

# Mayor's Wellness Campaign To Highlight Healthy Eating

SCOTCH PLAINS — Health expert Tony Bianchino of Outrun Your Fork will share how to eat for health and vitality in order to have more energy and a zest for life on Monday, January 14, at 7 p.m.

His presentation is entitled "New Year, New You – How to Create a Plan for Eating and Fitness that Works for You!" It will take place at the Shady Rest at Scotch Hills Country Club, located at 820 Jerusalem Road, Scotch Plains.

Mr. Bianchino brings more than 30 years of experience in health and wellness. This program is a part of the Scotch Plains Mayor's Health Campaign.

"As I begin my third year as mayor of Scotch Plains, I am excited to bring this new component to our program," said Mayor Al Smith.

"For the past two years, our focus has been on getting residents to commit to participating in the Mayor's Medal Challenge. This year, we will add to those races and walks by holding additional events designed to emphasize the importance of eating well, exercising and managing stress," the mayor stated.

Registration is \$25 for residents of Scotch Plains and \$30 for non-residents. Participants will receive a wellness journal to help them keep track of their progress. Interested persons may reserve a spot

via the Community Pass link at [scotchplainsnj.gov](http://scotchplainsnj.gov) or by calling the Scotch Plains Recreation Department at (908) 322-6700, extension no. 223.

The Mayor's Wellness Campaign is a program of the New Jersey Health Care Quality Institute in partnership with the New Jersey State League of Municipalities.

## Winter Programs Are Available to Seniors

FANWOOD — Registration is now open for Fanwood Recreation's winter programs for senior citizens. Programs began this week and will run weekly through the week of Monday, March 25. Classes include Aerobics, Yoga, Zumba, Water Exercise and Tai Chi.

All classes will take place in the recreation building at Fanwood's Forest Road Park, with the exception of Water Exercise, which will be held at the Jewish Community Center (JCC) of Central New Jersey Wilf Jewish Community Campus indoor pool in Scotch Plains. The fee is \$15 per program for Fanwood and Scotch Plains residents and \$30 for all others.

To register online and pay by credit card, go to [fanwoodrecreation.org](http://fanwoodrecreation.org). Participants also may pick up a registration form and pay by check at Fanwood Borough Hall, located at 75 North Martine Avenue.



CELEBRATING A MILESTONE...Calvary Nursery School and Child Care (CNSCC) recently celebrated the installation of a new school sign to mark its 25th anniversary of serving the Cranford community. Pictured at the unveiling are students with, from left to right, Karen Steven, CNSCC head teacher; the Reverend Dr. Carol A. Lindsay, pastor of the Calvary Lutheran Church; Tom Hannen, Jr., Cranford Township commissioner; June Kaiser, founding member of CNSCC and a school board representative, and Stacy Nick, CNSCC director.

## CNSCC Attains Four-Star Rating From Grow NJ Kids

CRANFORD — Calvary Nursery School and Child Care (CNSCC) has received a four-star rating from the state's Grow NJ Kids assessment program. CNSCC is one of only three early childhood centers in Union County to receive the four-star distinction, and only 38 have been issued in total in New Jersey. Currently, more than 1,200 centers in New Jersey participate in the program.

CNSCC offers a morning Nursery School Program, a full-day Child Care Program and a Kindergarten Wrap-Around Afternoon Program. The play-based, year-round program focuses on nurturing and educating the whole young child in a Christian setting and serves over 150 students ages 2½ to 6 years.

"We are excited to begin our 25th year of ensuring our children are offered the highest quality educational experiences during this critical time in their development," said Director Stacy Nick. "The Grow NJ Kids program has allowed us to raise that bar even higher by providing additional resources and materials to our children and staff to enrich our program."

"Our congregation founded our school in 1993 based on the belief that educating and nurturing young children are ways of sharing God's grace — helping them to love and respect others, themselves and all creation," said the Reverend Dr. Carol A. Lindsay, pastor of the Calvary Lutheran Church. "Our school's ministry continues that important work today by bringing our congregation's welcome into the lives of people in our community."

Grow NJ Kids is a rigorous, research-based rating program administered by the New Jersey Departments of Children and Families, Education, Health, and Human Services. It offers child-care and early-learning programs access to training, professional development, staff scholarships for continuing education and targeted technical assistance. Professional raters visit a program to review quality standards,

and program participants receive ratings by meeting an extensive list of quality benchmarks.

CNSCC is located at 108 Eastman Street, Cranford. For more information about becoming part of the program for the 2019-2020 school year, visit [calvarycranford.com](http://calvarycranford.com) or [facebook.com/CNSCC/](http://facebook.com/CNSCC/), or call (908) 272-3962 to schedule a tour. New student registration will be accepted on a first-come, first-served basis at CNSCC's open house and registration on Saturday, January 26, from 10 a.m. to noon.

## Meeting to Offer Alzheimer's Support

WESTFIELD — Jewish Family Service (JFS) of Central New Jersey, a non-sectarian health and social service agency, will host an Alzheimer's Support Group, through Alzheimer's New Jersey, on Friday, January 18. It will take place from 10 to 11 a.m. at The Presbyterian Church in Westfield, located at 140 Mountain Avenue, Westfield.

Free and open to Alzheimer's/Dementia caregivers in the community, the group is run in accordance with Alzheimer's New Jersey guidelines. Participants are welcome to join the group at any time. The support group is not suitable for individuals with the dementia diagnosis.

Registration is recommended. If planning to attend, or seeking more information about the JFS program for Alzheimer's and Dementia Disorders, contact Alice Greenberg-Sheedy, Licensed Clinical Social Worker, at [agreenberg-sheedy@jfscentralnj.org](mailto:agreenberg-sheedy@jfscentralnj.org) or (908) 352-8375.

### PUBLIC NOTICE

#### BOROUGH OF MOUNTAINSIDE PUBLIC LIBRARY 2019 MEETINGS

Notice is hereby given. The Board of Trustees of the Mountainside Public Library adopted the following board meeting schedule for 2019. All dates are Mondays.

- January 14
- February 25
- March 18
- April 15
- May 20
- June 17
- July 15

- No meeting in August
- September 16
- October 21
- November 18
- December 16

Meetings begin at 7:30 PM in the meeting room of the Mountainside Public Library. The Mountainside Public Library is located on Constitution Plaza in Mountainside, New Jersey.

Ian Sloat  
Director, Mountainside Public Library  
1 T - 1/11/18, The Leader Fee: \$24.48

# Author Stanley Talbert to Be MLK Keynote Speaker

WESTFIELD — The Dr. Martin Luther King, Jr. Association of Westfield will present Stanley Talbert as the keynote speaker at its 32nd annual commemoration service, which will be held at the First Congregational Church of Westfield on Monday, January 21, at 1 p.m.

Mr. Talbert will speak on the thematic topic for this year, "Striving for the highest good: Responding to acts of hatred."

The guest speaker is the author of "Unveiling Radical Love: A Theological Reflection on Radical Love in the Age of Ferguson," in "Reconciliation Reconsidered" (Abilene Christian University Press, 2016). He has published articles on theology, race and culture in the *Journal for Religion, Film and Media*, *The Huffington Post*, *Ebony* and *The African American Lecternary*.

Mr. Talbert is a Louisville Institute Doctoral Fellow and Carl R. Holladay Doctoral Fellow and the recipient of the Wittenberg Fellowship along with numerous awards in his field. He was a participant in the 2015 Millennial Leaders Project, where 50 young activists, leaders and clergy across the

United States were selected to engage social issues from the intersection of spirituality and social justice. Mr. Talbert has given lectures and presentations across the nation as well as in France, Germany and South Africa.

The Dr. Martin Luther King, Jr. Association has been a part of the Westfield community for more than 30 years. The purpose of the Association is to inspire and encourage local communities to seek and adopt the high ideals espoused by Dr. King — especially those ideals that promote respect, fairness and justice for all people.

To that end, the Association sponsors an annual essay, poetry and art contest for Westfield students on topics related to social justice.

Prior to this year's service, the public is invited to join the annual processional walk from the Martin Luther King memorial on the South Avenue circle to the church. The procession begins at 12:30 p.m. Donations of non-perishable food items for the Westfield Food Pantry will be collected at the church. After the service light refreshments will be served. For more information, call Elizabeth Wolf at (908) 654-6770.



Stanley Talbert

# Mountainside Library Posts Additional January Events

MOUNTAINSIDE — The Mountainside Public Library has revealed the dates and details for several programs that will take place there during the second half of January.

Author Julia Frankel from Livingston will visit the library on Wednesday, January 16, at 3:45 p.m. Ms. Frankel always wanted to be a writer and recently had her first e-book published. The book, "Silly Daddy and the Pet Goat," is about a father who takes his children to a garden store and comes home with a live goat. It is based on Ms. Frankel's own "silly daddy." The "Silly Daddy" series is based on observations of her father and husband, father to her two children. Ms. Frankel will read selections from her books. This program is for children from pre-school age to second grade. Her books will be available for purchase (cash only). To reserve a place at this program, call the library at (908) 233-0115.

"Pipsqueak Players — Reading Reimagined" will be offered on consecutive Thursdays, January 17 and 24, at 3:45 p.m. The popular Pipsqueak Players duo of Cheryl Isbirian and Erin Kraven will return with their reading enrichment program that is designed to nurture enjoyment and comprehension in a workshop-style setting.

This four-week session, continuing on February 1 and 7, will explore a different picture book each week, culminating in a showcase at the end of each class. Classes are designed for 5- to 7-year-olds. Pre-registration is required.

Aging Services Kiosk (ASK) will be available at the library on Friday, January 18, from 10 a.m. to noon. Provided as a service from the Union County Division on Aging and Disability to senior citizens, the ASK community outreach program provides staff members who travel throughout Union County to help connect residents with information about services such as home-delivered meals, respite care, home care, adult day care and support services for caregivers. Assistance with completing applications and forms also is provided.

To register for programs, stop into the library or call (908) 233-0115. The Mountainside Public Library is located at 1 Constitution Plaza.

### PUBLIC NOTICE

#### TOWNSHIP OF SCOTCH PLAINS ZONING BOARD OF ADJUSTMENT

PLEASE BE ADVISED that at the Zoning Board of Adjustment meeting held on January 3, 2019, the Board adopted the following Resolutions:

Steve & Erica Needle, 19 Allen Lane, Block 14901, Lot 27, were approved to construct a single-car detached garage at the aforementioned property.

Scotch Plains-Fanwood Board of Education/Scotch Plains-Fanwood High School, 641 Westfield Road, Block 6501, Lot 1, was denied permission to replace an existing electronic LED one-color sign with a new electronic LED multi-color sign at the aforementioned property.

A copy of said Resolutions has been filed in the office of the Board and/or the office of the municipal clerk and is available for public inspection during regular business hours.

Shannon Rapant  
Secretary to the Zoning Board  
1 T - 1/10/19, The Times Fee: \$23.46

# F-SP Rotary Announces Benefit Casino Night

SCOTCH PLAINS — The Fanwood-Scotch Plains Rotary Club will hold its Casino Night Fundraiser on Friday, February 22, at Shackamaxon Country Club in Scotch Plains. Tickets purchased by Saturday, January 15, are \$75 per person and include a buffet dinner and \$100 in casino play money. Tickets purchased after January 15 are \$85 per person. Doors will open at 6 p.m. and gaming begins at 6:30 p.m. All attendees must be at least 21 years of age.

Tickets and sponsorships can be purchased at [fsprotary.brownpapertickets.com/](http://fsprotary.brownpapertickets.com/). For further information about the event, including sponsorship opportunities, contact [FSPRotaryClub@gmail.com](mailto:FSPRotaryClub@gmail.com). There is a limited number of tickets available and the event was sold out last year. Everyone is encouraged to

purchase their tickets early.

The fundraiser will support the many charitable activities managed by the Fanwood-Scotch Plains Rotary Club, an organization with 70 members. The club currently sponsors local and international causes, as well as scholarships for Scotch Plains-Fanwood High School students.

The Fanwood-Scotch Plains Rotary Club has been serving the community since 1938. Meetings are held on Wednesdays at noon at the Stage House Restaurant in Scotch Plains. On the last Wednesday of the month, members can participate in a service project for Mobile Meals of Westfield and/or attend a friendship lunch. Guests are invited to attend and learn about the good that Rotary is doing worldwide. For further information, go to [fsprotary.org](http://fsprotary.org).

# Students Invited to Enter Poetry-Short Story Contest

WESTFIELD — The Woman's Club of Westfield invites all aspiring student poets and authors from kindergarten through high school to enter its 2019 Youth Poetry and

Short Story Contest.

Poetry entries may be any style with a minimum length of eight lines and a maximum length of 30 lines. Short stories are limited to 2,000 words. Entries must be typewritten, double spaced, with a minimum of one-inch margins, on one side of an eight-inch by 10-inch sheet of paper. A student may enter one short story and/or poem.

The author's name, address, e-mail address if available, telephone number, student's grade and school, and title of the piece should appear in the top right-hand corner of each page.

All entries are judged on content, organization and form. The decision of the judges is final. Entrants are asked to submit the material in duplicate to Woman's Club of Westfield, 151 Hamilton Avenue, Westfield, N.J. 07090, postmarked before Thursday, February 14, 2019. Entries must be the original, unpublished work of the author, written during the last year.

Authors must be amateurs with earnings from writings not to exceed \$500 annually. Writers may want to keep a copy of their work as entries cannot be returned.

### PUBLIC NOTICE

#### BOROUGH OF MOUNTAINSIDE BOARD OF EDUCATION

#### SCHEDULE OF MEETINGS JANUARY 2019 – DECEMBER 2019

All meetings will be held in the Beechwood School Susan O. Collier Media Center located at 1497 Woodacres Drive, Mountainside, New Jersey 07092 or in the Deerfield School Media Center located at 302 Central Avenue, Mountainside, New Jersey 07092.

All meetings will be regularly scheduled meetings of the Board to begin at 7:00 p.m. unless otherwise noted. It is anticipated that the Board will adjourn to Executive Session immediately following the initial roll call to review matters appropriate for discussion in private under the Open Public Meetings Act. The Board will return from Executive Session to continue the public portion of the meeting at 8:00 p.m., at which time the Board will consider and act upon its public session agenda items.

- Thursday, January 3, 2019 (Reorganization Meeting)
- Tuesday, January 29, 2019
- Tuesday, February 26, 2019
- Tuesday, March 26, 2019 (tentative Adoption of Tentative Budget)
- Tuesday, April 23, 2019 (tentative Regular Meeting and Public Hearing on Budget)
- Tuesday, May 28, 2019
- Tuesday, June 25, 2019
- Tuesday, July 23, 2019 (tentative)
- Tuesday, August 27, 2019 (tentative)
- Tuesday, September 24, 2019 (tentative)
- Tuesday, October 22, 2019 (tentative)
- Tuesday, November 19, 2019 (tentative)
- Tuesday, December 17, 2019 (tentative)

1 T - 1/10/19, The Leader Fee: \$36.21

## Networking Group To Feature Alumni

MOUNTAINSIDE — The Scotch Plains-Mountainside Public Libraries' Career Networking Group will meet on Monday, January 14, at 6:30 p.m., and will feature speakers who have found employment in 2018. The meeting will take place at the Mountainside Public Library, located at 1 Constitution Plaza.

Career Networking Group alumni who successfully navigated the job-search maze and landed will present their stories. They will share tips and lessons learned and how networking led them to their new professional roles. They hope to give back through their stories with the goal of helping listeners land a new job or move to a new career.

This program is free and open to the public. To register for this event, call the Mountainside Public Library at (908) 233-0115.

Individuals can connect with the libraries' Career Networking Group on LinkedIn at Career Networking Group at SPPL.

### PUBLIC NOTICE

#### TOWNSHIP OF SCOTCH PLAINS ZONING BOARD OF ADJUSTMENT 2019 REGULAR MEETINGS

In compliance with the Open Public Meetings Act, Chapter 231, P.L. 1975, Regular Meetings of the Zoning Board of Adjustment of the Township of Scotch Plains, Union County, New Jersey will be held in Council Chambers, First Floor, Municipal Building, 430 Park Avenue, Scotch Plains, New Jersey at 7:30 p.m. on the following Thursdays in 2019 unless otherwise noted:

- JANUARY 3, 2019 – REORGANIZATION 7:00 pm
- FEBRUARY 7, 2019
- MARCH 7
- APRIL 4
- MAY 2
- JUNE 6
- JULY 11
- SEPTEMBER 5
- OCTOBER 3
- NOVEMBER 7
- DECEMBER 5
- JANUARY 9, 2020 – REORGANIZATION - 7:00 pm

In accordance with the Americans with Disabilities Act, any person that might require special needs should be in touch with the Board office during normal business hours so that their needs may be addressed. All interested persons may be present and be heard.

Shannon Rapant  
Secretary  
1 T - 1/10/19, The Times Fee: \$33.15

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