

# Caring Contact to Offer ASIST Training in June

WESTFIELD — Caring Contact, a crisis hotline that serves Northern and Central New Jersey, will offer Applied Suicide Intervention Skills Training (ASIST) next month.

ASIST is an internationally-acclaimed, two-day interactive training program in suicide first-aid designed to teach hands-on skills to intervene in the case of suicide. ASIST is ideal for people with a variety of backgrounds, including first responders, teachers, school administrators, social workers, counselors, clergy, business managers and parents.

The 16-hour course is being offered in two eight-hour sessions, on Saturday and Sunday, June 8 and 9, from 8:30 a.m. to 4:30 p.m. each day. It will be held at Imagine, A Center for Coping with Loss, located at 244 Sheffield Street, Mountaintide.

Caring Contact is offering the training for \$200 for the two-day pro-

gram, and limited scholarships are available for young adult participants. Breakfast and lunch will be served. To learn more or to register, visit [caringcontact.org/training-registration/](http://caringcontact.org/training-registration/) or call (908) 301-1899.

Caring Contact is an award-winning, volunteer-staffed caring and crisis hotline providing active listening support and best-in-class education to the Central and Northern New Jersey community. More than 100 trained volunteer listeners answered over 10,000 calls last year from people in crisis, having suicidal thoughts or simply feeling depressed and lonely.

Caring Contact is affiliated with CONTACT USA, the National Suicide Prevention Lifeline and the American Association of Suicidology. Anyone in crisis and needing someone to listen is encouraged to call (908) 232-2880. To learn more, visit [caringcontact.org](http://caringcontact.org).



ACHIEVING THEIR GOALS...The YMCA Achievers 21st Annual Banquet will take place on Friday, June 7, at The Westwood in Garwood. Pictured, Achievers graduating high school in 2018 and Achievers who participated in the Kean Upward Bound program receive their certificates at last year's banquet.

## YMCA Achievers Banquet On Tap June 7 at Westwood

WESTFIELD AREA — The Westfield Area YMCA, in collaboration with the Fanwood-Scotch Plains YMCA and the Plainfield YMCA, will host the 21st Annual Achievers Banquet on Friday, June 7, from 7 to 11 p.m. It will take place at The Westwood, located at 438 North Avenue, Garwood.

The evening will include a cocktail hour with live musical performances by students; dinner and dancing; an art auction and tricky tray. The tricky tray will feature more than 20 items including offerings from Lord & Taylor, Plainfield Symphony, Kiddoolo, Somerset Patriots and New York Broadway Tours. During the banquet, graduating high-school seniors, Achievers alumni and Connell Company scholarship recipients will be recognized with certificates distributed by Assemblywoman Linda Carter (D-22nd, Plainfield).

This year's event will showcase speakers and artists. The keynote speaker will be Tobias Truvillion, best known as an actor on "In Contempt" and "Empire." He also is a film producer, philanthropist, inner-city youth mentor, advocate and arts instructor.

The Banquet Guest will be artist John Stanisci, a Marvel/DC Comics illustrator who will auction his work to benefit the Achievers program.

Positive Peer Pressure Speaker Dean A. Scott is co-founder of Cocoa Mocha Kids, an online social media resource page that reviews products for children of color. Ten-year-old Dean and mom Tasha also are the creators of The Mia London "Perfectly Perfect Pajama" collection, the first pajama collection for children of color.

Proceeds of the banquet will benefit the Achievers program. To attend or support this event, visit [westfielddynj.org/programs/leadership-development/](http://westfielddynj.org/programs/leadership-development/) or the Westfield Area YMCA Welcome Center at 220 Clark Street, Westfield. Ad journal or vendor table submissions are due by Friday, May 31. Individual or table tickets must be purchased by Monday, June 3.

The Westfield Area YMCA Achievers' goal is to raise the academic standards of young people, expose students to diverse career options and inspire them to reach their goals. Achievers also participate in community service activities, celebrate their history, culture and traditions, and receive college-prep tutoring and essay assistance. This program is available at little or no cost to participants.

For inquiries about the banquet or how to otherwise support the Achievers program, contact Janice A. Carthens at (908) 301-YMCA (9622), extension no. 227, or [jcarthens@westfielddynj.org](mailto:jcarthens@westfielddynj.org), or Nadya Lawrence at (908) 301-YMCA (9622), extension no. 280, or [nlawrence@westfielddynj.org](mailto:nlawrence@westfielddynj.org).

### NAMI N.J. Director To Speak Locally

SCOTCH PLAINS — NAMI (National Alliance on Mental Illness) Union County, the Union County affiliate of NAMI New Jersey, will welcome Meredith Blount to its public presentation this month. Ms. Blount is the new executive director of NAMI New Jersey.

She will speak about the future of NAMI New Jersey and how it can continue to support New Jersey citizens going forward. The program will take place on Tuesday, May 28, from 7:30 to 9 p.m. It will be held at RWJ Rahway Fitness & Wellness Center, located at 2120 Lamberts Mill Road, Scotch Plains.

May is Mental Health Awareness Month. NAMI New Jersey is the state affiliate of the nation's largest grassroots mental health organization. NAMI New Jersey has one mission — to shine a light on mental illness, to replace stigma with hope, to provide support, to educate the public and to advocate for equal care.

NAMI New Jersey is dedicated to improving the lives of people affected by mental illness. It has trained and empowered volunteers to become family educators, support group facilitators, vocal legislative advocates and recovery-oriented presenters. NAMI New Jersey is the primary resource for information on mental illness and support for New Jersey's citizens.

For more information, call (908) 233-1628 or email [namiunioncounty@yahoo.com](mailto:namiunioncounty@yahoo.com).

### IN SESSION

## Give Your Child the Gift Of Empowerment

By Carol Pedro, Exec. Dir.  
Youth & Family Counseling Service

Many families come to us for help. We all know no one, nothing is perfect. Families, like individuals, have their own styles or personalities. Parenting is not a definite science and there is a variety of parenting styles. As with most things, there are pros and cons to each. "Snowplow" parenting is a style that has recently received media attention.

Snowplow parenting is exemplified by the latest Hollywood scandal involving college admissions with Hollywood elites Felicity Huffman and Lori Loughlin. This parenting style evolved from the Helicopter parents, but instead of just hovering and fussing around kids, now parents take issues into their own hands — clearing obstacles and challenges for their children and denying them the opportunity to feel a sense of accomplishment and success on their own!

Families in "our world" have also experienced this parenting style, and its consequences. The idea of "preparing the road for your child versus preparing your child for the road" may have significant negative consequences. We are just beginning to see the impact in our counseling offices of a generation of these children.

As a parent it is difficult to watch your child feel disappointed, anxious, hurt or any uncomfortable, painful feeling. However, research supports this is not a gift to your child. Protecting them from these emotions

may in fact "backfire" in the long-term. Parents going to whatever lengths necessary to prevent the child from feeling discomfort or experiencing adversity, struggle or failure are really *not* helping them.

According to a recent article by the Ohio Department of Education, snowplow parents can have long-lasting, negative effects in the following manner:

Feeling entitled — expecting things to always go their way.

Feeling unequipped to handle challenges themselves.

Sheltering children from experiencing and dealing with adversity.

Impaired communication and poor problem-solving skills.

Lower self-esteem as a result of *not* feeling capable.

To love your children and effectively parent is to let life happen. Allow your children to experience and learn to cope with a range of emotions and difficult situations. Support how they feel and teach them how to cope. Give your children the gift of empowerment instead of the gift of entitlement. They *will* thank you some day!

\*\*\*  
Carol M. Pedro is a licensed therapist with Youth and Family Counseling Service, 233 Prospect Street, Westfield, N.J. 07090; (908) 233-2042. Website: [yfcnsj.org](http://yfcnsj.org).

## Rock Historian to Present Program on 'White Album'

CRANFORD — The Friends of the Cranford Public Library will celebrate the sound of the '60s with "The Beatles: The Making of the White Album," on Monday, June 3, at 7 p.m. It will take place at the Cranford Community Center.

Beatles scholar and 1960s rock historian Vincent Bruno will present an entertaining and interactive session for casual listeners as well as hardcore Beatles fans. This lecture will follow the Beatles' journey through the turbulent year of 1968 as they embark on the creation of the group's ninth studio album — The Beatles (also known as "The White Album").

Participants will explore the genesis of their songs, the influence of transcendental meditation and their increased studio output despite personal and creative differences.

Mr. Bruno is recently retired as the director of First Year Programs at LaGuardia Community College (City University of New York). He holds an MPA from Baruch College and, as an adjunct professor for the past 25 years, he has taught courses in numerous disciplines including

humanities, business, mathematics and cooperative education. He currently resides in both New Jersey and Arizona.

No registration is required for this free event. The Cranford Community Center is located at 220 Walnut Avenue and is accessible to all. For more information about the Friends of the Cranford Public Library, visit [cranfordlibrary.org](http://cranfordlibrary.org).

**Thank You for Your Continued Support!**  
[goleader.com/subscribe](http://goleader.com/subscribe)



LOVE FOR MOM...Members of the Rake and Hoe Garden Club of Westfield pay a visit to the Jardine Academy in Cranford, where they joined the staff in working with children there on Mother's Day planters. Pictured, from left to right, are: Lena Peitsinowski, Alice Cowell, Beth Siano, Faten Mahran, Jane Christiani, Mary Lou Nolas, a Jardine staff member and Mary Fran Annesse.

## Rake and Hoe Visits Jardine For Mother's Day Activity

CRANFORD — As part of their service commitment to the Westfield community and Union County, the Rake and Hoe Garden Club of Westfield joined the staff at the Jardine Academy of the Cerebral Palsy League in Cranford on May 3 to create Mother's Day planters with some of the children. More than 50 planters were created for the moms.

The Jardine Academy, operated by the Cerebral Palsy League and approved by the New Jersey Department of Education, provides a comprehensive educational program designed to meet the cognitive and physi-

cal needs of children and young adults, ages 3 to 21, with multiple disabilities.

The Rake and Hoe Garden Club is affiliated with the Garden Club of New Jersey and the National Garden Club, Inc. The club meets on the second Wednesday of the month, at noon, at the Scotch Hills Country Club in Scotch Plains. Membership is open to residents of Westfield and surrounding towns.

For more information, call Jeanne Marie Ryan at (908) 654-0271 or visit the club's website, [rakeandhoe.org](http://rakeandhoe.org), or its Facebook page.

### PUBLIC NOTICE

**TOWN OF WESTFIELD, NEW JERSEY**  
**GENERAL ORDINANCE NO. 2136**  
**AN ORDINANCE DESIGNATING 201 MOUNTAIN AVENUE, SHOWN ON THE TOWN TAX MAPS AS BLOCK 2407, LOT 1, AND COMMONLY KNOWN AS "TRIANGLE PARK," AS A HISTORIC LANDMARK AND MODIFYING THE ZONING MAP**

WHEREAS, by application to the Westfield Historic Preservation Commission, The Town of Westfield, requests to designate the property located at 201 Mountain Avenue, Westfield, New Jersey, 07090, shown on the Town tax maps as block 2407, lot 1, and commonly known as "Triangle Park" a historic landmark, and

WHEREAS, pursuant to the provisions contained within the Historic Designation and Preservation Ordinance of the Town of Westfield, the Historic Preservation Commission gave full and complete consideration to the petition for historic designation of the property; and

WHEREAS, the Historic Preservation Commission held a public hearing on February 25, 2019 on the proposed historic designation of the property where all those who desired to be heard were heard; and

WHEREAS, the Historic Preservation Commission adopted Resolution Number 19-01 which sets forth its findings of fact, describes any public input received during the public hearing, and provides its rationale for its final decision on the historic designation which is to approve the application for historic preservation designation of 201 Mountain Avenue, shown on the Town Tax Maps as Block 2407, Lot 1; and

### PUBLIC NOTICE

WHEREAS, the Town Planning Board also recommends that the Historic Preservation Ordinance, Subsection 14 be amended to include property at 201 Mountain Avenue, shown on the Town Tax Maps as Block 2407, Lot 1, and the Zoning Map be amended to identify the property as a designated historic site.

NOW, THEREFORE, BE IT THEREFORE ORDAINED by the Town Council of the Town of Westfield, in the County of Union and the State of New Jersey, as follows:

**SECTION I.** The Zoning Map shall be and is hereby amended and supplemented by identifying the following property as shown on the Official Tax Maps of the Town of Westfield as a Historic Preservation Designated Site:

**Block Lot Address**  
2407 11 201 Mountain Avenue

**SECTION II.** Appendix III of the Land Use Ordinance, titled the Historic Designation and Preservation Ordinance of the Town of Westfield is hereby amended by adding a new Subsection 14.N., to read in its entirety as follows:

N. Triangle Park located at 201 Mountain Avenue, Westfield, New Jersey shown as Lot 11, block 2407 on the tax maps, created in 1906 as the Town of Westfield's first park and having played a central part in the Town's history.

The Historic Preservation Commission shall be permitted to place an appropriate notation and plaque on said property indicating its historic landmark status.

**SECTION III.** All ordinances or parts of ordinances in conflict or inconsistent with any part of this ordinance are hereby repealed to the extent that they are in conflict or inconsistent.

**SECTION IV.** In the event that any section, provision, or part of provision of this ordinance shall be held to be unenforceable or invalid by any court, such holding shall not affect the validity of this ordinance as a whole, or any part thereof, other than the part so held unenforceable or invalid.

**SECTION V.** This ordinance shall take effect after passage and publication in the manner provided by law.

### NOTICE

The foregoing ordinance was introduced at a Regular Meeting of the Town Council of the Town of Westfield held on May 21, 2019 and was read for the first time. This ordinance will be further considered for final passage by said Town Council at the Westfield Municipal Building, Council Chambers, 425 East Broad Street, Westfield, New Jersey 07090 at a meeting beginning at 8:00 PM on June 4, 2019 or at any time and place to which such meeting may be adjourned. All persons interested concerning such ordinance. Copies of this ordinance are available at the Office of the Town Clerk, Westfield Municipal Building, 425 East Broad Street, Westfield, New Jersey 07090.

Tara Rowley, RMC  
Town Clerk  
1 T - 05/23/19, The Leader Fee: \$124.44

### PUBLIC NOTICE

**TOWN OF WESTFIELD**  
**INVITATION TO BID**

Sealed proposals will be received by the Town of Westfield in the Council Chambers at the Municipal Building, 425 East Broad Street, Westfield, New Jersey, at 10:00 AM prevailing time on Wednesday, June 12, 2019 at 10:00 a.m., for the "2019 IMPROVEMENT OF RAHWAY AVENUE (between Willow Grove Road & Summit Court), IN THE TOWN OF WESTFIELD, NEW JERSEY."

The work under this Proposal includes the furnishing of all labor, materials and equipment necessary to complete the work as shown on the Contract Drawings and described in the Contract Specifications, and Proposals shall be in accordance with such Drawings and Specifications and the terms proposed in the Contract.

The major items of work under this contract include, but are not limited to, the following in estimated quantities:

2,500 tons of 2 inch thick Superpave Hot Mix Asphalt Surface Course  
18,500 square yards of Milling, Variable thickness

Due to its proximity and impact to Westfield schools, work on this street must be completed no later than August 23, 2019.

All bidders must submit with their bid a copy of their New Jersey Business Registration Certificate. Failure to submit proof of registration will disqualify the bid.

Proposals shall be in writing on the forms furnished and must be delivered at the place and before the hour above mentioned, and must be accompanied by a certified check or bid bond payable to the Town of Westfield in an amount equal to at least ten percent (10%) of the base amount of the bid, but not less than \$500.00 nor more than \$20,000.00. (N.J.S.A. 40A:11-21) Each bid must also be accompanied by a Surety Company Certificate stating that said Surety company will provide the bidder with the required Performance bond in the full amount of the Contract (N.J.S.A. 40A:11-22), by a Non-Collusion Affidavit and a Contractor's Qualification Statement, Statement of Ownership, on the forms included in and explained in the contract documents.

Bidders are required to comply with the requirements of N.J.S.A. 10:5-31 et seq. and N.J.A.C. 17:27 and must pay workmen the prevailing wage rates promulgated by the New Jersey State Department of Labor and Industry for this project, copies of which are on file in the Office of the Town Engineer.

This project is being funded by a Transportation Trust Fund Grant administered by the New Jersey Department of Transportation.

Plans and specifications may be seen or procured at the office of the Town Engineer, Public Works Center, 959 North Avenue West, Westfield, New Jersey. The non-refundable cost of contract documents is (\$50.00) made payable to the Town of Westfield, which must be paid by check. The Mayor and Council reserve the right to reject any bid, and to waive any informality in any bid, if in the interest of the Town, it is deemed advisable to do so.

Kris J. McAloon  
Town Engineer  
1 T - 05/23/19, The Leader Fee: \$67.32

### PUBLIC NOTICE

**TOWN OF WESTFIELD**  
**WESTFIELD, NEW JERSEY**

**GENERAL ORDINANCE NO. 2133**  
**AN ORDINANCE TO AMEND THE CODE OF THE TOWN OF WESTFIELD, CHAPTER 13**

BE IT ORDAINED by the Town Council of the Town of Westfield in the County of Union as follows:

**SECTION I.**  
**1. Section 13-6 -- "Stop Intersections"** of the Town Code shall be changed by adding the following:

Elizabeth Avenue and Boynton Avenue Stop signs shall be installed on Boynton Avenue.

**SECTION II.** All ordinances or parts of ordinances in conflict or inconsistent with any part of the terms of this ordinance are hereby repealed to the extent that they are in such conflict or inconsistent.

**SECTION III.** In the event any section, part or provision of this ordinance shall be held unconstitutional or invalid by any court, such holding shall not affect the validity of this ordinance as a whole, or any part thereof other than the part so held unconstitutional or invalid.

**SECTION IV.** This ordinance shall take effect after passage and publication, as soon as, and in the manner permitted by law.

### NOTICE

The foregoing ordinance was introduced at a Regular Meeting of the Town Council of the Town of Westfield held on May 21, 2019 and was read for the first time. This ordinance will be further considered for final passage by said Town Council at the Westfield Municipal Building, Council Chambers, 425 East Broad Street, Westfield, New Jersey 07090 at a meeting beginning at 8:00 PM on June 4, 2019 or at any time and place to which such meeting may be adjourned. All persons interested will be given the opportunity to be heard concerning such ordinance. Copies of this ordinance are available at the Office of the Town Clerk, Westfield Municipal Building, 425 East Broad Street, Westfield, New Jersey 07090.

Tara Rowley, RMC  
Town Clerk  
1 T - 05/23/19, The Leader Fee: \$46.92

### PUBLIC NOTICE

**BOROUGH OF FANWOOD**  
**UNION COUNTY, NEW JERSEY**

**PUBLIC FINANCE**  
**BOND ORDINANCE**  
**STATEMENTS AND SUMMARIES**  
**ORDINANCE 19-09-S**

The bond ordinance, the summary terms of which are included herein, has been finally adopted by the Borough of Fanwood, in the County of Union, State of New Jersey on May 20, 2019 and the 20 day period of limitation within which a suit, action or proceeding questioning the validity of such ordinance can be commenced, as provided in the Local Bond Law, has begun to run from the date of the first publication of this statement. Copies of the full ordinance are available at no cost and during regular business hours, at the Clerk's office for members of the general public who request the same. The summary of the terms of such bond ordinance follows:

**TITLE: BOND ORDINANCE PROVIDING AN APPROPRIATION OF \$450,000 FOR VARIOUS CAPITAL ACQUISITIONS FOR AND BY THE BOROUGH OF FANWOOD IN THE COUNTY OF UNION, NEW JERSEY AND, AUTHORIZING THE ISSUANCE OF \$427,500 BONDS OR NOTES OF THE BOROUGH FOR FINANCING PART OF THE APPROPRIATION.**

**Purpose(s):** Acquisition of vehicles and various equipment for the Police Department, including but not limited to three (3) sport utility vehicles, mobile data terminals and car cameras; and Acquisition of various equipment for the Public Works Department, including but not limited to trash compactor truck, utility vehicle with plow and water tank and a bucket and snow plow attachment.

**Appropriation:** \$450,000  
**Bonds/Notes Authorized:** \$427,500  
**Bonds (if any) Appropriated:** None  
**Section 20 Costs:** \$16,000  
**Useful Life:** 5 Years

Eleanor McGovern,  
Borough Clerk  
1 T - 05/23/19, The Times Fee: \$47.43

### PUBLIC NOTICE

**NOTICE OF AWARD FOR PROFESSIONAL SERVICES**

The Cranford Board of Education awarded the following contract for 2019-2020 without competitive bidding as a professional service (or extraordinary, unspecifiable service) pursuant to N.J.S.A. 18A:18A.5a(1) at their regularly scheduled Board meeting on May 20, 2019. The resolution of award and the contracts listed below are available for public inspection in the Office of the Board Secretary located at 132 Thomas Street from 9:00 A.M. to 4:00 P.M. Monday through Friday.

**NATURE OF AWARD** Board Attorney  
**CONTRACT PERIOD** 7/1/19 – 6/30/20  
**CONTRACT NOT TO EXCEED** \$175,000.00

Anthony P. Sciarillo, Esq.  
Sciarillo, Cornell, Merlino,  
McKeever & Osborne, LLC  
Robert J. Carfagno  
Business Administrator/Board Secretary  
1 T - 5/23/19, The Leader Fee: \$29.58

### PUBLIC NOTICE

**TOWNSHIP OF SCOTCH PLAINS**  
**ZONING BOARD OF ADJUSTMENT**

**PLEASE BE ADVISED,** that the Zoning Board of Adjustment of the Township of Scotch Plains will hold a public hearing on **June 6, 2019 at 7:30 p.m.**, at the Municipal Building, 430 Park Avenue, First Floor Council Chambers to hear the application of Elizabeth Walsh, 303 Montague Avenue, Block 2002, Lot 8, R-3A Zone who proposes to install a 6 foot fence in the front yard of the aforementioned property, contrary to the following Zoning Ordinance:

**Section 23-2.3(o)-Fences:** Maximum Allowed: Four (4) feet in the front yard. Proposed: Six (6) feet in the front yard.

The Applicant is also requesting any and all variances deemed to be necessary at the time of the hearing, including any other waivers, exceptions, interpretations and other relief necessary to allow Applicant's proposed use of the property.

All interested persons may be present and be heard. The file pertaining to this application is in the Office of the Zoning Board of Adjustment and available for public inspection during regular office hours.

Shannon Rapant  
Secretary to the Zoning Board  
1 T - 05/23/19, The Times Fee: \$26.52

### PUBLIC NOTICE

**TOWNSHIP OF CRANFORD**  
**BOARD OF EDUCATION**

**INVITATION TO BID**

The School Business Administrator/ Board Secretary of the Board of Education of the Township of Cranford in the County of Union, State of New Jersey, by authority of said Board, solicits sealed bids for Pupil Transportation Services. Bids to be received at the Business Office of the Board of Education, 132 Thomas Street, Cranford, New Jersey 07016 up to 10:00 A.M. prevailing time on June 11, 2019.

**BID NO. 2019-2**  
**PUPIL TRANSPORTATION SERVICES**  
**2019-2020 SCHOOL YEAR**

Specifications and full information may be obtained upon application at the Business Office of the Board of Education, 132 Thomas Street, Cranford, New Jersey.

Bids must be in strict compliance with specification. Bids must be submitted on the bid forms provided. Bids not submitted on such forms may be rejected. Bids must be endorsed on the outside of the sealed envelope with the name of the bidder, the bidder's address and the name of the supplies, equipment or service for which the bid is submitted (Pupil Transportation Services 2019-2020 School Year). It is understood and agreed that bids may be delivered before or at the time and place specified for the opening. The Board of Education assumes no responsibility for bids mailed or misdirected in delivery.

The Board of Education of the Township of Cranford, in Union County, New Jersey reserves the right to accept or reject any and/or all bids for the whole or any part and waive any informalities in the interest of the Board of Education. No bid may be withdrawn for a period of sixty (60) days after the date set for the opening thereof.

Bidding shall be in conformance with the applicable requirement of N.J.S.A. 18A:18A-1 et. seq., pertaining to the "Public Schools Contracts Law".

Bidders are required to comply with the requirements of N.J.S.A. 10:5-31 et. seq. and N.J.A.C. 17-27.

By order of the Board of Education of the Township of Cranford, Union County, New Jersey.

Robert J. Carfagno  
Business Administrator/  
Board Secretary  
1 T - 05/23/19, The Leader Fee: \$48.96