

# Clark Monthly NJ

Published by Renna Media

Issue 53 • February 2016

## CLARK CHAMBER MEETING

FEB 24, 2016

8:30-10:00am

HOLIDAY INN  
36 Valley Road

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## ATHLETICS LEADERSHIP COUNCIL HOSTS CHRISTOPHER FLORES

On Wednesday, January 27, 2016, members of the Crusader Athletic Leadership Council met in the Arthur L. Johnson High School IMC. This is the fifth year for the Crusader Athletic Leadership Council, an organization that has been founded to help educate our student athletes on some of the expectations that we have for them as they compete interscholastically in a variety of athletics. We hope that by informing this council of some of our expectations, we will be able to foster an open and healthy relationship amongst our student athletes, the school culture, and the community of Clark.

The 2015-2016 members of the Crusader Athletic Leadership Council are: Ryan Bohm, Wyatt Bohm, Christie Bove, Michael Brennan, Kelly Briscese, Shannon Brogan, Katie Bruno, Brian Camillo, Mia Campanella, Alexis Ciccone, Vin Crisafi, Liam Deacy, Riley Delaney, Mike Demarco, Lauren Demille, Nicholasm DeGeronimo, Jon Duffy, Nicole Drapinski, Justin Faulke, Gina Ferdinandi, Julia Fiorvante, Wes Giannobile, Sara Halat, Matthew Janowski, Rachael Johnson, Sean Kovatch, Kim Knowles, Kyle Meyers, Daria Mnich, Tom Nadolsky, Molly Panetta, Katie Prestinari, Janelle Pyar, Gianna Randazza, Anthony Rizzuto, Brett Roessle, Andrew Sanchez, Zack Sandler, Drew Shannon, San Skultety, Dominique Smith, Larissa Vena, Stephanie Visconti, Eric Velasquez, Chris Vieira, Sam Wagner, Tanner Westcott, Sydney Zamboni, and Gabby Zatko

The organization meets monthly and discusses a variety of topics and issues. The Council had the pleasure of meeting and interacting with guest speaker Christopher Flores at the last meeting, who talked to the C.A.L.C. Members on numerous topics in regards to leadership and high school athletics.

Chris started training in his parent’s basement when he was 15 years old. He developed a passion and love for training other people and seeing the changes in their lives while training. He got W.I.T.S. certified in 2001 and then his NASM CPT certificate and attended Kean University for Athletic Training. He graduated from Kean in 2008. He is employed at Westfield High School as the Head Athletic Trainer . In 2009 he open up FLO FITNESS LLC. It is a people first gym geared towards helping High School Athletes reach their goals.

Additionally, Chris is an Adjunct Professor at Kean University where he teaches First Aid/ Injury Prevention and Personal Fitness. He is also a Clinical Instructor for Kean University, Montclair State University, and Seton Hall University for their Athletic Training Programs. Chris loves mentoring young trainers and sharing everything he has learned in his 15 years in the fitness industry.

He is one of the founding members of the group called Next Generation Fit Pros. It is an education group that puts together seminars and networking events for trainers to continue their education and build their networks. Chris appeared as a Coach on MTV’s MADE to help a young girl overcome her depression and become a TOUGH MUDDER.

Gus Kalikas, Athletic Director at Arthur L. Johnson High School, had this to say about the event. “The C.A.L.C. was thrilled to have Chris Flores come and speak to us on multiple topics relevant to high school athletics today, including leadership. Chris reached all of our students and left them with great strategies that will not only help on the fields, courts, and mats, but also in the game of life. He was a true professional and inspires while delivering a wonderful message.”



(above) Christopher Flores with members of the Crusader Athletic Leadership Council.



(above) Christopher Flores talks to members of the Crusader Athletic Leadership Council.

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Saturday, February 27, 2016

10:00 am to 2:00 pm

Sign-in/setup starts at 9:00 am

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Email Jim Parlapiano [jim.parlapiano@hotmail.com](mailto:jim.parlapiano@hotmail.com) for more info.

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## ALUMNI SPEAK WITH ALJ SENIORS

On Friday, January 8th Arthur L. Johnson Alumni came back to high school to speak with seniors about college and their individual experiences in college.

The graduates addressed questions from the students, as well as spoke about college life and how to prepare to make a smooth transition from high school to college. The Alumni also gave helpful tips to the students on making the most of their senior year and best ways to prepare for college albeit academically, emotionally, and socially.

*(left, front, l-r)*

*Gina Aucello, Monmouth University,  
Marissa Hampp, University of Delaware,  
Lauren Semler, Montclair University  
(back, l-r) Ellen Zamboni, counselor;  
Erica Palmieri, counselor;  
Lucas Gallo, Stevens Institute,  
Danielle Marzano, Marist,  
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Michael Palermo, Montclair University,  
Molly Cusick, counselor  
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# CLARK VETERAN RAISES FUNDS FOR NEW WOMEN'S WAR VETERANS MEMORIAL

Clark resident and Korean War veteran William Caruso is gathering the troops. With the sponsorship and help of Clark American Legion post #328 and Clark UNICO, Caruso is working to raise funds for Clark's first Women's War Veterans Memorial.

The idea came after Caruso helped the American Legion raise money for the Purple Heart Monument in town. Caruso was talking with his wife, Gert, about the open space that remained in front of town hall. "My wife asked, 'Why isn't there a monument dedicated to the hardworking women who have served our country? And that got me thinking,'" said Caruso.

A veteran wounded during the Korean war, Caruso knew firsthand how imperative the women serving were to his recovery. "I was in the navy hospital and each of the naval nurses treated me with such compassion," Caruso said.

With that thought, Caruso knew exactly what should fill that blank space in front of town hall, and the work for the Women's War Veterans Memorial began.

While the memorial's design is not yet complete, Caruso explained that it will be an image of a woman in uniform saluting the flag. There will also be a statement thanking the women who have served in the military.

Caruso aims to have the unveiling ceremony at the end of April, 2016. He hopes to have women veterans there for the ceremony and will invite top officials.

In order to get funding for the memorial, Caruso has teamed up with Clark's American Legion and Clark UNICO to put together a

special Valentine's Day dinner and show. Guests will enjoy a tribute to Frank Sinatra by Jesse Posa, one of the leading Frank Sinatra impersonators in the tristate area.

"Clark UNICO is glad we can be part of such an honor for our female military," Clark UNICO president Ralph Bernardo said.

Caruso expressed his gratitude to the National Tree Company. They are sponsoring a table for five wounded veterans who served in Iraq and/or Afghanistan and their guests.

The event will be held at Gran Centurions on February 14, 2016 at 6 p.m. Tickets costs \$60 per person and include the dinner and show. A cash bar is available.

The proceeds of the event benefit both the Women's War Veterans Memorial and the Wounded Warrior Fund. Seating is limited so Caruso urged those interested to reserve a spot soon. Please make checks payable to: Clark UNICO, 49 Schwinn Drive, Clark, NJ 07066. If you cannot make the event, but wish to donate to the Women's War Veterans Memorial, please send your check to this same UNICO address.



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## REMEMBERING DAVID M. HART, 89

David M. Hart, 89 of Mountainside, N. J. passed away on Monday, January 18, 2016, after a two year battle with Alzheimer's disease. Visitation will be held at Higgins and Bonner Funeral Home 582 Springfield Avenue, Westfield, N. J. on Friday, January 22 from 4 to 8 p.m. Mass will be held Saturday at 10 a.m. at Our Lady of Lourdes Church, 300 Central Avenue Mountainside, N.J., followed by interment at Fairview Cemetery 1100 E. Broad St. Westfield, N. J.

He is survived by his wife of 64 years, Dr. Marilyn McGuire Hart, his son, Dr. D. Michael Hart and his wife Eileen of Westfield, N.J.; his daughter Ellen Richardson and her husband A. Brad Richardson of Dover, Delaware; and by his daughter Alison Brafman, and her husband Ari, of Westfield, N.J.

He is also survived by his seven grandchildren: Kerry and Brian Hart; David and Daniel Richardson; and Joshua, Harry and Mollie Brafman. David is also survived by two great-grandchildren, Marilyn and Alden Richardson.

David was born in Lexington, Kentucky, and raised in Springfield, N.J. He earned a B.A. in Science Education at Montclair University in 1950 and a Masters in Administration and Supervision at Montclair in 1957. A scholarship in his name has been established for a graduating senior at Westfield Senior High School, for one who has demonstrated an extraordinary interest in natural or environmental sciences.

He joined the army in 1945 and served with the 15th Infantry regiment in the Philippines, receiving the Asiatic Pacific Campaign World War II Ribbon and an Honorable Discharge. David was an active member of the Mountainside

Veterans of Foreign Wars, and was honored to be the Grand Marshal of the 2014 Memorial Day Parade.

In his professional career, David started as a Science Teacher in Roselle Park, NJ for 2 years, followed by teaching Natural Science to 7th graders Westfield, NJ for 12 years. He served as principal of Deerfield School, Mountainside, Charles H. Brewer Middle School, in Clark, NJ, and the Carl H. Kumpf Middle School in Clark, for an additional total of 25 years.

Community involvement included 6 years as a Councilman on the Mountainside Borough Council, service for 6 years on the Union County Regional High School Board of Education, service on the Board of Directors of the Children's Specialized Hospital, membership for many years in the Lions Club, including being President in 1986-87, membership in the VFW-Post 10136, a member of the Mountainside Music Association. David was a Scoutmaster and Leader in Boy Scout Troop 76 for 4 years during which time they graduated 6 Eagle Scouts; he was a Little League Coach for 2 years, which included winning the pennant, and the Jonathan Dayton Choral Parents Society. David loved Fishing, and was on the New Jersey State Council for Central Jersey Trout Unlimited, and served on the Board of Directors for The Warren County Rod and Gun Club.

In his retirement, David was an avid fisherman, and fished frequently with his son, Michael, and other family members. David has photos of almost every child and grandchild holding a fish. Marilyn and David loved to travel and sometimes combined fishing with their trips. They traveled all over Europe, went to China, and



the Caribbean. David included fishing in his trips to Alaska 5 times, New Zealand, Belize, and all over the United States and Canada.

David Hart was a pillar of the community, had high moral values, was active in his church, was a wonderful father and family man, and a man of great accomplishments. He brought out the best in everyone around him, and was beloved by all. He will be sorely missed.

In lieu of flowers, contributions in David's name may be sent to the Alzheimer's Foundation of America, 322 8th Ave. 7th flr New York City, N. Y. 10001

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## THE POWER OF BOOKS

Remember "Take Your Child to the Library Day," on Sun., February 28th

Reading to our children is a very important pre-literacy activity. The children were delighted with Mrs. Smith's book selection and her animated storytelling. Reading to your child is one of the most important things you can do to prepare them with a foundation for academic excellence. Books have the power to benefit preschoolers in many ways. Some of the benefits of reading to preschoolers are a higher aptitude for learning, reinforcement of basic sounds that form language, and the attainment of valuable communication skills. A field trip to the library is planned for the spring.

Please join Mrs. Smith for "Take Your Child to the Library Day," on Sunday February 28th featuring a free family concert at 2:00pm followed by ice cream sundaes provided through the generosity of the Friends of the Clark Public Library. Registration is requested for the concert. Please visit the library's online calendar at <http://www.clarklibrary.org/> or call 732-388-5999.



(above) Eileen Smith, the Clark Public Library Children's Librarian visited the Clark Preschool Classrooms for story time and a brief talk about the library.



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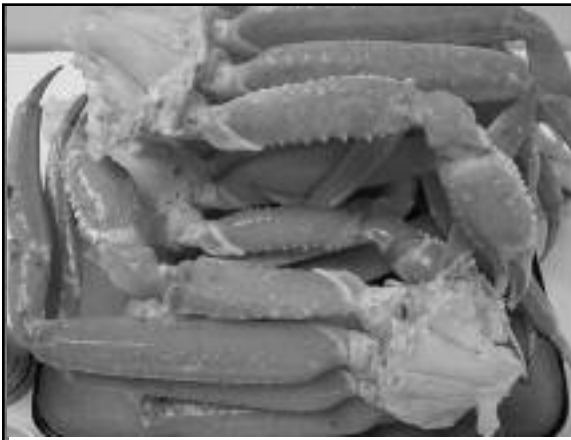
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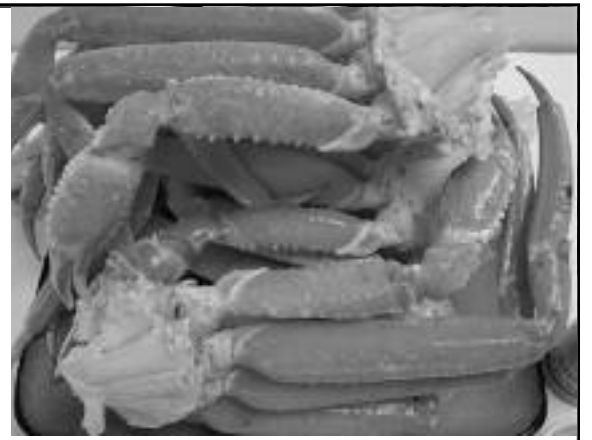



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BUFFET**

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**WIN THE BIG GAME WITH HEART HEALTHY SNACKS!**  
By: Christina Frescki, MBA, RD • ShopRite of Clark

Game time is a great time to gather with friends and family and share in the excitement, each other's company, and healthy snacking. At game time, serve your guests tasty and satisfying treats that won't have them slumped on the sidelines.

Here are some tips and tricks that can bring a healthy spin to your favorite snacks and the crowd to its feet:

- For creamy dips, substitute plain Greek yogurt for sour cream to cut fat and calories.
- Offer popcorn. It is high in fiber and low in calories – if you keep the toppings light.
- Put out baked chips instead of fried.
- Flavored seltzers can replace soda and other high calorie beverages.
- Try hummus as a dip.
- Add fruit and veggies to your offerings.
- Give everybody smaller plates and bowls. That will help them cut their portions without thinking about it.
- Take breaks between offering different snacks. It takes about 20 minutes for our brains to get the signal that our stomachs are full, so give your guests a chance to get the message.
- Enjoy half-time. Get everybody up and moving during the break.

Here's an easy and delicious recipe that can wow the crowd for less calories:

**Taco Salad with Baked Tortilla Chips** (Courtesy of ShopRite)  
Prep Time: 25 minutes, Cook Time: 25 minutes

**Recipe:**

- 3 ShopRite® Whole Wheat Flour Tortillas	- ½ cup chopped red onion
- 1¼ tsp. ShopRite® Paprika, divided	- ½ cup ShopRite® Fat Free Salsa
- ¾ lb. 93% lean ground beef	- 4 tbsps. ShopRite® Plain Fat Free Greek Yogurt
- 1 tbsp. chili powder	- Diced avocado (optional)
- 1 tsp. ground cumin	
- ½ tsp. garlic powder	
- ¼ tsp. sea salt	
- 6 cups chopped iceberg lettuce	
- 3 Roma (plum) tomatoes, chopped	

**Preparation:**

1. Preheat oven to 350°F. For the tortilla chips, cut each tortilla into 8 wedges and place on a baking sheet in a single layer. Coat wedges with nonstick cooking spray and sprinkle with ¼ teaspoon of the paprika. Bake 15 minutes or until lightly browned and crisp; let cool.
2. In a large nonstick skillet cook beef over medium high heat until browned, stirring to crumble. Stir in chili powder, cumin, garlic powder, salt and remaining 1 teaspoon paprika; mix well. Stir in ½ cup water. Reduce heat; simmer 5 minutes or until water has evaporated, stirring occasionally.
3. Place lettuce on 4 plates; top with beef, tomatoes, onion and tortilla chips. Top with salsa, yogurt and (if desired) avocado, and serve.

**Serves 4:** Per Serving: 170 calories, 4g fat, 2g saturated fat, 40mg cholesterol, 305mg sodium, 17g carbohydrate, 4g fiber, 17g protein

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Christina Frescki, MBA, RD is available for grocery store tours, individual counseling, product information, health events, cooking classes, nutrition seminars and community programs for schools and businesses.

**Call her at 908-309-9244 for more information.**




**SPRING 2016 SOCCER REGISTRATION**

Registration for the spring 2016 soccer season is now open. All registrations must be completed online before February 22, 2016. Please go to our registration site located at [www.clarksoccerclub.org/registration](http://www.clarksoccerclub.org/registration). To guarantee a roster position and avoid a late registration fee, please register before February 22nd.

With all of the distractions of the holidays, please don't forget to register. Uniforms are ordered and volunteer coaches are recruited based upon the number of registered children.

**PROGRAMS AND FEES:**

**INSTRUCTIONAL PROGRAM (\$50)**

Our instructional program is for preschool-aged children. The children will be given instruction from The New York Red Bulls Academy on Saturday mornings for one hour. This program is intended to introduce children to the game of soccer in a fun noncompetitive environment.

**INTERCOUNTY SOCCER (\$95)**

The Clark Soccer Club InterCounty program is intended for players who are interested in playing recreational soccer beyond the in-town program. The program starts at the 6th grade level and continues through grade 12. The program provides the opportunity to play recreational soccer against teams in nearby towns who, like Clark, participate in the InterCounty Youth Soccer League [www.icysl.net](http://www.icysl.net).

**IN-TOWN SOCCER (\$80)**

Our recreation program is for all children in Kindergarten through 5th grade.

- Division VI – Open to all 1st grade girls
- Division V – Open to all 2nd & 3rd grade girls
- Division IV – Open to all Kindergarten boys and girls
- Division III – Open to all 1st grade boys
- Division II – Open to 2nd & 3rd grade boys
- Division I – Open to 4th & 5th grade boys and girls

*\*Division grade & gender distribution is dependent on registration numbers and is subject to change\**

**INTERCOUNTY UNIFORM (\$40)**

6th graders entering InterCounty for the first time will be required to purchase a uniform. Uniforms may be worn for multiple seasons.

If you have any additional questions you may email the club at [clarksoccerclubinc@gmail.com](mailto:clarksoccerclubinc@gmail.com) or call

**732-882-7470**  
*Deadline is February 22*

# CLARK AMERICAN LEGION POST #328

presents

## THE "BERNARD YARUSAVAGE SCHOLARSHIP" GOLF OUTING

Monday, May 2, 2016

9am Shotgun Start – Registration 8am

**Cost is \$99 per golfer & includes a continental breakfast, range balls, refreshments on the course and full BBQ with beer & wine back at the Post. Prizes for closest to the pin, longest drive & Lowest foursome score will also be awarded.**

**Tee Sponsor is \$100 per sign on the course.**

Any other cash donation would be appreciated as well since all proceeds over cost will go toward the Scholarship Fund.

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Golfers:

- 1. \_\_\_\_\_ 2. \_\_\_\_\_
- 3. \_\_\_\_\_ 4. \_\_\_\_\_

Amount: Golfers @ \$99 ea. \_\_\_\_\_ Sponsor @ \$100 ea. \_\_\_\_\_ Other \_\_\_\_\_

Total Check Amount: \_\_\_\_\_

Please make checks payable to: American legion Post #328  
 Send Checks to: Chet Uhlik, 2 Orchard Terrace, Clark, N.J. 07066  
 Inquiries: cu0621@reagan.com

## CLARK RECREATION INVITES YOU TO THE ANNUAL CLARK FAMILY SKATE NIGHT

Gather your family, friends, and neighbors for an evening of fun as the Recreation Department has rented the Woodbridge Skating Arena for the Township of Clark.

The doors will be closed to the public.

Saturday, February 27th

6:00 - 8:00 PM

WOODBIDGE COMMUNITY CENTER

600 Main St. Woodbridge

\$5 adults - \$4 per child

Skate Rental:- \$4

You can purchase tickets at the Recreation Center daily from 9:00 AM until 4:00 PM Monday thru Friday, or Saturdays from 9:00-AM till 3:00 PM

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## AUDITIONS FOR DROWSY CHAPERONE

Please note that auditions for The Drowsy Chaperone at CDC Theatre, 78 Winans Ave., in Cranford are being held on Feb. 15 and 17 at 7:00 pm. Callbacks will be by invitation only on Feb. 20 at 2:00 p.m.

The show will run weekends from May 6-21. Directors/Choreographer are Ken Webb and Mary Webb; Producer is Alan Van Antwerp, and Music Director is Mark Baron.

Winner of 5 Tony Awards (including Best Book and Best Original Score), "The Drowsy Chaperone" is a loving send-up of the Jazz Age musical featuring one show-stopping song and dance number after another.

Prepare one, 32-bar cut of a song that you feel comfortable singing. Feel free to email any questions to info@cdctheatre.org with the subject line "Drowsy Chaperone".

## FLEA MARKET & COLLECTIBLE SHOW

On Saturday, February 27, 2016 from 9-4 PM (In & Outdoors) at Arthur L. Johnson High School is the Clark UNICO Flea Market & Collectible Show. Event is FREE to the public. For more info, please call 201-998-1144 or email events@jcpromotions.info

Do your shopping here. There will be 50+ exhibitors displaying an array of quality merchandise such as oil & incense, handbags, sports collectibles, jewelry for all ages, clothing, dollar items, gift items, gloves & scarves, toys, perfumes, antiques & collectibles, garage/tag sale items all at bargain prices. Come hungry because

there will be delicious food served.

JC Promotions, Inc. a fundraising company that produces flea markets, street fairs, arts & crafts shows, throughout New Jersey for over 50 organizations, is coordinating this event.

JC is offering 4 free spaces to any school organization that would like to participate by having an exhibitor space to sell their items and/or promote their club are welcome to reserve one of the 4 spaces being offered. Please contact JC for a reservation. Hurry while they last. Support Clark UNICO and do your shopping with us.



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# CLARK PUBLIC LIBRARY

For complete details and registration information about events at the Clark Public Library, please stop by or see our online calendar at [www.clarklibrary.org](http://www.clarklibrary.org) or call 732-388-5999. Be sure to visit the library and enjoy these free events for people of all ages.

## FEBRUARY EVENTS

### Stories and More

each Thursday at 1:30 p.m. through February 11  
Theme-based stories, movement, songs and a craft for active listeners age 3 through 5 years old. Younger children may NOT attend this program. Craft and open playtime will follow.

### Friends of the Library Miniature Golf Classic

Saturday, February 6 from 11:00 - 2:00 p.m.  
The library will be transformed into an 18 hole miniature golf course. \$5.00 per person. Hot chocolate and snacks will be provided.



(above l-r) Elizabeth and Shannon Clancy enjoy a morning of fun, literacy activities.

### Free Family Movie

Sunday, February 7 at 1:30 p.m.  
Stop by and catch a free, recently released family movie. No registration is required.

### Be My Valentine

Thursday, February 11 at 3:30 p.m.  
Listen to a sweet Valentine's story, make chocolate dipped pretzels and make a lovely card for your sweetheart! This program is for children in grades Kindergarten through 5. Registration is required.

### Adult Valentine Origami

Thursday, February 11 at 7:00 p.m.  
Celebrate Valentine's Day with this hands-on origami workshop. Artist Joy Ann Lara will teach you how to make origami items with a Valentine's theme. No experience needed and all supplies provided. Registration is required.

### LEGO® Club

Friday, February 19 at 3:15 p.m.  
We provide the LEGO® blocks; you provide the creativity. This program is for children in grades K - 5. No registration.

### Let's Celebrate Dr. Seuss

Friday, February 26 at 10:00 a.m.  
Celebrate the wonderful Dr. Seuss. Stories, crafts and fun activities for children age 2 - 5 years old. Registration is required.

## TAKE YOUR CHILD TO THE LIBRARY DAY SUNDAY, FEBRUARY 28

The Clark Public Library is excited to participate in Take Your Child to the Library Day on Sunday, February 28th.

Stop by and show your support for the library. Several special free activities are planned. We are very excited to be featuring a free family concert at 2:00 p.m. starring Ira and Julia Levin. Ira and Julia Levin are seen on PBS Kids! as Uncle Eye and Julia. The concert is an interactive program of storytelling and songs that celebrates why we love the library, all while reinforcing fun, reading and the beauty of being a part of community. All

ages are welcome to attend.

The Friends of the Clark Public Library will provide ice cream sundaes starting at 2:30 p.m. Please visit our online calendar for more details. Children who check out a book from the library on February 28th will be entered into a prize drawing for a Barnes and Noble gift card. The library always offers an amazing selection of books, DVDs, magazines and music, as well as many online resources.

For more information, please call the library at 732 388 5999.

## KINDERGARTEN REGISTRATION

Registration for the Clark Public School District Full-day Kindergarten Program will take place on the following days:

**Frank K. Hehny School**

Wednesday, February 24, 2016

**Valley Road School**

Thursday, February 25, 2016

Registration will be between  
**9:00am and 11:00am**

Registration forms are being sent out to all eligible students. Parents should bring with them the following:

- Original Birth Certificate
- Health History and Health Record from Physician
- Proof of Residence- (three required)

Children who will be five years old by October 1, 2016 are eligible to enroll. Please call the school nurses if you have any questions.

Mrs. Kircher - F. K. Hehny School

**732-428-1901**

Mrs. McLean - Valley Road School

**732-428-1583**

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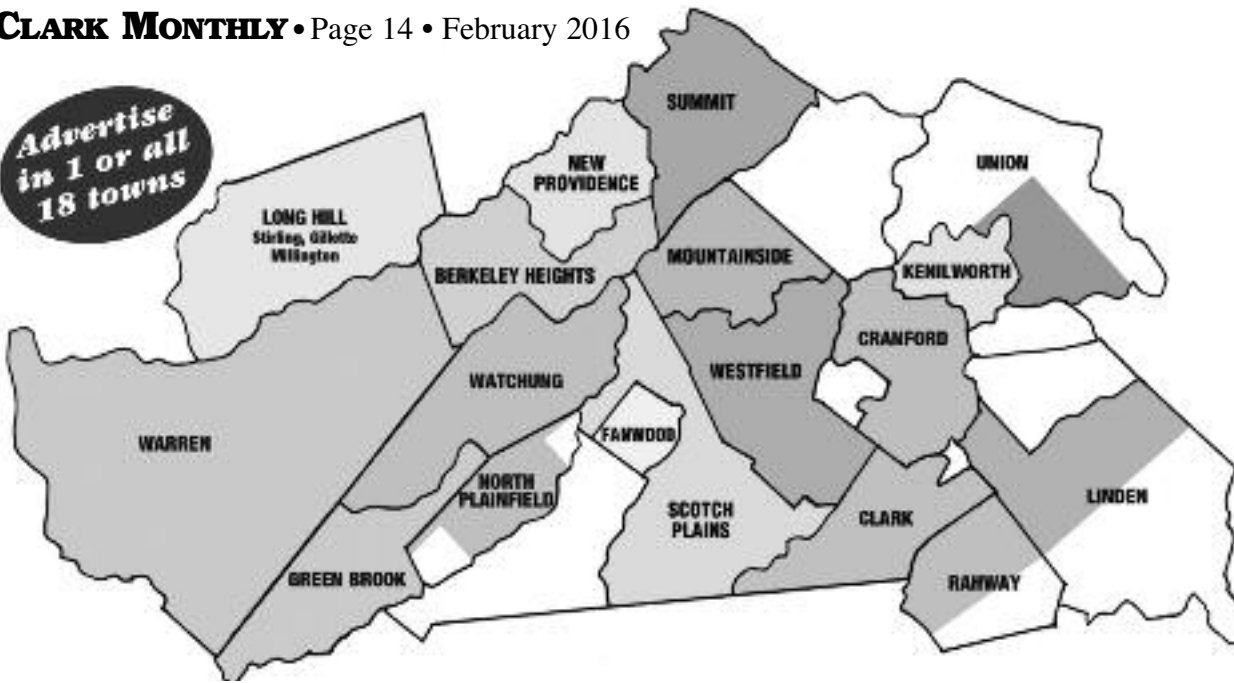
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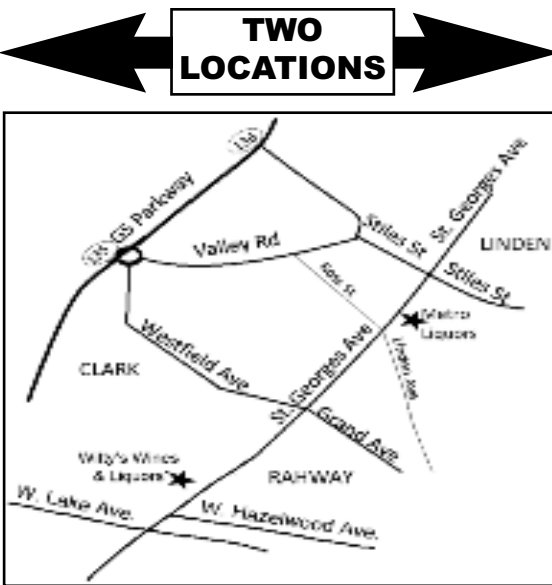




**1179 WEST ST. GEORGES AVE.  
(RT. 27) LINDEN, NJ 07036  
908-925-1770**

email: [metroliquors@gmail.com](mailto:metroliquors@gmail.com)

Hours: Mon. thru Sat. 9am - 10pm Sun. 12pm - 8pm



**Witty's**  
Fine Wine and Liquors

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### WHISKY

Ballantine	1.75L	\$29.99
Buchanan's 12yrs old	750ml	\$28.99
Buchanan's 12yrs old	1.75L	\$54.99
Bushmill's Irish	1.75L	\$40.99
Canadian Club	1.75L	\$19.99
Canadian Mist	1.75L	\$17.99
Chivas Regal	750ml	\$30.99
Chivas Regal	1.75L	\$56.99
Chivas Regal 18 yrs old	750 ml	\$72.99
Clan Macgregor	750ml	\$11.99
Clan Macgregor	1.75L	\$19.99
Crown Royal	750ml	\$26.99
Crown Royal	1.75L	\$47.99
Dewars 12 yrs old	750ml	\$32.99
Dewars 12 yrs old	1.75L	\$60.99
Dewars White Label	750 ml	\$19.99
Dewars White Label	1.75L	\$31.99
Gentleman Jack	750ml	\$28.99
Gentleman Jack	1.75L	\$51.99
Glenfiddich 12 yrs old	750ml	\$40.99
Glenmorangie 10 yrs old	750ml	\$36.99
Glenlivet 12 yrs old	750 ml	\$41.99
Glenlivet 12 yrs old	1.75L	\$79.99
Grants	750ml	\$13.99
Grants	1.75L	\$23.99
Jack Daniels	750ml	\$24.99
Jack Daniels	1.75L	\$43.99
Jack Daniels Fire	750ml	\$24.99
Jack Daniels Fire	1.75L	\$43.99
Jameson	750ml	\$28.99
Jameson	1.75L	\$49.99
Jim Beam Whisky	1.75L	\$28.99
Johnnie Walker Blue	750ml	\$179.99
Johnnie Walker Blue	1.75L	\$375.99
Johnnie Walker Black	750ml	\$29.99
Johnnie Walker Black	1.75L	\$59.99
Johnnie Walker Double Black	750ml	\$38.99
Johnnie Walker Red	750ml	\$19.99
Johnnie Walker Red	1.75L	\$32.99
Knob Creek 9 yrs old	750ml	\$31.99
Knob Creek 9 yrs old	1.75L	\$56.99
Macallan 12yrs old	750ml	\$51.99
Makers Mark	750ml	\$28.99
Makers Mark	1.75L	\$52.99
Old Smuggler	1.75L	\$19.99
Seagram V.O.	1.75L	\$22.99
Seagrams 7	1.75L	\$19.99
Woodford Reserve	1L	\$44.99

### GIN

Beefeater	1.75L	\$35.99
Bombay Sapphire	1.75L	\$41.99
Seagram's gin	1.75L	\$15.99
Tanqueray	750ml	\$19.99
Tanqueray	1.75L	\$37.99

### COGNAC & BRANDY

Cardenal Mendoza	750ml	\$37.99
Courvoisier V.S.	750ml	\$27.99
Courvoisier V.S.	1.75L	\$54.99
E & J V.S. Brandy	750ml	\$ 8.99
E & J V.S. Brandy	1.75L	\$20.99
E & J V.S.O.P. Brandy	750ml	\$10.99
E & J V.S.O.P. Brandy	1.75L	\$22.99
Hennessy V.S.	750ml	\$31.99
Hennessy V.S.	1.75L	\$60.99
Leroux Blackberry	750ml	\$11.99
Leroux Blackberry	1.75L	\$21.99
Paul Masson Amber	750ml	\$10.99
Paul Masson Amber	1.75L	\$19.99
Paul Masson Peach	750ml	\$10.99
Remy Martin 1738	750ml	\$48.99
Remy Martin V.S.O.P.	750ml	\$38.99
Remy Martin V.S.O.P.	1.75L	\$84.99

### VODKA

Absolut (regular)	750ml	\$19.09
Absolut (regular)	1.75L	\$29.09
Belvedere Vodka	750ml	\$27.99
Belvedere Vodka	1.75L	\$45.99
Ciroc (all types)	750ml	\$29.99
Ciroc (all types)	1.75L	\$59.99
Finlandia	750ml	\$15.99
Finlandia	1.75L	\$24.99
Grey Goose	750ml	\$28.99
Grey Goose (all types)	1.75L	\$49.99
Ketel One	750ml	\$22.99
Ketel One	1.75L	\$39.99
Majorska	750ml	\$ 8.99
Majorska	1.75L	\$13.99
Pinnacle (all types)	750ml	\$11.99
Pinnacle (80 proof)	1.75L	\$16.99
Skyy	1.75L	\$21.99
Smirnoff Vodka (80 proof)	750ml	\$11.99
Smirnoff Vodka (all types)	1.75L	\$18.99
Sobieski	750ml	\$10.99
Sobieski	1.75L	\$19.99
Soplica	750ml	\$ 9.95
Soplica	1.75L	\$18.99
Stolichnaya (all types)	1.75L	\$29.09
Svedka (all types)	750ml	\$11.99
Svedka (all types)	1.75L	\$19.29
Tanqueray Sterling	750ml	\$19.99
Tanqueray Sterling	1.75L	\$29.99
Three Olives (all types)	1L	\$19.99
Three Olives (all types)	1.75L	\$24.99
Traveler's Vodka	1.75L	\$10.99

### CORDIALS

Bailey's Irish Cream	750ml	\$21.99
Bailey's Irish Cream	1.75L	\$39.99
Kahlua	750ml	\$19.99
Kahlua	1.75L	\$34.99
Krupnik	750ml	\$13.99
Licor 43	750ml	\$21.99
Licor 43	1.75L	\$39.99
Patron XO Café	750ml	\$22.99
Patron XO Café	1.75L	\$34.99
Southern Comfort	750ml	\$17.99
Southern Comfort	1.75L	\$26.99

### RUM

Bacardi Light	750ml	\$11.99
Bacardi Light & Gold	1.75L	\$19.19
Captain Morgan Spice	1.75L	\$25.99
Malibu	750ml	\$16.99
Malibu	1.75L	\$24.99

### TEQUILA

Avion Silver	750ml	\$36.99
Casa Noble Silver	750ml	\$34.99
El Jimador Reposado	750ml	\$19.99
El Jimador Reposado	1.75L	\$29.99
Jose Cuervo	750ml	\$17.99
Jose Cuervo	1.75L	\$32.99
Patron Silver	750ml	\$39.99
Patron Silver	1.75L	\$84.99

### BEER

Becks (12oz) 24pk	24pk	\$22.99
Bud and Bud Lite cans	30pk	\$20.99
Coors Lite (24oz) cans	12pk	\$11.99
Coors Lite loose bottles	24pk	\$17.99
Coors Lite	30pk	\$21.99
Corona/Corona Lite loose bottles	24pk	\$26.99
Dab (16oz) cans	24pk	\$21.99
Heineken/Heineken Lite	24pk	\$25.99
Land Shark	24pk	\$23.99
Lech (500ml)	20pk	\$26.99
Modelo Especial cans	24pk	\$21.99
Pabst Blue Ribbon cans	30pk	\$18.99
Pilsner Urquell	24pk	\$28.99
Sagres Beer	24pk	\$17.99
Sam Adams Lager	24pk	\$28.99
Stella Artois loose bottles	24pk	\$27.99
Super Bock	24pk	\$20.99
Tecate cans	24pk	\$18.99
Dogfish Head 60 min.	24pk	\$32.99
Yuengling Lager cans and bottles	24pk	\$17.99
Zywiec (11.2oz)	24pk	\$19.99

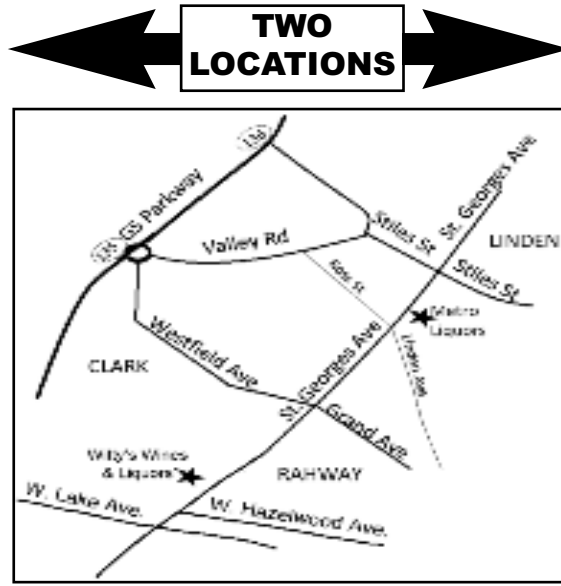
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**WINE**



Alamos Malbec	750ml	\$ 8.99
Andre (All Types)	750ml	\$ 5.99
Apothic Red	750ml	\$ 9.29
Avalon (Cabernet Sauvignon)	750ml	\$ 9.99
Barefoot All Types	1.5L	\$10.29
Bartenura Moscato	750ml	\$10.99
Beringer White Zinfandel	750ml	\$ 4.99
Beringer White Zinfandel	1.5L	\$ 8.69
Black Box (All Types)	3L	\$21.99
Blackstone (All Types except Chardonnay)	750ml	\$ 6.99
Blackstone (All Types)	1.5L	\$13.99
Bogle (Chardonnay and Merlot)	750ml	\$ 6.99
Bolla	1.5L	\$12.99
Cakebread Napa Valley (Cabernet Sauvignon)	750ml	\$59.99
Carlo Rossi (Chablis, Burgundy, Sangria, Blush)	4L	\$13.99
Carnivor (Cabernet Sauvignon)	750ml	\$10.99
Casal Garcia Vinho Verde	750ml	\$ 5.99
Cavit (All Types)	1.5L	\$13.99
Chateau ste Michelle Columbia Valley Cabernet and Merlot	750ml	\$13.99
Chateau Ste. Michelle Columbia Valley Chardonnay	750ml	\$ 9.99
Chateau Ste. Michelle Columbia Valley Riesling	750ml	\$ 8.99
Clos du Bois Chardonnay	1.5 L	\$17.99
Clos du Bois Cabernet, Merlot	750m	\$ 9.99
Cockburns Ruby and Tawny Porto	750ml	\$10.99
Concha Y Toro Frontera	1.5L	\$ 8.99
Coppola Diamond Cabernet Sauvignon, Merlot	750ml	\$13.99
Coppola Diamond Chardonnay	750ml	\$11.99
Corbett Canyon (All Types)	1.5L	\$ 7.99
Cupcake (All types, except Prosecco and Moscato)	750ml	\$ 8.99
Don Perignon	750ml	\$149.99
Dreaming Tree (All Types)	750ml	\$11.99
Eco Domani (Pinot Grigio)	750ml	\$ 8.99
Fish Eye (All Types)	1.5L	\$ 9.99
Flip Flop (All Types)	1.5L	\$ 9.99
Franzia (Crisp White, Blush, Sangria, Chilable red)	5L	\$13.99
Freixenet	750ml	\$ 9.99
Gato Negro (All Types)	1.5L	\$ 9.99
Gazela Vinho Verde	750ml	\$ 4.99
Ghost Pines (Merlot and Red Blend)	750ml	\$15.99
J. Lohr Cabernet and Merlot	750ml	\$13.99
Kendall Jackson Vintners Chardonnay	750ml	\$12.09
Kim Crawford (Sauvignon Blanc)	750ml	\$13.99
Korbel (All Types except Natural and Organic)	750ml	\$11.99
La Marca (Prosecco)	750ml	\$12.99
La Crema Sonoma Pinot Noir	750ml	\$16.99
Liberty Creek (All Types)	1.5L	\$ 7.99
Louis Jadot Beaujolais	750ml	\$ 9.99

Louis Jadot Beaujolais Villages	750ml	\$ 10.99
Louis Jadot Pouilly Fuisse	750ml	\$20.99
Luna di Luna (All Types)	1.5L	\$13.99
Mark West Pinot Noir	750ml	\$ 9.39
Mark West Pinot Noir	1.5L	\$17.99
Martini & Rossi Asti	750ml	\$11.99
Menage a Trois Red	750ml	\$ 8.99
Merry Vale (Cabernet)	750ml	\$49.99
Mezzacorona Pinot Grigio	1.5L	\$12.99
Mi Amore Red	750ml	\$ 8.99
Moet Imperial Champagne	750ml	\$39.99
Noble Wine 337, 667	750ml	\$10.99
Papi (All Types)	1.5L	\$10.99
Ravenswood (All Types)	750ml	\$ 8.99
Real Sangria	1.5L	\$10.99
Rex Goliath (All Types)	1.5L	\$ 9.29
Robert Mondavi Private Select	750ml	\$ 8.99
Robert Mondavi Private Select	1.5L	\$18.99
Rodney Strong Sonoma Cabernet & Merlot	750ml	\$15.99
Rodney Strong Sonoma Chardonnay	750ml	\$11.99
Rombauer Chardonnay	750ml	\$27.99
Ruffino Chianti	750ml	\$ 7.99
Ruffino Chianti	1.5 L	\$13.99
Ruffino Pinot Grigio	1.5L	\$10.99
Ruffino Chianti Gold	750ml	\$29.99
Ruffino Tan label	750ml	\$19.99
Santa Margerita Pinot Grigio	750ml	\$20.29
Senor Sangria (All Types)	1.5L	\$10.99
Silver Oak Alexander Valley Cabernet	750ml	\$65.99
Simi Chardonnay	750ml	\$12.09
Sonoma Cutrer Chardonnay	750ml	\$20.99
Sutter Home (All Types)	1.5L	\$ 8.99
Tom Gore (All Types)	750ml	\$12.99
Woodbridge (All Types)	1.5L	\$10.99
Yago Sangria	3L	\$14.99
Yellow Tail (All Types)	1.5L	\$11.99

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