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ALJ MARCHING BAND FINISHES SPECTACULAR SEASON



(above) The ALJ marching band had a spectacular season performing "Death On The Horizon."

Photo by Clark Public Schools

Congratulations to the Arthur L. Johnson Crusaders Marching Band on a great season. This year was a lot different than the normal seasons they are used to. Covid-19 brought on many challenges and obstacles for Justin Romano, the Music Director. Masks had to be worn, social distancing rules followed. They were met with enthusiasm, the kids all stayed safe and the hard work was apparent when the kids performed.

The Marching Band performed the show "Death On The Horizon." The Color Guard started out as zombies and one by one turned the band members. By the end of the show zombies walked off the field snarling as if looking for their next victims. The people in the stands were given an A+ performance, this marching band never disappoints.

Huge shout out to a very dedicated and down right awesome music staff: Mr. Justin Romano (Music Director),

Mr. Andrew Calo and Mr. Gregory Edmond (Assistant Band Directors), Miss Leanna Marasco (Color Guard Instructor), Mr. Julian Dippolito (Percussion Director) and Mr. Zachary Spricigo (Marching Technician).

Many thanks for a job very well done to the following students: Matt Kleczynski (Drum Major), Kaitelyn Diaz (Field Captain), Alyssa Grandal (Color Guard Captain) and Section Leaders Michael Dews, Joseph Hovick, Daniel Baton and Aiden Zucosky. Congratulations to the entire Marching Band and best wishes to the nine Seniors who will be graduating in June. You will be missed.

Any Clark/Garwood students in 8th grade or attending 9th through 12th grade in High School are welcome to join the Crusaders Marching Band. If interested please contact a staff - band member for more information or email MPAClarkNJ@gmail.com

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*****ECRWSSDDM*****

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Clark Monthly NJ

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Tina & Joe Renna, Publishers
202 Walnut Ave., Cranford, NJ 07016
(908) 418-5586
Fax: (908) 709-9209
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AMERICAN LEGION AUXILIARY FOOD COLLECTION ON-GOING

Submitted by Judy Duran

The Clark American Legion Auxiliary Unit 328 collected non-perishable food stuff to deliver to the St. John's Food Pantry and Give and Share Program. Collections were gathered at the American Legion Post 328 on Westfield Avenue. The collection is still in progress as the winter months ahead pose a food security challenge for many Americans.

Non-perishables such as: tuna, pasta, beans,

rice, soup and vegetables are distributed to families in the Clark area. Donations can be brought to the American Legion at 78 Westfield Avenue, Clark. The entrance to the Post is on Broadway Avenue anytime between the hours of 10 a.m. to 10 p.m.

The Legion Auxiliary thanks all who have donated to this worthy cause. Donations are taken to the food pantry located at St. John The Apostle Church on Valley Road, Clark/Linden border.



(above) Members of the Clark American Legion Auxiliary Unit 328.

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Brick Oven Dinner Rolls

\$6.00 Per Dozen

Desserts

| | Half Tray | Full Tray |
|-----------------|-----------|-----------|
| Cookie Platters | \$ 45.00 | \$ 85.00 |
| Tiramisu | 55.00 | 105.00 |

Mini Pastry Platter.....\$1.75 per piece

Brownies.....\$1.95 per piece

CANNOLI.....Small \$1.75 each • Large \$3.35 each

CHEESECAKE.....7 inch \$30.00 • 12 inch \$45.00

ASSORTED SORBETS & TARTUFO.....\$4.00 EACH

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Hot & Cold Buffet

PER PERSON PRICING

| | 20-29 | 30-59 | 60-99 | 100+ |
|------------|---------|---------|---------|---------|
| Hot & Cold | \$17.95 | \$17.00 | \$16.50 | \$16.00 |
| Hot Buffet | \$15.95 | \$15.50 | \$14.99 | \$14.50 |

HOT DISHES (Choice of 3)

Extra Hot Dishes, Add \$3 per person per item

Pasta

Baked Lasagna • Baked Ziti • Cavatelli & Broccoli • Cheese Ravioli
Linguini & Clam Sauce (Red or White) • Penne Bolognese
Penne Primavera • Penne Vodka • Penne with Roasted Garlic & Oil
Stuffed Shells • Vegetable Lasagna

Chicken

Parmigiana • Balsamic • Francaise • Marsala • Scarpiello
Oreganata • Fried • Herb Baked • Honey Baked • Lemon Garlic
Fingers • Alla Gallo

Beef/Pork

Murphy • Pepper Steak • Sausage & Peppers • Italian Meatballs
Swedish Meatballs • Kielbasa & Sauerkraut
Sliced Glazed Country Ham • Sliced Roast Pork Loin

Seafood/Vegetable

Mussels Marinara • Seafood Paella • Flounder Oreganata
Eggplant Parmigiana • Eggplant Rollatini

Cold Platter

INCLUDES: Turkey • Ham • Salami • Swiss & American Cheese

Salad

CHOICE OF 2: Potato • Cole Slaw • Mixed Greens • Macaroni
Antipasto • Pasta Primavera • Caesar

Dessert

CHOICE OF 1: Asst. Cookie Tray • Rice Pudding • Chocolate Pudding

Add a Carved Item

TOP SIRLOIN (Additional \$4.00 per person)

GLAZED HAM (Additional \$3.00 per person)

ROASTED TURKEY BREAST (Additional \$3.00 per person)

TRAY PRICES

Appetizers

Beef or Chicken Sliders.....\$1.75 Each

| | Half Tray | Full Tray |
|--|--------------|-----------|
| Long Hot Peppers with Potato and Onion | \$ 50.00 | \$ 90.00 |
| Tomato Bruschetta | 45.00 | 65.00 |
| Clams Casino | 55.00 | 95.00 |
| Chicken Skewers | 50.00 | 90.00 |
| Baked Clams | 50.00 | 90.00 |
| Hotzy Totzy Shrimp | 70.00 | 130.00 |
| Mini Crab Cakes | 75.00 | 140.00 |
| Mozzarella en Carrozza | 45.00 | 85.00 |
| Fried Calamari | 50.00 | 95.00 |
| Stuffed Mushrooms | 50.00 | 95.00 |
| Prince Edward Mussels in Spicy Tomato Sauce or White Wine Sauce | 45.00 | 80.00 |
| Shrimp Dumplings | 50.00 | 90.00 |
| Vegetable Dumplings | 50.00 | 90.00 |
| Pork Dumplings | 50.00 | 90.00 |
| Potato Croquettes | 45.00 | 85.00 |
| Rice Balls | 45.00 | 85.00 |
| Petite Quiche Assortment | Market Price | |
| Baby Lamb Chops or Shrimp Cocktail | Market Price | |

Salads

| | Half Tray | Full Tray |
|--|-----------|-----------|
| Mixed Greens | 30.00 | 55.00 |
| Caesar Salad | 35.00 | 65.00 |
| Spinach Salad | 50.00 | 90.00 |
| Cole Slaw | 25.00 | 40.00 |
| Italian Potato Salad | 30.00 | 50.00 |
| Pasta Salad | 30.00 | 50.00 |
| Red Potato Salad | 30.00 | 50.00 |
| Tomato, Mozzarella, Cucumber & Onion Salad | 50.00 | 90.00 |
| Chicken Caesar Salad | 55.00 | 90.00 |
| Grilled Chicken Salad | 55.00 | 90.00 |
| Seafood Salad | 70.00 | 125.00 |
| Greek Salad with Grilled Chicken, Mixed Greens, Tomatoes, Cucumbers, Onions and Feta Cheese. Topped with Oil & Vinegar | 55.00 | 95.00 |

Vegetables

| | Half Tray | Full Tray |
|--------------------------------------|--------------|-----------|
| Potato and Hot Cherry Peppers | 50.00 | 100.00 |
| Broccoli Rabe | Market Price | |
| Mashed Potato | 30.00 | 50.00 |
| Mashed Sweet Potato | 30.00 | 50.00 |
| Grilled Asparagus | Market Price | |
| Steamed Vegetables in Garlic and Oil | 35.00 | 65.00 |
| Stringbeans Almondine or Pomodoro | 40.00 | 70.00 |

Pasta

| | Half Tray | Full Tray |
|--|-----------|-----------|
| Penne Vodka | \$ 45.00 | \$ 85.00 |
| Rigatoni with Sausage, Sundried Tomato & Broccoli Rabe | 50.00 | 90.00 |
| Pasta with Clams, Shrimp, Mussels, Scallops (Red or White) | 65.00 | 120.00 |
| Linguini with Clam Sauce (Red or White) | 50.00 | 90.00 |
| Rigatoni in Meat Sauce | 55.00 | 95.00 |
| Cavatelli and Broccoli | 50.00 | 90.00 |
| Pasta Primavera | 50.00 | 90.00 |
| Rigatoni with Ground Sausage, Light Cream and Peas | 50.00 | 90.00 |
| Cheese Tortellini Alfredo | 50.00 | 90.00 |
| Gnocchi Bolognese | 60.00 | 100.00 |
| Cheese Lasagna | 50.00 | 90.00 |
| Meat Lasagna | 55.00 | 95.00 |
| Spinach Lasagna | 55.00 | 95.00 |
| Manicotti | 50.00 | 95.00 |
| Cheese Ravioli | 50.00 | 90.00 |
| Lobster Ravioli | 95.00 | 150.00 |
| Macaroni & Cheese | 35.00 | 60.00 |

Seafood

| | Half Tray | Full Tray |
|---|--------------|-----------|
| Shrimp Scampi | 70.00 | 130.00 |
| Shrimp Francaise | 70.00 | 130.00 |
| Shrimp, Clams, Mussels, Calamari (Red or White Sauce) | Market Price | |
| Mussels (Red or White Sauce) | 55.00 | 105.00 |
| Shrimp Parmigiana | 70.00 | 125.00 |
| Flounder Oreganata | 65.00 | 120.00 |
| Flounder Francaise | 65.00 | 120.00 |
| Seafood Paella | 70.00 | 125.00 |
| Stuffed Flounder | 75.00 | 140.00 |
| Grilled Salmon | 65.00 | 120.00 |
| Calamari in Marinara Sauce | 65.00 | 120.00 |

Chicken

| | Half Tray | Full Tray |
|--|-----------|-----------|
| Chicken Scarpiello | 55.00 | 95.00 |
| Chicken Francaise | 55.00 | 95.00 |
| Chicken Marsala | 55.00 | 95.00 |
| Chicken Parmigiana | 55.00 | 95.00 |
| Chicken Picatta | 55.00 | 95.00 |
| Chicken Rollatini Stuffed with Prosciutto & Mozzarella | 60.00 | 110.00 |
| Chicken Saltimbocca with Ham, Spinach & Mozzarella | 60.00 | 110.00 |
| Chicken Sorrentino Eggplant, Prosciutto & Mozzarella | 60.00 | 110.00 |
| Chicken Gallo | 55.00 | 95.00 |
| Chicken on the Bone with Vegetables | 55.00 | 95.00 |
| Oven Roasted Chicken | 55.00 | 95.00 |
| Honey Baked Chicken | 55.00 | 95.00 |
| Lemon Garlic Chicken | 55.00 | 95.00 |
| Chicken Fingers | 45.00 | 85.00 |
| Wings in Hot Sauce | 55.00 | 95.00 |

Pork

| | Half Tray | Full Tray |
|---------------------------------|--------------|-----------|
| Sausage with Peppers and Onions | \$ 50.00 | \$ 90.00 |
| Sausage with Broccoli Rabe | 60.00 | 110.00 |
| Sausage with Hot Peppers | 50.00 | 90.00 |
| Sausage di Giambotta | 50.00 | 90.00 |
| Kielbasa and Sauerkraut | 50.00 | 90.00 |
| BBQ Pork Ribs | 55.00 | 100.00 |
| Boneless Pork Loin | Market Price | |
| Glazed Ham | Market Price | |
| Spiral Ham | Market Price | |

Beef

| | Half Tray | Full Tray |
|-----------------------------|--------------|-----------|
| Sliced Hangar Steak | Market Price | |
| Italian Meatballs | 50.00 | 90.00 |
| Swedish Meatballs | 50.00 | 90.00 |
| Beef Tips with Mushrooms | 55.00 | 100.00 |
| Pepper Steak | 55.00 | 100.00 |
| Beef Murphy | 60.00 | 105.00 |
| Beef Kabobs | 65.00 | 120.00 |
| Sliced Top Round with Gravy | Market Price | |
| Beef Ribs | Market Price | |

Veal

| | Half Tray | Full Tray |
|-----------------|--------------|-----------|
| Veal Marsala | 70.00 | 130.00 |
| Veal Picatta | 70.00 | 130.00 |
| Veal Francaise | 70.00 | 130.00 |
| Veal Parmigiana | 70.00 | 130.00 |
| Veal Chops | Market Price | |
| Veal Alla Gallo | 70.00 | 130.00 |

Eggplant

| | Half Tray | Full Tray |
|---|-----------|-----------|
| Eggplant Parmigiana | 45.00 | 85.00 |
| Eggplant Rollatini | 45.00 | 85.00 |
| Grilled Eggplant Tower with Fresh Mozzarella, Tomatoes & Basil | 45.00 | 85.00 |
| Fried Eggplant with Ham, Mozzarella in Alfredo Sauce | 45.00 | 85.00 |

Platters

Small \$50 (8 to 10 ppl) • **Medium \$90** (14-16 ppl) • **Large \$120** (20-24 ppl)
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Veggie Crudité Platter (Medium \$40) • Fresh Fruit (Market Price)
Italian Cheese Board \$110 (20-25 people)
Roast Beef Crostini \$85 (20-25 people)
Tortilla Wrap, Focaccia Square \$65 (15-20 people)
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KIWANIS CLUBS JOIN FORCES TO REMEMBER VETERANS

Submitted by Susan Dougherty

The Kiwanis Clubs of Greater Westfield and Clark combined forces to write thank you notes to the veterans who are residents of the NJ State Veterans Home at Menlo Park, NJ to let them know they were being praised and remembered for their service to the country. Over 600 heartfelt notes, letters, and artwork were dropped off at the facility on November first so that the veterans’ rooms and lunch trays could be filled with correspondence from grateful folks in Union County. This has been an ongoing project of the area Kiwanis Clubs under the presidencies of John-Michael Jones (Westfield) and Cara Hund (Clark).

The artwork notes were supplied by the children in the Westfield Y under the direction of Kiwanis member Susan Morton. The preschoolers colored outlined pictures of a helmeted soldier and their teachers attached the printed thank you notes. High School students from the A.L. Johnson High School Key Club hand wrote or typed letters of appreciation under the urging of Key Club adviser Ellen Zamboni. The adult clubs participated in the annual event with Westfield club's Rev. Richard Burdett designing and producing a collectible, colorful card commemorating all branches of the armed forces.

Clark President Cara Hund collected

handwritten notes from her membership and thanked them all “for taking the time to once again to remember the people who have helped to keep America free.”

For more information about the Kiwanis Clubs and their high school, middle school, or elementary school clubs, contact Susan Dougherty at 732-382-5367. Kiwanis is an international organization that helps the world one community, one child at a time.



(above) Over 600 heartfelt notes, letters, and artwork were dropped off by the Kiwanis Clubs of Greater Westfield and Clark to the veterans who are residents of the NJ State Veterans Home at Menlo Park, NJ.

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Dr. Somma has been in practice in Union and Middlesex counties for over 20 years, with an emphasis on excellence and compassion for his patients. He has served as the physician for the Elizabeth Fire Department, the Board of Health of Hillside and has served the Board of Education for Woodbridge NJ. He was granted the Humanitarian of the Year Award by Trinitas Health Foundation in May 2014, for his dedication to the community and his outstanding service to the goals of the Foundation.

Dr. Somma has special interests in various fields of Internal Medicine, including diabetes, obesity, cardiovascular diseases and arthritis/rheumatology. He has represented to major pharmaceutical companies, such as Schering-Plough and Pfizer, in a consulting and educational role for his peers. Dr. Somma has been a clinical educator for Seton Hall’s Physician Assistant Program as an Associate Professor of Medicine for their Internal Medicine program.

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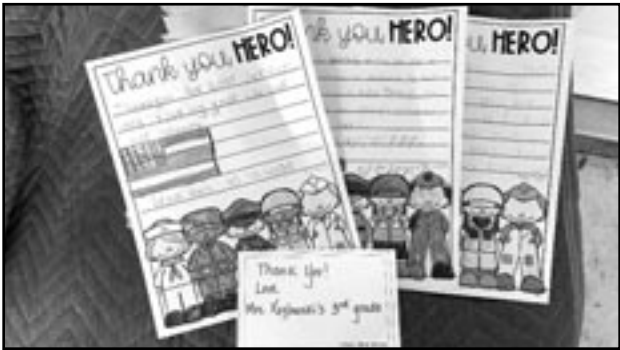
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Students in Mrs. Jackie Kozlowski's third grade class at Valley Road School commemorated Veteran's Day by learning about the significance of Veteran's Day and the various branches of the military. Students watched video clips of veterans speaking about their service. Students also wrote letters to several retired and active duty military personnel thanking them for their service. According to Mrs. Kozlowski, "This was an important and memorable activity for these third grade students. We hoped to bring some cheer and

encouragement to those that have given and are still giving their all to protect our country."



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(above) Mrs. Kozlowski, Nora Zerella, Brielle Oliveira, and Andre Lopes

Photo by Clark Public Schools

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CLARK YOUTH FOOTBALL ENDS SUCCESSFUL SEASON

Submitted by Gus Kalikas

Clark Youth Football recently completed their second season since returning to the communities of Clark and Garwood and it was a huge success. This Fall 2020 season Clark Youth Football (CYF) had three levels competing in the NJSYFL. A Level (8th Grade), B Level (7th Grade) and C Level (6th Grade) all competed and had wonderful seasons.

Clark Youth Football is a member of the NJSYFL. The NJ Suburban Youth Football League (NJSYFL) was founded on December 8, 1972, in Scotch Plains, NJ. The league was formed in an effort to provide additional opportunities for boys to participate in contact football that may have been excluded from other programs due to weight and age restrictions in existing programs.

Since its inception, the program has grown and matured significantly and now affords more

than 4,500 boys and girls an opportunity to participate in youth football and cheerleading programs.

In only our second year back in the communities of Clark and Garwood, all three levels made the NJSYFL playoffs. Our C Level team (6th Grade) defeated Bloomfield in a first round playoff game before losing to a very tough Summit squad in the semifinals. Our A Level team (8th Grade) overcame many obstacles this year and made the playoffs where they matched up against defending champion Bloomfield. Although they lost a very tough game, A Level battled to the end and has a bright future ahead of them as they enter high school next year.

Our B Level team entered the playoffs at 6-0 and in first place in their division. After handling Perth Amboy in the NJSYFL Semifinals they found themselves in a rematch of a tough regular

season game against rival West Orange. In the regular season, Clark B Level had to score a last minute touchdown late in the game to win. No such drama would be needed in the Championship game as B Level raced out to a 26-0 lead before winning by a final score of 26-12.

All three levels dedicated themselves to Clark Youth Football for the last three months giving up their evenings three to four times each week in order to do the communities of Clark and Garwood proud. Above all the wins and losses was the camaraderie formed amongst teammates and the values of hard work and sportsmanship that were taught throughout the season.

Clark Youth Football is gearing up for an awesome third year in the Fall 2021. We will be opening up registration Super Bowl Sunday (February 07, 2021). Make sure to sign up and reserve your spot so you can be a part of our next CYF season!!!



(above) B Level (7th Grade) after winning the Championship on Sunday, November 22, 2020.

Photo courtesy of "Al Brown @ JAB Photography".

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DAVE AND PAT TOMA CELEBRATE 65TH WEDDING ANNIVERSARY



(above, l-r) David and Pat Toma on wedding day 1955 and on 65th anniversary in 2020.

Clark residents Dave and Pat Toma are celebrating their 65th wedding anniversary. Dave Toma uses his life experiences and his 21 years in law enforcement in Newark, NJ to teach. His innovative style led to two television series based on his career, "Toma" and "Baretta". A screenplay has also been written about him.

Toma, 87, dedicated his life to motivating and mentoring youth as a public speaker and counselor. He has been recognized as for his worldwide service as a motivational speaking since 1951. He received the three prestigious Four Chaplins Medallions: Gold, Silver and Bronze. He was awarded an Olympic Medal from the Canadian Government. He was nominated for the Nobel Peace Prize three times.

Toma lectures are as dramatic as his life. Known for going undercover in disguise, he lived in the world of the criminals and despite the danger did his job using non-violent methods.

Toma put criminals behind bars but he also rescued lost souls in despair, who were stuck in the seamy environment with little hope of getting out without help. He especially speaks about the evil of drugs and getting his message to youths at risk.

BUBBAKOO'S BURRITOS COMES TO CLARK

Bubbakoo's Burritos, a build-your-own-burrito concept, has been expanding throughout the United States, spreading their brand to new platforms, and introducing their Mexican-fusion style cuisine to new places.

The popular chain was founded in 2008 by industry veterans Bill Hart and Paul Altero. Both Hart and Altero had worked together previously and decided to combine their ideas to build a united dream. Their shared vision focused on the complete customization of entrees with fresh ingredients and a strong concentration on customer service. Bubbakoo's Burritos has innovated a menu where customers can pick and choose what they want and create something different every time they visit.

Aside from their food escapades, Bubbakoo's is dedicated to getting involved in the communities surrounding their store locations. Their team has launched a program for the schools called the "Read It To Eat It Program" where students can read five books and in exchange, they receive a free student meal. Since the dawn of this program, hundreds of teachers have signed up to participate and together with Bubbakoo's, they continue to incentivize education.

Since their first store opened in Point Pleasant, NJ in 2008, many Bubbakoo's restaurants have been popping up throughout the country. With 40 locations across six states and more than 100 locations signed, the expansion of this fast-casual chain will not be slowing down anytime soon.

The most recent location to open was our Clark, NJ location at 301 Central Ave, Clark, NJ. A traditional grand opening will follow in the future.

"I can't wait to get to know the Clark community and introduce them all to the Bubbakoo's way," says Jalpesh Chokshi, franchise owner of the Clark Bubbakoo's.



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RELIEF FROM CHRONIC KNEE PAIN

FDA Approved Treatment to Avoid Surgery

DON'T BLAME THE ARROW FOR MISSING THE TARGET

Just like tens of millions of other Americans, you were looking for relief from your chronic knee pain. You thought Viscosupplementation injections might be the answer, but the results were disappointing and painful. Don't assume the treatment wasn't right. That could very well be like blaming the arrow for its path to the target when the problem might be the archer. If you didn't get the pain relief you were hoping for, chances are your injection treatment was off target. Unlike blind injections or even ultrasound targeted treatments found elsewhere, **Northeast Spine & Wellness Center** uses diagnostic fluoroscopy to make sure the area that needs treated is the exact area where the injection goes. This is the most advanced method of delivering this pain relieving treatment with 95% accuracy to give you the results you're looking for. The use of Fluoroscopy guided injections sets **Northeast Spine & Wellness Center** apart. The end result is you living pain free from your chronic knee pain. You can avoid the lengthy and painful road of knee replacement surgery. You can avoid the endless trial and error assortment of potentially addictive prescription medications. This treatment, using fluoroscopy guided injections has seen a success rate of above 85% in those suffering from knee pain related to osteoarthritis, and that includes people with bone on bone involvement. You've suffered from chronic knee pain long enough. Call **Northeast Spine & Wellness Center** now for a RISK FREE consultation.



If Knee Surgery Sounds Scary, It Should

Have you have been told you are facing knee replacement surgery? Have you been told about all the downsides you could be facing? First and foremost, there are NO guarantees that knee replacement surgery will be the answer to your pain, but let's look further:

- Surgery is costly, regardless of the percentage of services covered by insurance.
- Surgery requires lost time from work and typically requires a regimen of rehabilitation and medications.
- With surgery, there is always a risk for unwelcomed complications. And you could be back to where you started, or worse.
- Medications will be required for relief from surgery and you have been down that road before. Addictions to these pain medications can cause potential side effects, something you do not want to experience.
- Rehabilitation can take years.

Consider This Alternative To Surgery

Northeast Spine & Wellness Center offers you a real opportunity and a painless way to say goodbye to your knee pain without any surgery. Here are just a few of the important benefits you should consider?

- Diagnostic fluoroscopy accurately targets the pain, unlike blind injections.
- Guided fluoroscopic injections are virtually pain free, unlike blind injections.
- No lost time from work or family.
- No expensive or time consuming rehabilitation.
- No potentially addictive prescription medications.
- Recovery time is almost instant, not months or years.

How Does This New Treatment Work?

Relief begins almost as fast as it takes to pronounce the treatment. It's called Viscosupplementation Therapy. To begin with, it starts with **Northeast Spine & Wellness Center** investing in the use of diagnostic fluoroscopy. This enables them to target the exact location of your knee pain with pinpoint accuracy. What follows is a simple injection that causes little to no pain, especially when compared to what you may be living with daily. That explains what you will see on the surface of this revolutionary treatment. What's taking place below the surface is how and where the natural healing process takes place. The injection of a Hyaluronic acid called Hyalgan. This gel-like substance was approved by the FDA in 1996. Hyalgan is a natural substance that mimics the synovial fluid that is already produced by your body in your joints. Osteoarthritis sufferers in particular see a reduction in this much needed synovial fluid in their knee joints. Without that cushioning layer of protection, the cartilage in your knee can begin to wear away leading to the rubbing of bone on bone. Through Viscosupplementation Therapy, this natural substance immediately goes to work reducing the swelling and inflammation in the joint and adding a coating layer of protection. Think about Dorothy taking the oil can to The Tin Man. You'll begin to feel that same kind of relief and quite possibly feel like you're ready for a dance down the yellow brick road to recovery yourself. And with a success rate of over 85% in alleviating pain associated with osteoarthritis, it's easy to see why this treatment is so readily covered by Medicare and by most major insurance providers. Diagnostic fluoroscopy to target the pain, Viscosupplementation Therapy to relieve the pain. Simple, fast and no surgery!

Do you Suffer from any of these Symptoms?

There are a number of reasons why you developed Osteoarthritis pain. It can develop with age or because of heredity. It could be from repetitive stress from a job or some glory days in athletics. Of course your concern is with the symptoms you face daily and how to make them end, hopefully without surgery or the use of potentially addictive medications. **Northeast Spine & Wellness Center** understands the symptoms you have been living with and can help. If you have any of the symptoms below, please call us today. Relief is a phone call away.

- **Pain** - Whether it's a sharp aching or maybe a burning sensation, the pain can range from irritating to debilitating.
- **Swelling** - This can cause tenderness and soreness to the entire knee area, making walking or going up and down stairs painful, getting in and out of bed or bathtubs difficult and dangerous just name a few activities affected by swelling.
- **Stiffness** - Getting up out of bed or after sitting for a period of time gets more and more difficult. This loss of mobility can be more than a hindrance. It can be dangerous if you need to move quickly.
- **Loss of muscle strength** - This can lead to balance issues and the strong possibility of falling.
- **Joint deformity** - Not just unsightly, but painful as well.
- **Creaking Joints** - Can be painful and a sign of more discomfort to come.
- **Sleepless nights** - Losing sleep over your suffering is not just irritating, but potentially dangerous because of so many other health concerns that can be affected by loss of sound sleep.

Let Me Show You Targeted Relief From Your Knee Pain

Every day, I see patients suffering from knee pain due to arthritis, osteoarthritis, sports injuries or other conditions. Many have been told that they are in need of knee replacement surgery. Other patients say they have been prescribed various prescription medications to deal with the pain.

Something else I see almost every day, are patients that have tried viscosupplementation knee injections elsewhere and found it to be a painful and ineffective experience because the injections were not administered using fluoroscopic guidance. Instead of using the incredibly accurate diagnostic fluoroscopy we use at **Northeast Spine & Wellness Center** these patients experienced a blind injection technique, which can be as inaccurate as playing pin the tail on the donkey.

Once I am able to explain to my patients about the pin point accuracy of using diagnostic fluoroscopy and the amazing results viscosupplementation can provide, they are thrilled to get started. They are even more thrilled when they feel the relief. Please contact **Northeast Spine & Wellness Center** today to schedule your RISK FREE consultation.

Call 732-827-0800

Scot Paris MD, FACS



Here's what our patients have to say

"I'm dancing without pain. I can move with no problem whatsoever. I can go up and down steps with no pain."

- Patricia G.

"Over 85% relief for the first time in 15 years, suffering with knee pain. My life is getting back to normal."

- Perry O.

"After only four visits, I have absolutely no pain! The staff is 'top-notch.'"

- Quenton L.

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VETERANS GARDEN AT HEHNLY SCHOOL

In honor of Veterans Day, the students in the Frank K. Hehnly School's Mentor Link (Looking Into the Needs of Kids) program spruced up the school's Veterans Garden.

The mentor links students were able to safely interact with each other during an outdoor rock painting activity. The rocks, in addition to the new mulch, lights and signs donated by the Hehnly PTA, helped to create a deserving tribute to our nation's veterans.

School Counselor Joe Sortino stated, "Thank you to our students, Mrs. Caplette, Mrs. Gomes, and the Cassidy Family for all of your help. Please be sure to stop and check out the garden!"



Photo by Clark Public Schools

KUMPF STUDENTS GO SHOPPING VIRTUALLY

Students in Ms. Jennifer Barbera's class at Carl H. Kumpf Middle School in Clark recently went grocery shopping on a virtual field trip.

Students learned about different grocery stores in the area and what they needed to go food shopping, including the importance of having a list and a budget. They then visited Shop Rite.com and shopped for ingredients to make a special meal of their choosing.

While shopping, students had to keep track of how much they spent. Ms. Barbera stated, "Students really enjoyed virtual food shopping. Through this experience, students learned about how math relates to everyday life."



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JANUARY EVENTS FOR CLARK PUBLIC LIBRARY

303 Westfield Ave, Clark, NJ 07066 Tel: 732-388-5999 x2 Visit us at www2.youseemore.com/clarkpl/
 Monday, Wednesday, & Friday 9:30 am-5 pm, Tuesday & Thursday 9:30 am-6:30 pm, Saturday 9:30am-1:30 pm
 The library will be closed on Monday, January 18 for Martin Luther King, Jr. Day

Clark Residents may make an appointment now to visit the library. Call to make an appointment for up to 30 minutes. Patrons will be able to browse and check the computers. Curbside pickup and mobile printing available for card holders at this time without appointment.

Hours are subject to change, so please check our website or call before coming. The capacity will be reduced and we will be practicing social distancing. Masks will be required when in the building. Our librarians are here to help with reference questions or book recommendations!

All items must be returned in the book drop and will be in quarantine for 7-10 days. The items stay on your card during this time. You will not be charged overdue for the time the items are quarantining.

Events will be held virtually at this time via Zoom. Please register for any programs by emailing reference@clarklibrary.org and state which program you would like to attend and you will be sent a link to the meeting. You may also register through the online calendar on our website at clarklibrary.org.

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Monthly Boredom Buster for Kids

Available beginning January 2.

Each month we have a new take home craft for kids to pick up and make at their leisure. While supplies last, no registration.

Children's Winter Reading Challenge 2021

Enter now through February and keep track of your child's reading using the free Beanstack app or online at clarklibrary.beanstack.org. Children will earn up to 4 small prizes for their reading and raffle tickets towards bigger prizes awarded at the end of the challenge.

[Adult DIY Craft] Wind Chimes

curbside pickup starting Wed., January 6

Monthly Adult DIY Craft provides a take-out kit which you can make it at home without a Zoom class. You will pick up an unfinished wood wind chime (circle, star, or heart design) with acrylic paints. Please send an email to reference@clarklibrary.org to pick up and choose one of the designs. Circle shaped chime will be given with yellow & orange paints to draw a sunflower. Star shaped chime will be given with black & white paints. Heart shaped chime will be given with red & white paints. (You may use your own design and color. Please supply your own brushes.) Open to adults (18 and older) while supplies last.

[Virtual] Read to Sophie by Appointment

Sophie the therapy dog is available to listen to your child practice reading via Zoom! Please email ReadToSophie@gmail.com.

[Virtual] Pajama Time

Wednesday, January 6 at 7:00 pm

Join us in your pjs for an evening storytime session for the family on Zoom.

[Virtual] 8 Minute Lego Challenges

Thursday, January 7 at 4:00 pm

Join us via Zoom to express your creativity with our Timed Lego Building Challenge. Kids will get a prompt, such as a "piece of furniture" and then have 8 minutes to build it with Lego. There will be an hour filled with different prompts! If you do not have your own Lego, please contact the Children's Department of the library.

[Virtual] Adult Coloring Club

Fridays January 8, 15, 22, and 29 at 11:00 am (New Time)

Coloring is a great way to unwind and relieve some stress! Pick up coloring sheets and crayons at the library and meet up on Zoom for some soothing music and relaxation.

[Virtual] Evening Book Club

Monday, January 11 at 7:00pm

Join us for our next virtual book club meeting. We will be discussing Beneath a Scarlet Sky by Mark Sullivan. Speak with a librarian if you need a copy of the book.

[Virtual] Baby Bookworms

Tuesdays, January 12, 18, and 26 at 10:00 am

Baby Bookworms is virtual via Zoom! Babies and toddlers are invited to hear some books, and learn some songs, rhymes, lap bounces, and fingerplays!

[Virtual] Pick Up & Zoom

Tuesdays, January 12 and 26 at 4:00 pm

Every other week we will have a new craft project for elementary aged children. You may pick up the materials for the craft starting the Wednesday before and then join us via Zoom!

[Adult Painting] Bird Silhouette

Wednesday, Jan 13 at 11am

Join us for a Pick Up and Zoom class for adults.

We will paint a bird silhouette on a small canvas. After registering, you will be emailed to pick up the materials a few days before the class and be sent the Zoom link to make it together. All materials are provided except a paint brush.

[Virtual] Family Game Night

Thursday, January 14 at 6:30 pm

Join us on Zoom for a monthly family game! This month we will play Are You Smarter Than a Fifth Grader! Children and parents are invited to play along! Prizes for winners and runners up! You will need pen and paper or a white board with a dry erase marker.

[Virtual] Preschool Story & Craft

Fridays, January 15, 22, and 29 at 10:00 am

Stories, rhymes, songs, and craft on Zoom.

[Virtual] CoderDojo

Saturday, January 16 from 2:00 pm-4:00 pm

CoderDojo is a free programming workshop. Our goal is to help kids understand how to code and teach them to love coding. This event is for children ages 9 - 14 years old. For more information about CoderDojo, please visit coderdojo.com/about/.

Teen Take & Make:

DIY Cricut Vinyl Decorative Pillows

Tuesday, January 19 at 4:00 pm

Apply a Cricut vinyl of a favorite quote or your first name to a decorative throw pillow. Once you register, you'll be emailed when your supplies are ready to be picked up at the library. Join us for an optional online get-together as we explore the Cricut Design Space App and iron on the vinyls together over Zoom. Open to teens in Grades 6-12.

[Virtual] Who Was... Book Club for Kids

Wednesday, January 20 at 4:00 pm

Kids in 2nd-6th grade are invited to join us via Zoom for our re-ignited Who Was...book club! Each month we will read a book from this fun series focusing on a particular type of person, such as inventor, athlete, musician, etc and then come together to discuss and share what we have learned and do a related activity.

Free Adult Bingo Night

Wednesday, January 20 at 6:00 pm

Join us for a virtual BINGO Night for adults (age 18 and older) via Zoom. This program is free of charge. Participants may pick up BINGO cards at the library or use a BINGO app (link) to cross out your numbers on a device. Many choices of costume jewelry will be given as a prize. It is sponsored by Friends of the Clark Library. (Costume jewelry are donated previously.)

CLARK RECREATION REGISTRATION FOR WINTER 2021 PROGRAMS

Information is available at the Recreation Center for all of the new and existing courses and programs. Registration can be done online at our website, ourclark.com. Registration forms for each program or class can be dropped off at the Recreation office between 9:00 a.m. to 4:00 p.m. or mailed to Clark Recreation, 430 Westfield Avenue – Attn: Ralph Bernardo. All registration forms must be submitted by January 11.

Due to the Pandemic, restrictions, cancellations and/or postponements are possible for all classes and programs. We are following all the guidelines of the CDC and Governor as they are presented to the public. Every precaution is being taken at the rec center for your safety and the safety of our instructors and coaches. Please check your email daily as this is how we are communicating any updates, and the latest information on what is taking place.

PRESCHOOL PROGRAMS

Kiddies Junior Robotics

Thursdays 4:30-5:30 p.m. - Begins Feb. 4
(Ages 3-5) introduced to the coding and programming of real, age-appropriate robots understanding the basics of algorithms.

\$110 for 4 weeks.

Kids Ceramics

Fridays (Once a month) 4:00-5:00 p.m.
February 12, March 19 and April 23
(Grades PreK-6th) \$12 per session.

KinderBallet

Fridays 3:30-4:20 p.m. - Begins January 15
(Ages 4-5) - \$70 for 6 weeks.

Lil' Athletes

Fridays 9:30-10:00 a.m. - Begins January 15
(Ages 2-5) - \$105 for an 8 week session.

Mommy & Me Movin' & Groovin'

Thursdays 11:30 a.m.-12:30 p.m.

Begins January 7

(Ages 1-3) - \$105 for a 10 week session.

Mosaic Storytelling & Art

Thursdays 11:00 a.m.-12:00 - Begins Feb. 4

(Ages 2-4) - \$110 for 4 weeks.

Movin' & Groovin'

Wednesday 4:15-5:15 p.m.

Begins January 6 & 7.

(Ages 3 ½-6) 5:15-6:15 p.m. (Ages 6 & Up) or
Thursdays 4:15-5:15 p.m. (Ages 4-7) 5:15-6:15
p.m. (Ages 8 & Up) - \$105 for 12 weeks.

Parent & Me Soccer Squirts

Tuesdays 9:30-10:15 a.m. - Begins Jan. 19

(Ages 2-3) - \$114 for 8 weeks.

Soccer Squirts

Tuesdays 10:20-11:05 a.m. - Begins Jan. 19

(Ages 3-5) - \$114 for 8 weeks.

Squirts Multi Sports

Tuesdays 11:15 a.m.-12:00 p.m.

Begins January 19

(Ages 3-5) - \$114 for 8 weeks.

YOUTH PROGRAMS

Cooking For Kids (Grades K-2nd)

Mondays 4:00-5:00 p.m. - Begins Jan. 18

\$50 for a 6 week session.

Hip Hop Kidz

Fridays 4:30-5:30 p.m. Begins January 15.

(Ages 6-9) - \$70 for 6 weeks.

Kiddies Junior Robotics

Thursdays 5:30-6:30 p.m. - Begins Feb. 4

(Ages 6-9) - \$110 for 4 weeks.

Kids Ceramics

Fridays (Once a month) 4:00-5:00 p.m.

February 12, March 19 and April 23

(Grades PreK-6th) - \$12 per session.

Learn ASL

Wednesdays 6:00-7:00 p.m. - Begins Jan. 20

(Grades 5th-8th) - \$50 for 6 weeks.

Movin' & Groovin'

Wednesday 4:15-5:15p.m. - Jan. 6 & 7

(Ages 3 ½-6) 5:15-6:15 p.m. (Ages 6 & Up) or
Thursdays 4:15-5:15 p.m. (Ages 4-7) 5:15-6:15
p.m. (Ages 8 & Up) - \$105 for 12 weeks.

The Science Exploration Class

Tuesdays 4:30-5:30 p.m. - Begins February 2

(Grades K-2nd) - \$110 for 4 weeks.

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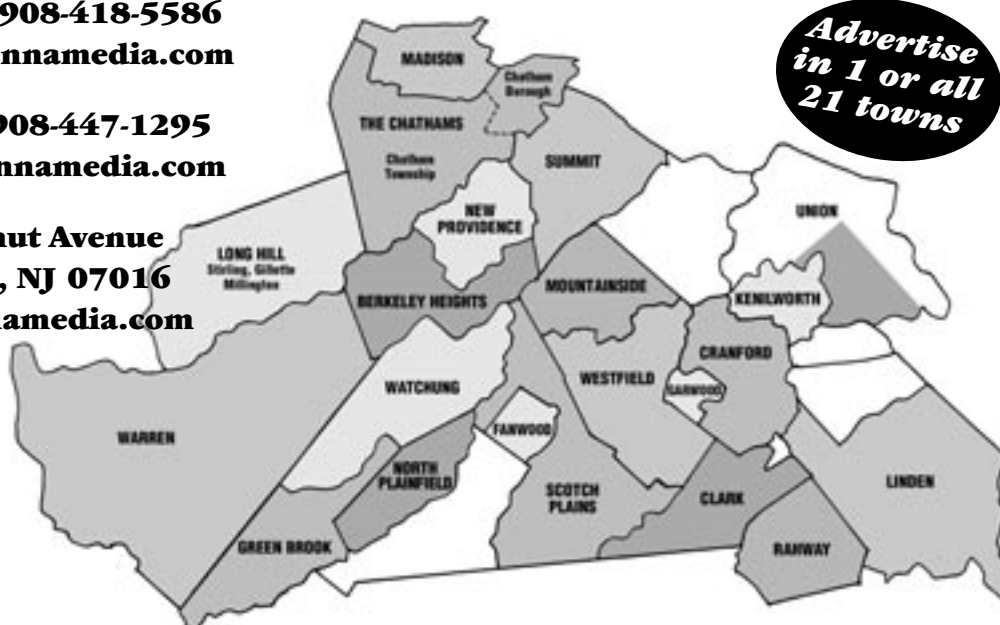
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| KENILWORTH NJ Qty: 3,600 Mailed to every home and business. Zip: 07033 | LIFE in LINDEN NJ Qty: 17,400 Mailed to every home and business. Zip: 07036 | Long Hill LEADER NJ Qty: 3,600 Mailed to every home and business in Gillette, Millington and Stirling. Zip: 07933, 07946, 07980 | MADISON MONTHLY NJ Qty: 6,300 Mailed to every home and business. Zip: 07940 | MOUNTAINVIEW NJ Qty: 2,900 Mailed to every home and business. Zip: 07092 | New Providence NEWS NJ Qty: 4,900 Mailed to every home and business. Zip: 07974 | The PRIDE of North Plainfield NJ Qty: 8,300 Mailed to every home and business. Zip: 07060, 07062, 07063 |
| OUR TOWN Rahway, NJ Qty: 12,400 Mailed to every home and business. Zip: 07065 | Scotch Plains NJ Qty: 9,600 Mailed to every home and business. Zip: 07076 | Summit Times NJ Qty: 9,600 Mailed to every home and business. Zip: 07901 | Spirit of UNION NJ Qty: 5,500 5,000 mailed to homes and businesses. Zip: 07083 | WARREN MONTHLY NJ Qty: 6,200 Mailed to every home and business. Zip: 07059 | Watchung Post NJ Qty: 2,800 Mailed to every home and business. Zip: 07069 | Westfield MONTHLY NJ Qty: 11,800 Mailed to every home and business. Zip: 07090 |

NEWSPAPER AD RATES

Rates are per month. Artwork included in price. Newspapers are black on white.

| Units | Size | RATE FOR ANY 1 NEWSPAPER | RATE FOR ANY 3 NEWSPAPERS | RATE FOR ANY 6 NEWSPAPERS | RATE FOR ANY 9 NEWSPAPERS | RATE FOR ANY 12 NEWSPAPERS | RATE FOR ANY 15 NEWSPAPERS | RATE FOR ANY 18 NEWSPAPERS | RATE FOR ALL 21 NEWSPAPERS |
|------------------------|--------------------------|--------------------------|---------------------------|---------------------------|---------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| 1 Unit (Business card) | 3.25" x 2" | \$60 | \$150 | \$250 | \$350 | \$400 | \$450 | \$500 | \$550 |
| 2 Units | 6.5" x 2" or 3.25" x 4" | \$100 | \$250 | \$400 | \$500 | \$600 | \$700 | \$800 | \$900 |
| 4 Units | 3.25" x 8" or 6.5" x 4" | \$180 | \$450 | \$700 | \$900 | \$1100 | \$1300 | \$1500 | \$1700 |
| 6 Units | 6.5" x 6.25" or 10" x 4" | \$240 | \$600 | \$900 | \$1200 | \$1400 | \$1600 | \$1800 | \$2000 |
| 9 HALF PAGE | 6.5" x 9" or 10" x 7" | \$320 | \$800 | \$1000 | \$1300 | \$1600 | \$1900 | \$2200 | \$2400 |
| 12 Units | 10" x 8" | \$360 | \$900 | \$1200 | \$1500 | \$1800 | \$2100 | \$2400 | \$2700 |
| 18 FULL PAGE | 10" x 14" | \$400 | \$1000 | \$1400 | \$1800 | \$2200 | \$2500 | \$2800 | \$3000 |
| 2 PAGE SPREAD | 21" x 14" | \$700 | | | | | | | |
| BACK PAGE | 10" x 14" | \$500 | | | | | | | |
| FRONT PAGE BANNER | 8.25" x 2" | \$320 | | | | | | | |
| FRONT PAGE BOX | 1.5" x 4.5" | \$240 | | | | | | | |

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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 | \$27.99 |
| Crown Royal | 1.75L | \$48.99 |
| 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 | \$47.99 |
| Glenlivet 12 yrs old | 1.75L | \$91.99 |
| Grants | 750ml | \$15.99 |
| 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 | \$54.99 |
| Jim Beam Whisky | 1.75L | \$29.99 |
| Johnnie Walker Blue | 750ml | \$187.99 |
| Johnnie Walker Blue | 1.75L | \$379.99 |
| Johnnie Walker Black | 750ml | \$28.99 |
| Johnnie Walker Black | 1.75L | \$57.99 |
| 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 | \$59.99 |
| Makers Mark | 750ml | \$27.99 |
| 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 | \$27.99 |
| Courvoisier V.S. | 1.75L | \$47.99 |
| Remy Martin V.S.O.P. | 750ml | \$44.99 |
| Remy Martin V.S.O.P. | 1.75L | \$84.99 |

CORDIALS

| | | |
|----------------------|-------|---------|
| Bailey's Irish Cream | 1.75L | \$47.99 |
| Duggan's Irish Cream | 1.75L | \$24.99 |
| Kahlua | 1.75L | \$37.99 |
| Krupnik | 750ml | \$17.99 |
| Licor 43 | 750ml | \$22.99 |
| Licor 43 | 1.75L | \$42.99 |

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 | \$24.99 |
| Grey Goose | 1.75L | \$39.99 |
| 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 |
| Sky | 1.75L | \$19.99 |
| Sobieski | 750ml | \$11.99 |
| Sobieski | 1.75L | \$19.99 |
| 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 | \$30.99 |

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 | \$43.99 |
| Patron Silver | 1.75L | \$86.99 |
| Patron XO Café | 1.75L | \$34.99 |

BEER

| | | |
|--------------------------------------|------|---------|
| Becks (12oz) 24pk | 24pk | \$24.99 |
| Bud and Bud Lite cans | 30pk | \$22.99 |
| Bud and Bud Lite loose bottles | 24pk | \$19.99 |
| Coors Lite (24oz) cans | 12pk | \$15.99 |
| Coors Lite/Miller Lite loose bottles | 24pk | \$19.99 |
| Coors Lite/Miller Lite | 30pk | \$22.99 |
| Corona/Corona Lite loose bottles | 24pk | \$28.99 |
| Dab (16oz) cans | 24pk | \$21.99 |
| Dogfish Head 60 min. | 24pk | \$35.99 |
| Heineken/Heineken Lite bottles | 24pk | \$28.99 |
| Land Shark | 24pk | \$26.99 |
| Lech (500ml) | 20pk | \$28.99 |
| Modelo Especial cans | 12pk | \$14.99 |
| New Belgium Fat Tire | 24pk | \$33.99 |
| Pabst Blue Ribbon cans | 30pk | \$19.99 |
| Pilsner Urquell | 24pk | \$30.99 |
| Sagres | 24pk | \$24.99 |
| Sam Adams Boston Lager | 24pk | \$32.99 |
| Stella Artois loose bottles | 24pk | \$28.99 |
| Yuengling Lager bottles | 24pk | \$19.99 |
| Zywiec (11.2oz) | 24pk | \$21.99 |

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