



A VERY SUCCESSFUL HOOPS SEASON...The Westfield High School Blue Devils freshmen basketball team finished its season with a record of 15-5. Pictured, left to right, are: front row; Josh Firestone, Craig Dyer, Bret DeFazio, Mike Irving, Jimmy Reardon and Matt Isabella; back row, Coach Neal Horne, Jihad Billups, Jake Fox, Joey Kopser, Tony DiIorio, Mike Clark and Chris Sheehan.

Golf Pro Points Out Mental, Physical, Mechanical Aspects

By MICHAEL KIERNER
Specially Written for The Westfield Leader and The Times

Golf has become an extremely popular and competitive sport in recent years. Many of the world's top players use different coaches to try to give them an edge over the competition. This specialized and targeted instruction has been creating a distinct advantage. But that gap is being closed, and it's being closed in our area.

Golfer's Edge may be the northeast's only comprehensive performance-enhancement program for players looking to consistently improve their skills. The program brings together three critical pieces for golf improvement: mental, mechanical and physical aspects of the game.

The mental coaching can help players reduce the stress, which blocks improvement. Mechanical instruction with a PGA Teaching Professional exploits state-of-the-art video and computer equipment in a way, which helps the player understand the mechanics of his golf swing. Certified strength and conditioning specialists use cutting-edge training science and diagnostic golf technologies to improve on weaknesses and imbalances.

With such precision and accuracy, players' scores just keep getting lower.

This set-up is truly the new step in golf instruction. Young athletes use this type of program in other sports. Since golf is becoming more of an athletic sport, golfers must learn to train like athletes in order to have an edge over others. Offering golf-specific exercises is beneficial to all golfers who are looking for improvement within their game and better physical fitness in the process. An indoor facility also gives golfers the opportunity to improve over the winter months or during inclement weather, making improvement more realistic and attainable 12-months-a-year.

Michael Kierner is an instructor at Golfer's Edge, located in Scotch Plains. For information about instruction or appointments, please call (908) 322-2003.



David B. Corbin for The Westfield Leader and The Times
Golf Instructor Michael Kierner tests his swing at Golfer's Edge

SP-F Raider JV Icemen Top Westfield JV Blue Devils, 4-1

The Scotch Plains-Fanwood High School Junior Varsity ice hockey team defeated the Westfield Junior Varsity Blue Devils, 4-1, at the Woodbridge Community Center in Woodbridge in a recent game. The Raiders and Blue Devils played a spirited physical game in front of their many supporters.

Both teams registered some great hits in the first period. Raider Nick Ryskasen opened the scoring midway through the first period while the Raiders' defense played aggressively and kept the Blue Devils from having good scoring opportunities.

Early in the second period,

Ryskasen scored again with an assist from Eric Kaufman. After a scramble in front on a penalty kill, the Raiders had their lead cut in half after a goal by Blue Devil Phil Cohn. The Raiders stretched their lead to 3-1 after a sniper shot from the blue line by Max Jones. To seal the deal, Ryskasen scored his third goal of the game into an empty net giving him a hat trick on his birthday.

The Raiders are currently second in their league games having only lost one and tied one. Playoffs begin the first weekend in March at Floyd Hall Ice Arena in Montclair.

PUBLIC NOTICE

BOROUGH OF FANWOOD PLANNING BOARD

The Planning Board of the Borough of Fanwood has scheduled a Special Meeting for Monday, March 13th at 7:30 PM to be held at Fanwood Borough Hall, Mayor and Council Chambers, 75 North Marine Avenue, Fanwood, New Jersey at 7:30 PM. The purpose of the meeting is review and possible approval of both the Housing Element of the Fanwood Master Plan, and the Municipal Stormwater Ordinance. Official action may be taken.

Pat Hoynes
Planning Board Secretary
1 T - 2/23/06, The Times Fee: \$14.75

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OPEN HOUSE: Sun. February 26th 1-4 PM
760 Fairacres Avenue, Westfield



New Westfield Listing . . . Charming Westfield vintage Colonial with warmth and character, 5 Bedrooms and 3 Full Baths, expanded and updated in all the right places for today's lifestyle: eat-in kitchen with island, first floor family room, large master suite with tons of closet space, flexible first floor bedroom/office/guest suite with full bath. Presented in move in condition, with sought-after details such as a wood burning fireplace, built-in cabinetry, and central air conditioning. Two bay windows overlook deep yard with flowering perennial borders. Enhanced by a great location on a quiet street in the Washington School District. Offered at \$79,000. Call Grace Rappa 908-301-2019 for an appointment.

Westfield Office
209 Central Avenue
908-233-5555



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OPEN HOUSE 2110 Seward Drive, 2/26 1-4PM



SCOTCH PLAINS

\$699,000

Spacious Split Level in Parkwood section on nearly half an acre, with 3 Bedrooms, 2 Full and 1 Half Baths. Living Room with 10' bow window, marble fireplace, formal Dining Room with greenhouse window, large Family Room with cathedral ceiling, skylights and access to deck via French sliders. Eat-in Kitchen with breakfast bar, grade level Recreation Room with back yard access. Master Bedroom with full Bath and walk-in closet. Attic storage with walk-up, ready to be finished. Basement level utility area with separate finished room for an office. Central Air Conditioning and an attached 2-car garage. WSF0029



Jayne Bernstein
Sales Associate
NJAR Circle of Excellence Sales Award: 1997-2004
Direct Line: (908) 301-2006
Cell Phone: (908) 403-9330
E-mail: jaynebernstein@aol.com



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OPEN HOUSE: Sunday, January 29th 1-4PM 779 Lamberts Mill Road



Westfield . . . First floor living at it's best! This custom three Bedroom, two Bath ranch boasts practicality and charm. This embracing home features a Vermont slate Entrance Foyer, a spacious Living Room with picture window and wood-burning fireplace, Dining Room with wainscoting, crown moulding and large French doors overlooking the fenced-in manicured backyard with deck and paver patio. There is also an inviting Family Room with knotty pine paneling and entrance to three-season porch and a sunny, updated eat-in Kitchen with wainscoting and crown moulding. The lower level features a large Recreation Room, Laundry, Workshop and abundant storage. Additional amenities include hardwood floors, central-air-conditioning and two car attached garage, central sound speakers and more! Offered for \$650,000 WSF0044



Susan M. Checchio
Sales Associate
Direct Line: 301-2014
E-mail: SueChecchio@comcast.net
www.WestfieldMoves.com



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Open House - Sunday, 2/26 1-4 pm
118 Oak Tree Pass, Westfield



This wonderful three bedroom ranch boasts an excellent location close to Franklin Elementary School. Within the gracious interior, you'll find a traditional design and a comfortable floor plan. The eat-in country kitchen is adjacent to the Family Room with beautiful brick fireplace and vaulted, beamed ceiling. The lower level features a 32 x 22 Recreation Room. This lovely home boasts spacious rooms, quality appointments, hardwood floors, central air and much more. Offered for \$799,000. WSF0993



Mary McEnerney
(908) 301-2052



209 CENTRAL AVENUE
WESTFIELD, NJ 07090
(908) 233-5555



Susan Checchio
(908) 301-2014

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