

## Unity Yoga Is Celebrating Its Second Anniversary

WESTFIELD - Unity Yoga, located in Westfield, is celebrating its second anniversary in September. In September of 2001, Cynthia Mathis founded Unity Yoga to bring classes in yoga to the Westfield community. Starting with six classes, the schedule now offers 12 classes per week - mornings and evenings, weekdays and Saturdays.

Level one classes are offered for people new to yoga. This class is also great for stress reduction: combining breath work with gentle stretching. Level two focuses on more advanced positions with an emphasis on increasing strength and flexibility with breath awareness.

Class size is limited to 14 people, so the teacher is aware of each student's needs and possible limitations. Positions are modified through the use of yoga props so that the students can participate to the fullest of their ability.

Unity Yoga offers Sunday evening workshops from 6:30 to 8:30 p.m. The fee is \$20. On Sunday, September 21 strong abs will be the focus. Strong abs are necessary for good posture and for back support. Other upcoming focuses include partners yoga on September 28 and women's health on October 19.

Weight loss programs and yoga are an ideal blend. Yoga is something that anyone can do regardless of age, body type or fitness level. Yoga is a safe method for energizing, strengthening and toning every system of your body.

The next seven week session of classes begins the week on Monday, September 8. Classes are 75 minutes long. Missed classes can be made up during the session and drop-ins are available.

For more information log on to <http://unityyoga.home.att.net> or call (908) 233-9697 and ask about a free introductory class.

## Screenings Are Slated to Detect Stroke, Vascular Disease Risks

MOUNTAINSIDE - Three primary health screenings to detect the risk of stroke and vascular disease will be offered on Tuesday, September 9, from 9 a.m. to 4 p.m. at Brighton Gardens of Mountainside.

Sponsored by Life Line Screening Radiology, a provider of health screenings, and hosted by Brighton Gardens of Mountainside, the tests will include a Carotid Artery Screening Test, Abdominal Aortic Aneurysm (AAA) Test and an Ankle Brachial Index (ABI).

Additionally that day, Life Line Screening will offer a bone density

screening for men and women, which serves as a means of early detection for osteoporosis.

Brighton Gardens is located at 1350 Route 22, West, in Mountainside.

Anyone interested in either the vascular or osteoporosis screenings must register at least 24 hours in advance.

To schedule an appointment for these tests, please call (800) 407-4557. The screenings cost \$45 each (the osteoporosis screening is \$35). All four tests are available for \$125. Major credit cards will be accepted at the time of telephone registration.



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Looking for property? Come and enjoy the large family room and deck that overlook this deep and serene yard. Located on a beautiful and quiet street with many upgrades that include kitchen bathroom, central air and more. WSF2537 Offered for \$529,000.



**Dennis Devine**  
Sales Associate

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RESIDENTIAL BROKERAGE

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209 Central Avenue  
(908) 233-5555

## Scotch Plains Recreation Events

**Free Maracas Special Event:** Spanish for Children and Parents, presents STORYTIME. Thursday September 4 at Scotch Hills from 7 to 7:45 p.m. To register, call (908) 447-8447.

**Youth Basketball Leagues (3rd-8th):** This is a separate instructional league for boys and girls. The leagues will be determined by the registrations. No requests for team placement will be honored. Games and practices will be scheduled in township school facilities. Volunteer Coaches needed. Registration: August 25 through September 12 and the fee is \$40.

**Create a Page! (ages 6-any):** This kids introductory class will focus on Halloween/Fall Harvest themes. Organize your pictures (bring 10-20 of your own photos relating to this theme or summer 2003 pictures if possible) and create a page for your album. Held on Saturday, October 4 from 10 a.m. to 12:30 p.m. at Scotch Hills. The fee is \$20 per person. Register by September 26.

**Mother/Daughter Create a Page:** Create a page from your personal lives. Bring 10-20 photos of your own and learn to create a beautiful everlasting treasure. Held on Saturday, October 11 from 10 a.m. to 12:30 p.m. at Scotch Hills. The fee is \$20 per pair. Register by October 3.

**Conquer the Chaos:** No more "Mom I forgot my lunch." Or "Dad, I have to be at practice in five minutes!" Imagine a day when everything runs smoothly and everyone in the family can find what they need when they need it! It can happen! Bring your kids and join Jamie Novak, a long time professional Organizer for this one night, entertaining and interactive workshop. Jamie has been a recurring guest on CN8, WCTC, and News 12.

Date: Thursday, September 18  
Site: Scotch Hills Country Club from 7 to 8:30 p.m. The fee is \$20.

**Create-A-Page (adults):** Class will focus on Halloween/Fall Harvest themes. Organize your pictures (bring 10-20 of your own photos relating to this theme or similar events if possible) and create a page for your album. Held on Saturday, October 18 at Scotch Hills from 10 a.m. to 1 p.m. Fee \$20 per person. Register by October 11.

**Photo Album Power Layout:** This session focuses on organizing a stack of pictures and introducing Power Layout to complete an album in a day. Includes all supplies. Held on Saturday, October 25 from 10 a.m. to 1 p.m. at Scotch Hills. The fee is \$50. Register by October 17.

## People For Animals Posts Weekend Adoption Events

AREA - People for Animals will sponsor pet adoption events on Saturday and Sunday, September 6 and 7. Cats and kittens will be available from noon until 4 p.m. at the PETSMART store in the Watchung Square Mall on Route 22 and in

Bridgewater's Promenade Mall, located at the intersection of Routes 28 and 287.

Among the many pets for adoption will be "Jason," a white cat with gray markings. Jason is seven months old, neutered, tested negative to feline leukemia and is current with his vaccinations. He is described as playful, gentle and one who loves other cats, although a little shy around humans at first.

To adopt or for other information, please call (908) 688-1073 and press 8 for cat adoption and 1 for dog adoption to leave a message. Other pets available for adoption may be seen on the Internet at [www.pfa.petfinder.org](http://www.pfa.petfinder.org).

For low cost spay/neuter information, please call the People for Animals Clinic at (908) 964-6887. Spay/neuter surgery costs range from \$40 to \$65 and include rabies and distemper vaccinations.



"Jason"

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[www.goleader.com](http://www.goleader.com)



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## COLDWELL BANKER

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Welcome to 1430 Cushing Road



Tucked away, this private, cozy, impeccable storybook home with its cross-pane windows, is nestled in what can best be described as its own enchanted forest. As well as being thoughtfully and professionally landscaped, this home also offers a host of updated amenities, which not only bespeak of quality, but are aesthetically pleasing as well. Entertain in the large light-filled living room, which benefits from the two large windows at either end, and gather around the beautiful natural wood mantle with marble hearth and surround. The custom kitchen, with its oak cabinetry, complemented by its own separate pantry, boasts a Jenn Air range, Corian counters, tile backsplash and a ceramic floor, a cook's dream. A first floor powder room, located off the kitchen, has a vanity, tile floor and Corian counter. In the family room, conveniently adjacent to the kitchen, come sit in the bay window eating area and gaze out at flawless scenery. A raised hearth and brick fireplace further enhance the room. Upstairs, where there are two walk-in closets, one in the Master bedroom, two light and airy bedrooms await, one with a charming alcove and very ample storage and closet space. The full bath, ceramic tiled, has a vanity as well. Exceptional surroundings, natural trim, a backyard patio, two car attached garage, a new roof, 1999, new walkway, 2002 and Pella windows make this home truly a storybook jewel. Offered for \$479,000



**LOLA REED**  
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Mountainside: Custom 12RM home-Updated Kit, Fpl, 3 car gar, huge inground pool + much more!!! \$850,000 (052008976)

Real Estate

## Tip #2

Save time and effort: Map this weekend's Open House route online.

Everyone always needs more time on the weekend to get everything done, but here's a simple tip to save time. To see more Open Houses in one afternoon, visit [weichert.com](http://weichert.com) and click on Open Houses. After selecting the homes you want to visit, you can print out a map that logically routes you from house to house, from whatever starting point you choose. How's that for convenient!

Visit [weichert.com](http://weichert.com) or call your local Weichert Associate, your neighborhood specialist.

BUY FOR \$3,389



Scotch Plains: Exp. Ranch on over 3/4 acre. 5BR, 3.5BTH, 1st FL. Laundry RM, 2 Rec RMS, abundant storage, refinished HWD FLRS. \$779,000 (052009057)

BUY FOR \$1,784



Cranford: Beautiful Updated Split Level-3BR, 1.5BTH, Deck off FamRM w/Skylights, LR w/FP, plus much more. \$410,000 (052008946)

BUY FOR \$2,041



Cranford: 4/5BRM, 3.5BTH Colonial near schools. Suitable for M/D or Home/Office. \$495,900 (052008837)

BUY FOR \$2,088



Westfield: Fabulous 4BR, 2BTH split on quiet Street. Many updates incl. KIT, BTH, FIN BSMNT, vinyl siding, roof, windows, deck, and much more! Must see! \$469,000 (052000new)

BUY FOR \$2,088



Scotch Plains: Charming, updated Ranch w/ 3BR, 2c gar, Deck, State of the Art Kit, 1/2 acre. \$480,000 (052009035)

Congratulations!



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For purchase price up to \$403,275 monthly mortgage payments (principal + interest) quoted in our ads are to qualified buyers, based upon a 20% downpayment and a conventional 30-year fixed rate loan at 5.25% with 3 points, APR 5.575%. As an example, a \$100,000 loan would mean 360 monthly payments of \$552.20. For purchase price from \$403,275 to \$400,000 the monthly payments are to qualified buyers based upon a 20% downpayment and calculated at 5.5% with 3 points on a "jumbo" 30-year fixed rate mortgage with an APR of 5.788%. An example of a \$500,000 loan would mean 360 monthly payments of \$838.95. Figures herein are approximate and do not include property taxes, hazard insurance, or homeowners association dues for a condominium purchase. Interest rates quoted are as of May 1, 2003, and subject to change. Not responsible for typographical errors. Weichert Financial Services, Executive Offices, 225 Littleton Road, Morris Plains, NJ 07950, 1-800-829-CASH. Licensed by the NJ Dept of Banking and Insurance. Licensed Mortgage Broker with the State Dept of Banking in NY, CT, and PA. Licensed Lender in DE, MD, VA, D.C. Equal Housing Lender. Weichert Financial Services is an affiliate of Weichert, Realtors. For Your Benefit, Consider A Career In Real Estate... Call 1-800-301-3000 today!