadway production masterfully brings her love of the theatre, her acting skills, and a powerful sense of empathy and purpose to the stage.

"Last year, when my friends went to New York to see the play, *Blackbird*, I wasn't able to go, but I bought a copy of it and read it several times. I knew that I wanted to perform this because it's powerful and can impact the lives of the audience."

Gina describes *Blackbird* as "heavy subject matter" but it also highlights a topic that can empower women. The play was written in 2005 by David Harrower and depicts a young woman meeting a middle-aged man fifteen years after being abused by him when she was twelve.

"I wanted to get this show onstage and Friday, December 8, 2017, we opened at Nutley Little Theatre for two weekend performances."

Nutley Little Theatre is an all-volunteer, not-for-profit organization that has been presenting dramas and musicals to the New Jersey community for over 83 years.

The production of *Blackbird* was well received here in town and generated a lot of conversations. "A unique



Nick Pascarella of *Ho-Ho-Kus* and Gina Sarno Zenyuch of *Nutley* in a scene from *Blackbird*.

aspect of the play was that we invited discussion with the audience afterward. These talks were often emotional and they were always beneficial in bringing this topic into the light," she said.

Gina then turned her attention to securing a venue off-Broadway for the play. "This required a lot of work in securing a theatre, fundraising, and advertising. We were lucky in finding an actor who we knew could play opposite me: Nick Pascarella of *Ho-Ho-Kus*. And it all came together at the Sargent Theatre at The American Theatre of Actors. We were originally slated for three weekends in June which was extended to all four weekends."

The nature of the play prompted some special guidelines.

"Since this was about abuse, we announced a 'trigger warning' before each performance," she explained. "Basically, this means that we alert the audience that the scenes in the play may evoke a strong emotional reaction."

And yet the most interesting aspect of this play is that it is not over when the curtain falls.

"After each performance we had guest speakers, either someone from an organization that helps abuse victims or someone who told their personal story. This two-person play has opened the door to keep the conversation going, and although the off-Broadway run has ended, I know this movement will continue to be important," she said.

The show's tagline is: The conversation is not over.

Here's hoping that the acting and empathy of Gina Sarno Zenyuch will continue to impact audiences and make a lasting impression in their lives.

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Innocence Lost in the Jungle

By Frankie Turano

Viet Cong...Ho Chi Minh Trail...
The Tet Offensive...Agent
Orange...Cambodia...Charlie...
Guerrilla Warfare...Hanoi Hilton...
Laos...Napalm...POW...

These are but a small fraction of words and terms associated with the Vietnam War. They highlight the places and events where prayers and profanity were screamed from the lungs of young soldiers whose very innocence was tarnished in the excessive burning heat of a faraway jungle, while the fires of protest raged across the United States. You quickly learned that you were doomed if you had the inability to see how the enemy really was: a killing machine and nothing more. The heat, the fear, the smell of death, the longing for home, this pretty much summed up what life was like for the American soldier.

John Kievit Jr. is all too familiar about a war and a place in which he lived, for a brief moment in time, and that defied description. John was drafted into the army at age 19. He then attended basic training for a year at Fort Carson in Colorado. The next thing he knew, he was at base camp near Saigon, in an area called the Iron Triangle. With the Hồ Bò Woods and the Bo Loi Woods nearby, you would think being in a mechanized unit and driving an armored personal carrier would have kept you safe. You would be wrong in that assumption.

"My first Purple Heart was awarded because of injuries I received when we were driving in an open area. We were ambushed and bombarded by a mortar attack and then hit with an RPG. An RPG is a rocket-propelled grenade that can be launched from a distance and is capable of penetrating armored vehicles. We lost one man. Everyone, including myself was injured, but we were lucky to have a diesel-powered engine. You see, diesel burns and gas explodes. We would have all been killed if I was driving a gas-powered engine that day," John explained.

"My second Purple Heart was awarded after I was wounded when we hit a landmine. It blew the track on the



vehicle and I suffered facial cuts and a broken nose. I spent a bit of time in field hospitals while I was over there," he informed me.

I asked for a description of a day in Vietnam.

"The rain and the heat caused an immense amount of humidity. The mosquitos would eat you alive. I once went 80 days without a proper shower. You would drive up and down dirt roads with large rice paddies on either side. Green grass and tall trees were in the distance as the vehicle bounced in and out of the deep water-filled pot holes. During this entire time, you were waiting to be killed," he said nonchalantly.

I then asked, "Since the Viet Cong had a vast network of underground tunnels, did you ever have to enter one of them just like the movies?"

I was a bit shocked by what he had to say. "You mean just like the movie Platoon? That movie was based on the 25th Infantry Division near the Cambodian border. That was me and Oliver Stone. He was in the same Division and he wrote about his experience in the 25th. That was a pretty good description of what went on over there. And yes, I did have to enter the tunnels but, lucky for me, not that often," he spoke with relief.

I then inquired about what he considered standard information and something fun or unique that may have happened.

"Standard intel that every soldier would tell you is that ammunition was extremely heavy and weighed you down. But, it was necessary to have it because you never wanted to run out. Something unique was the little monkeys that would come right up to us and bother us for our food. When we would try to shoo them away, they would bite us. They were a bit annoying," he said, as he laughed.

John Kievit Jr., we cannot thank you enough for what you did for this country and its people. Your country salutes you, your town salutes you, and I, my dear friend, salute you as well.

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

Submitted by the
Nutley Historical Society

Do you love to take pictures of Nutley? We do. Our town offers unparalleled opportunities to photograph nature, people, historical buildings, and so much more.

We are pleased to share some especially beautiful photos of our town that are in the archives at the Nutley Historical Society. Without looking at the captions, can you name all the locations they show? We invite you to try!

If You Love to Take Pictures of Nutley, We Have a Contest for You!

The Nutley Historical Society is pleased to announce that with the support of a grant from Essex County, we are running a photography contest called Picturing Nutley. Why not enter your best photos of our beautiful town? Here are the details . . .

Adult Division - **\$100 prize**

High School Division - **\$75 prize**

Elementary/Middle School Division - **\$50 prize**

The deadline to enter is November 15, 2018. Visit www.picturingnutleycontest.org and upload your pictures. You could win, and your photo could become a permanent and cherished part of our town's history.



The old stairs near Park Drive in the fall



The beautiful train trestle over the Third River

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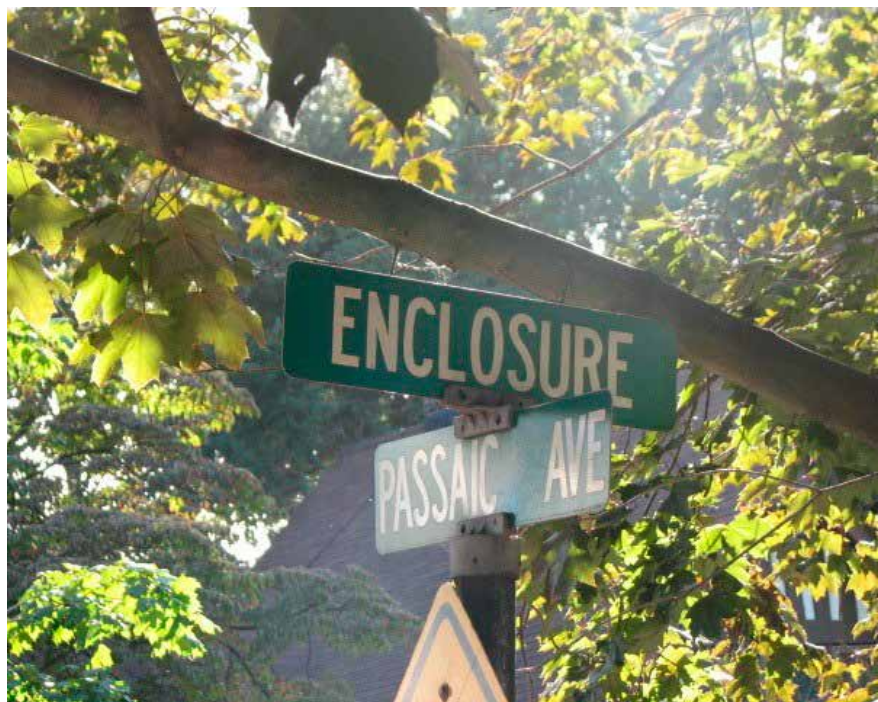
The Nutley Tennis Club with its glorious clay courts



The Mudhole



The historic bridge on Centre Street, now being rebuilt



Signs at the corner of Passaic Avenue and the Enclosure, once an artists' colony

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Scott DeCarlo Memorial Scholarship

By Michele Koster

Some people will come into your life and you automatically know that they were meant to be there. For those of you who had the pleasure of knowing Scott DeCarlo, you know this to be true.

Scott grew up in Nutley and started playing lacrosse in the town's recreation program when he was very young. He played for Nutley High School as a goalie under head lacrosse coach, Richard Noonan. Scott was selected First Team Rizk Division his senior year as a lacrosse goalie and he was chosen to represent the North as a goalie in the annual Gil Gibbs North-South Senior All-Star Games.

After graduation in 2005, Scott attended boot camp at Fort Benning in Georgia and Airborne School immediately afterward. He then successfully completed the Ranger Indoctrination Program (RIP) and received his Ranger Tab. He served in the 3rd Ranger Battalion and completed three deployments in Iraq and two deployments in Afghanistan. Sgt. DeCarlo earned several honors while he was in active duty. He was awarded the Joint Service Commendation Medal, Army Commendation Medal, Joint Service Achievement Medal, and three Army Achievement Medals.

After serving eight years in the military, he returned to his hometown of Nutley. Scott decided to reconnect with his high school coach, Richard Noonan. It soon became evident that Scott's love of lacrosse and a strong desire to give back to the community would become his calling.

"Scott was a four-year starter and the heart and soul of our team," recalled Coach Noonan. "He had the ability to play high-level college lacrosse but followed his dream to defend our country. When Scott left the military he was suffering from PTSD and had a traumatic head injury. He was having a hard time adjusting to civilian life so I asked

him if he would be interested in coaching. Scott jumped at the chance to give back to the sport that meant so much to him. He worked with all of our goalies, from third grade through high school. Scott helped the boys get better and without knowing, the boys were helping him get better too! A few weeks before Scott passed, he told me he wanted to go back to school to be a teacher and a coach."

Coach Noonan introduced Scott to Tim Koster who is an assistant coach with the Youth Lacrosse program. Coach Tim recalls the first time he met Scott.

"I knew within minutes of meeting him that he was special. Scott was a person you enjoyed being around. He was like a big brother and a positive role model to my son, Michael."

'Mikey,' as Scott called him, was his goalie prodigy. He worked with Mikey on and off the field and he quickly became his 'little buddy.'

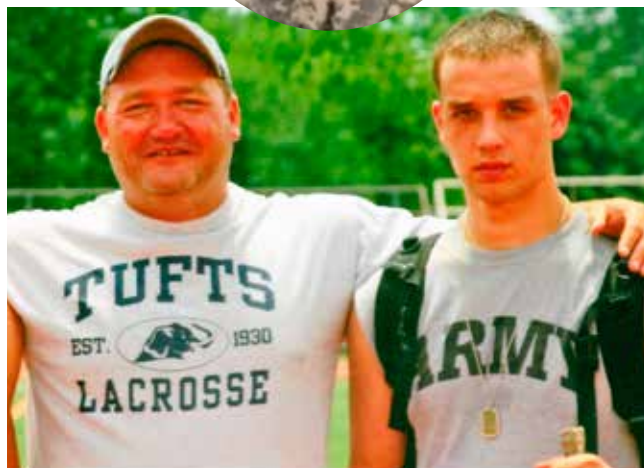
Mikey recalled Scott teaching him valuable qualities such as respect and dedication. "Coach Scott is the reason why I am a goalie today," Mikey said. "Coach Scott said to always look a person in the eyes when they're speaking to you because it's disrespectful not to. I miss my friend and I will never forget him."

Scott also worked with youth goalie, David Adams, who is the son of head coach Doug Adams of Nutley Youth Lacrosse. "While I only knew Scott for a short period, he had a profound effect on me and our program," he said. "Scott's guidance provided

our goalies and players with tremendous mental focus and understanding of the game. I would often thank him for helping our kids after practice and his response was always, 'they are helping me more.'"

Scott's untimely passing has left a huge void in our lives and in our hearts that can never be filled. He leaves behind his parents, Bill and Lesley DeCarlo, his brother Bill, who is also an Army veteran, his sister-in-law Tabatha, his nephews Maddox and Hunter, and his loving aunts, uncles, cousins and friends. Our lacrosse family sends our deepest condolences to all of Scott's family.

To keep his memory alive, and to honor our coach, our friend, and our hero, the Scott C. DeCarlo Memorial Scholarship Fund was created. Visit Scott C. DeCarlo Memorial on Facebook for details and information on fund-raising towards the scholarship fund.



From top: Scott in his Army Ranger uniform. Scott with Coach Noonan. Scott with Nutley Youth Lacrosse goalie, Mikey Koster. Scott and his nephew, Hunter

George LaMonte & Son National Safety Paper

By Dave Wilson

The Civil War was over and reconstruction began to restore unity to our nation. Monetary practices needed to be modernized across the country. Many forms of money, trade, and valuations would be tried. Coins were too heavy, easily stolen, and counterfeited. Livestock, beaver skins, and crops were hard to divide and value. Shady bankers and forgers found easy money altering bank notes and bills of exchange, a capital offense.

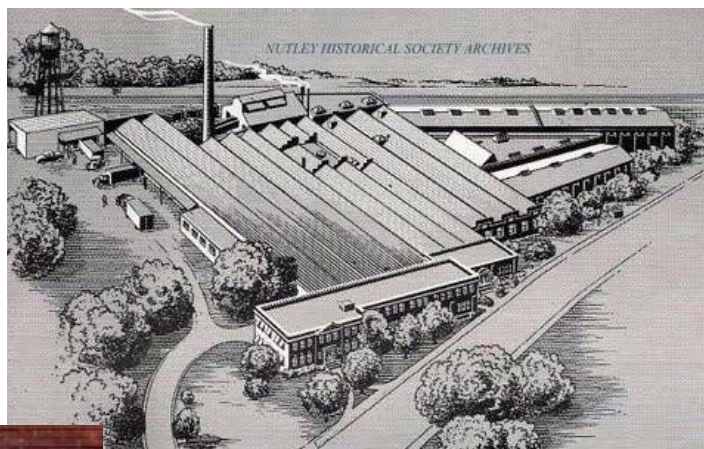
Banks of Deposits were formed using checks and drafts for credits and debits. Forgeries were very problematic as criminals altered checks. George T. LaMonte, in 1871, patented what is perhaps the most overlooked invention of modern times: National Safety Paper. This method impregnated paper with designs that turned white when numbers or other check features were altered.

The LaMonte factory started as a small building at 299 Kingsland Street in 1897 adjacent to the Erie Railroad tracks. A 1905 merger with Kingsland Mills brought manpower and resources into the growing company. By 1961, three hundred people worked in a six-hundred by nine-hundred-foot complex.

Three generations of LaMontes would grow the business as check use soared. Transportation tickets, bank notes, stock certificates, and even Cuban lottery tickets were produced using National Safety Paper processes. George M. LaMonte oversaw the rise to supply over seventy-five percent of the market demand. A family-friendly corporate policy included profit sharing, life insurance, maternity and medical benefits, a savings bond plan, pensions, holiday and vacation pay and a company picnic at the Sundance Lodge. The family was into banking and politics, with members on local banking boards approving employee loan applications.

George V. LaMonte would manage operations from the 1950s through the sale in 1966 to Georgia Pacific (GP). Labor unions were never approved by employees despite numerous votes. Only after GP took control did the Teamsters set up shop. GP moved the plant to Warwick, New York in 1969 and sold off the property to Roche, who cleared the site for redevelopment.

Let's follow some paper being delivered by train to the siding where stevedores unload the large rolls of paper, being careful not to damage the edges as the blank paper is moved to the Production Department.



Above: Exterior of complex, courtesy Nutley Historical Society. Left: Main entrance to facility, courtesy Anthony Buccino. Below left: A La Monte parking permit.



Proprietary machines were used to print designs on the paper with special fluids using steel cylinders engraved with the customer's name or artwork. There were eighteen machines for this process and a large vault to secure hundreds of cylinders. Paper cuts and pinched fingers were common injuries.

Next stop, the Calender Department, where the paper was polished and made ready by sending it through various rollers, some two stories high, requiring men on two levels to feed the paper. The Finishing Department would cut and package the paper to sizes specified. These shipments were delivered to printers, such as Deluxe Check, for adding names and account numbers.

Zero-emission practices were evident everywhere, including shredding and recycling of waste paper, containment of fluids, natural ventilation and illumination with skylights and scrap paper cut and packaged for employees to take home for the kids. Dad worked there from 1949-1969 and still has some paper, so he truly got a lifetime paper supply.

LaMonte was one of the big three employers in Nutley and had a world-wide impact while bringing financial security to hundreds of local families.

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Soccer Goals of a Different Kind

By Joyce Corey

At Saint Leo University in Florida, Natalie Melillo was leading her college soccer team in assists and goals, but 17 minutes into the second game of her senior year left her athletic career in serious jeopardy.

"We were playing in Memphis when I collided with the two girls from the opposing team who were guarding me," Natalie said. "I immediately knew that something didn't feel right in my knee. My coach came onto the field and said it might be some ligament damage. He asked if I was able to endure the bus ride back to Florida, which would take about 17 hours, and I said I could make it."

That trip was never completed as planned since Natalie's foot started turning blue after an hour. The bus detoured to a hospital in Mississippi where X-rays showed no broken bone (the hospital was not equipped to do an MRI) and she was given a steroid shot to reduce the swelling.

Twenty-two hours later, and back in Florida, Natalie got a more thorough (and shocking!) diagnosis. She had endured a "multi-ligamentous" injury, meaning she tore more than one ligament in her knee. She tore four out of the four major ligaments as well as her meniscus and dislocated her knee cap.

Surgery was in her future; in fact, two surgeries were. Soccer, however, may not be.

The first surgery, on September 15, took six-and-a-half hours but it was only weeks later that Natalie felt that



Left: Natalie's first surgery.

Above: Natalie and Jaclyn in the clinic.

something was still wrong.

"My knee bend was only 30 degrees, and my recovery should have made more of an improvement in my mobility," she said.

Natalie went back to the doctor who scheduled a second surgery for October 20. The surgeon removed a fibrous internal brace anchored into her femur and tibia. It had made multiple holes in her tibia and femur, the largest being 22mm and which required a bone graft.

"The usual recovery from this type of surgery is 14 to 18 months with no return to the game," Natalie said.



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But this soccer player still had a goal: to get back onto the field.

"When I came home for winter break in November, my knee was still not bending well and the doctor was recommending a third surgery," Natalie said. "But then I met Jaclyn Giangrande, a physical therapist at Professional Physical Therapy here in Nutley."

"When I met Natalie, I asked about her goal," Jaclyn said. "She told me she wanted to return to soccer. Although I've read studies that showed that only 22-33% of athletes with this type of injury return to playing a high level sport, I didn't think her goal was unrealistic."

Natalie said, "Jaclyn told me that if I ever wanted to play soccer again, I had to trust her, and so I did."

Jaclyn worked with Natalie five days a week during her break from school. "A normal range of motion for the knee is measured at 135-145 degrees," Jaclyn explained. When I first saw Natalie, she was at 58 degrees. After 20 days of intense work, she was 147 degrees."

There was no need to schedule the third surgery with this type of progress.

Natalie returned to school in Florida in January and



Natalie is performing a single leg squat to work on dynamic knee stability and strength.

worked with a physical therapist there. But Jaclyn was still her rock of support with daily phone calls.

"I wanted to be there for Natalie, even from a distance, since I knew the range of emotions she was experiencing," Jaclyn said. "Unless you have battled through an injury that stripped you of everything that made you, it's difficult to overcome the psychological aspects of injury, while simultaneously physically rehabilitating from it."

Natalie has high praise for Jaclyn. "She never let me doubt myself, even on my worst days. She pulled me from the darkest places and I'll never be able to thank her enough for that."

In June 2018, Natalie returned to the soccer field with no restrictions.

That was seven to twelve months sooner than predicted.

She is currently working on her Master's degree in rehabilitation counseling.

Natalie was awarded the Comeback Athlete of the Year from the staff at Professional Physical Therapy.

"It's you who decides if your athletic career is over," she said.

And Natalie Melillo is still in the game.



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Nutley Thriving Survivors Receive Mattia Distinguished Community Service Award

By Joyce Corey

Nutley Thriving Survivors were chosen as this year's recipient of the 2018 Dr. Virginus D. Mattia Memorial Award. The annual presentation of this award, now in its 46th year, honors individuals or groups who have demonstrated exceptional community service.

The award commemorates the life of former Hoffman-LaRoche president who died at the age of 49 in 1971.

The Nutley Thriving Survivors exemplify the spirit of community service by celebrating and supporting local women who battle breast cancer. Much of the work they do is personal; they offer emotional, physical, and financial support in practical ways like providing meals, transportation, and wigs. They may accompany patients to and from chemotherapy and also help ease the anxieties of their family members.

The awards ceremony was held on May 9, 2018 at Nanina's in The Park. Present were members of the committee and several women who are survivors themselves. President of the Thriving Survivors, Michele Fleitell, accepted the award on behalf of the organization.

According to Fleitell, the organization is one of a kind. "We contribute personally," she said.

Nutley Thriving Survivors, led by Fleitell, was established in 2003 with the help of then Nutley mayor, Joanne Cocchiola. Cocchiola, who is now Nutley's municipal judge, wanted to do something locally to support women who were battling breast cancer.



Fleitell summed up the focus and the motivation for this organization:

"You are not just surviving, you are thriving. Every time you get up and live it's a beautiful day."

Visit their website for more information:
www.nutleythrivingsurvivors.com.

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Little Ant is Marching Through Town

By Joyce Corey

Nutley resident and author, Ilene Dudek, is bringing her loveable and curious little ant with her as she makes appearances in town.

She recently visited Clendinning Nursery School on High Street and participated in a Springtime Story Time. She invited the children to play I Spy Little Ant and unexpectedly incorporated real ants into her game. She then asked the group to find hidden objects in the garden for a Little Ant Scavenger Hunt. A second visit to Clendinning included a Make a New Adventure Board activity, where the children got to create a new adventure for the little ant. Ilene presented a life-sized page of her book, and each child received a piece of the story to add to the board.

In June, a trip to Yantacaw Elementary School provided the opportunity of a lifetime. She read her books to 80 children, her largest story time yet. Ilene was thrilled with



Ilene Dudek shares her new book at Clendinning Nursery School

the energy and enthusiasm of the group, and even took the opportunity to test out a new game, Little Ant Game Show, with complete success. The children cheered for one another and for the little ant as he won the game.

Following that story time, Ilene hosted a book reading at the Nutley Library. The children found ants in her hand-made paper garden and acted like characters from her book. They also created a new story on her adventure board and decorated flower pots, filling them with dirt and seeds, and of course, a little ant.

Over the next few months, Ilene will continue her whirlwind book tour through the local towns of New Jersey and is scheduled to visit the Nutley Library again in September.

With each new story time, she hopes to inspire young writers and entertain young readers. She is currently working on her fourth book and plans to march on with the little ant!

Visit Ilene Dudek's website, www.littleantstories.com, to learn more about the author and her books.



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EVENTS CALENDAR **SEPTEMBER 2018**

"Picturing Nutley"

Photography Contest

@Nutley Historical Society
The Nutley Historical Society is pleased to announce that with the support of a grant from Essex County, they are running a photography contest called "Picturing Nutley."

Adult division - \$100 prize
High School division - \$75 prize
Elementary/Middle School division - \$50 prize
The deadline to enter is Nov. 15. Visit www.picturingnutleycontest.org and upload your pictures.

Sept. 2, 9, 16, 23, 30, Sun. Nutley Farmers Market

@Municipal Parking Lot 9, 537 Franklin Ave.
Featuring live musical entertainment, a wide variety of fresh, regionally-grown produce, fresh-cut flowers, homemade cheese, dried fruit, nuts, pickles, bread, and more. A great place to meet new friends, interact with the people who grew your food, and support local farmers and businesses.
Time: 9am-2pm
For more information call 973-284-4959 or visit www.nutleynj.org/farmersmarket

Sept. 4, 18, Tue.

Board of Commissioners Meeting

@Town Hall, 3rd Floor Commission Chambers, 1 Kennedy Dr.
Time: 7pm
Open to the public
For more information visit www.nutleynj.org/board-of-commissioners

Sept. 5, 12, 19, 26, Wed.

Essex County Aerobic Exercise Program

@Parks and Recreation Building, 44 Park Ave.
Time: 9:30am
For more information and to register call 973-735-6228

Sept. 5, Wed.

Essex County Clerk Program

@Parks and Recreation Building, 44 Park Ave.
On the first Wednesday of each month the Essex County Clerk's office is available at the Recreation Department for residents to obtain passports and Notary Public services.
Time: 2-8pm
Cost: Free
For more information visit www.nutleynj.org/recreation

Sept. 7, Fri.

Movie Under the Stars – Featuring Coco

@Nutley Park Oval, 300 Franklin Ave.
Movie will begin at dusk. Food items will be available. Rain date is 9/14.
Time: 7-9:35pm
For more information visit www.nutleynj.org/calendar

Sept. 8, Sat.

Author Visit Story Time with Ilene Dudek

@Nutley Public Library, 93 Booth Dr.
Ilene Dudek will be reading her new book Little Ant Saves the Day with games activities, book sale and signing to follow!
Time: 10:30am-12pm
For more information visit www.littleantstories.com

Sept. 8, Sat.

Saturday Afternoon Book Club

@Nutley Public Library, 93 Booth Dr.
Presenting Before the Book: Workshops for Aspiring Writers, a series of four workshops led by author Hillary DePiano. Part 1 is Writing your First Book and Building a Writing Life.
Time: 2pm
For more information visit www.nutleypubliclibrary.org or call 973-667-0405

Sept. 10, Mon.

Bariatric Support Group

@Clara Maass Medical Center, The Learning Center, 1 Clara Maass Dr., Belleville
This monthly meeting is designed to assist bariatric patients with maintaining their weight loss and provide support from others. Friends and family are encouraged to attend.
Time: 7-8pm
For more information or to register call 973-450-2393

Sept. 10, Mon.

Surgical Options for Weight Loss

@Clara Maass Medical Center, 1 Clara Maass Dr., Belleville
Meet the Bariatric Center Team at Clara Maass Medical Center. Learn more about program requirements including what can be expected before, during, and after surgery. Immediately following the seminar, attendees are welcome to attend the Bariatric Support Group to meet former patients and hear about their journey towards wellness through weight-loss.
Time: 6-7pm
For more information and to register call 973-450-2476

Sept. 11, Tue.

Tuesday Afternoon Book Club

@Nutley Parkside Apartments
Make History Come Alive! Fascinating Women History Forgot – Impersonated by Carol Simon Levin. Remembering the Ladies: From Patriots in Petticoats to Presidential Candidates. A great opportunity to meet returning members of all past reading groups as well as readers joining the fun this new season.
Time: 2pm
For more information visit www.nutleypubliclibrary.org/tuesday-afternoon-book-club/

Sept. 12, Wed.

65th Nutley High School Reunion

@Mamma Vittoria, 160 Franklin Ave.
The Nutley High class of 1953 will be celebrating their 65th reunion! This group has been meeting up every five years since graduating.
Time: 12-5pm
For more information email Audrey Anderson Librizzi at audjll@aol.com.

Sept. 16, Sun.

Kingsland Manor Open House Tour

@3 Kingsland Street
Come explore the historic homestead of the Kingsland family and beyond, set within park-like grounds overlooking a pond and waterfalls.
Time: 1-4pm
For more information visit www.kingslandmanor.org



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Sept. 17, Sun.

Golf for a Cure Outing

@Hendricks Field Golf Course, Belleville
Golfing includes a "Closest to the Pin" contest, "Longest Drive" contest, and 18 holes of golf with a cart. The golf outing will be followed by a luncheon at Nanina's in the Park, 540 Mill St., Belleville, with food, beer, wine, and soda. The money raised will be donated in memory of all deceased Nutley High School football players to several organizations dedicated to prostate cancer research.
Time: 7:15am registration. 8am start.
Cost: Golf and dine: \$120 per person. Lunch only: \$50. Become a hole sponsor: \$100.
For more information and to register call 973-634-1240

Sept. 17, Mon.

**"Let's Be Healthy Together"
Monthly Supper Club for
Seniors Health Series**

@Clara Maass Medical Center, Cafeteria, 1 Clara Maass Dr., Belleville.
A Conversation about Ovarian Cancer with Noah Goldman, MD, Gynecologic Oncologist. In recognition of Ovarian Cancer Awareness Month, wear the color teal and join this monthly supper club series that includes dinner, bingo, great raffles, prizes, and giveaways. Seating is limited.
Time: 4:30-6pm
Cost: Free
For more information and to register call 1-888-724-7123

Sept. 18, Tue.

Graphic Novel Club for Adults
@Nutley Public Library,
93 Booth Dr.

The first book of the fall season will be *The Sandman* Vol. 3 *Dream Country* by Neil Gaiman. Copies of each book are available at the library one month prior to each meeting.
Time: 7pm
For more information and to register visit
www.nutleypubliclibrary.org/graphicnovelclub

Sept. 20, Thurs.

David Wilson Book Signing

@Nutley Public Library,
93 Booth Dr.
Meet the author of *Fire in Our Lives!*
Time: 7pm

Sept. 22-23, Sat.-Sun.

Nutley Town-Wide Garage Sale

The garage sale is a Greenutley initiative designed to raise awareness of the importance of reducing, reusing, and recycling. Permit applications are available at the Department of Public Works in Town Hall, 2nd Floor. The permit fee will be put towards future Greenutley programs.
Time: 8am-5pm
Cost: \$10 permit fee
For more information visit
www.nutleynj.org/garagesale or call 973-284-4958

Sept. 23, Sun.

**Green Day at the Market –
"Mini Eco-Fest"**

@Municipal Parking Lot 9,
537 Franklin Ave.
The annual "mini" eco-fest at the Nutley Farmers Market features fair trade and eco-friendly vendors,

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educational exhibits and workshops focused on environmentally friendly living and making "greener" choices.
Time: 9am-2pm
For more information call 973-284-4959

Sept. 24, Mon.

**110th Annual Nutley
Invitational Golf Tournament**
@Forest Hill Field Club

The tournament has been a tradition in Nutley since 1909 and has been an annual celebration by Nutley golfers and their friends. All proceeds from the tournament will be donated to Nutley charities. Golf or casual attire acceptable. Defending champion Sal Cocco is this year's Tournament Committee Chairman.
Time: 11am-12:30pm barbeque lunch. 12:30pm tee off time.

5:30pm cocktails with dinner and program in the Tillinghast room immediately following.
Cost: \$195 for golf, lunch, and dinner. \$100 dinner only.
For more information email
nutleyinvitationaltournament@gmail.com

Sept. 29, Sat.

14th Annual Fall Family Festival

@Essex County Environmental Center, 621 Eagle Rock Ave., Roseland
Come celebrate the autumn equinox at the Environmental Center! There will be fun-filled activities for the entire family to enjoy – hands-on nature games and crafts, canoeing, Native American life, pumpkin patch, petting zoo, food, and more.
Time: 11am-4pm



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EVENTS CALENDAR SEPTEMBER

Cost: Free; some items may be for sale

For more information visit www.essexcountyparks.org or call 973-228-8776

Sept. 30, Sun.

Fall Festival in the Park

@Memorial Park I (Mud Hole), Passaic Ave. and Vreeland Ave. This festival will be filled with exciting retail vendors, food trucks, activities, and events for the entire family. Vendors will be offering a wide variety of items including candles, crafts, clothing, jewelry, food items, spirit wear, makeup, skincare products, health products, Italian novelties, glass art, and more. Children will enjoy inflatables, face painting, and a reptile show at noon. Live music will fill the park while residents enjoy fabulous food and unique arts and crafts. Time: 11am-4pm
For more information call 973-284-4966 or visit www.nutleynj.org/calendar

Oct. 5, 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: \$15 registration includes t-shirt, water, and hot dog. Ice cream, zeppoles, and yoga on the lawn are also available. Luminaries in memory of or in celebration of will line the oval fence.
For more information visit www.nutleythrivingsurvivors.com

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.
Call for more information: 973-284-4976
www.nutleynj.org/health

Nutley Corps

Nutley students from grades 6 to 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.
Email Commissioner Rogers commissionerrogers@nutleynj.org
www.nutleynj.org/nutley-corps



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We are pleased to announce the formation of **Beacon Wealth Partners, LLC**, a financial services firm associated with the AXA Advisors, LLC Broker/Dealer.

Please visit our website to learn more: www.beaconwealthpartners.com

As a platinum group within AXA Advisors focusing on wealth management services, our mission will be continuing to bring a high level of value to our clients. We are expanding our services and areas of focus by creating this partnership within AXA Advisors to better serve our clients through sound, objective strategies.

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Real Estate Statistics

HOMES FOR SALE

\$300,000 - \$400,000	31
\$400,000 - \$500,000	39
\$500,000 - \$600,000	21
\$600,000 - \$750,000	8
Greater Than \$750,000	4
Largest Listing	\$950,000

HOMES SOLD IN LAST 6 MONTHS

\$300,000-\$400,000	44
\$400,000-\$500,000	30
\$500,000-\$600,000	9
\$600,000-\$7550,000	6
Greater than \$750,000	2
Largest Sale	\$880,000

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The Nutley Chamber of Commerce welcomes, **Brain Body Vitality Center**, 414 Centre Street, Nutley, 862.208.0556, www.alchemicalfusionllc.com/neuromovement.html, as a member.

Brain Body Vitality Center's Amy Celento works with clients to ignite personal, professional, and family changes; coaching with vision specific to each client's life versus using a prescribed model. Your sessions will identify blocks and bring realignment for balanced forward motion.

I-r: attorney Andy Garruto, attorney Angelo Servidio, Nancy DeLima of Farmers Insurance, Eydie Shapiro of Comfort Keepers, Lori Monaco of List 4 Lower Realty, Nancy Shaulis of Valley National Bank, owner Amy Celento, Dorothy Huey of Nutley Women's Networking Group/ Nutley Rotary, Cheryl Biafore of Statewide Staffing Inc., Pasquale Pisani, Financial Advisor of Kingsview Asset Management

*Photos courtesy of Chamber Member Randy Frum of Randall Kenneth Photography



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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
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