

# Clark Monthly NJ

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## BOY SCOUTS GO FISHING TO EARN MERIT BADGES

*Submitted by John Cistaro*

During the weekend of May 17 through May 19, 2019, the Scouts of Troop 145 in Clark, NJ traveled to Parvin State Park in Pittsgrove Township, NJ for a fishing trip to complete the requirements for their fishing merit badges. Scoutmaster Ted McKeown, along with fellow Scout leaders and dads, gave the boys a memorable trip full of camping, non-stop fishing and some friendly competition during a fishing derby.

Seven boys and six dads and Scout leaders were able to make the long drive to Parvin State Park. The Scouts set up camp at night on Friday and the dads cooked dinner for the boys. On Saturday, the Scouts got their fishing equipment and they set up on a floating dock on the lake near the campsite. During the fishing derby, which ran from 9:00 a.m. to 12:00 p.m., Scout Nick Merola caught the first catch of the day, a small sunny. Scout Jack Costello caught a total of 8 fish, which was the most fish reeled in by a single boy that day. Scout Colin Pitta caught the biggest fish of the day, which was a 7 7/8 inch bass. Scout Xander Cistaro caught the smallest fish, a 4 inch sunny. Alexander Mirek caught the last fish of the day. The older Scouts, Kevin Quain and Sean Mirek, Jr., helped the younger Scouts rig their lines and, at times, bait their hooks and find fish. After the derby, it was hard to get the kids away from the lake as they continued to fish for the rest of the day. All fishing was catch and release.

Part of the requirements of the fishing merit badge involve having the Scouts clean, gut, cook and taste a fish that was caught during the day. Unfortunately, none of the fish that

were caught were big enough to allow the Scouts to fulfill these requirements, so the boys received a partial completion of the merit badge work. Another trip would be needed to fully complete the merit badge requirements; however, the boys did not go home empty handed! Each of the boys who won in the derby received a small gift card.

Also, Union Sportsmen's Alliance, a non-profit organization with a mission to unite the Union community through conservation to preserve North America's outdoor heritage, generously donated Shakespeare fishing poles and drawstring bags full of gear including turkey calls, deer calls and other fun outdoor accessories, enough for the entire troop. U.S.A.'s contributions made the trip a real treat for the Scouts and Troop 145 appreciates their help in making the fishing trip a big success. Union members such as Scoutmaster Ted McKeown, who represents Carpenters Local 254 of NJ, as well as Marty Costello, who represents PBA Local 76 of Springfield, NJ, were strong contributors to the trip, as were Scout Leaders Ed Merola and Sean Mirek, Sr. as well as volunteer dads John Cistaro and Tim Pitta.

Boy Scout Troop 145 is an active Troop of young men who dedicate themselves to the values of Scouting while learning and having fun in a safe environment. Scouting teaches leadership, citizenship and volunteerism, as well as appreciation for the outdoors. Most of the Scouts in Troop 145 achieve the prestigious rank of Eagle Scout. To learn more about Troop 145 or to sign your son up, please contact [bsatrop145clarknj@gmail.com](mailto:bsatrop145clarknj@gmail.com).



(above, l-r) Scoutmaster Ted McKeown of Carpenters Local 254 NJ, Nick Merola, Xander Cistaro, Colin Pitta, Alexander Mirek, Kevin Quain, Sean Mirek, Jr., Jack Costello, and Marty Costello of PBA Local 76 of Springfield, NJ.



(above) Scout Colin Pitta displays his catch.

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On Thursday, September 12, 2019, Y Squares Dance Club of Clark, will welcome Mike Sikorsky as the caller for our first dance of the 2019/2020 season. Mike is an internationally known caller from Apache Junction, Arizona where he calls and teaches Modern Square Dancing. In addition to calling nationally, Mike has also called in Japan, mainland Europe, and Scandinavia. He has recently released his country music cd entitled Feet in the Water. While the club is for experienced dancers, the public is invited to come and hear this wonderful caller.

If you haven't heard of us yet, Y Squares is an active Modern Square Dance club that meets at the Frank K. Hehnly School on Raritan Road. We are celebrating our 55th year of active dancing and meet twice a month. But Y Squares is more than a dance club; we also enjoy social activities and charitable giving. Last fall we participated in several demonstrations at community street fairs. We also often meet for dinner as a group before dancing the night away. Always concerned with helping our community, Y Squares supports the Toys for Tots program and the Annual Food

Drive held at Frank K. Hehnly School.

Every year, lessons are offered for anyone interested in learning Modern Square Dancing. You may ask Why Square Dancing? There are some very good reasons. First of all, it's fun! and it's sociable. Many people have made life-long friends at square dances. It's mentally stimulating. The interaction with the caller and the other dancers to complete a movement successfully keeps the mind sharp, focused and challenged. It's non-competitive, inexpensive and an activity the whole family can enjoy. If you have children old enough to follow instructions (usually 14 or older) they can participate right along with the adults.

Why not give it a try? Y Squares will be offering one complimentary Introductory Lesson on Tuesday's September 17, 24 and October 1, 2019, from 7:30 to 9 p.m. at the Frank K. Hehnly School, 590 Raritan Road, Clark, NJ. No experience necessary; our experienced dancers will be there to help you. For more information, visit us at [Y-Squares.org](http://Y-Squares.org) or call 908-705-7148. Hope to see you there!



(above) Y Squares Dance Club

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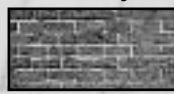
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LEARN MORE ABOUT MENTAL HEALTH ILLNESSES

The Union County chapter of NAMI/National Alliance on Mental Illness will once again be offering the Family to Family Education program beginning on Thursday, September 12, 2019. This is a free 11-week course structured to support caretakers of a loved one with a mental health illness. The F2F course is offered specifically to parents, siblings, spouses, teenage and adult children and significant others of individuals with a mental health diagnosis. The course is taught by a team of trained NAMI family members who themselves have taken the course to support a family member.

In a confidential setting, participants will learn how to understand and support their ill relative while maintaining their own well-being. Over an 11-week period, class participants will learn about the clinical treatment of mental illnesses, the biology of the brain, medications,

new research and communication skills to help with their loved one. They will, also learn, about the resources in Union County that are available to them and their loved one.

Thousands of families describe the program as “life-saving.” Many family members now involved in NAMI say that this course is the most significant service any individual/family can do for one self.

Classes will meet at St. Agnes Church, 332 Madison Hill Road, Clark.

The course will be held on Thursdays from 7:00- 9:30 p.m. starting September 12 thru November 22, 2019. Registration is required prior to the beginning of the course. To register, call Pat at 732-382-0762 or email patroman2@aol.com. Please include F2F in the subject line. A F2F teacher will contact you before the first class.



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Rosanne Nelson recently installed a beautiful plaque in the new Caitlin Nelson Park located at Clark's town hall. Caitlin and James Nelson and was built by the Where Angels Play Foundation. The plaque lists a few of Clark's own young angels who were taken away too soon.



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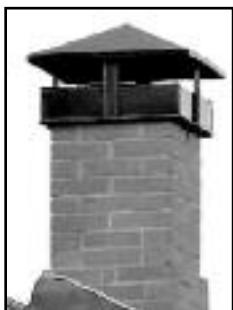
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## HELPING HOMELESS VETERANS WITH BACKPACKS FOR LIFE

*Submitted by Michael Boll, New Jersey Veterans Network*

For the last few years our charity racing team, Operation Rebound, has been sponsored by Backpacks for Life (BFL). This amazing charity is responsible for providing thousands of homeless veterans with backpacks full of essential toiletries and personal items. Also, the BFL will seek out veterans in need and help them with housing, food, employment and any other service that will help them live a better life.

The founder of the BFL, Brett D'Alessandro, is a United States Marine Corps veteran and



*(above) Brett D'Alessandro, Founder of Backpacks for Life*

started this outstanding charity shortly after he returned home from his tour of duty in Afghanistan. Brett recalls living out of a backpack during the war and felt a backpack can be a life-saving tool. In just a few years, Brett and the BFL are responsible for making thousands of backpacks for our homeless veterans.

The BFL doesn't just do backpacks, they are committed to helping our disabled veterans by providing them with the necessary resources and life-saving services by participating in various health fairs and PTSD groups. The BFL estimates about 350 disabled veterans have benefited from their resources and outreach. The BFL feels it's easy for a veteran to feel lost in the system. There are amazing resources out there, but it can be overwhelming trying to navigate it alone, so the BFL is there to help and guide the veteran through this agonizing process. What makes the BFL special is they invite veterans into their home and help with filling out paperwork, draft resumes, apply for housing, or whatever else is needed to help the veteran.

The future looks bright for the BFL. They're excited to expand their backpacks distribution and reach even more homeless veterans. As they connect with more veterans' organizations across the country, they will equip even more communities with backpacks.

Their mentorship and coaching process will

soon be accessible online. In this exciting development, veterans from across the country will be able to utilize the organization despite their location. Through this growth, the BFL focus remains on bringing hope back into the lives of veterans.

The BFL is out there every day making a difference and the Operation Rebound Racing Team is lucky to be a part of this incredible charity.

If you are interested with helping the Backpacks for Life please visit their website [backpacksforlife.org](http://backpacksforlife.org).

For more information about New Jersey Veterans Network visit [njvn.org](http://njvn.org).

About Operation Rebound

Operation Rebound is a mobile outreach team of mentors who help at-risk veterans and first responders to live a better life. For the last two years, our team has made huge strides with suicide prevention simply by building trust and cementing friendships with people in need. It's most important to be honest with each person in crisis and follow up with ways to help them regain purpose in life. Setting goals motivates them to stay on a positive track. If you are interested with joining the Operation Rebound Racing Team please feel free to contact Michael Boll at [mdbollio@optonline.net](mailto:mdbollio@optonline.net) or call 973-332-1556.

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**THE GATEWAY FAMILY YMCA**  
ELIZABETH-RAHWAY-UNION

## THE GATEWAY FAMILY YMCA ANNOUNCES HEALTHY WEIGHT AND YOUR CHILD REGISTRATION IS ONGOING FOR THE UPCOMING FALL SESSION OF PROGRAMS

This Fall, The Gateway Family YMCA is launching the second session of Healthy Weight and Your Child, a family program designed to combat childhood obesity. The program is available through the Wellness Center Branch, 1000 Galloping Hill Road, Union. For more information or to register for the program, visit [tgfymca.org](http://tgfymca.org) or call 908-349-9622.

Healthy Weight and Your Child is based on Mind, Exercise, Nutrition...Do It! (MEND), the most widely disseminated and extensively evaluated child weight-management program in the world. Research on the program model has shown statistically significant reductions in body mass index, waist circumference, and sedentary activities, and improvements in physical activity and self-esteem at six months—results that were sustained at 12 months. The program is designed to support youth and families as they seek to achieve positive change including the following goals: a reduction in the child's body mass index (BMI); the adoption of healthier eating habits by the family; an increase in daily physical activity; and improved self-esteem for participants.

"In response to this critical health care issue, Healthy Weight and Your Child (HWYC) is an evidence-based, weight-management program that seeks to empower children and families through education, healthy eating, and physical activity," stated Krystal R. Canady, CEO, The Gateway Family YMCA. "The program's goal is

to elicit positive change and help families learn skills and behaviors that enable them to live a healthier lifestyle so that children enter adulthood at a healthy weight," stated Melynda A. Mileski, EVP/COO, The Gateway Family YMCA.

Childhood Obesity is a growing problem in the United States. More than one third of children and teenagers ages two to 19 are obese or overweight, and that rate has tripled in the past 30 years. Childhood obesity can have a harmful effect on the body in several ways, putting children at high risk to develop cardiovascular disease, diabetes, sleep apnea, asthma, joint problems, heartburn, and social and psychological problems. Obese children are more likely to become obese adults, leading to more serious health conditions including heart disease, diabetes and some cancers.

Through the leadership of trained Y staff, Healthy Weight and Your Child engages a child and adult as a pair so that, together, they can understand how the home environment and other factors influence choices that lead to a healthy weight. This small-group family program creates a safe, fun, and active environment where families have the opportunity to explore and adopt proven methods to living a healthier lifestyle.

To learn more about Healthy Weight and Your Child at The Gateway Family YMCA, visit [tgfymca.org](http://tgfymca.org).



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### Celebrate National Family Meals Month™

By Lauren Faiella, RD, CDN - ShopRite of Clark, New Jersey

Getting a healthy meal on the table that everyone will enjoy is a challenge faced in households everywhere. Busy days filled with work, school, and other activities often keep families from sitting down to eat together. However, the benefits of sharing meals is clear: children who eat with their families have improved academic performance, higher self-esteem, and make better food choices. Additionally, parents have more time to introduce kids to new foods. National Family Meals Month is a nationwide campaign celebrated every September to raise awareness about the benefits of family meals and provide education on making family meals a success in every household. Here are some tips for making the most of family meals at your house:

- Make it a priority. Set a goal to have at least 3 or more family meals per week. This could be breakfast, lunch or dinner!
- Plan ahead. Sit down at the beginning of the week and plan your meals. Look at what is in season and on sale in ShopRite's weekly circular; then pick a few family-favorite recipes that use these items. Having items on hand will be a huge time saver come mid-week.
- Cook once, eat twice. Always cook extra—don't start from scratch every night. For example, have chicken breasts with brown rice and broccoli one night, then chop the leftover chicken and broccoli, add some colorful red pepper chunks, an egg and spices, and you've got a veggie-packed fried rice the next night.
- Create a positive atmosphere. Talk, listen, and laugh. Mealtime is a time to relax and connect with your family. Turn off the TV and other distractions. Allow conversation to flow between you and your family.

Try these fun and easy meal ideas:

- Make your own tacos! Create stations filled with cooked/shredded beef, grilled chicken breast strips, or grilled fish. Serve with fat-free refried beans, low-fat shredded cheese, shredded lettuce, chopped tomatoes and whole-grain tortilla shells. Prepare a mixed green salad with low-fat dressing as a side dish. Let each family member create his or her own tacos!
- Prepare whole-grain pasta and top with marinara sauce. On the side, serve grilled chicken breast strips or grilled shrimp. Pair with cooked vegetables like broccoli, cauliflower, spinach, mushrooms or peppers. Let each family member create his or her own pasta primavera!
- Start with a bowl of cooked whole-grain brown or wild rice. Then, pair with a lean protein such as pork loin, chicken breast or lean beef. Cut into strips, toss with your favorite reduced sodium marinade and either stir fry or grill. Next, choose your favorite vegetables like peppers, onions, mushrooms or broccoli—or a combination. Arrange meal components into separate bowls and let family members assemble their own rice bowls.

However you decide to prepare your family meal, the most important thing is to eat together and to have some fun while you're doing it. Visit [ShopRite.com](http://ShopRite.com) for more delicious recipes!



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# VALLEY ROAD SCHOOL ORGANIZES CLARK VOLUNTEER EMERGENCY SQUAD FUNDRAISER

Submitted by Christine Broski

Valley Road School (VRS) held their annual “Hats On” for the Clark Volunteer Emergency Squad (CVES) fundraiser on May 9, 2019. On this special day, the school community, including students and staff, were invited to wear hats for the day and make a donation to the CVES.

Mrs. Haney, who runs this fundraiser annually, said that this was a very successful year and VRS was proud to make this donation to the CVES.

“We want to thank the volunteers for their caring dedication to our community and we will continue in our efforts to support the Clark Volunteer Emergency Squad,” said Mrs. Haney.

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(above) Superintendent of Schools Mr. Edward Grande, EMT Mr. Michael Joy, Teacher Mrs. Lorraine Haney, Principal Mr. Joe Beltramba, and students Logan Marshall and Mackenzie

Photo by Clark Public Schools

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# VALLEY ROAD TEACHER NAMED UNION COUNTY TEACHER OF THE YEAR

On August 14, 2019 the Department of Education (NJDOE) announced 21 teachers as the 2019-2020 County Teachers of the Year during an awards ceremony held at Liberty High School in Jackson.

Bryan Lowe, Valley Road School Fifth Grade



(above) Bryan Lowe, Valley Road School Fifth Grade Teacher named 2019-2020 Union County Teacher of the Year.

Teacher, received the honor of Union County Teacher of the Year.

Superintendent Edward Grande stated, "Bryan consistently displays the highest level of excellence in his work and interactions with students both within and outside of the classroom. His hiring was on par with our school system winning the lottery and he could not be more well-deserving of this recognition."

"It is with great pride that I recognize these highly skilled, compassionate and dedicated County Teachers of the Year," said Governor Phil Murphy. "These teachers reflect the exemplary quality of educational leadership that we see throughout our state."

"New Jersey's educators are among the best in this country, as evidenced by the success of our students," said Education Commissioner Lamont O. Repollet. "The teachers who we recognize today instruct, inform, and inspire children to achieve success in school and beyond."

The Governor's Educator of the Year Program acknowledges the hard work and dedication of outstanding teachers. Individual schools are encouraged to nominate exceptional educators with diverse backgrounds to ensure that the honorees represent the ethnic/racial diversity of New Jersey. As an added incentive to participate this year, the New Jersey School Boards Association made it possible for over 2,400 educators who were named as their local school's educator of the year to receive free virtual educational resources that will benefit their students.

The County Teachers of the Year will network with educators throughout the state and serve as ambassadors for New Jersey's public schools. Additional information can be found on the Governor's Educator of the Year webpage.

A panel of educators then will select the New Jersey State Teacher of the Year based on written applications, video submissions, and interviews with the top six finalists.

The State Teacher of the Year is expected to be announced at the State Board of Education's October meeting.

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# VALLEY ROAD SCHOOL HISTORY CAMP

Submitted by Nancy Morris

VRS History Camp had a great week this summer with visits to the Dr. Wm. Robinson Museum to take a tour and learn about Colonial times, a trip to Washington's winter encampment in Morristown, and seeing historic locations and museums in historic Philadelphia. Two days were spent at VRS participating in an escape room, playing the role of an archaeologist in a dig with authentic artifacts, burying a time capsule, a pony

ride and interactions with domesticated farm animals ... and so much more! The camp, led by Mr. Bryan Lowe - a 5th grade teacher at Valley Road School, is always a huge success! Mr. Joseph Beltramba, principal at Valley Road, can be seen dressed in historic attire reading to the kids, reviewing artifacts, even petting and feeding the farm animals! Everyone really gets into the moment and makes it a learning experience the kids can really enjoy.



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## TEN VOLUNTEERS TRAIN TO SERVE AS ADVOCATES FOR FOSTER YOUTH

*Submitted by Gretchen Boger-O'Bryan*

Eight municipalities are represented in the latest class of 10 volunteers to successfully train as advocates for Union County youth removed from home due to abuse or neglect, and now living in foster care. Court Appointed Special Advocates (CASA) of Union County is the only organization serving as extra eyes and ears for family law judges in an effort to protect best interests and ensure needs are met.

As the soon-to-be advocates arrived at the courthouse, Judge Richard Wischusen continued his practice of exiting his courtroom to greet and speak with the waiting volunteers. Later, while on the bench during the ceremony, he commended each for their commitment to the community's fragile child victims, and discussed the value of the CASA program to those children and case stakeholders, noting he always reads the CASA report and seeks their input during hearings.

Volunteers with varied backgrounds make successful advocates and this class, ages 24 to

71, is no exception. Each brings diverse experiences, including an adoptee, an adoptive parent, former military, immigrants, nonparents and parents, retirees, full- and part-time employees, and undergraduate and graduate students. Professional backgrounds include education, retail, nonprofit, information technology and academia. Most had no prior knowledge of the foster system.

The final step before meeting their assigned foster youth is observation of seasoned CASA volunteers in court. Once assigned to the case, a court order grants access to the child, foster parents, doctors, caseworkers, therapists and teachers, enabling advocates to make informed recommendations in the child's best interests.

There are approximately 500 Union County youth from birth to age 21 in foster care, and more than 200 are waiting for a CASA volunteer. Is that you?

Contact Courtney:

cgreen@casaoofunioncounty.org or  
908-293-8136 to learn more.



(above, l-r) Joining Judge Richard Wischusen, center, are Union County's newest child advocates. They are Lisa Riley of Elizabeth, Anuja Bhamere of Berkeley Heights, Diane McCurdy of Mountainside, Adrian Lobo of Westfield, Guitry Banks of Jamesburg, Magdiel Rubiano of Elizabeth, Chris Tobin of Cranford, Victoria Utoh of Union and Karen Villareal of Scotch Plains. Not pictured, Beth Rudnick of Westfield.

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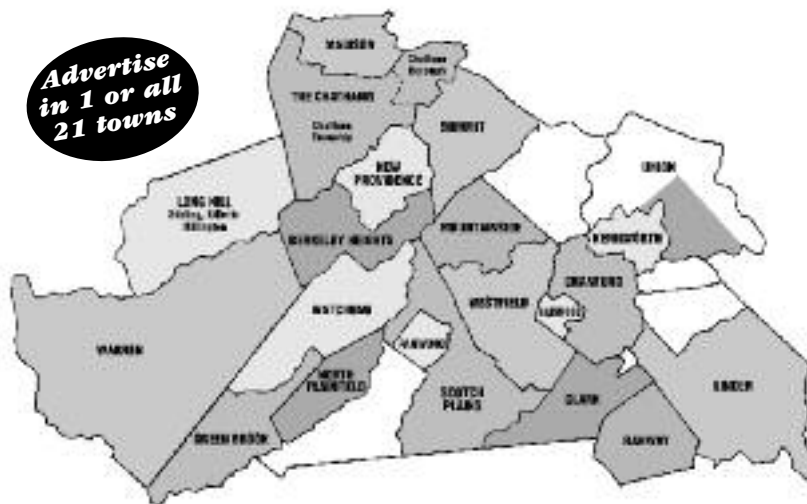
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## CARNIVAL WEEK CELEBRATED AT END OF SUMMER CAMP



Clark Recreation ended its 6-week camp with a celebration! The carnival week theme included boardwalk games, rides, shows, ice cream and water – lots of water. The 6-week camp averaged 656 campers a day in attendance with 1,200 total signed up. “The camp is a success if no child gets hurt and everyone just has FUN!” said Recreation Director Ralph Bernardo.

Photos by Clark Recreation



### Online Marketing Made Easy

**RENNA  
MEDIA  
.COM**

**NJ** LocalInfo.com

#### AD WEB PAGE: \$30

**Block of 20 ads \$300** (\$15 per ad)

Ad gets its own indexed web page on NJLocalInfo.com

Searchable through search engines and shared on our Facebook network.

#### CALENDER EVENT: \$20

**Block of 20 events \$200** (\$10 per event)

Events get posted on RennaMedia.com calender

and included in weekly newsletter shared on our Facebook network

#### ONLINE PRESS RELEASE: \$130

**Block of 20 ads \$1,200** (\$60 per PR)

Ad gets its own indexed web pages on NJLocalInfo.com and RennaMedia.com

Searchable through search engines and shared on our Facebook network.

#### DISPLAY ADS (12 months)

**Banner Ad** (500 x 100 pixels) **\$240** on RennaMedia.com

**Column Ad** (300 x 200 pixels) **\$960**

Column ad appears on all pages of on RennaMedia.com and NJLocalInfo.com

#### WEBSITE / SEO SERVICES

- Website Audit/Analysis and recommendation plan: \$250
- Website creation/update: \$2,400 (Cost for average website: 12 pages, contact form, SEO friendly, responsive design)
- Website Hosting: \$300 per year  
Includes website hosting, software updates, monthly website content updates
- SEO Services - average cost \$1,000 - \$2,000 per month  
Custom tailored solutions: Google Ranking, Local SEO, Social Marketing
- Blast your online ad or press release to a targeted market \$100
- National Press Release Distribution to 300 to 500 news outlets.  
Budget choice from \$300 to \$500.

**CONTACT JOE FOR DETAILS 908-447-1295**

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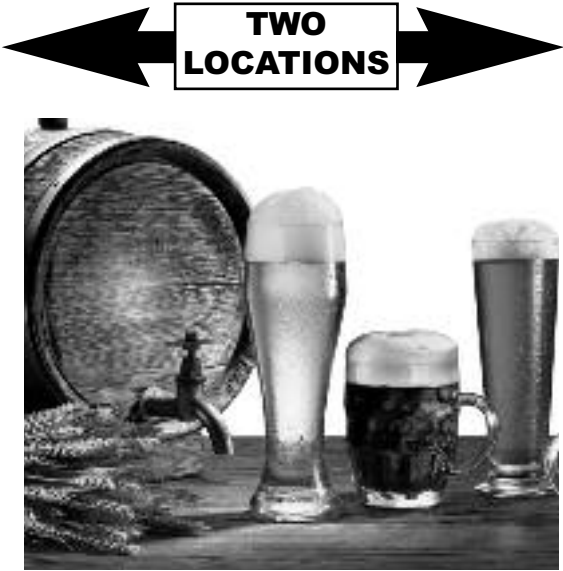
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WHISKY

Ballantine	1.75L	\$28.97
Buchanan's 12yrs old	750ml	\$28.99
Buchanan's 12yrs old	1.75L	\$55.99
Bushmill's Irish	1.75L	\$42.99
Chivas Regal	750 ml	\$28.99
Chivas Regal	1.75L	\$58.99
Chivas Regal 18 yrs old	750 ml	\$72.99
Crown Royal	750ml	\$26.99
Crown Royal	1.75L	\$47.99
Dewars 12 yrs old	750ml	\$25.99
Dewars 12 yrs old	1.75L	\$45.99
Dewars White Label	750 ml	\$19.99
Dewars White Label	1.75L	\$32.99
Gentleman Jack	750ml	\$29.99
Gentleman Jack	1.75L	\$52.99
Glenmorangie 10 yrs old	750ml	\$40.99
Glenlivet 12 yrs old	750 ml	\$45.99
Glenlivet 12 yrs old	1.75L	\$86.99
Grants	750ml	\$13.99
Grants	1.75L	\$23.99
Jack Daniels	750ml	\$25.99
Jack Daniels	1.75L	\$45.99
Jack Daniels Fire	750ml	\$25.99
Jack Daniels Fire	1.75L	\$45.99
Jameson	750ml	\$29.99
Jameson	1.75L	\$53.99
Jim Beam Whisky	1.75L	\$29.99
Johnnie Walker Blue	750ml	\$185.09
Johnnie Walker Blue	1.75L	\$379.99
Johnnie Walker Black	750ml	\$29.99
Johnnie Walker Black	1.75L	\$59.99
Johnnie Walker Double Black	750ml	\$34.99
Johnnie Walker Red	750ml	\$19.99
Johnnie Walker Red	1.75L	\$32.09
Macallan 12yrs old (double cask)	750ml	\$54.99
Makers Mark	750ml	\$26.99
Makers Mark	1.75L	\$49.99

GIN

Beefeater	1.75L	\$35.99
Bombay Sapphire	1.75L	\$36.99
Seagram's gin	1.75L	\$17.99
Tanqueray	750ml	\$21.99
Tanqueray	1.75L	\$36.99

COGNAC & BRANDY

Courvoisier V.S.	750ml	\$24.99
Courvoisier V.S.	1.75L	\$46.99
Remy Martin V.S.O.P.	750ml	\$42.99
Remy Martin V.S.O.P.	1.75L	\$80.99

CORDIALS

Bailey's Irish Cream	1.75L	\$39.99
Kahlua	1.75L	\$36.99
Krupnik	750ml	\$13.99
Licor 43	750ml	\$22.99
Licor 43	1.75L	\$40.99

VODKA

Absolut (regular)	750ml	\$19.09
Absolut (regular)	1.75L	\$29.09
Belvedere Vodka	750ml	\$27.99
Belvedere Vodka	1.75L	\$44.99
Ciroc (all types)	750ml	\$29.99
Ciroc (all types)	1.75L	\$57.99
Finlandia	750ml	\$15.99
Finlandia	1.75L	\$24.99
Grey Goose	750ml	\$27.99
Grey Goose (all types)	1.75L	\$49.99
Ketel One	750ml	\$19.99
Ketel One	1.75L	\$39.99
Luksusowa	1.75L	\$22.99
Pinnacle (all types)	750ml	\$11.99
Pinnacle (80 proof)	1.75L	\$17.99
Skyy	1.75L	\$21.99
Sobieski	750ml	\$11.99
Sobieski	1.75L	\$18.99
Stolichnaya (all types)	1.75L	\$29.09
Tanqueray Sterling	750ml	\$19.99
Tanqueray Sterling	1.75L	\$30.99
Three Olives (all types)	1L	\$19.99
Tito's Vodka	1.75L	\$29.99

RUM

Bacardi Light & Gold	750ml	\$12.99
Bacardi Light & Gold	1.75L	\$19.19
Captain Morgan Spice	1.75L	\$25.99
Malibu	750ml	\$17.99
Malibu	1.75L	\$25.09

TEQUILA

Deleon Blanco Tequila	750ml	\$29.99
Deleon Blanco Tequila	1.75L	\$59.99
Patron Silver	750ml	\$42.99
Patron Silver	1.75L	\$85.99
Patron XO Café	1.75L	\$29.99

BEER

Becks (12oz) 24pk	24pk	\$24.99
Bud and Bud Lite cans	30pk	\$21.99
Bud and Bud Lite loose bottles	24pk	\$19.99
Coors Lite (24oz) cans	12pk	\$14.99
Coors Lite/Miller Lite loose bottles	24pk	\$19.99
Coors Lite/Miller Lite	30pk	\$21.99
Corona/Corona Lite loose bottles	24pk	\$28.99
Dab (16oz) cans	24pk	\$21.99
Heineken/Heineken Lite bottles	24pk	\$27.99
Land Shark	24pk	\$24.99
Lech (500ml)	20pk	\$28.99
Modelo Especial cans	24pk	\$25.99
New Belgium Fat Tire	24pk	\$33.99
Pabst Blue Ribbon cans	30pk	\$18.99
Pilsner Urquell	24pk	\$29.99
Sagres	24pk	\$24.99
Sam Adams Boston Lager	24pk	\$32.99
Stella Artois loose bottles	24pk	\$28.99
Dogfish Head 60 min.	24pk	\$33.99
Yuengling Lager bottles	24pk	\$19.99
Zywiec (11.2oz)	24pk	\$19.99

Bartenura Moscato	750ml	\$11.99
Barone Fini Pinot Grigio	750ml	\$11.99
Beringer White Zinfandel	750ml	\$ 4.99
Beringer White Zinfandel	1.5L	\$ 8.69
Black Box (All Types)	3L	\$19.99
Carnivor Cabernet Sauvignon	750ml	\$10.99
Casal Garcia Vinho Verde	1L	\$ 5.99
Cavit (All Types)	1.5L	\$14.99
Clos du Bois Chardonnay	1.5 L	\$19.99
Dom Perignon	750ml	\$152.99
Dreaming Tree (All Types)	750ml	\$11.99
Ecco Domani Pinot Grigio	750ml	\$ 9.99
Fish Eye (All Types)	1.5L	\$ 9.95
Freixenet Brut, Extra, Extra Dry	750ml	\$10.99
Gato Negro (All Types)	1.5L	\$ 9.99
Gazela Vinho Verde	750ml	\$ 4.99
Joseph Carr Cabernet Sauvignon	750ml	\$26.99
Kendall Jackson Vintners Chardonnay	750ml	\$12.09
Kim Crawford Sauvignon Blanc	750ml	\$13.99
Louis Jadot Beaujolais Villages	750ml	\$ 10.99
Louis Jadot Pouilly Fuisse	750ml	\$21.99
Martini & Rossi Asti	750ml	\$11.97
Menage a Trois Red	750ml	\$ 9.99
Mi Amore Red	750ml	\$ 8.99
Moet Imperial Champagne	750ml	\$42.99
Noble Wine 337, 667	750ml	\$11.99
Papi (All Types)	1.5L	\$10.98
Ruffino Chianti	750ml	\$ 7.99
Ruffino Chianti	1.5 L	\$13.97
Ruffino Pinot Grigio	1.5L	\$12.99
Ruffino Tan label	750ml	\$19.99
Santa Margerita Pinot Grigio	750ml	\$22.09
Silver Oak Alexander Valley Cabernet	750ml	\$76.99
Simi Chardonnay	750ml	\$12.99
Woodbridge (All Types)	1.5L	\$11.49

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