

SEPTEMBER 2019

A community magazine serving the residents of Nutley

NUTLEY NEIGHBORS

The Holcomb Family Puts Out a Welcome Mat



Photograph by
Randall Kenneth
Photography



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August 25.....	October 1
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The Best is Next

What do a new month and a new issue of *Nutley Neighbors* have in common?

Anticipation.

When the latest issue is dropped in your mailbox, do you wonder which one of your neighbors will be featured in the cover story? Maybe you are interested in what's happening at the library or the Nutley Museum? Or perhaps you want to read the calendar events or are looking to adopt a pet?

What motivates you to open the magazine?

Anticipation.

That's exactly how I feel but my anticipation begins a little earlier. Each month, the new issue of the magazine starts as a blank slate for me. I have the wonderful opportunity of interviewing people, writing articles, and selecting stories that will be featured in the next issue.

And even though I think the previous issue was terrific, I approach the new month with this thought: the best is next. I always have the belief that the issue I am working on at the moment will bring together the best people, places, events, and businesses for that particular time.

This month, our cover story introduces us to the Holcomb family. You may know Robert who owns Comfort Zone Heating and Air. Aria Jennings is entering her senior year at Nutley High School and also owns a business: Makeup by Aria. Mom, Desyra Highsmith-Holcomb, is the Director of Diversity and Inclusion at Clara Maass Medical Center.

Desyra's work at the hospital and within the community is an example of the 'best is next' idea. Her title contains words like 'diversity' and 'inclusion,' ideas and actions which developed as our communities evolved. Clara Maass Medical Center saw the need and created a compassionate response to the changing times.

Nutley Family Service Bureau is also addressing needs in town by offering a series of programs that are holistically-centered and focused on mind/body balance in the quest for optimal wellness. They are committed to providing a continuum of services wherein mental health and well-being is increasingly supported, more readily accessible, and integrated community-wide.

Lou Redmond is busy teaching mindfulness to children to better enable them to succeed in both school and society. Mindfulness helps to regulate emotions, increase empathy, reduce test anxiety, and boost attention span. Catch his vision by reading his story and checking out his website.

A few years ago, all of these concepts were not developed or implemented in the community in the same degree they are now. That's because people have seen the needs of our ever-changing landscape and created ways to support these situations.

And that is also why I start my work on each issue of *Nutley Neighbors* with the idea that the 'best is next' because it really is. The people in this town combine their concern and their ingenuity to help others which essentially benefits everyone.

We may not know what will come 'next' in our community or in our lives, but I'm sure that someone will come alongside us with the 'best' way to go forward.

Well done!



Joyce Corey Content Coordinator



Expert Contributors

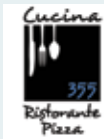


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Dr. Theresa Radtke is a 2016 graduate of the Arizona College of Optometry. Through completing a residency and clinical rotations focused in Ocular Disease, she honed her skills in diagnosing and treating a full spectrum of eye conditions. InSight Eye & Vision Care is a full

service optometric practice and optical shop she opened in 2017 with hopes of providing a one stop shop for excellent eye care, eyewear and personalized service for the community.



INVESTORS HOME MORTGAGE

Joe Isabella is a Certified Mortgage Planning Specialist (CMPS®). He has been with Investors Home Mortgage since 2010 and is a Circle of Excellence Award winner.

Since joining Investors, Joe has helped many families in Nutley and the surrounding area with their home financing needs. He was born and raised in Nutley and still resides in his home town. He is a graduate of both Nutley High School and Montclair State University.



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218 Swathmore Dr	\$390,000	2	3	1800
34 Oakridge Ave	\$399,000	4	2	1750
109 Surrey Ct	\$405,000	2	3	1473
356 Walnut St	\$412,000	3	2	1599
57 Mapes Ave	\$420,000	3	1	1272
303 Wilshire Dr	\$430,000	2	3	2010
118 Raymond Ave	\$430,000	3	3	1586
420 Hartford Dr	\$441,000	2	3	2010
38 Cedar St	\$460,000	3	2	1500
15 Cathedral Ave	\$480,000	4	3	2117

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The Holcomb family: Aria Jennings, Robert, and Desyra,



The Holcomb Family Puts Out a Welcome Mat

By Joyce Corey

Photography by Randall Kenneth Photography

When a moving truck pulls up to a house in one of our neighborhoods, there is always an air of expectation. Will the new family become new friends? Will they be people who will take part in community events and make fun memories?

The Holcomb family—Robert, Desyra, Aria Jennings, and Pepper the beagle mix—not only moved into Nutley, they created an inspiring atmosphere of inclusion in the town.

Desyra Highsmith-Holcomb tells us how her family became *Nutley Neighbors*.

"After renting in Nutley for four years, we became certain we wanted to settle here and purchased our home in 2015. We were attracted to the quaint small town feel of Nutley tucked away from the hustle and bustle of some of the larger surrounding metropolitan areas."



The family's beagle mix, Pepper

Over the past several years, the family has been active in our community. Desyra said, "My husband, Robert, is a Master HVAC technician who owns Comfort Zone Heating and Air, a Nutley-based HVAC business. He has 20 years of experience specializing in large commercial, industrial, residential, and pharmaceutical HVAC."

She also tells us what may be a little known fact about Robert. "While in the Navy he played semi-professional basketball throughout the world on the All-Navy basketball team."

Her daughter, Aria, is also very involved in town. Desyra said, "Aria is entering her senior year at Nutley High School. She is a makeup artist and entrepreneur. Her business, Makeup by Aria, has quite a following of clientele from Nutley and the surrounding area. She is developing her own line of makeup and skin care products called Angelique Cosmetics. Another

interest she has is real estate investment. She received an internship with Onyx Equities this past summer working on major real estate acquisition and development projects throughout New Jersey."

Desyra brings her education and her motivation for inclusiveness to Nutley and beyond. She graduated from Rutgers College and later received a master's degree in Strategic Corporate Communication from William Paterson University. She is certified to conduct Myers-Briggs personality assessments and is a professional development and leadership facilitator.

She tells us about her path from an academic to a community environment. "I was the Chief Diversity Officer and Director of Talent Management for William Paterson University, but last year accepted an opportunity with RWJ Barnabas Health at Clara Maass Medical Center in Belleville to deepen my impact in my community. As the first to serve in the role as Director of Diversity and Inclusion at the medical center, I have the opportunity to support inclusiveness and compassionate and culturally-competent care for the tens of thousands of



Robert is a Master HVAC technician who owns Comfort Zone Heating and Air, a Nutley-based HVAC business.

community members who visit our hospital."

Desyra's vision has made this position vital and literally life-changing for many people.

"Connecting with my community to impact wellness and improve health outcomes for underserved and vulnerable populations is incredibly meaningful and rewarding work. A couple of examples of ways in which I have been

able to support my community is through the launch of an Interfaith Advisory Council which invites faith leaders to partner with Clara Maass to extend health education, medical screenings, and other programs to their members."

"Through this partnership, I launched The Faith and Future job readiness training program for unemployed and underemployed community members. Over four weeks, participants gained critical skills for obtaining and retaining employment and upon completion received interviews with Clara Maass Medical Center for open positions. In addition, I provide training programs to vicinity Health and Human Services Departments and other local government agencies to develop cultural competencies as they engage

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Aria, doing her mom's makeup, has her own business, Makeup by Aria.

with an increasingly diverse community."

Her work has led to the creation of additional resources for the community. She said, "Within the hospital, I launched the Diversity and Inclusion Council comprised of executive leadership and physicians to assess opportunities to enhance and develop services that can address disparities in health outcomes experienced by vulnerable populations in our surrounding community. The fruits of these efforts have been evident during PRIDE month when we officially launched Promoting Respect Outreach Understanding and Dignity ((P.R.O.U.D.) business resource group comprised of Lesbian, Gay, Bisexual, Transgender, and Questioning (LGBTQ) employees, friends, and

community members who are committed to providing sensitive care to our LGBTQ community and creating a welcoming, supportive environment at Clara Maass Medical Center for our LGBTQ employees."

While Desyra's focus is to impact the people around her, both in the workplace and in the neighborhood, she also brings that thought close to home. "I love and appreciate the historic cultural influences of Nutley and the rich heritages that have established this town's distinct flavor. What I find most intriguing is Nutley's ability to maintain the historic influences while welcoming new and different cultures to add to the unique tapestry of this community. In my work in the diversity and inclusion space, I am passionate about honoring the individual and collective differences among us and learning and growing from new ones. This family-centric warmth of the community made it the perfect place to raise my daughter."

This atmosphere of inclusiveness is not only healthy; it's a vibrant way to unite neighborhoods and towns. It's obvious that the welcome mat at the Holcomb house is more than a decoration; it's a way of life. ■

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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Help Your Kids Thrive with Mindfulness

By Lou Redmond

With school starting, you've probably been busy making sure that your kids are in the right classes, signed up for after-school activities, have all their school supplies, and feel prepared to face whatever grade awaits. While these are important, are we doing all that we can to prepare a child to learn?

The purpose of school is education, and the purpose of education is to prepare us to live full and meaningful lives. Our current curriculum of math, science, English, and history offers a solid foundation for growth; however, I believe there is a core piece that is missing.

Kids learn how to write, yet they don't learn how to deal with the feelings of being bullied or left out. A child can tell you when the Civil War was, however they can't relax themselves in times when they are angered. We tell kids to pay attention in school, yet we don't teach them how to pay attention.

Paying attention is hard. It's not simply sitting still and looking someone in the eye. Think about it, how many times have you been in a conversation looking at someone and your mind is thinking about something completely different? That is where your true attention is. Learning how to pay attention leads children to not only perform better in school, but to live a richer life in every way.

Being present in life is something we could all work on. Why not give kids this powerful practice?

Mindfulness in schools has been catching on for good reason. Emotions and thoughts are something we deal with every day of our lives, yet why weren't we taught how to manage them?

Kids today are both wired and tired. They are wired with social media, YouTube, video games, and an endless workload. This makes it hard to fall asleep at night. The lack of sleep causes them to be tired when they go to school, and then the cycle repeats itself. What if they had tools to help them fall asleep and get the rest they need to learn?

Teaching our kids mindfulness is crucial to helping them



Teaching mindfulness and yoga at a summer camp in Nutley

navigate life's challenges. Those nerves they feel before taking a test? There's a mindfulness tool to help them. The loneliness too many kids face? There is support through mindfulness. When they get cut from the team, or eventually come up on failure? Mindfulness can give them the resilience to bounce back.

Mindfulness helps kids regulate emotions, increase empathy and compassion, reduce test anxiety, boost attention span, improve sleep, and is the x-factor to living vibrant and purposeful lives.

If you teach your kids mindfulness, you'll be setting them up with tools and a positive mindset they can take with them their entire life.

Get to it! ■

Lou Redmond is a Nutley native, graduating from NHS in 2008. His lack of awareness in his youth led him to finding mindfulness and meditation and transformed his life. He is an author and founder of One Mindful Education, an organization that teaches mindfulness to school teachers and kids both in the classroom and at home. His website is www.onemindfuleducation.com and has free resources to help teach mindfulness to children.



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Lost and Found Nutley: The Forgotten Photographs of N. F. Carryl

By John Simko, Director, Nutley Museum

Step back in time and meet some Nutley neighbors of days gone by.

The Nutley Historical Society celebrates the turn of the last century with "Lost and Found Nutley: The Forgotten Photographs of N. F. Carryl," a unique exhibit of newly-printed, breathtaking, large-format black-and-white photographs of Nutley's past.

Nicholas Frederick Carryl was a printer by trade—with operations in Lower Manhattan—and a photographer by nature. He married Nutley's own Martha Kingsland, and they lived on Rutgers Place, a short walk from her father's farm.

Kingsland family roots run deep around here, reaching back to the seventeenth century, and their land holdings were extensive. Joseph and his brother Richard ran

the Kingsland paper and saw mills near Kingsland Manor. Kingsland Manor was Richard's home, while Joseph lived just up the road—Kingsland Road, of course—in a large farmhouse. Martha was Joseph's daughter and had been raised on the farm before marrying Nicholas.

In the 1890s, Nutley experienced tremendous change and growth. The great textile mills had come and gone. The railroads carried commuters as well as coal. The old estates were being developed into suburban tracts.



Left: Victorian-era selfie, N. F. Carryl. Center: Two barns, one chicken—the Kingsland farm.

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Right: The photographer's daughter Margery poses with a stalk of rye at her grandfather's farm, circa 1892.



second-hand shop for who knows how long until they were brought to light nearly half a century ago. They changed hands only once since then, and only very recently were they scanned to produce high-quality digital files. It is from these files that museum director John Simko and town historian John Demmer chose a set of images to build a show around—the 1890s Kingsland farm and the photographer's extended family.

"Lost and Found Nutley" opens on Sunday, September 15, 12:00 to 5:00 pm, at the Nutley Historical Society and Museum, 65 Church Street, Nutley, New Jersey. Refreshments will be served, and there will be a gallery talk at 1:00 pm by Nutley Town Historian John Demmer.

The exhibit will be open on Tuesday evenings from September 17 to October 15, 6:00 to 8:00 pm. The last opportunity to see "Lost and Found Nutley" is at its closing on Saturday, October 19, 12:00 to 5:00 pm. Refreshments will be served, and there will be a gallery talk at 1:00 pm.

"Lost and Found Nutley: The Forgotten Photographs of N. F. Carryl" is a joint effort of the Nutley Historical Society and Nutley Town Historian John Demmer and is made possible by the generous support of Silas Mountsier. ■

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.

Through all of this, Nutley's first industry—farming—continued to flourish.

The show's thirty-four exquisite black-and-white prints are a testament to N. F. Carryl's keen eye and his ability to capture the beauty of the local landscape and his Nutley neighbors.

It's likely been a hundred years since prints were made from these glass plates. They sat in a Newark

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"A World of Infinite Possibilities" Library Card Sign-up Month

By Kiran B Patel, Supervising Librarian

September is Library Card Sign-up Month, a time when the American Library Association (ALA) and Nutley Public Library join together to remind parents, caregivers, and students that signing up for a library card is the first step towards academic achievement and lifelong learning. In September, Disney and Pixar's *Toy Story 4* characters Woody, Buzz Lightyear, Bo Peep, and friends promote the value of a library card as Library Card Sign-up Month honorary chairs. In their new role, they will remind the public that signing up for a library card opens "a world of infinite possibilities."

Are you looking for the key to this world of infinite possibilities? That key is available at the Nutley Public Library: a library card, free to all who live, work, attend school, or pay taxes in Nutley. The library offers resources and services that help its members pursue their passions and give students the tools to succeed in 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. Our monthly Monday Night Cook Book Club and Page to Screen Club for adults begin their 2019-2020 seasons this month. The library also preserves Nutley's rich history, which includes its renowned late 1880s artists' and writers' colony.

Join us for a daylong celebration of "the smartest

card" on Saturday, September 21, 2019. We will begin the day at 10:00 am enjoying coffee, croissants, and signing up for library cards. Adults and teens can also experience the excitement of virtual reality using the Oculus Go VR System. At 10:30 am, watch *Toy Story* on the big screen followed by crafts in the Children's Department. In addition, at 2:00 pm, a special program "Nutley Authors and Artists for the 21st Century: A Rich Tradition Continues" will be presented. Meet contemporary local authors and artists John Demmer, Barry Lenson, David Wilson, Anthony Buccino, Cathy Greenfeder, and Gary Erbe. Each one is a library champion who appreciates the creative value of a library card. They will talk about their books and share stories.

Your library card is the key to amazing resources. Our world is in the midst of a technological revolution but thanks to the Nutley Public Library, none of its members need to fear being left behind. To increase access to the Internet and



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the library's digital resources, the Nutley Public Library now offers a mobile Wi-Fi hotspot lending program. A mobile Wi-Fi hotspot is a small device you can use to connect a wireless-enabled device, such as a laptop, smartphone, or tablet to the Internet. Hotspots are available for patrons to "check out" unlimited Internet service from the library – free!

As a Nutley Public Library cardholder, you are entitled to borrow books, museum passes, DVDs and Blu-rays, music CDs, audiobooks, magazines, phonic sets, vinyl records, and video games. You also have access to the educational opportunities available through the library's subscription to Lynda.com, an online learning site that hosts a constantly growing library of over nearly 6,000 courses. Can't get to

the library? Enjoy online access to eBooks, audiobooks, and digital magazines; navigate through research databases; and learn a new language with Mango. You can also renew and reserve materials, sign up for date due reminders and text notifications, and create a custom username.

So sign up for a library card and discover a world of infinite possibilities; it's the start of an amazing journey! ■

For more information, visit the library's website: www.nutleypubliclibrary.org. The library is located at 93 Booth Drive and is barrier free. Hours: Mon. Tues. Thurs. 9am - 9pm/Wed. Fri. Sat. 9am - 5pm.

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Nutley Family Service Bureau Programs Support the Community's Mind/Body Balance

By Emma Cortese, PhD, NFSB Board Member

Nutley Family Service Bureau's (NFSB) mission is to strengthen the emotional and social well-being of individuals and families through affordable mental health counseling and social service programs. We are equally committed to our vision: to support a community where mental well-being is valued as an integral part of life. As part of realizing that vision, we are positioning NFSB to provide a continuum of services, from traditional psychotherapy (for individuals, couples, and families), to therapy groups, support groups, and workshops for sustaining mental well-being.

According to the US Office of Research Prevention and Health Promotion, well-being relates to the positive aspects of an individual's life, including optimal physical, mental, and social functioning in the context of supportive environments to live a full, satisfying, and productive life. Toward



Group session space in the newly redeveloped NFSB Annex, 169 Chestnut Street

that end, we are presenting a series of workshops that are holistically-centered, and focused on mind/body balance in the quest for optimal wellness.

The first set of workshops will feature universally accepted techniques for mind/body balance including yoga postures, meditation, and breathwork.

In presenting yoga basics, Counseling and Psychological Services, University of California, Santa Cruz, outlines their effects on mood and well-being: yoga postures cultivate a state of relaxed, but alert, concentration. The postures help to release built-up tension and emotional stress and release the mind into relaxation and quietness. Meditation is a type of inward concentration that allows one to focus on the senses, step back from thoughts and feelings, and perceive each moment as a unique event. It helps develop greater calmness and clarity in embracing life experience. Breathing exercises calm and focus the mind, relax the body, oxygenate the blood, and thereby decrease stress, and promote clearer thinking; conditions which undeniably foster well-being.

Our initial workshop, Breathing 101, was offered in August by Melody Lima, certified yoga teacher. Scheduling for yoga



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and meditations will be forthcoming in the near future.

Along the continuum of mental health services from psychotherapy to wellness-sustaining, we offer free programming for those who are coping with events or life situations which provoke challenges and stressors. Families Coping with Addiction, initiated this past spring, is a free support group for those who may be living in turmoil as household stability is negatively impacted by their family member's progressive disease of addiction. This offering provides a confidential and psychologically-safe environment for learning about practicing self-care and non-judgmental detachment, reducing emotional reactivity, informed decision making, and resource options.

As NFSB addresses needs along the age-span, we offer a support group for school-aged boys and girls, Children's Social Skills Group, where participants engage in child-centered activities such as game playing, balanced competition, and art therapy to learn effective listening, self-reflection, behavior modulation, and heightened sensitivity to others.

Long-standing free group therapy programs, such as The Men's Connection and Women Helping Women, both meet weekly in the evenings. Classic psychodynamic group elements are implemented to foster cohesion, insight, and self-reflection within a supportive and confidential environment. The main goal is for participants to achieve desired change toward healthier psychological, emotional and/or behavioral patterns.

NFSB's expanded programming seeks to address the

range of mental health complexities which underlie well-being. When one is reacting to stressful situations, whether they are normal everyday pressures or due to challenging life situations, making adjustments to counter negative effects helps minimize threats to health and well-being. Knowing where to turn for available assistance is an invaluable resource, whether for long-term management needs, or in response to immediate life demands, or as part of a proactive routine for one's well-being. NFSB is committed to providing a continuum of services wherein mental health and well-being is increasingly supported, more readily accessible and integrated community-wide. ■



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Owen Lockwood: Nutley High School Fencer

By Joyce Corey

While Samurai Jack's sword skills are both legendary and fictional, Owen Lockwood's success as a fencer is completely real and impressive.

He is a three-time USA Fencing High School All-American. He consistently places in the top five in regional tournaments across the East Coast. Over the July 4th weekend, he placed 23rd in Division 1A at USA Fencing's National Championships in Columbus Ohio. At the New Jersey Individual State Championships for Foil at Livingston High School, he scored in the top five. At 15, he earned enough National Points to be the Number 1 Division 2 Foil Fencer in America.

While these statistics are impressive, Owen still has a goal he wants to reach. "I would like to bring a State Championship back to Nutley," he said. And with his forward momentum in this sport, he just may see that happen.

His interest in fencing developed at age three from a legendary character. "I loved to watch the animated television



Owen Lockwood at USA Fencing National Championships in Columbus, Ohio

show, *Samurai Jack*. It was about a samurai who was thrown into the future and had to fight an evil spirit called Aku. Traveling to the future with only his robe, sandals, and a magic sword inspired me. *Star Wars* was another influence."

"Today, I am inspired by the older guys I fence every week," Owen said. "One of the fencers is Miles Chamley Watson. He has been to the Olympics multiple times and has been a Foil World Champion. By competing with him and having some success I know I can compete at the next level."

Owen is also quick to credit his family for his success. "My parents are my heroes," he said. "My mom works with



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Owen Lockwood Fencing Round of 32's Div. 1A Foil - Summer National Championships, Columbus Ohio

practice schedule that seems to not only hone his skills, but also surrounds him with the best of the best. "I practice four days a week, for four or five hours a night in Manhattan at Fencers Club." He said. "It's the premiere fencing club in America and I get to practice with Olympians, Junior World Cup champions and some of the best cadet, junior and senior foil fencers in America. I also do split weightlifting days with my grandfather, who was a National Powerlifting champion, on my off days."

While fencing takes up a large portion of his time, Owen doesn't rank it first in his life. "Fencing is number two in my life, or sometimes 1A," he said. "Schoolwork is my priority and is extremely important to me. I want to go to college and continue my studies." As an honor roll student, it's clear that Owen has been keeping his

focus on his grades as well.

His short-term goals seem within his reach. "I would like to get enough points to be a top ten 10 junior foil fencer, (junior is 19 and under). I want to fence internationally at Junior World Cup events and I want to fence in college and help the team try and win a national championship."

For Owen Lockwood, fencing is a way of life. He said, "I don't look at my fencing as a sacrifice. It's what I do. I want to be the best."

And from what we can see, he is well on his way. ■

children who have special needs and she inspires me every day because of the hard work she does for the kids and her family. My dad coaches me all the time; he is the constant that helps me succeed when I compete. He travels with me to all my events and makes sure I stay focused when I need to be focused and relaxed when I need to be relaxed. I love them both. I admire their determination and love to help me and my sisters become the best people we can possibly be."

To be as successful as he is, Owen has developed a



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Do We Really Need *That* Much Sleep?

Contributed by Dr. Shannon DiCarlo, DAOM RN LAC
of New Jersey Natural Family Health

I get it. Life is short, there's much fun to be had, and we should all make the most of it. I agree. But here's the thing: if we don't rest our bodies when we can, we won't really be making the most of the moments that count when we are awake. I'll explain.

According to Harvard Health (Harvard Medical School), sleep disruption directly affects neurotransmitters and stress hormones and can impair both the way we think, and the way we regulate emotion. Simply put, lack of sleep can make us both dumb and cranky. Not a fantastic combination to win friends and influence people, as they say.

How much sleep our bodies and minds require does vary from person to person. As a rule, eight hours per night is recommended. That said, there are people who function best with 10 hours and those who feel fantastic if they get around seven hours per night. We all have that friend who insists that he needs no more than four hours a night and he's good to go. Tell him he's wrong. According to the Mayo Clinic, people who regularly achieve less than

the recommended amount of sleep are at a high risk for developing high blood pressure, heart disease, and other chronic conditions. They have slower reaction times and are at an increased risk for accidents or falls. They are at increased risk for mental health issues, such as depression or anxiety.

Because I practice what is called Integrative Medicine, I ask about sleep at every appointment. Why? Because it is so closely tied into whatever your current symptoms or issues might be. The perception of pain is increased when we have poor sleep, so that old knee injury from football might be acting up because you are chronically fatigued. Your feelings of depression may in fact be directly related



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Dr. Shannon DiCarlo
RN LAC DAOM

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to naturally relieve negative symptoms within the body, treat the underlying cause, and restore proper balance to maintain optimal health. Whether you are experiencing pain or other symptoms from a recent issue or a chronic illness, we can help. Combining her western medical knowledge with traditional Chinese Medicine, Dr. DiCarlo will develop a treatment plan to address any medical concern.

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to the fact that you are exhausted all the time. Acupuncture and other modalities used in Integrative Medicine do an impressive job at regulating sleep, helping people function more optimally.

I often tell patients that I can't change the circumstances that are causing your lack of sleep. I can't control, and neither can you, that your kids are waking you up at night. I can't control the neighbors upstairs who think it's a good idea to rehearse their role in the local theater at 3am. I can't control the fact that you're working an 11pm-7am shift which manages to be simultaneously unnatural and annoying. I've experienced all three of the above and I know how hard it is to sleep when circumstances are beyond your control. What we can do is make the amount of sleep you get the best it can be. Maybe we can't improve the quantity, but we can certainly improve the quality.

There are times in our lives when sleep shouldn't be a priority. What I mean is that you should go to the after-party at the wedding. You should say yes to that concert in the city even though you know you won't be home until 2am. You should be absolutely thrilled that you only got two hours of sleep that first night away with a new love. But if you want to remember all of that amazing stuff and feel your best while experiencing it, make sure that you're typically getting proper rest, so you don't have issues with your short and long-term memory. And if you're having difficulty sleeping when you're not out doing fabulous, dreamy things, make an appointment to see someone who can help you regulate it. ■

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EVENTS CALENDAR SEPTEMBER 2019

Sept. 1, Sun.

Maternity Meet and Greet: Maternity Center Tour

@Clara Maass Medical Center;
1 Clara Maass Dr., Belleville
Prepare for the birth of your child by meeting staff, touring the Maternity Center; and learning about various parent education classes. Get to know the Labor-and-Delivery unit and ask about admitting procedures and childbirth options. Tours are also available by request.

Time: 9-10am, 10-11am
For more information and to register call 1-888-724-7123

Sept. 1, 8, 15, 22, 29, 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 the Department of Public Works at 973-284-4959 or visit www.nutleynj.org/farmersmarket

Sept. 2, 9, 16, 23, 30, 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

Sept. 3, 17, Tue.

Board of Commissioners Meeting

@Township of Nutley Municipal

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

Sept. 4, 18, 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

Sept. 4, 18, Wed.

Families Coping with Addiction Support Group

@169 Chestnut St.
Being caught up in a family member's addiction are at risk for life challenges like social isolation and mental health problems, among others. Destructive behavioral patterns such as enabling and codependency can reinforce and perpetuate this disease's debilitating dynamics. To learn how to break this dysfunctional cycle, join Staela Keegan, MSW, LCSW, LCADC, in this support group which provides a confidential, psychologically-safe place to learn about self-care, non-judgmental detachment, resource options, and other ways to foster positive mental health.

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

Sept. 4, Wed.

Second Annual Nutley Rotary Classic Car Show

@Franklin Ave. between Chestnut St. and Centre St.
View cars, trucks, and motorcycles from all years, makes, and models while enjoying food vendors and entertainment. Benefits the Nutley Emergency and Rescue Squad and the Rotary Scholarship Fund.
Time: 4-8pm
Cost: Free admission for spectators
For more information email
nutleyrotarycarshow@gmail.com

Sept. 5, Thurs.

Nutrition Support Group

@Clara Maass Medical Center;
Cancer Center Resource Room, 1 Clara Maass Dr., Belleville
Nutrition therapy is essential for the treatment of chronic diseases such as cancer, diabetes, and heart disease. Participants of this group will be able to speak with a Registered Dietitian Nutritionist about nutrition. Each monthly session features a different theme. Refreshments are provided and parking garage tickets will be validated. All are welcome, and friends and family members are invited as well.

Time: 6-7pm

For more information call 973-450-2328

Sept. 9, Mon.

DISH! The Monday Night Cookbook Club

@Nutley Public Library, Stockton Room, 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 cooking techniques, and share stories and culture. The cookbook for this meeting is *Cooking from the Farmers' Market* by Williams-Sonoma and will be available to be borrowed at the Circulation Desk.
Time: 7pm
For more information contact Michelle Albert at michelle.albert@nutleybccls.org or 973-667-0405 x2632. To register visit www.nutleypubliclibrary.org/dish-cookbook-club/ or stop by the Reference Desk.

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Sept. 9, Mon.

Informational Seminar: Weight Loss Surgery

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procedures available to achieve
weight loss. Speak with one of
Clara Maass Medical Center's top-
rated surgeons regarding benefits,
risks, and alternatives for bariatric
surgery, including expectations
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Time: 6-7pm
Cost: Free
For more information and to
register visit www.rwjbh.org/claramaass or call 973-450-2476

Sept. 15, Sun.

NFSB Garden Party Benefit Event

@Mountsier-Hardie Gardens,
205 Rutgers Pl.
A range of musical offerings,
upscale food, and cooking demos
from local restaurants are all part
of the fun in these lush garden
surroundings.
Time: 3-6pm
Cost: \$60 per ticket; \$75 at the
door
For more information and to

purchase tickets visit
www.nutleyfamily.org

Sept. 26, Thurs.

North West Nutley History

@Nutley Public Library,
93 Booth Dr.
This indoor version of the wildly
successful July Market Walk covers
twenty points of historical interest
from 1870 through today.
Time: 7pm
For more information visit www.nutleypubliclibrary.org or call 973-667-0405

Sept. 28, Sat.

Kingsland Manor Paranormal Investigation

@Kingsland Manor, 3 Kingsland St.
Join a group of fellow ghost
hunters in an investigation and
reveal conducted by The Island
Paranormal Society. Follow the
investigators as they search for
ghosts from the Manor's past! Light
refreshments will be provided.
Space is limited and reservations
are required via Eventbrite.
Time: 7pm
Cost: \$40
For more information visit
www.kingslandmanor.org or
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Sept. 28-29, 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 from participants will
be put towards future Greenutley
programs.
Time: 8am-5pm
Cost: \$10 permit fee
For more information about this or
other Greenutley events, visit www.nutleynj.org or call 973-284-4958

Sept. 29, Sun.

Nutley's Fall Festival in the Park

@Memorial Park I (Mud Hole),
Passaic Ave. and Vreeland Ave.
Crafts, music, food, children's
entertainment, and more! Rain date
is Oct. 6, Sun.

Time: 11am-4pm

For more information email
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Sept. 30, Mon.

Nutley Football Alumni Golf for a Cure

@Hendrick's Field Golf Course,
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Benefits prostate cancer research.
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Following is a luncheon at Nanina's
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Submitted by Christa Milici

Spade is a 1-year-old male. He has been looking for his forever home for about 8 months now! This handsome guy keeps getting overlooked. He was rescued from a bad area where he was found outside. Spade is vaccinated, neutered, FIV/FelV negative, microchipped, and stool tested. Spade has been in foster care the longest and would love a home of his own! To apply: www.yellowbrickroadrescue.com/cat-adoption-application/

Adopt Us!

Submitted by
Tiffany Servidio

Simon is an 8-year-old pit mix who was surrendered to AHS Newark in December. While at the shelter, he was a favorite amongst the volunteers who advocated for him for months. Simon was finally rescued from the shelter by Brick City Rescue this summer!

Simon is enjoying his newfound freedom and doing great in his foster home. He is super goofy; he loves hanging out with people and meeting new folks. He adores car rides and walks. He even does the cutest back scratches on the carpet! Simon loves spending time with people so much; he would prefer his people to be home with him. He would be a great companion for someone who works from home or a retiree looking for some company. Does Simon sound like a match for you? Visit www.brickcityrescue.com to apply for Simon. ■



Classified Ad

Submitted by
Grace Church

ATTIC TREASURE SALE

Grace Church, 200 Highfield Lane, Nutley, on October 5, 2019. The attic treasures are from church members' homes and include housewares (fondue pots, silver-plate, decorative collectible plates, goblets, pottery, vases, etc.), jewelry, antiques, books, games, holiday decorations (Christmas, Easter, Halloween), religious items, lamps, fabric, framed pictures, etc.

For more information, contact Len, at Grace Church, 973-235-1177.

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 Library (973) 667-0405

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 Bone & Soft Tissue Grafting • Facial & Oral Trauma
 Treatment of Tongue Tie • Facial & Oral Pathology
 Surgical Orthodontics (Exposure of Impacted Teeth)
 Surgical Endodontics (Apicoectomy)

~We Accept Most Dental Insurances~