

OUR TOWN

RAHWAY'S HOMETOWN NEWSPAPER

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ANNUAL TREE LIGHTING AND WINTER WONDERLAND

The City of Rahway kicked off the holiday season on Friday, November 25th. Rahway's Annual Tree Lighting and Winter Wonderland series took place downtown. This fun event featured bounce houses, live performances, ice

sculptors, fire pits, pictures with Santa, and so much more. There will be a Santa Parade in Rahway on December 17th, from 12-3. For more information about this event visit: cityofrahway.com/winterwonderland

Photo by City of Rahway

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(above) Santa visits Rahway every year, with the help of the Rahway Fire Department he lights the Christmas tree in front of City Hall.



Photos from this and other events can be found online at rennamedia.com and on the Our Town Rahway page on [facebook.com](https://www.facebook.com/OurTownRahway). Feel free to "Like," "Tag," and "Share."

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QUARTERLY PRINCIPAL'S CLUB CELEBRATION

Rahway Public Schools

The Cleveland Super Stars came out on the evening of November 14 to celebrate and be recognized during the quarterly Principal's Club. The star-studded event recognized students in grades Pre-k through Sixth grade based on their teacher's recommendations. This distinction is based on several categories. Those categories are Academic Achievement/Enhancement, Classroom Assistance, Behavioral Improvement, Acts of Kindness, and Bullying Prevention.

Twenty-two students received the Principal's Club Award. This isn't your typical award ceremony. You truly have to experience it firsthand to appreciate the energy and effort Principal Giambrone and Dr. Holness put into

making the night special. We'll try our best to capture the essence of the night. Did someone say confetti? Imagine, as each student's name was called, there was a loud thunderous applause followed by confetti being thrown in the air. The two administrators upped the ante for the 2022-2023 school year by adding this new element to their presentation. It was indeed a hit amongst the crowd. With jokes, laughter, and smiles, attendees certainly enjoyed the dynamic duo's performance.

Congratulations to the first marking period Principal's Club recipients. We are proud of your hard work and dedication. We look forward to the second marking period celebration.

Photo by Dyan McMillen, Rahway Public Schools



(above) Principal's Club recipients for the first marking period were celebrated at Grover Cleveland Elementary School.

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BOB MARKEY HONORED FOR COMMUNITY CONTRIBUTIONS

Odyssey International Productions

On Friday, November 18, 2022, Rahway resident Bob Markey was honored by Odyssey International Productions, a non-profit organization that has been recognizing the efforts and accomplishments of phenomenal individuals and organizations for their outstanding business and community services contributions for the past 23 years.

Bob Markey was born and raised in Rahway, New Jersey. He attended Rahway grammar schools and graduated high school from St. Benedict's Prep. in Newark. He received a B.A. from Monmouth University in 1972.

Bob's parents loved gardening; and like many children, his first experience with the family garden was weeding. "I can't say that as a kid I enjoyed weeding. It was hard, hot work. However, as a young man in the 1970s, I became fascinated reading about Scotland's Findhorn Gardens where enormous size vegetables were grown using organic gardening practices. I started to garden using those same techniques and soon found that working with vegetables, flowers, shrubs and trees was becoming one of my life's great passions."

Bob noted, "I'm not a horticulturist, I'm a retired real estate broker. I'm grateful that over those working years, I was able to combine my

avocation with my vocation; helping buyers and sellers understand the financial, emotional and healthful benefits of incorporating good gardening and landscaping practices into their real estate decisions."

Since 1975, Bob has volunteered in countless garden-related community projects from downtown street tree plantings and organizing city-wide flower box contests to helping plant breathtaking rose hedges in municipal parking lots.

Bob earned his Square Foot Gardening Instructor Certification in September 2008 while attending a workshop in Eden, Utah. "I had the privilege of working closely with the founder and best-selling author of Square Foot Gardening, Mel Bartholomew. That was pretty special," Bob noted.

Bob is most proud of the Square Foot Gardening program that he created in 2008 for YMCA summer campers. "Since its inception,

the program has taught over 1,000 summer campers the basics of gardening. These kids have a ball each summer growing veggies and flowers organically, helping them to embrace better nutrition and reconnect to nature; aspects of their lives that are sorely missing for most kids today," Markey noted.

"At the end of each summer camp season, we run a series of fun-filled gardening events for the campers. The grand finale is my signature event, The Great Zucchini Race, themed 'Grow'em, Race'em, Eat'em.' That's the event where kids began calling me Mr. Bob the Gardener," quipped Bob.

The Square Foot Gardening Program for Y campers is now operating at three New Jersey YMCA's and it's Bob's dream that someday YMCA USA will adopt and implement his program at other YMCA's around the country.

For more information on Odyssey International Productions visit odysseyip.com.



(above) Rahway resident Bob Markey was honored by Odyssey International Productions for his contributions to the community.

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ELK'S CHILDREN'S CHRISTMAS PARTY

On Saturday, December 10, 2022, the Rahway Elks' Special Children's Committee (SCC) hosted their annual Special Children's Christmas Party. Students from Rahway schools with special needs were invited to attend with their families. We had over 50 people attend. The children danced to music, played games, colored pictures, watched Andy the Clown perform a magic act, and got to visit with Santa. Everyone ate their fill of chicken nuggets, fries, hot dogs, chips, cookies, and ice cream.

All children received a goodie bag from Santa and special needs students also received a gift card for Target, compliments of the SCC committee. The party was paid for using a \$500 grant from the Elks National Foundation and a generous donation from Pete Kowal. Additionally, funds were raised for our special children's committee events through our lodge functions.

We look forward to hosting this party every year! The Special Children's Committee of Rahway Lodge also uses funds to send students to Camp Moore, a week-long special needs camp

that is free to families. If you are interested in this opportunity please reach out to the SCC Chair Kristina Petti at 908-910-2419. We look forward to hosting more events at our lodge in the future!



(above) Rahway Elks Volunteers Special Children's Committee Chair Kristina Petti, Robin Mastroberardino, and Laura Mello Pobuta



(above) Santa with Liam Donovan, the NJ Elks' alternate ambassador sponsored by Rahway Elks.

Courtesy photos



(above) Rahway Elks volunteers Mary Ellen Paxton, ER Jonathan Joshua, Bob Temple, Jr. Elk Colton Petti, Robin Mastroberardino, Larry Mastroberardino (Cook for the day), and Gary Jack.



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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.

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- Quenton L.



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SPREADING CHEER

Rahway Public Schools

Recently, the students at Franklin Elementary School in Rahway made turkeys and Thanksgiving cards for the residents at Atria Senior Living Facility in Cranford. The project was done by the school's Blue and Gold Club, which is made up of students that volunteer their time throughout the year. The students really enjoy taking part in many different community-based service projects. They were really happy to know that they put smiles on the faces of the residents at the senior living facility. This amazing club is run by the school nurse, Ms. Casey Dowling, and Ms. Kym Adams.



(above, l-r) Students Monica Zuniga, Kayden Clermont, and Nyla Tisdale.

Photo by Rahway Public Schools

SANTA'S HELPERS

Over the last four years, a small group of Santa's elves has helped fill Christmas stockings for Family Promise of Union County. The organization serves low income families and families experiencing homelessness.

Students and staff at the Academy for Performing Arts at the Magnet School in Scotch Plains participated this year also. Kaitlyn Landaverde, a Junior from Clark, organized the drive at the high school.

Patricia Novy of Clark, who started the project four years ago, shared the fact that the group filled 36 stockings the first year, 67 stockings last year and 91 Christmas Stockings for children ages 4 to 12 this year.

We are inspired each year by this quote from a nine-year-old boy, "When you give something; someone else gets."



(above) Patricia Novy with Christmas stockings waiting for delivery to Family Promise of Union County.

Courtesy photo

FIND PASSION AND PURPOSE THIS WINTER

The Gateway Family YMCA

Find your passion and purpose at The Gateway Family YMCA this Winter. At the Y, you'll find more than just a place to work out. With opportunities to connect with new people, develop new skills, explore new interests and support your community, you'll discover new passions and gain a greater sense of purpose. The Gateway Family YMCA is inviting the community to visit the Y and learn more with an Open House from January 11-13 and a YMCA Membership Special through January 15.

"We all need a place to go where we feel supported and where we belong. The Y is that place for many. A place where adults can find life balance; children can reach their full potential; seniors can be active and find community; and families can connect and strengthen relationships," stated Melynda A. Disla, CEO, The Gateway Family YMCA. "Our supportive community of staff and members will inspire you to find your inner strength and expand your health in spirit, mind and body."

To help more people benefit from the Y, The Gateway Family YMCA is hosting a membership special through January 15, providing No Joiner Fee for all new members who join using the code NY23 at tgfymca.org/join-the-Y or in person at the Y. Flexible membership opportunities are available, including short-term memberships, virtual memberships, and a free community membership for all to belong to the Y. In addition, The Gateway Family YMCA will be opening their doors to the community January 11-13 for a YMCA Open House at four locations in Elizabeth, Rahway and Union. For more information, visit tgfymca.org/events

At the Y, individuals and families have the opportunity to improve their health and well-being and connect with the community, all while participating in their favorite program or activities at the Y, or virtually from home. "To be our best selves, we need to take care of our wholes selves, and our goal is to provide that seamless opportunity to make healthy living easy for all, whether they travel to the Y or join their favorite class from home," stated Rodger D. Koerber, Chief Operating Officer. "Here, neighbors from all backgrounds and walks of life can discover common ground, broaden their perspectives and support one another. At the Y, there are no strangers, only friends you haven't yet met."

The Gateway Family YMCA is a non-profit charitable organization serving Eastern Union County and Northern Middlesex County since 1900. As a leading nonprofit committed to strengthening community by connecting all people to their potential, purpose and each other, the Y focuses on empowering young people, improving health and well-being and inspiring action in and across communities. By bringing together people from different backgrounds, perspectives and generations, the Y ensures that all have access to the opportunities, relationships and resources necessary to learn, grow and thrive. Through the Annual Support Campaign,



Membership For All Financial Assistance is available to those who qualify.

The Gateway Family YMCA offers a variety of programs to help achieve greater health and

well-being, nurture youth and inspire individuals to give back to better their community. Winter 2023 program registration is available online at www.tgfymca.org for programs including swimming lessons, youth sports, active older adult fitness, dance, gymnastics, virtual WISE adult services and chronic disease self-management programs. Through the 7th Grade Initiative, youth are supported with a complimentary membership, leadership opportunities and special events.

To learn more about The Gateway Family YMCA, visit tgfymca.org or contact the Elizabeth Branch 908-355-9622, Five Points Branch 908-688-9622, Rahway Branch 732-388-0057 or the Wellness Center Branch and WISE Center Branch 908-349-9622 for more information.

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HEALTHY HABITS CAN REDUCE CHILDHOOD OBESITY

The Gateway Family YMCA

For Childhood Obesity Awareness Month, The Gateway Family YMCA is working to inform the community of healthy program options. While the dangers of childhood obesity are well chronicled, many families need support changing their families' habits with the goal of overweight and obese children obtaining and maintaining a healthy weight. Childhood obesity and wellness is even more of a concern during the Covid-19 global pandemic, where social distancing often became a sedentary lifestyle change. That is why The Gateway Family YMCA — a leading community-based organization dedicated to improving health—wants families to understand the dangers of childhood obesity and ways to reverse course through improved eating habits and increased physical activity.

According to the Centers for Disease Control and Prevention (CDC), the prevalence of obesity has remained stable at about 17 percent and affects about 12.7 million children and adolescents. Today, obesity affects one in six children and one in three are overweight, which poses greater risks for many health problems such as type 2 diabetes, high blood pressure, high cholesterol and some cancers. Here in New Jersey, 31% of children ages 10-17 years old are overweight or obese, according to childhealthdata.org[1].

“Changing habits is never easy, and that’s where the Y comes in to help. Many parents have heard the dangers of childhood obesity, but making the necessary lifestyle changes—as a

family—remains the biggest barrier to real progress,” said Krystal R. Canady, CEO, The Gateway Family YMCA.

“Together we can work together with your family, side-by-side to learn healthy behaviors and develop habits that will last a lifetime. Community-based organizations like the Y can provide a helping hand, with wellness coaches, programs like Healthy Weight and Your Child, access to equipment in a safe environment and more,” stated Melynda A. Mileski, EVP/COO.

The Gateway Family YMCA is helping families improve their health and potentially reduce the impact of childhood obesity through healthy living program for youth and families. While outside support is key, developing healthy habits begins at home. The following tips are some great ways to incorporate healthier eating habits and more physical activity and into your daily family routine:

- **Eat & Drink Healthy:** Make water the drink of choice and encourage everyone to fill half their plates with fruits and vegetables by offering two or three colorful options at every meal. As a family choose a new fruit and veggie every week to taste together. Place a full pitcher of water on the table during meals and allow children to pour their own water. Keep full water bottles available in the car and back packs.
- **Play Every Day/Go Outside:** Children should have at least an hour a day of unstructured play outside (when possible) and break a sweat at least three times a week by getting 20

minutes or more of vigorous physical activity. Join your children in games that get your hearts pumping and bodies moving.

- **Get Together:** Eat as a family as frequently as possible. Involve kids in meal planning, preparation and clean up. In addition, adults should take a break from electronics and spend one-to-one time each day with their kids, enjoying one another’s company.
- **Reduce Recreational Screen Time:** Time spent in front of a television, computer, tablet, cell phone or video games should be limited to two hours or less per day. Make a family plan to reduce screen time at home (i.e. turn off screens during meals, charge electronics/screens in the kitchen overnight, go for a walk after a meal, set a timer to remind you to power down the screen).
- **Sleep Well:** Kids and adults need to keep a regular sleep schedule; unwind together in the evenings by reading a book or listening to soft music to ensure the body is preparing for sleep. Kids are growing and need 10-12 hours of healthy sleep per night and seven to eight hours for adults.

The Gateway Family YMCA is a 501(c)(3) non-profit, health and community service organization of caring staff and volunteers dedicated to strengthening community and stands For Youth Development, For Healthy Living and For Social Responsibility. The Gateway Family YMCA impacts the community by providing quality services to people of all ages, races, faith or incomes. The Y doesn’t just strengthen bodies – it strengthens people, families and communities.

To learn more about The Gateway Family YMCA’s Healthy Living programs, please visit www.tgfymca.org or contact the Elizabeth Branch at 908-355-9622, Five Points Branch 908-688-9622, Rahway Branch 732-388-0057, Wellness Center Branch 908-349-9622 or WISE Center YMCA Branch 908-687-2995.



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DONATION TO POP WARNER CHIEFS 13U SUPER BOWL APPEARANCE

Rahway Elks Lodge #1075 presented the Rahway Pop Warner Chiefs 13U team with a donation of \$1,500 towards the cost of their recent trip to Orlando, Florida to participate in the Pop Warner Super Bowl. The donation was made possible by the members of the Rahway Elks Lodge in addition to a grant from the Elks National Foundation.

The Benevolent and Protective Order of Elks of the United States of America spends more than \$80,000,000 every year for programs that serve

the people in their local communities - including youth sports activities. For more information about The Elks or to join, please visit the Rahway Elks Lodge or online at Elks.org.

Pop Warner Little Scholars, Inc. promotes youth football, cheer, and dance programs for participants across the United States and in

several countries around the world. As the only national youth sports organization that requires scholastic aptitude to participate, Pop Warner is committed to developing America's young people on the field and off. For more information, please visit online at Popwarner.com.



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(above) Rahway Elks National Foundation Committee Chairperson Paul Kozakiewicz, Rahway Elks Lodge President Jonathan Joshua, Pop Warner Chiefs youth team members, and Pop Warner Chiefs Coach Troy Eastman.

Courtesy photo

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RAHWAY ELKS HOST YOUTH HOOP SHOOT COMPETITION

On December 13, Rahway Elks Lodge #1075 hosted a Youth Hoop Shoot Competition at the Rahway Recreation Center. Boys and girls aged 8-13 from the Rahway area competed against each other by trying to successfully complete 25

basketball free-throw attempts.

The winners of the event, who will compete at the East Central District competition on January 7 at the Rahway Recreation Center, are Journey F., girls 10-11, and Corey L., boys 12-13.

Winners at each level of competition will advance until reaching the finals to be held on April 20-23, 2023, at the Wintrust Arena in Chicago, Illinois.

The Elks Hoop Shoot highlights The Benevolent and Protective Order of Elks of the United States of America's commitment to our local youth through our annual free throw basketball contest. For more information about The Elks or to join, please visit the Rahway Elks Lodge or online at Elks.org.



(above) Rahway Elks volunteers Bob Temple, Jeffrey Pflug, Nancy Kozakiewicz, Robin Mastroberardino, Larry Mastroberardino, Paul Kozakiewicz, ER Jonathan Joshua, Kevin Mocekis, and photographer Kristina Petti.



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GROVER CLEVELAND STUDENTS, STAFF, AND PARENTS GIVE BACK

Submitted by Dr. Holness, Rahway Public Schools

When it comes to giving back, it's undoubtedly engrained in the spirit of the Grover Cleveland students, staff, and parents. Giving is what Cleveland does all year long. So on the heels of Thanksgiving, it wouldn't be any different; in fact, supporting the community got even bigger and better than ever!

Grover Cleveland School Nurse Mrs. Giammetta led this effort. Nurse Giammetta has embraced the school's "Creating a Connected Cleveland" theme. During Mrs. Giammetta's tenure at Cleveland, she has created her niche by serving those in the community. She has forged

new relationships and partnerships with members of the Rahway community. In preparation for Thanksgiving, Nurse Giammetta reached out to Brother Rev. Hall, a member of the Prince Hall Affiliate Free & Accepted Masons, MOAB Lodge #70, Rahway, NJ.

Nurse Giammetta expressed to Rev. Hall her desire to create complete Thanksgiving baskets with turkeys, stuffing, and everything needed to make a meal. Rev. Hall, along with Worshipful Master Jimmy Sims, accepted the task. A week before turkey day Rev. Hall and the Brothers of MOAB Lodge #70 in several cars pulled up to Cleveland School loaded with all the Thanksgiving fixings. The assembly line of Masons and Cleveland staff was a sight to see as both groups worked collaboratively to unload and assemble 25 carefully crafted baskets.

Principal Giambrone was filled with joy! He said, "this is incredible; Nurse Giammetta has brought us all together to help others."

The Brothers of MOAB Lodge #70 were delighted to support Grover Cleveland School and the community.

Nurse Giammetta was genuinely touched by the support of the Cleveland staff, parents, and students, who all donated food items. Nurse Giammetta said, "I'm so grateful for Rev. Hall, who supports Cleveland School, our students, and families. Many of our families have unknowingly been a benefactor of his generosity." Hats off to Rev. Hall; it is certainly refreshing to know that Real Heros exist and live amongst us in the Rahway community.

Principal Giambrone said, "we are grateful that Nurse Giammetta's compassion for others extends beyond the four walls of the nurse's office and the students she treats." She has taken a simple idea of replenishing the "Red House" at the end of the driveway with food weekly and has created a wave of "Care and Kindness."

Now you know why "Cleveland Rocks!"

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(above) Led by School Nurse Mrs. Giammetta, Grover Cleveland students, staff, and parents partnered with the Prince Hall Affiliate Free & Accepted Masons to donate Thanksgiving dinner preparations to families.

Photos by Dyan McMillen, Rahway Public Schools

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Please note: While supplies last. Establishments will not be able to accommodate food allergies or restrictions. Not all restaurants are open the entire 1-4pm. Please check individual hours of operation.

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RAHWAY

RAHWAY

JANUARY IS A SOUPER TIME TO VISIT RAHWAY

Rahway is your winter destination in 2023! Looking for something to do to fight off those winter blues? Bundle up and take the train, rideshare, or drive to Rahway to experience all that the city has to offer. Rahway is home to a diverse small business community with unique retail shops and dining experiences. You can start your day in Rahway with a hot cup of coffee and some shopping, get the kids out of the house for lunch and some family game time at the arcade, and plan a date night with drinks and dinner at any one of our many delicious restaurants. No matter what cuisine you are craving, you will find it in Rahway! Watch a show at the Union County Performing Arts Center, view an exhibit at one of our art galleries, or listen to local musicians who can help you rock and sway your way through the winter months.

Looking to warm up this winter? Our annual Soup Stroll, presented by our Special Improvement District (SID), will return every Saturday in January (Jan 7, 14, 21, 28) from 1-4 p.m. Mayor Raymond Giacobbe and the Rahway City Council encourage everyone to attend this free event as a great way to get together with friends, get out of the house, and sample some delicious soups while strolling through the City.

Restaurants will be stirring up their finest soups for you to try, so be sure to follow @Rahwayishappening on Facebook and Instagram or visit RahwayIsHappening.com/soupstroll for participating eateries and more information. Snap a photo of you and your Soup Stroll Squad enjoying your samples and share it with @rahwayishappening on Instagram to enter our Soup Stroll Selfie contest for a chance to win a \$25 Gift Card to your favorite participating restaurant.

Visit Rahwayishappening.com for information on parking, lists of shops and restaurants and details about all of our upcoming events!

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ITEMS OF INTEREST FROM 100, 75, AND 50 YEARS AGO

Submitted by Al Shipley, City Historian and Rahway Library Research Consultant

Over the past eight years, the January article for this column has featured news items that appeared on the pages of Rahway's home town paper the Rahway News Record and its predecessor, the Rahway Record from 100, 75, and 50 years ago. This year we go back to 1923, 1948, and 1973.

1923 The 1920s was a time when conservative policies were influencing many parts of society both on the national and local levels. The PTA at Lincoln School discussed petitioning the Empire Theater management requesting they ban the showing of films starring Roscoe "Fatty" Arbuckle which they felt were inappropriate for children. A featured speaker at a Rahway Council of Churches meeting spoke on the topic "Saving the Sabbath" and warned "If the Sabbath goes, everything else goes with it." The local chapter of the Women's Christian Temperance Union proposed banning tennis and baseball from being played on Sundays.

The city was growing after World War I and new public buildings were needed to keep up with the growth. Members of the Board of Education realized that two new grammar schools would soon need to be built in order to prepare for the youngsters born after the war. City officials were also discussing a new hospital and a proper city hall and police station.

The YWCA Ladies Basketball Team won the State Championship Title finishing with a record of 11-1. The Rahway ladies outscored their opponents 196-67. Stars of the team were Rose Bender and Julia Price. Bender scored a season total of 76 points, nine more than the total number scored against her team.

The Rebecca Cornell Chapter of the Daughters of the American Revolution began a campaign to seek funds for the restoration of the gravestones of Abraham Clark and his wife, Sarah. Clark, a signer of the Declaration of Independence, is buried in the historic Rahway Cemetery.

1948 City Council was confronted with two problems that still concern the city today – flooding and parking. The Rahway River, with its many branches, posed potential problems in many parts of the city. Members of Council spent many meetings discussing possible remedies. Parking problems in the business district were becoming more acute as more cars were bringing more shoppers into Rahway's active district. Council was also studying the feasibility of twice-a-week garbage collection for the entire year. The pick-up policy up to that point was twice-a-week collection only during the summer months with once-a-week collection the rest of the year.

On May 27, the 125th Anniversary issue of the Rahway News Record, one of the oldest papers in the nation, was published. The 118-page commemorative issue contained several hundred photos and a lengthy account of the history of the city. All facets of life in Rahway were covered in articles featuring clubs, churches, industries, schools, public institutions, and city governmental departments.

1948 marked the beginning of the largest development projects in the history of the city. Ground was broken for new homes in the area west of Madison Avenue all the way back to Madison Hill Road. Homes were also being built on the acreage between Lake Avenue and Inman Avenue.

1973 Title IX, a Federal Law prohibiting sex-based discrimination in schools that receive

funding from the federal government, was passed on June 23, 1972. At Rahway High School, a small number of young women joined established boys' teams after January 1973, when winter sports programs were beginning their seasons. The young women joined the rosters of the swim team, indoor and spring track teams, and the tennis team. By the 1973-74 school year a girls' softball team was started and the next school year saw the inauguration of girls' basketball and tennis teams.

At the May meeting of the Board of Education, the members approved a course in computer instruction for the 1973-74 school term. The new addition to the curriculum was made possible by a grant from the Merck Corporation Foundation.

The United States Postal Service announced the eight stamp designs that would be issued during 1973 to commemorate the bicentennial of the country. The Bicentennial Stamp Series started in 1971 and would be issued through 1976.

By 1973, interest in the upcoming 200th Anniversary of the birth of our nation was growing across the country. Plans for a Rahway Bicentennial Committee were being discussed and a group would be named early in the next year. The Rahway Historical Society started the bicentennial activities by joining with Johnson & Johnson in hosting a stagecoach run from New York City to Philadelphia. The coach would travel along St. Georges Avenue and make a stop at the Merchants and Drovers.



(above, l-r) Members of the 1923 YWCA State Champs: Sitting: Sadie Bartels, Julia Price, Mildred White. Standing: Marle Schneider, Francis Roake, Coach Wm. Wigginton, Rose Bender, Rosella Walsh

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CORK OAK TREES 'QUERCUS SUBER'

In our western culture the sound of popping corks is a sure sign of celebration. New Year's Eve, weddings, child birth or when gathering with old friends, someone is sure to break out a bottle of champagne. As the old saying goes, "this calls for champagne".

Sparkling wines were popular in the French Court, but the seal wasn't tight so they quickly lost their bubbles.

According to legend, a French monk named Dom Pérignon realized that a cork could seal in the fizz and flavor of Champagne after he saw Spanish travelers using cork tree bark to plug their water gourds. There is still a debate if this story is fact or just legend, but Dom Pérignon and his name still remain indelibly associated with Champagne.

Historians do know a good deal about how corks were used in the 18th century, in part because King Louis XV issued an edict governing Champagne bottling. Back then, workers wedged corks in by hand, yoking them with three pieces of twine to keep them in place, according to Becky Sue Epstein, author of "Champagne: A Global History." Even so, Epstein says, these corks could erupt without warning, giving Champagne a risqué reputation and the nickname "devil's wine."

A hundred years later, workers took to wearing wire-and-gauze masks when they handled the bottles to protect against the projectiles. "I know one cellar in which there are three men who have each lost an eye," wrote Thomas George Shaw, a 19th-century wine trader.

Today modern corks can still go wild and do damage; even the plastic ones. Many professionals cover the corks with a napkin to slow down and control it if it blasts off. Point the bottle away from people when opening it for safety.

Today, many Champagne stoppers are mashed together out of cork bits, glue and food-grade silicone. They start out fat as marshmallows before they're compressed in the jaws of a machine, driven into the bottle neck and held down with a wire hood called a muselet. It's this process that gives them their ability to cling — and their distinctive mushroom shape.

"If the bottle opens with a loud pop, that means it's not cold enough," Epstein says. When Champagne has been chilled to the perfect drinking temperature — about 50 degrees — you can "ease the cork out of the bottle so it emerges with a gentle sigh", losing less bubbles. Many Americans are disappointed when the bottle opens quietly, associating the pop as part of the experience.

The word Cork denotes the tree itself and the product of the tree, the bark.

As a verb to cork something means to seal it. When I was a professional waiter, is we said the wine "was corked" it meant the cork had decayed and the wine, often red had gone bad.

In the wild, Cork Oaks produce acorns for reproduction. Unlike other oaks corks produce two sets of acorns, one annual and the other biannual. These acorns are an important source of food for birds and native wildlife. Trees can live between 150 to 300 years.

Cork bark is a useful byproduct of the evergreen oak tree. 65% of the world production is in Mediterranean region, Portugal, Spain, France, Algeria, Morocco. 6.6 million acres of cork is grown in the Mediterranean region alone. I was surprised to learn that is the 2nd most bio-diverse region in the world following the Amazon region.

Cork is also fire resistant and protects the tree and the critters in it from fire damage.

Suberin, the waxy component in the bark causes traction when wet and retards insects.

In the USA cork production is primarily in the west and southwest. American cork trees are sometimes grafted to the black oak root stock.

Today cork is a \$1.5 billion industry that employs 20,000 full time employees and 10,000 temporary harvesters.

Trees are first harvested of bark at about 20-25 years followed by successive harvests every 9-10 years. Bark quality gets better with successive harvests.

CORK USE THROUGHOUT HUMAN HISTORY

The bark product has been in recorded use for about 5000 years. Cork bottle stoppers have been found in China from 3500 years ago. Cork has also been found in Persia and Babylonian excavations. Egyptian tombs have corks sealing containers covering food and mummified animals.

Phoenician sailors used cork for floatation for themselves, their nets and anchor lines. The Greeks and Romans navy did the same in later history.

Greeks used the material for roofing and sandals due to insulating and water repellent properties. The Greeks also used the twigs and leaves of cork on monuments as a sign of strength and honor. Cork was also used in the crowns of triumphant athletes.

Wine and oil amphora have been found in Greek and Roman shipwrecks with cork stoppers.

Romans used cork to construct bee hives due to its insulating properties.

Cork covered casks were unearthed in Pompey.

CORK IN THE FUTURE BIODEGRADABLE- RECYCLABLE- RENEWABLE

Cork is mold resistant, hypoallergenic and anti- microbial.

Aesthetically pleasing it is used as decor, wall and floor coverings. Cork is breathable and impervious to liquids.

Architect Frank Lloyd Wright used cork surfaces in his studios and the Fallingwater residence in Pennsylvania.

20th century industry brought about



(above) Past President of The Rahway Garden Club, James Keane, has been researching and answering garden questions since 1995.

Visit 'Keane Gardener' blog at:
keanegardener.blogspot.com

agglomerated processed cork. 100% of the natural cork byproduct is reprocessed into objects and sheet material. Cork flooring and insulating and noise dampening. Armstrong Cork Corporation is a leader in the industry.

Cork can be found in skateboards, squash balls, golf balls, surf boards and numerous other consumer products.

Cork insulation is already used on the space shuttle booster rockets and is being experimented on our next generation of space vehicles.

Have A Safe and Happy 2023

James



(above) Amazing, harvesting the cork bark improves the quality for future harvest.



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CLEVELAND SALUTES STUDENT FAMILY VETERANS

Submitted by Dr. Holness

The essence of patriotism is loving one's country and serving the greater good of all of its people. The sense of patriotism becomes more apparent in times of difficulty and trouble. In tough times at home and abroad, neighbors and strangers put aside their differences and unite. As a school community, it becomes increasingly important for us to teach America's youth to give credence to those who serve(d) this country and especially to those who made the ultimate sacrifice.

On December 7th, the staff and students at Grover Cleveland Elementary School in Rahway, NJ, took the time to honor the brave family members who currently have served in various military branches. The idea for this event came from Cleveland's Principal Al Giambrone, who had the pleasure of meeting a Vietnam veteran by the name of Barry Rosenzweig many years ago. At almost 80 years old, Mr. Barry has more energy and spunk than some 30-year-olds that I know. He is so full of life, and it seems like the

hand of time is working in reverse. Principal Giambrone invites Mr. Barry in each year, and he delightfully accepts, barring any scheduling conflicts to which the two gentlemen work out. This short description only scratches the surface of the type of man Mr. Barry is.

Arriving at Cleveland School early, packed with 600 U.S. flags and military paraphernalia, Mr. Barry was all set to lead and put on a show for students and their families. Filled with knowledge and colorful stories, Mr. Barry shared his military experience with the captivated audience. As the program continued, Mr. Barry called to the front of the auditorium the student's military family members who were in attendance. After acknowledging each military member, he led the packed audience in song as he played the keyboard. Students waving their flags belted out the lyrics to "You're A Grand Old Flag." The Cleveland students couldn't have sounded any better.

A special note to our military family members and Mr. Barry,

We salute the military members in attendance and those who couldn't make it. You are the heroes we are proud our students had an opportunity to see. You are the heroes who make sacrifices for your family and this country. You are an example of a hero defending and protecting our freedom. We thank you.

Mr. Barry, Cleveland School appreciates your time and willingness to give back to the community. What you did today is a true example of a full circle. We hope our students will memorialize this event in their hearts and minds. We certainly know that they appreciated witnessing living history beyond a textbook.



(above) Vietnam veteran Barry Rosenzweig and Grover Cleveland Elementary School Principal Al Giambrone

Photos by Dyan McMillen



GROVER CLEVELAND HOSTS FABULOUS FALL FEAST

Submitted by Dr. Holness, Rahway Public Schools

Just in time for the start of the holiday season, Grover Cleveland's Pre-K & D.A.I.S.Y. program held its annual Fabulous Fall Feast right before Thanksgiving Day. The Annual Feast is a long-standing event that has been around for several decades. It is the perfect opportunity for Grover Families to "Connect" with the school.

The festivities kicked off with a warm welcome by Principal Giambrone. Cleveland school teacher, Mrs. Niotis, extended greetings

to the families noting how extremely proud she is of the work that students in each of the pre-k programs have accomplished and the growth that students have attained. Students who enter school through the D.A.I.S.Y. program are exceptional students who face different challenges. This event created the perfect opportunity for Cleveland families to watch their rising stars shine bright.

Excitement filled the air as the big red auditorium curtains rolled back, revealing the

cutest and most adorable preschoolers eyes had ever seen. Dressed in colorful custom-made costumes that went along with the theme, these precious little ones sang their little hearts out. With cameras snapping and video rolling, it was the most amazing performance ever! Following the standing ovation, the pre-k students, their families, and staff were escorted to the cafeteria for a delicious turkey meal with dessert.

Picture one of those home makeover shows where a team of people come in and completely transform a space. Well, that's what happened to the Cleveland cafeteria, a complete transformation reflective of a Thanksgiving Fest. The walls were adorned with student artwork, handmade centerpieces, and other decorations that looked like it was straight out of Pinterest.

The beauty of this event appeared to come together easily. It's like a masterfully played symphony as the preschool staff's vision comes to life, with groups of staff hurriedly running around, carefully placing each note to create a beautiful melody. All this effort and wonder is for the enjoyment of our students and their families.

Principal Giambrone and I can't say thank you enough to the pre-k staff and all of the staff members who volunteered their time to help make the Feast a memorable event.



(above) Grover Cleveland school held an autumn celebration for its Pre-K & D.A.I.S.Y. program right before Thanksgiving Day.

Photos by Dyan McMillen

Marketing Toolbox

Renna Media offers a full range of marketing services, in print and online, hyper-local to regional, for every budget and market size.

NEWSPAPER ADVERTS

We mail 160,000 newspapers to every home and business in 24 towns. You can advertise in any number of towns. Ads start at \$60.

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We print flyers and menus, full color, two sided, on coated stock for only \$45 per thousand.

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Insert your flyer into the newspapers and get it mailed to every home and business for \$60 per thousand and as low as \$30 per thousand for higher quantities.

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Online ads and press releases designed and placed to drive traffic to your website and get your phone ringing.

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We can design and/or manage your social media campaign from passive to aggressive plans customized to work within your budget.

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Start with an audit/analysis of your website giving you a report and recommendations for \$250.

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Florham Park Press NJ Qty: 5,500 Zip: 07932	Garwood NJ Times Qty: 2,500 Zip: 07027	Green Brook NJ Gazette Qty: 3,000 Zip: 08812	BUSINESS • LIFE KENILWORTH NJ Qty: 3,500 Zip: 07033	NJ LIFE in LINDEN Qty: 17,900 Zip: 07036	Long Hill LEADER NJ Qty: 3,500 Zips: 07933, 07946, 07980
MADISON MONTHLY NJ Qty: 6,300 Zip: 07940	MOUNTAIN SIDE VIEW NJ Qty: 2,900 Zip: 07092	New Providence NEWS NJ Qty: 5,100 Zip: 07974	OUR TOWN Rahway NJ Qty: 13,000 Zip: 07065	ROSELLE PARK MONTHLY Qty: 5,600 Zip: 07204	Scotch Plains NJ WHAT'S HAPPENING MONTHLY Qty: 9,400 Zip: 07076
Short Hills MILLBURN MONTHLY NJ Qty: 8,200 Zips: 07041, 07078	Summit NJ Times Qty: 9,600 Zip: 07901	Spirit of UNION NJ Qty: 6,800 Zip: 07083 (partial)	WARREN MONTHLY NJ Qty: 6,200 Zip: 07059	Watchung Post NJ Qty: 2,700 Zip: 07069	Westfield NJ MONTHLY Qty: 11,800 Zip: 07090

NEWSPAPER AD RATES

Units	Size	1 TOWN	3 TOWNS	6 TOWNS	9 TOWNS	12 TOWNS	15 TOWNS	18 TOWNS	21 TOWNS	24 TOWNS
1 Unit (Business card)	3.25" x 2"	\$60	\$150	\$250	\$350	\$400	\$450	\$500	\$550	\$600
2 Units	6.5" x 2" or 3.25" x 4"	\$100	\$250	\$400	\$500	\$600	\$700	\$800	\$900	\$1000
4 Units	3.25" x 8" or 6.5" x 4"	\$180	\$450	\$700	\$900	\$1100	\$1300	\$1500	\$1700	\$1900
6 Units	6.5" x 6.25" or 10" x 4"	\$240	\$600	\$900	\$1200	\$1400	\$1600	\$1800	\$2000	\$2200
9 HALF PAGE	6.5" x 9" or 10" x 7"	\$320	\$800	\$1000	\$1300	\$1600	\$1900	\$2200	\$2400	\$2700
12 Units	10" x 8"	\$360	\$900	\$1200	\$1500	\$1800	\$2100	\$2400	\$2700	\$3000
18 FULL PAGE	10" x 14"	\$400	\$1000	\$1400	\$1800	\$2200	\$2500	\$2800	\$3000	\$3400
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								

Back cover, front page banner and front box reserved on first-come, first-served basis. Current advertiser has right of first refusal.

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11"x17" / Full color / 2 sided / 60lb gloss coated stock. Min. order \$850

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FLYERS

\$45

PER 1,000

MENUS

\$85

PER 1,000

WEBSITE / SEO SERVICES

- **STARTER WEBSITE: \$500**

Basic static site that can be developed further

- **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

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WEBSITE
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WEBSITE AUDIT/ANALYSIS AND RECOMMENDATION PLAN

- **SEE WHAT IS WORKING AND NOT WORKING**

Know where your web traffic is coming from and why.

- **ELIMINATE / AVOID COSTLY SCHEMES**

Evaluate the return you are getting from your online marketing costs.

- **INCREASE ONLINE MARKETING RESULTS**

Recommendations include ways to increase traffic to your website

- **NO OBLIGATION**

This service is recommended even if you have an existing web management contract. Use it to tune up your marketing plan.

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WHISKY		
Ballantine	1.75L	\$28.97
Buchanan's 12yrs old	750ml	\$29.99
Buchanan's 12yrs old	1.75L	\$57.99
Bushmill's Irish	1.75L	\$42.99
Chivas Regal	750 ml	\$29.99
Chivas Regal	1.75L	\$58.99
Chivas Regal 18 yrs old	750 ml	\$72.99
Crown Royal	750ml	\$28.99
Crown Royal	1.75L	\$50.99
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	\$50.99
Glenlivet 12 yrs old	1.75L	\$97.99
Grants	750ml	\$15.99
Grants	1.75L	\$23.99
Jack Daniels	750ml	\$26.99
Jack Daniels	1.75L	\$47.99
Jack Daniels Fire	750ml	\$25.99
Jack Daniels Fire	1.75L	\$47.99
Jameson	750ml	\$32.99
Jameson	1.75L	\$56.99
Jim Beam Whisky	1.75L	\$31.99
Johnnie Walker Blue	750ml	\$193.99
Johnnie Walker Blue	1.75L	\$425.99
Johnnie Walker Black	750ml	\$28.99
Johnnie Walker Black	1.75L	\$59.99
Johnnie Walker Double Black	750ml	\$35.99
Johnnie Walker Red	750ml	\$19.99
Johnnie Walker Red	1.75L	\$33.99
Macallan 12yrs old (double cask)	750ml	\$64.99
Makers Mark	750ml	\$28.99
Makers Mark	1.75L	\$56.99

GIN		
Beefeater	1.75L	\$35.99
Bombay Sapphire	1.75L	\$37.99
Seagram's gin	1.75L	\$21.99
Tanqueray	750ml	\$22.99
Tanqueray	1.75L	\$38.99

COGNAC & BRANDY		
Courvoisier V.S.	750ml	\$32.99
Courvoisier V.S.	1.75L	\$57.99
Remy Martin V.S.O.P.	750ml	\$49.99
Remy Martin V.S.O.P.	1.75L	\$104.99

CORDIALS		
Bailey's Irish Cream	1.75L	\$47.99
Duggan's Irish Cream	1.75L	\$28.99
Kahlua	1.75L	\$42.99
Krupnik	750ml	\$20.99
Licor 43	750ml	\$27.99
Licor 43	1.75L	\$45.99

VODKA		
Absolut (regular)	750ml	\$19.09
Absolut (regular)	1.75L	\$29.09
Belvedere Vodka	750ml	\$29.99
Belvedere Vodka	1.75L	\$45.99
Ciroc (all types)	750ml	\$29.99
Ciroc (all types)	1.75L	\$57.99
Finlandia	750ml	\$15.99
Finlandia	1.75L	\$26.99
Grey Goose	750ml	\$24.99
Grey Goose	1.75L	\$39.99
Ketel One	750ml	\$19.99
Ketel One	1.75L	\$39.99
Luksusowa Vodka	1.75L	\$23.99
Pinnacle (all types)	750ml	\$12.99
Pinnacle (80 proof)	1.75L	\$17.99
Skyy	1.75L	\$21.99
Sobieski	750ml	\$12.99
Sobieski	1.75L	\$21.99
Stolichnaya (all types)	1.75L	\$30.99
Tanqueray Sterling	750ml	\$19.99
Tanqueray Sterling	1.75L	\$30.99
Three Olives (all types)	1L	\$19.99
Tito's Vodka	1.75L	\$31.99

RUM		
Bacardi Light & Gold	750ml	\$13.99
Bacardi Light & Gold	1.75L	\$20.99
Captain Morgan Spice	1.75L	\$25.99
Malibu	750ml	\$20.99
Malibu	1.75L	\$29.99

TEQUILA		
Deleon Blanco Tequila	750ml	\$37.99
Deleon Blanco Tequila	1.75L	\$59.99
Patron Silver	750ml	\$46.99
Patron Silver	1.75L	\$99.99
Cantera Negra Coffee Tequila	750ml	\$26.99

BEER		
Becks (12oz) 24pk	24pk	\$27.99
Blue Moon	24pk	\$36.49
Bud and Bud Lite cans	30pk	\$25.99
Bud and Bud Lite loose bottles	24pk	\$22.99
Coors Lite (24oz) cans	12pk	\$18.99
Coors Lite/Miller Lite loose bottles	24pk	\$22.99
Coors Lite/Miller Lite	30pk	\$25.99
Corona/Corona Lite loose bottles	24pk	\$31.99
Dab (16oz) cans	24pk	\$26.49
Founders All Day IPA	15pk	\$17.49
Heineken/Heineken Lite bottles	24pk	\$32.99
Land Shark	24pk	\$29.99
Lech (500ml)	20pk	\$32.99
Modelo Especial cans	24pk	\$30.99
Pabst Blue Ribbon cans	30pk	\$20.99
Pilsner Urquell	24pk	\$30.99
Sam Adams Boston Lager	24pk	\$35.25
Stella Artois loose bottles	24pk	\$32.99
Super Bock	24pk	\$26.99
Yuengling Lager bottles	24pk	\$23.99
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