



MY VOICE...Ten sophomores from The Wardlaw+Hartridge School in Edison joined the 15th Annual Young Women's Conference My Journey, My Voice: Empowering Young Women on March 8. Students who attended the trip were: Ariana DiLandro of Carteret, Kynise Dixon of North Plainfield, Simone Erachshaw of Iselin, Leila Hernandez-Webster of Edison, Camila Martinez of Scotch Plains, Oluwatosin Olarewaju of Piscataway, Sara Reiss of Fords, Gurleen Saini of Carteret, Sydney Sweeney of Cranford and Taliyah Williams of Plainfield.

Awards Reception for Those Serving Students of UCESF

WESTFIELD — The Union County Educational Services Foundation (UCESF) will host its 24th Annual Awards Reception on Thursday, May 16, at the Stone House at Stirling Ridge in Warren, New Jersey. All proceeds from this event will be used to support the educational programs at the Union County Educational Services Commission Schools.

The UCESF is a public non-profit organization that was formed to raise funds, establish partnerships and secure other forms of support needed to develop and enhance the academic, social and daily living skills of students with physical, emotional and intellectual disabilities served in the schools and programs operated by the Union County Educational Services Commission.

The Union County Educational Services Commission located in Westfield, N.J. was established in 1969 to provide highly innovative, specialized and cost-effective educational programs and services in response to the needs of the students, parents, and staff of the 21 districts in Union County. Over the past four decades, the Commission has remained committed to ensuring that all students, including those with disabilities have academic, social, therapeutic and career readiness opportunities needed to become independent, productive and valued members of our society. Union County Educational Services Commission annually serves over 7,000 students enrolled in general education, special education, vocational and nonpublic schools located in Union County and throughout the State of New Jersey.

Each year, the UCESF proudly honors people and companies in our community for their time and commitment to the students of the Union County Educational Services Commission.

This year, there will be three honorees: MLB Residential Lending, LLC will receive the Community Partner Award.

Mr. Fox Beyer will receive the Inspiration and Empowerment Award. Ms. Alice Hunnicutt will receive the Lifetime Achievement Award.

The reception starts at 6 p.m. with a cocktail hour and hors d'oeuvres followed by a sit-down dinner with a live auction, 50/50 and tricky tray. Donations of auction items are being sought, and can include such things as access to a vacation home or time share, access to fine dining establishments or sporting, concert or airline tickets. In addition, we are seeking donations of gift items, gift cards, certificates and/or services for our Tricky Tray. UCESF is also seeking sponsors for this event. Sponsorships are tax-deductible. All sponsors will be prominently listed in our ad journal and event signage. Those who would like to be a sponsor or donate items, contact Marlene Boyea at (908) 233-9317 x266. Please visit www.ucsf.org to find out about our schools and programs.

Lambert of Fanwood Interns at Media Co.

FANWOOD—Rachel Lambert, of Fanwood, is serving an internship this spring at HerCampus Media.

Ms. Lambert's responsibilities include managing social media accounts, reporting on social metrics and learning how to read social analytics. Through the course of the internship, she will gain experience running a company's social media accounts and attending to other social needs of the company.

Ms. Lambert is an early childhood education major in the Class of 2020 at Susquehanna University. A 2016 graduate of Scotch Plains-Fanwood High School, she is the daughter of Jim and Janet Lambert.

ADS PLACED IN THE LEADER/TIMES BRING RESULTS

WML Spring Book Sale Is Gearing Up to Begin

WESTFIELD — It's that time of year for the Friends of the Westfield Memorial Library annual spring book sale. In its 46th year, the book sale is the main fundraiser for the Friends of the Westfield Memorial Library. Proceeds from the sale go towards all of the programs the Friends supports including donations to the library to help with the purchase of equipment, furnishings and media (books, DVDs and magazines). All year children and teens have been enjoying new furniture in the library in part due to last year's book sale. All of the Westfield Community is invited to come to the book sale.

The book sale begins with Donation Days on Wednesday, April 24, to Friday, April 26, from 10 a.m. to 3 p.m. On Saturday, April 27, donations are accepted from 10 a.m. to noon. Donations of Books, CDs and DVDs for all ages are appreciated. Donations of textbooks, magazines, VHS tapes, damaged books or encyclopedias are not accepted.

The sale starts on Tuesday, April

30, from 3 to 8 p.m. for Friends members only preview sale. Those interested can join the Friends that night and then shop the preview sale.

The book sale opens on Wednesday, May 1, and Thursday, May 2, from 10 a.m. to 8 p.m. On Friday, May 3, the sale runs from 10 a.m. to 4 p.m. and on Saturday, May 4, the sale runs from 10 a.m. to 2 p.m. In addition to amazing prices for almost all books of .50 cents to \$3, there are specials each day. May 1-2 teachers receive 50 percent off every purchase. May 3, the entire sale is half price. The final day, May 4, is Bag Day - for \$8 you purchase a bag to fill up with books. Each day is an exciting opportunity to find a great book for friends and family.

The Friends of the Westfield Memorial Library sponsor the book sale. To learn more about Friends' programs or to become a member, go to www.fwmlnj.org or ask a book sale volunteer. Interested in volunteering at the book sale, contact the Friends at info@fwmlnj.org or (908) 789-4090.

An Evening with Pulitzer Prize Winning Poet Muldoon

UNION—The Union County Board of Chosen Freeholders invites all members of the public to celebrate National Poetry Month with readings by Paul Muldoon, acclaimed author of *Moy Sand and Gravel*. Mr. Muldoon received the 2003 Pulitzer Prize for Poetry and the 2003 International Griffin Poetry Prize for *Moy Sand and Gravel*.

"An Evening of Poetry with Paul Muldoon" takes place on Tuesday, April 23, at 7 p.m., at The Little Theater at Kean University, 1000 Morris Avenue Union Township.

"This special event is a unique opportunity to experience the artistry of one of the world's leading literary figures," said Freeholder Bette Jane Kowalski. "Paul Muldoon has been described as 'the most significant English-language poet born since the Second World War' and we are very proud to welcome him to Union County."

Paul Muldoon was born in 1951 in County Armagh, Northern Ireland, and educated in Armagh and at the Queen's University of Belfast. From 1973 to 1986 he worked in Belfast as a radio and television producer for the British Broadcasting Corporation.

Since 1987 Mr. Muldoon has lived in the United States, where he is now Howard G. B. Clark '21 Professor at Princeton University and was found-

ing chair of the Peter B. Lewis Center for the Arts. He was also appointed Poetry Editor of *The New Yorker* in 2007.

Between 1999 and 2004, he was Professor of Poetry at the University of Oxford, where he is an honorary fellow of Hertford College. A Fellow of the Royal Society of Literature, the American Academy of Arts and Sciences and the American Academy of Arts and Letters, Mr. Muldoon was given an American Academy of Arts and Letters award in literature for 1996.

In addition to the Pulitzer Prize and International Griffin Poetry Prize, other awards include the 1994 T. S. Eliot Prize, the 1997 Irish Times Poetry Prize, the 2004 American Ireland Fund Literary Award, the 2004 Shakespeare Prize, the 2005 Aspen Prize for Poetry, and the 2006 European Prize for Poetry.

The 2019 National Poetry Month event is sponsored by the Freeholder Board through the Office of Cultural and Heritage Affairs in the Department of Parks and Recreation, and is funded in part by a grant from the New Jersey Historical Commission, a Division of Cultural Affairs in the Department of State.

For more information on all Cultural and Heritage programs visit ucnj.org, call (908) 436-2912 or email jpresscott@ucnj.org.



WE GOT GAME...The Holy Trinity 8th Grade boys basketball team completed a successful 2018-2019 season going 11-4 and earning a trip to the championship game held at Union Catholic on March 11. Pictured, from left to right, are: Tim Kobin, Matthew Sturchio, Ethan Stack, Jack McCue, Harry Petrovick, Jonathon Boufarah, Theo Sica, Ben Kelly, CJ Dencker, Luke Hobbie and (not pictured) Eamon Collins and Tyler DelVecchio.

Register for the Summer Youth Program at UCC

CRANFORD — This summer the Office of Continuing Education at Union County College (UCC) is expanding its course offerings for youth ages 11-18. Taught by N.J.-certified teachers and subject matter experts that specialize in delivering high-quality youth programs, classes will begin on June 24 and run through August 22. All courses will be held Monday through Thursday.

Classes offered include Algebra Review, Better Thinker-Better Writer-Better Grades, Middle School Math Review, Photography Art Camp, Rocketry, Radio Controlled Cars Competition, Summer Dance Camp and The Writer Within: Creative Writing. The College is partnering again with Black Rocket to offer classes such as Advanced Robotics, Adventures in Augmented Reality, Battle Royale: Make your First Fortnite@ Style Video Game, Drone Adventures, eSports Apprentice, Minecraft@ Modders, Python Programmers and Roblox@ Makers-Coders-Entrepre-

neurs. Our partnership with Super Science also continues with Amusement Park Physics, Chemical Wizardry, CSI: Crime Scene Investigation, Introduction to LEGO EV3@ Robotics, Junior Physicians and STEM Challenges. Most classes are available for students ages 11-13 and 14 and above.

The college will be offering a new program entitled Nailing the College Essay, in addition to SAT Test Preparation, which is scheduled to run from July 22 through August 15. The SAT classes will run Monday through Thursday from 1 to 4:10 p.m. The cost of the courses vary, and all classes will be held at the College's Cranford campus, located at 1033 Springfield Avenue.

For more information about summer youth programs and to view the Continuing Education youth brochure online, visit www.ucc.edu/ce. One can also enroll by calling the Office of Continuing Education at (908) 709-7600 or by visiting the office on the Cranford campus.



Susan M. Dougherty for *The Westfield Leader* and *The Scotch Plains-Fanwood Times* ART SMART...As part of Westfield Public Schools' Youth Art Month student artwork is on display at Lord & Taylor in Westfield. At top: Makenna Reed, Grade 7, Pencil. At bottom: Tanis Omarra-Chen, Grade 7, Mixed Media.

W+H Students Spend Spring Break Visiting China

SCOTCH PLAINS — Camila Martinez, Ryan Brace and Mayah Nissim of Scotch Plains were among 15 students and three chaperones from The Wardlaw+Hartridge (W+H) School in Edison who spent 12 days in China during Spring Break, visiting W+H sister school Shishi High School in Chengdu and sightseeing in Beijing and Shanghai.

"What I enjoyed most about our trip is the amount of curiosity in the group that led to learning even more about China and its culture than we would have otherwise," Camila said. "Something valuable that I learned is how you can share a moment with someone even if there is a language barrier."

The trip began in Beijing and included visits to sites such as the Beijing Zoo, Forbidden City, Sum-

mer Palace, Great Wall, Temple of Heaven and Beijing Capital Museum. The group also spent a few days in Shanghai and visited The Bund, Yu Garden, City God Temple Mall and Shanghai Museum. They also met with W+H alumnus Kevin Nader '17, a student at NYU-Shanghai.

The students and chaperones traveled to Chengdu for the second half of the trip. They visited the Panda Reserve and saw a UNESCO heritage site of the ancient Dujiangyan irrigation system. They also attended classes at Shishi High School, where W+H students made presentations on a variety of topics including music and the NBA. Shishi conducted special classes on calligraphy and Tai Chi as well as Chinese water color. W+H students lived with homestay families during their time in Chengdu.



RAY BAILEY AWARD...On December 18, 2018, at the Westfield High School (WHS) Football Awards Dinner, Griffen Aslanian, Jr. was awarded the Ray Bailey Award as the Senior Varsity Football player with the highest grade point average. Commander Randy Grizzard and Sons of the American Legion member Robert Whitehead is pictured with the recipient of the Ray Bailey Award, Griffen Aslanian, Jr. and with his father Griffen Aslanian. Ray Bailey was an athlete for WHS and an outstanding baseball player for the American Legion Team in the late 1950s when he was tragically killed. Since the 1960s, the Martin Wallberg American Legion Post 3 in Westfield has given the Ray Bailey Award.

The Student View

A Column Written by Local High School Students

Anxiety: One Big Game, Right?

By ALISSA WITZEL

You are in class and the only thing you can wrap your head around is the thought that everyone in your class could be judging you. You want to raise your hand, but the second you open your mouth, anxiety takes over and makes you question every little thing you are doing.

According to the Anxiety and Depression Association of America, about 2.6 million kids each year are diagnosed with anxiety or depression, but that large number leaves out those who go undiagnosed.

As the years go by, more and more adolescents end up being diagnosed with anxiety. According to Rebecca H. Bitsko, Ph.D., an anxiety and depression specialist, "Anxiety and depression are associated with school problems, parenting stress, and unmet medical needs. Parents, healthcare providers, and teachers can look for ways to support children with anxiety and depression in all areas of the child's life." Do you see how the suffering teens are not the problem, but the way others treat or fail to treat them is?

Personally, I suffer with anxiety, and it all started in seventh grade when I was bullied. The words that were etched into my head almost every day made me suffer and I eventually developed a stutter. Since that day, my anxiety has, at times, taken over my life and made me want to crawl into a ball, but other times I am able to overcome it and live my life.

It controls me to the point where I have missed presentations due to the thought of getting up in front of the class and embarrassing myself. I go to the bathroom while my class is doing a popcorn reading to avoid the stutter that I have lived with for the past five years. But since it is not a physical problem that was due to a sport, then it's not important, right?

Kids with mental illnesses are often told to "get over it," and their anxiety or panic attacks are called temper tantrums. I remember the day I was writing a speech I had to give and all I could do was stare at my bedroom wall, worrying about the future and messing up in front of 100 people. My anxiety took over my brain.

I ran down the stairs and just cried my eyes out to my mom. She called my dad and told him that I was having a temper tantrum and when I heard those words leave her mouth, all I could do was breakdown into tears. My parents did not believe me. They thought I was being a "drama queen". The people who call themselves "my biggest supporters" could not even support me while I was going through

this hard time. Moreover, schools will barely touch on it. Teachers will hardly ever speak of it. And in health class you will never learn about it. So many kids are scared to talk to someone and they end up hiding themselves in the dark.

Day after day, kids with mental illness are the ones being blamed for not speaking to someone to get help. But, can't you see that they will use up all of their courage in one day just to raise their hand in class? You don't see them struggling do you? So, clearly they are faking it, right? It is all some attention-grabbing hoax, right?

Those who do not understand the daily struggle of living with a mental illness would say that we are overreacting and how we say we have anxiety to cover up for our actions, but clearly that is not the case and never will be. Believe me when I say, it's more than just stress from an upcoming test.

If your school does not talk about it in health class, then start a conversation. Get moving. Use the strength and courage built up inside of yourself to talk to your counselor, because if no one is willing to help you, then you need to help yourself.

Be aware. Pay attention. Your closest friends could be the ones suffering the most.

Local Students Inducted into Phi Beta Kappa at Gettysburg

AREA—Alyssa Beyer of Garwood and Carly Kalis of Westfield are among 32 Gettysburg College students who are being inducted into Phi Beta Kappa in the spring of 2019. Phi Beta Kappa, the oldest Greek-letter society in America, exists to promote liberal learning, to recognize academic excellence, and to support and encourage scholars in their work.

Esteves of Cranford Earns Dean's List

CRANFORD--Charlotte Esteves, of Cranford, was named to the 2018 fall semester dean's list at Simmons University in Boston. To qualify for dean's list status, undergraduate students must obtain a grade point average of 3.5 or higher, based on 12 or more credit hours of work in classes using the letter grade system.

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