

Watchung Post

Watchung's Hometown Newspaper

NJ

Published by Renna Media, LLC. On-line at WatchungPost.com

ISSUE 5 • FEBRUARY 2013

**SOMERSET HILLS
BUSINESS NETWORK
MEETING**

**FRIDAY MORNING
MARCH 22, 2013
8:00 AM - 10:00 AM**

**ROYCE BROOK GOLF
& COUNTRY CLUB**
201 Hamilton Road
Hillsborough, NJ

**1st TIME GUESTS:
FREE**

Cost: Members: \$5.00

**Personal Versus
Business Liabilities:
Avoiding Personal
Liability for
Business Risks**

presented by
Nicole L. Voigt, Esq.

COUNTY RUN WARRENBROOK SENIOR CENTER SERVICES WATCHUNG RESIDENTS

Warrenbrook Senior Center is a multipurpose facility that offers leisure, wellness, recreational programs and lunch to adults age 60 and above. The center provides programs for seniors primarily in Watchung, Warren, Green Brook, North Plainfield and parts of Martinsville.

One of the unique aspects of Warrenbrook is that it gives older adults access to services and activities in one location which is beneficial to the many clients who cannot drive any longer and who may not be able to afford programs in other locations. The programs help motivate seniors to get up and out of their homes thereby reducing the risk of isolation and depression found so frequently in the senior population.

The Center has a full daily calendar of programs and special events. It is open Monday through Friday from 9:00 am to 3:00 pm. The building is handicap accessible and a stairlift is available to get to the second floor. The Center features a Computer room and a Library.

Gwen Chalker of Watchung is the Warrenbrook Senior Center Manager. The Center is Located at 500 Warrenville Road, Warren, NJ. on the grounds of Warrenbrook Golf Course. Information can be found on the Somerset County website co.somerset.nj.us. or you may call the Center at (908) 753-9440.



(left) Claire Kenstler and Frank Cavallo dance during the Center's Ballroom dancing sessions.

WARRENBROOK SENIOR CENTER MARCH SPECIAL EVENTS

Friday, March 1 ~ 10:30 am ~ Iditarod Race Tidbits

The Iditarod Trail Sled Dog Race is an annual long-distance sled dog race run the beginning of March in Alaska. This year's race will begin on Saturday, March 2. Learn about the history, route, and checkpoints and of course, the dogs, of this famous race.

Friday, March 1 ~ 11:00 am ~ Spatial Relationship

Spatial skill word exercises that will strengthen your skills dealing with how an object is located in space in relation to a reference object.

Monday, March 4 ~ 10:30 am ~ Huskies and Husky Rescue

Meet Bob Baker, "Bailey" his Siberian Husky and learn about Husky Rescue. Young and old alike are captured by their beauty, their charm, their intelligence and their personality.

Wednesday, March 6 ~ 10:15 - 11:30 am ~ FREE Hearing Screening

Overlook Medical Center's Mobile Health Van
Call for a 10-minute appointment.

Monday, March 11 ~ 10:30 am ~ Affordable Housing

Ella Mendalski and Iris Lorenzo from the Central Jersey Housing Resource Center ~ Affordable housing options, living situations, housing rehabilitation and the latest housing scams will be discussed.

Tuesday, March 12 ~ 11:30 am - 2:00 pm

LUNCH AND LEARN OPPORTUNITY ~ Tax Planning

Kevin L. Lynch, President, Somerset County Chapter, Society for Financial Awareness . The cost is \$5.00 for attendees over 60 and \$10.00 for attendees under 60. Reservations are required by March 8.

Wednesday, March 13 ~ 10:15 am ~ Blood Pressure Check

Laura Cummings, RN, BSN, from Somerset Hills Visiting Nurse Association, will conduct a monthly blood pressure check.

Friday, March 15 ~ 10:15 am - 1:00 pm ~ Spellbound

Movie Discussion and Trivia ~

Jennifer Konopacki, Somerset County Library System, Warren Branch "Spellbound" (1945) is a psychological mystery thriller directed by Alfred Hitchcock. The film stars Ingrid Bergman, Gregory Peck, Michael Chekhov and Leo G. Carroll. After viewing the movie, we will discuss the movie and share some movie trivia. The transportation van will depart the center at 1:00 for the return trip home.

Monday, March 18 ~ 10:30 am ~ Passover "Seder" with Adrienne

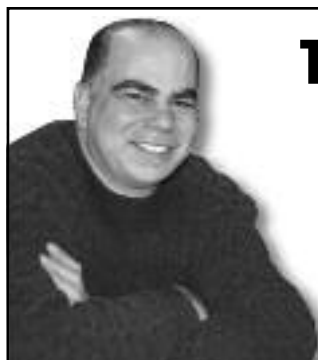
Passover is celebrated with a Seder meal accompanied by readings and prayers in a specific order. Each dish served during a Seder meal is symbolic as you will learn throughout the meal. As a group, we will also be making Charoset (chopped walnuts, grated apple, cinnamon & grape juice). You do not have to be Jewish to attend because Warrenbrook Senior Center demonstrates its commitment to welcoming and valuing people of all faiths and backgrounds by hosting opportunities to learn about each others' practices and cultures. Lunch reservations must be made prior to Thursday, March 14.

Monday, March 25 ~ 10:30 am ~ Jazz Band Performance

A few students from Bridgewater High School joined talents and formed a small jazz band who will provide the day's entertainment.

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Watchung Post is published by Renna Media. 3,000 newspapers are printed monthly and mailed to every business and home in Watchung, NJ and the balance are distributed for free pick-up throughout town.

Although great care has been taken to ensure the information contained within is accurate, Renna Media assumes no liability for errors or omissions.

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Discounted rates for advertising in this newspaper are offered to members of the Somerset Hills Business Network call Joe Renna at 908-447-1295 for more information about placing an ad. The group which is part of the Gateway Regional Chamber of Commerce is offering a special recession rate of just \$100 for new members!

Call or email Kate Conroy at 908-352-0900, or kateconroy@gatewaychamber.com for the special application and grow your business!

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SOMERSET COUNTY TO HONOR WATCHUNG'S DEBRA S. JOREN SELECTED OUTSTANDING WOMEN FOR GOVERNMENT/PUBLIC SERVICE

Tickets are on sale for the 21st annual Outstanding Women in Somerset County awards dinner sponsored by the county Commission on the Status of Women.

This year's program will be held Friday, March 22, at The Imperia at 1714 Easton Ave., Somerset. A cash bar at 6:30 p.m. will be followed by dinner at 7:30 p.m. Tickets are \$50 per person. Advance reservations are required by March 11; no reservations will be taken at the door. For a reservation form or more information, call Commission Chairwoman Paula Marasco at (908) 953-0791 or visit <http://bit.ly/2013WomenDinner> to print the form.

"The 21 honorees represent a cross-section of backgrounds, abilities and endeavors," said Freeholder Mark Caliguire, commission liaison. "It is our pleasure to recognize them for the many contributions they have made to their communities."

The Commission on the Status of Women presents these awards annually in celebration of Women's History Month in March. Honorees are women who live or work in Somerset County. Recipients by category are:

- Business/Management - Carol Ann Winder of Bernardsville
- Education - Lorrie Baumann of Branchburg, Peggy Katzenberger of Lebanon and Viktoria Wargo of Hillsborough;
- Entrepreneur - Dawn Ketting of Bedminster and Dianne Leoni of Hillsborough
- Environmental Initiatives - Kay Paragano of Bernardsville
- Government/Public Service - Debra S. Joren of Watchung and Marguerite Schaffer of Bedminster
- Health Services - Alyce Brophy, RN, BSN, MPH, of Milford and Dorothy J. DeMaio, RN, Ed.D., FAAN, of Far Hills
- Hometown Hero - Morgan Dluhy of Branchburg and Donna Dourney of Hillsborough
- Law - Annmarie Simeone, Esq., of Woodbridge
- Medicine/Health Services - Vedrana Gjivoje, M.D., of Bernardsville and Aleita Eck, M.D., of Franklin;
- Public Service - Judith A. Sullivan of Bedminster;
- Social Services - Nicole DeSario of Montgomery;
- Volunteerism - Nancy Buck Pyne of Peapack-Gladstone, Jane R. Fidacaro of Raritan and Bev Glockler of Montgomery.



(above) Government/Public Service honoree Debra Joren Watchung Borough Councilperson

W. Robert Howarth
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- Numbness, abnormal sensations
- Feel like you have socks on, even though you are barefoot
- You find it harder and harder to walk
- Stumble into things or lose your balance
- Your foot is agonizing to the touch
- The feeling of walking on pins and needles
- Sensation of little bugs crawling on your feet
- Uncontrollable urge to move or kick legs to find relief
- Loss of the senses, warm or cold
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WATCHUNG ARTS CENTER

For more information visit our website at www.watchungarts.org or to place a reservation call 908-753-0190 or email atwacenter@optonline.net. The Watchung Arts Center is located at 18 Stirling Road, Watchung, NJ 07069. The Watchung Arts Center's Gallery and office hours are 12 - 3 PM, Wed - Fri, and Sat by appointment.

Saturday, March 2, 8 - 10 p.m.

"NJ IDOL 2013": Finals

The 2013 NJ IDOL vocal competition finals. Tickets: \$15, limited seating available.

Saturday, March 9, 8 p.m.

Adult Improv: The Improvables
All tickets \$8

Join The Improvables, the Watchung Arts Center's cast of hilarious characters. They have been performing to crowds of families and adults at WAC for nine years. Each show is a new experience, refreshing and full of outrageous moments and hysterical experiences.

Friday, March 15, 8 p.m.

"Jazz in the Gallery":

Marty Eigen's Beacon Hill Jazz Band

\$16 in advance, \$20 at the door
(\$18 for WAC members, \$10 for students)

Marty Eigen's Beacon Hill Jazz Band continue its ninth season with family-friendly jazz that will have you moving in your seats.

Friday, March 15, 8 p.m.

Feature: Les Paul and Mary Ford Tribute

\$16 in advance, \$20 at the door
(\$18 for WAC members, \$10 for students)

Enjoy the phenomonal sound of Les Paul and Mary Ford in this exciting tribute performance by Tom Doyle and Sandy Cory.

After two cancelled performances due to inclement weather Rio Clemente is back with two additional dates at the Watchung Arts Center. Battling Mother Nature Rio has added an additional date so that he can perform an exciting and intimate concert among the Arts in the Galleries of the Watchung Arts Center.

Newly scheduled performances of November 2 and February 8 Rio Clemente Concerts will be held on FRIDAY, MARCH 1. Tickets for those concerts will be honored with reservations.

A native of Morristown, NJ, Rio Clemente is a member of its Hall of Fame. He's been named Professional Artist of the Year by the Arts Council of the Morris Area, New Jersey Monthly Magazine selected him among its "Top 40 New Jerseyans" and the New Jersey Jazz Society named Rio Musician of the Year.

Tickets are \$18 in advance, \$22 (\$20 for WAC members, \$10 for students) at the door. Advanced price tickets can be purchased though the website at watchungartscenter.eventbrite.com using a credit card or by check made payable to the Watchung Arts Center, 18 Stirling Road, Watchung, NJ 07069.



WATCHUNG-WARREN ROTARY CLUB

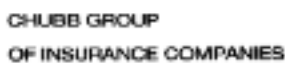
Meets every Tuesday at 12:15pm at the Twin Brooks County Club, 600 Mountain Boulevard, Watchung, NJ. For more information about the club and upcoming events, please call Bob Aznar at (908) 755-8724.

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WATCHUNG AMATEUR SKI CLUB CELEBRATES 75 YEARS

Established in 1938, the Watchung Amateur Ski Club is the oldest ski club in New Jersey. The beginning of ski clubs in New Jersey dates to the late 1930's, when a small group of visionaries realized the potential of the sport in a state that has no "real" mountains. Because of the growing popularity of cross-country skiing and jumping, Francis S. Mathewson, who was director of recreation for the Union County Park Commission at the time, began readying ski sites at Warinanco Park in the Watchung Reservation. In 1935, Mathewson inaugurated the first of several annual cross country races held in the Watchung Reservation.

Soon thereafter, Mathewson recognized the need for a structured organization that could serve the public's growing interest in the sport. He approached Erling Omland who, along with Theodore Pistor, William Frutchey, Richard Wade and Thomas Huitfeldt, agreed to form the state's first ski club. On December 8, 1938, in the Union County Park Commission Administration Building in Elizabeth, the Watchung Amateur Ski Club had its first meeting. Their first trip, to Mt. Mansfield in Vermont, was held just a few weeks later.

Today, the Watchung Amateur Ski Club carries on the great tradition established by its founders: that the good conversation and camaraderie that happens not only on the slopes, but during the "getting there and back" on Watchung's trips, is an integral part of what makes the WASC experience so unique, and so meaningful. This is a warm, open and welcoming group whose members are singles, couples, married people and families, of all ages, from beginners to experts—and whose common bond is simply a great love of the sport.

And that "great love of the sport" translates to great trips. This season club has been to Okemo Mountain, VT, followed by a weekend trip to Mount Snow, VT. In February the club headed to Stratton, VT for the Annual Club Outing, an exciting weekend that includes a Club NASTAR-style race and special club dinner, followed by the annual eight-day "Western" trip to beautiful Vail, CO.

New Hampshire is the destination for an extended weekend bus trip March 20-24, where they will ski four mountains in four days: Waterville Valley, Attitash, Cannon and Loon.

In addition to our trips, the club hosts numerous social events throughout the year including parties, pot luck dinners, hikes, bike rides, whitewater rafting trips, and other activities.



Snowboarders Jessica Gittleman, a "second generation" Watchung Amateur Ski Club member with Lenny Johnson at Belleayre Mountain.



March Trips:

SUNDAY, MARCH 10

One-Day Ski Bus Trip to Bromley Mountain, VT

MARCH 20-24

Extended Weekend Trip: Loon, Attitash, Cannon, Waterville Valley, NH

The Watchung Amateur Ski Club meets at 8:30pm

(doors open at 8:00pm for socializing)

every Thursday at the Mountainside Elks Club,

Route 22 East, Mountainside.

For more information on trips, meetings and membership, email info@watchungskiclub.com, or visit the Club's website,

www.watchungskiclub.com.



The Watchung Amateur Ski Club welcomes skiers and snowboarders of all ages and abilities. At the conclusion of a recent Sunday Ski Bus Day Trip to Belleayre Mountain, NY, the group gathered for a photo in front of the "Ski Bus."

TOUCH DRAWING AND WINTER TALES

Watchung Library Program held in January, presented by: Linda Howe, Artist



Touch drawing lets you draw with paint without ever touching paint! It is a printmaking process. You don't have to be artistically talented to be successful at making beautiful images. Join artist, Linda Howe, to hear a winter tale or two, and create something special simply by touching paper!

Linda Howe is an artist of many dimensions; painter, writer, poet, muralist, educator, Touch Drawing facilitator, professional storyteller for over 30 years, and Certified Master Tree Steward, teaching about the life cycle and value of trees. She uses the creative and expressive arts mixed with stories and environmental themes to foster conscious, joyous, living. She is

on the faculty of the Montclair Museum 's Yard School of Art and teaches both adults and children.

With paint and brayers in hand, children and grown-ups created beautiful images with the touch of a finger. Paint was rolled out onto either a sheet of masonite or plexiglass. After placing a paper over the paint, an image was drawn on the paper with a finger or stylus - most artists used their fingers. After the first print was lifted off the paint, a second paper was placed over the impression left in the paint. Hands rubbed over the paper to create a reverse-color version of the first print. Prints included hearts, portraits, suns, and a fascinating variety of abstract designs.





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FEBRUARY PROGRAMS AT WATCHUNG LIBRARY

Watchung Library is located at 12 Stirling Road in Watchung, behind the Watchung Arts Center.
For complete program registration information, please check the online calendar
(www.somerset.lib.nj.us, then go to EVENTS/PROGRAMS for Watchung).
Program information is subject to change, so also look online for updated programs and additions.

WATCHUNG LIBRARY PROGRAMS FOR MARCH, 2013

Music to Move By with Ann Wild

Wednesday, March 6, 20 at 10:00 am OR 11:00 am

Ages: Birth through age 4 with Caregiver

Don't miss Ann - there will be music, rhythms and fun for everyone! IMPORTANT: There is a session at 10:00AM followed by a REPEAT of that session at 11:00AM. You must choose ONE time for all dates.

MUSIC IS MAGIC! Music for Special Needs Kids

Thursday, March 28 at 4:30 pm

Ages: Birth through age 5 with Caregiver

This program is designed to provide an accepting and stimulating musical environment for special needs children and their families. Using guitar, song, movement, shaky eggs, scarves and drums, Ann creates a musical environment that is meant to be a safe haven where children and their parents/teachers can sit back and enjoy music-making.

Waking up with Flowers

Friday, March 1 at 10:00 am

Storytime with the Cat in the Hat!

Ages: Preschool and up (with Caregiver)

Watchung Library is celebrating Dr. Seuss' birthday.

The Cat in the Hat is coming to Watchung Library!

Meet the Cat and listen to a story - and more!

Much More Fun for Munchkins Storytime

Monday, March 4 at 10:30 am

Presented by: Mrs. Fine

Age: 2 1/2 to 3 with Caregiver

Enjoy books, songs, fingerplays, flannelboard stories, puppets and crafts - of course!

Miss June's Room

Thursday, March 4 at 4:00 PM

Ages: 4 to 6

DON'T MISS MISS JUNE! Relax and have fun making a project, hearing a story and enjoying a snack.

How to Use Your e-Book Readers

Tuesday, March 5 from 7:00 PM to 8:30 PM

Ages: All Ages

Need help using your new e-book device? Come to the library for the e-book basics that will get started.

HOLI - Festival of Colors

Wednesday, March 6 at 7:00 PM

Presented by: Seema Moondra,

Enjoy-Explore India

Ages: Children and Adults

Get ready to welcome spring with a song and dance; enjoy the bountiful harvest, a fruit of labor, not chance! Holi is a time to let bygones be bygones so let us make a friendship craft, colorful and bright to celebrate life. Holi is a festival that is celebrated with great enthusiasm all over India in many different ways. The colorful festival gives an opportunity for people to renew friendships and build new relationships. It is a time to rejoice in the bounties of nature, honor farmers and their cattle, and enjoy the blossoming of the Earth. During Holi, people play with colored powder, dance to fun songs, engage in spring cleaning, light bonfires and hold family get-togethers to celebrate life! Enjoy wearing Indian clothes, learn Indian folk dance moves, and make a colorful friendship craft as you welcome spring.

Growing with Nature Storytime

Friday, March 8 at 10:30 am

Ages: 3 & 4 with Caregiver

(Must be 3 at time of sign-up)

Presented by: Carole Johnson

Enjoy nature-inspired stories and activities for imaginative young sprouts.

Stories for Twos with Elaine

Monday, March 11 at 10:30 am

Ages: 24 to 35 Months with Caregiver

(Child must be 24 months old when program begins)
Enjoy books, crafts, music, and more for the very young.

St. Paddy's Day Fun

Tuesday, March 12 from 7:00 to 8:00 PM

Ages: 7 to 9

Bring your little leprechauns for St. Patrick's Day stories, crafts and fun! in us for dangerous silliness!

Teen Action Group (TAG)

Wednesday, March 13 from 7:30 pm to 8:30 pm

Ages: For Grades 6 - 12

Your Library Wants You! Bring your ideas to help plan events, select books, and make the library work for teens! You may earn community service hours. Snacks are provided. New members are always welcome!!

Please note new time!

Wed, March 13 from 4:15 pm to 5:15 pm

Leisa's Lollipop Hour

Ages 6 to 9

(New age group - Must be 6 or older at time of sign-up)

A craft, a snack, and stories,

usually based on holiday or special theme - Join us!

You Can Make That with Duct Tape!

Wednesday, March 20 from 7:00 to 8:30 PM

Ages: For Grades 5 to 12

Make a cell phone holder, feather earrings or something of your own design. Join the duct-tape crafting fun!

Game On: Killer Bunnies!

Wednesday, March 27 from 7:00 to 8:30 pm

Ages: For Grades 5 to 12

The Killer Bunny mayhem starts at 7:00.

Who will survive? Who will find the magic carrot?

If you haven't played this game before, it's easy to learn.

Mah Jongg Club of Watchung

All Ages

Meets every Monday from 1:00 to 4:00.

On either the third or fourth Monday of the month (depending on holidays),

Mah Jongg meets following the Tasty Bites and Books Book Club, at approximately 1:30 PM. The Tuesday Mah Jongg Club of Watchung meets most Tuesdays. Contact Melanie Novello at Novello1800@aol.com, for more information, or to be placed on the distribution list to receive invites for both clubs. No fee - All welcome!

Watchung Writers Group

Thursdays from 10:30 AM to 12:30 PM

Ages: Adult

If you're interested in writing of any kind and want to improve your skills and share your experiences, The Watchung Writers Group would like to meet you. We look forward to your participation in the writing group. Any question, contact Gordon McLenithan at gmclenith@optonline.net.

The Monday Mah Jongg Club of Watchung

meets every Monday from 1:00 to 4:00.

All Ages. On either the third or fourth Monday of the month (depending on holidays), Mah Jongg meets following the Tasty Bites and Books Book Club, at approximately 1:30 PM. The Tuesday Mah Jongg Club of Watchung meets most Tuesdays. Contact Melanie Novello at Novello1800@aol.com, for more information, or to be placed on the distribution list to receive invites for both clubs. No fee - All welcome!

CURRENT BOOK DISCUSSION

Second Thursday of the Month at 7:00 PM.

Ages: Adult

We throw in books you would otherwise never read, but are worth reading! Drop-ins are always welcome.

Thursday, March 14:

Room by Emma Donoghue

Narrator Jack and his mother, who was kidnapped seven years earlier when she was a 19-year-old college student, celebrate his fifth birthday. They live in a tiny, 11-foot-square soundproofed cell in a converted shed in the kidnapper's yard. The sociopath, whom Jack has dubbed Old Nick, visits at night, grudgingly doling out food and supplies. But Ma, as Jack calls her, proves to be resilient and resourceful--and attempts a nail-biting escape.

Monday, March 11

In the Garden of Beasts by Erik Larson

The time is 1933, the place, Berlin, when William E. Dodd becomes America's first ambassador to Hitler's Germany in a year that proved to be a turning point in history. A mild-mannered professor from Chicago, Dodd brings along his wife, son, and flamboyant daughter, Martha. At first Martha is entranced by the parties and pomp, and the handsome young men of the Third Reich with their infectious enthusiasm for restoring Germany to a position of world prominence. But as evidence of Jewish persecution mounts, confirmed by chilling first-person testimony, her father telegraphs his concerns to a largely indifferent State Department back home. As that first year unfolds and the shadows deepen, the Dodds experience days full of excitement, intrigue, romance--and ultimately, horror, when a climactic spasm of violence and murder reveals Hitler's true character and ruthless ambition.

SOCIAL ACTION NONFICTION BOOK CLUB

Third Thursday of the Month
at 7:30 pm for books, 7:00 pm for films

Ages: Adult

Thursday, March 21:

FILM: Four Sisters for Peace

Four Sisters for Peace is a documentary about peace and justice as seen through the eyes and actions of four sisters who are also Catholic nuns and peace activists. Created by a class of sixth to eighth grade students at Southside Family School in Minneapolis and area artist Media Mike Hazard.

TASTY BITES AND BOOKS

Begins at 12:00 noon.

Ages: Adult

Bring a bag lunch and share your thoughts!

Monday, March 18:

Maine by J. Courtney Sullivan

Three generations of women converge on the family beach house in this wickedly funny, emotionally resonant story of love and dysfunction from the author of Commencement. By turns uproarious and achingly sad, Maine reveals the sibling rivalry, alcoholism, social climbing, and Catholic guilt at the center of one family, along with the abiding, often irrational love that keeps them coming back, every summer, to the family house and to each other.

WATCHUNG WRITERS GROUP

Thursdays from 10:30 am to 12:30 pm

Ages: Adult

If you're interested in writing of any kind and want to improve your skills and share your experiences, The Watchung Writers Group would like to meet you. The aim of the Group is to stimulate better writing. We look forward to your participation in the writing group. Any question, contact Gordon McLenithan at gmclenith@optonline.net.

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FRESH FISH Available Thursday - Sunday
Filletted, Steaked, Cleaned to your liking!

COUPON



Boar's Head EverRoast Chicken Breast

\$5⁹⁹ lb

WAT

Must purchase 1 lb. Limit 1 lb. per coupon. Coupon may not be combined with other offers. Limit 1 offer and coupon per day. Offer expires 3/31/13.

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Boar's Head Lacey Swiss Cheese

\$4⁹⁹ lb

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Must purchase 1 lb. Limit 1 lb. per coupon. Coupon may not be combined with other offers. Limit 1 offer and coupon per day. Offer expires 3/31/13.

COUPON



Fresh Shrimp

\$7⁹⁹ lb

(16/20 size) WAT

Must purchase 1 lb. Limit 2 lbs per coupon. Coupon may not be combined with other offers. May be previously frozen. Offer expires 3/31/13.