



Norman Cottage On South Mountain Terrace

CONTRIBUTED BY MIKE FARRELLY, MONTCLAIR TOWN HISTORIAN,
PHOTOGRAPHY BY ANDREW WANDER

THIS NORMAN STYLE COTTAGE on South Mountain Terrace was designed by the famous Montclair architect, Clifford C. Wendehack. South Mountain Terrace is short; since there aren't many houses on it, this house stands out. It is especially noticeable because of the plaque stating that the house is on the National Register of Historic Places. It is said that the pavers in front of the garage were taken from Valley Road when trolley tracks were put in. This house was built for Frank H. and Lillian Earl (Jackson) Davis. Frank had to appear before the Zoning Board in 1928 to get permission to build the house since the design would have made the back yard and the side yard smaller than the ordinance called for at the time. The Board of Adjustment issued the permit to build the house in February of 1929. It was expected to cost \$35,000. Construction was complete by October of that year.

During World War I Frank worked as a financial secretary for the Civil Service Reform League. One of his responsibilities was to recruit "1 Dollar a Year" men. Our armed forces were not prepared when the US entered the war. They enlisted the aid of experts from the private sector to organize things. The experts

were commissioned as officers but were never going to be sent into combat, so they only received brief military training. These men were often wealthy; they were willing to work for 1 dollar a year. After the war, Frank became an investment broker. He was a senior partner in the Wall Street firm of Dillon & Read. He became a senior partner in Riter & Company when fellow Montclairian, Henry G Riter III, founded that firm in 1933. After a few years, Frank and Lillian leased this house out and relocated to Midland Ave. In 1940 they were among the first to move into the brand new Rockcliffe Apartments.

The next tenants were Francis Willard Adams and his wife, Madeline. Francis was a direct descendent of John Adams, our 2nd president and John Quincy Adams, our 6th president. Francis became the private secretary to the president of the Mutual Life Insurance Company in 1893. After that, while still with Mutual, he was put in charge of field operations for the New York and New Jersey region.

In 1943 A. Dora (Scott) Bruce bought the house. She lived here for about 8 years until her grown children moved out. She was the widow of James C. Bruce, who was born in Scotland

and became an accountant at a "wholesale chemical company" after immigrating. It is suspected, but not confirmed, that he worked in the New York offices of the London based, R.W. Greeff Chemical Company. Later directories say that he was an importer; this is probably true because he made many trips across the Atlantic. James and Dora previously lived near his dad in Elizabeth. He retired young and they moved to Essex Fells. He passed away in 1922. Dora moved to Glen Ridge and then to this house. In 1951 Dora moved to the Rockcliffe Apartments.

In 1951 Leslie R. and Martha Ellen Parkinson purchased the house. He was an aviation engineer. He graduated from NYU and studied helicopter design at Princeton. He was a Lt. Commander in the Navy during WWII and was the asst. chief engineer at the Naval Aircraft Modification Unit (NAMU) located in Johnsville, PA. He went on to teach aviation engineering at North Carolina University; then at Syracuse University. While in North Carolina he wrote a book on aerodynamics. The subject was also the title of the book. He moved to this area when he went to work for the Wright Aeronautical Division of Curtiss Wright in Paterson. By 1961 Leslie and Martha Ellen were living in Sacramento.

In 1961 Donald P. and Carolyn R. Close owned the house. Donald had been an executive at several companies: IBM, L. Bamberger & Co, the department store chain, American Express, CIBA, the Swiss chemical company (later CIBA-Geigy), and Avon. When he lived in this house he was the VP of Nelson Walker Associates, Inc., an international executive recruitment agency. He eventually started his own recruitment agency, the Pembroke Close Management Group. They originally had offices in NYC. He and his company moved to Gladstone, NJ. Both Donald and Carolyn were avid sports car enthusiasts. He raced and was the director for the Northeast region of the Sports Car Club of America. She also raced and was involved in the racing program of the SCCA NJ region. His obituary states that he was a founding member of the "Chowder Club of NY", which was a loosely run organization of young Republican politicians founded shortly after WWII. Richard Nixon and Gerald Ford were members. I suspect that Donald was a founding member of the "Madison Avenue Sports Car Driving and Chowder Society" a group of car and racing buffs which meets monthly at Sardi's Restaurant in New York. ■

If you'd like to see more images of Montclair homes, they are featured in the book, *Stately Homes of Montclair*, which can be found at [Montclair Booksellers](#), several local libraries and the [Stately Homes of Montclair Facebook page](#).

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Is Your Breath the Secret Ingredient to Weight Loss?

CONTRIBUTED BY CLIFTON PHYSICAL THERAPY

WHAT IF YOUR breath could tell you if you were burning fat? Actually, it can! From gaining the quarantine-15 to the extra holiday pounds, you've likely experienced what we all have; unwanted weight gain.

Twin sisters, Merav and Michal - two Ironman winners and PhDs in physiology developed Lumen, a metabolic tracker to take the stress work out of nutrition.

What is a metabolic tracker? Just like a Fitbit tracks your activity level, a metabolic tracker tells you what your metabolism is burning for energy.

Finding out whether your body is burning fat or carbohydrates helps you make smarter eating choices. Eat better and you will have the energy to keep up with your kids.

We use Lumen to keep track of our metabolism.

Lumen measures your metabolism through your breath using CO2 to determine whether you're burning fats or carbs. You blow into it when you wake up as your baseline, before each meal to see how well you've done, and before and after exercise to see what you've burned off.

It pairs with a free app that gives you recipes to help you stay on track with your goals.

Everyone can benefit from Lumen, whether you're a busy mom trying to lose some extra weight or an athlete trying to stay in tip-top shape.

It's like having a nutritionist in your pocket. Lumen makes it easy for you to fuel your body correctly, something that many of us fail to do.

We use Lumen in tangent with our 6-week training program created to keep you healthy, in-shape, and ready for whatever life throws at you.

How it works? Our team of experienced physical therapists, athletic trainers, and board-certified acupuncturists evaluate your needs and goals and then they create a customized plan fitness plan just for you.

Before your training session, you blow into the Lumen and find out what your body is burning. This ensures you're getting the most out of your workouts every time. ■

Lumen is exclusively offered at Clifton Physical Therapy. If you're interested in getting fit and healthy, give us a call at 973-241-1338.

