

# Long Hill LEADER

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NJ

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ISSUE 3 • DECEMBER 2013

## 20th Annual MEYERSVILLE TREE LIGHTING

Presented by Meyersville  
Tree Lighting Committee  
Meyersville Circle  
Schedule of Events

Sunday,

December 1, 2013

5 PM: WELCOME

5:05: Central School Grades  
7/8 Band plays under the  
direction of Mr. Jonathan  
Birckhead

5:20: Santa Arrives

5:25: Tree Lighting in  
Circle. Fireworks as soon as  
tree is lit.

5:40: Santa meets with  
children

• Refreshments by the Long  
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share with neighbors and  
friends at the event.

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## HILLS PHYS ED SUPERVISOR TO RETIRE AFTER 35 YEARS

By Eleanor Mathews

“Almost 35 years to the day,” muses Mario Diez. “It’s almost thirty-five years ago that I came to Watchung Hills Regional High School,” says the retiring chairperson of the Phys Ed/Health Department as he ticks off the years since December 17, 1979.

And what a career it has been! Diez has not only shaped Hills’ phys ed program, but has also become known in wider circles as a winning baseball coach, who has led Hills teams to significant championships: seven at the (Skyland) Conference level; four at the county level (Somerset County Tournament of Champions); and three on the state level.

A graduate of Athens State College (Alabama), and holder of a Master’s Degree from Kean College, Diez has been named to the Hall of Fame of New Jersey Baseball Coaches as well as the Hall of Fame of New Jersey School Coaches. But more than that, Diez’ philosophy about the function of phys ed as part of the total picture of a student’s development has been a model in educational circles. He has been instrumental in developing an elective phys ed curriculum that is progressive and current, one that is student-centered and individualized. Rather than a one-size-fits-all curriculum to which all must subscribe, the Hills physical education course of study offers options that develop life and wellness skills which students can pursue outside of school and beyond school years. Team sports, will, of course, still be included on the phys ed “menu.”

Among options selected by students on a half-semester basis are such courses as fitness, yoga, dance, judo, power walking, Project Adventure, body sculpting, wellness education, marriage, and more. These are the activities they can still pursue as adults, Diez says.

Students also fill in a “fitness-gram” which helps them assess their aerobic capacity, strength, agility, etc., all of which may play a part in their choice of phys ed courses.

The Hills elective phys ed program, started in the mid-80’s, has been both successful and well-received by Hills students and has been visited by instructors from other schools.

The physical education offerings in the schools in the local sending district are coordinated with those at Hills.

Diez also acts as supervisor of the Business Arts Department. In addition to overseeing financial, family and consumer-oriented courses, he has been interested in developing courses in sports management and entrepreneurship.

Have students changed much in the 35 years of Diez’ tenure? Technology has changed, says “Coach,” but kids remain essentially the same. “Kids are still kids. They are a spirited bunch,” Diez states. “They



(above) Mario Diez

love to talk and they’re interested in being social. They are facing greater challenges than my generation ever did—but they will overcome these, as every generation does.”

Working at Watchung Hills has been “the thrill of a lifetime,” Diez concludes, but retirement will also bring its joys, such as working in his Whitehouse Station garden, playing with his four grandchildren, some informal coaching, fishing, and finding out what else he can learn to do. Retirement will thus be a special adventure, just as teaching was.

Life will continue to be, as it always has been, a “perfect 10” for this retiring department head.

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# WATCHUNG HILLS HS IS SEEKING HALL OF FAME NOMINATIONS

By Eleanor Mathews

Nominations to Watchung Hills Regional High School's Hall of Fame are being accepted through January 15th, 2014. Nomination forms may be obtained at the school's main office at 108 Stirling Road, Warren Township school website, [www.wrhhs.org](http://www.wrhhs.org).

The names of the 2014 honorees will be announced at the end of February, and an induction/reception ceremony for those selected by the nominating committee is scheduled for 7:00 p.m. on the evening of Friday, May 9th in the school's Performing Arts Center.

The Watchung Hills Hall of Fame, initiated in 2008, marking the school's fiftieth anniversary, honors alumni of the school who have achieved distinction either during their high school years or in professional or community life thereafter, and also acknowledges individuals such as school board members, teachers, coaches and others who exemplify outstanding service to the

school. Alumni nominees must have graduated at least ten years ago.

Nominations of individuals who were nominated but not selected will be retained for consideration for four years.

Persons who lack complete information about a potential Hall of Fame nominee, are requested to fill out the nomination form and contact Vice Principal Terry MacConnell at [tmacconnell@wrhhs.org](mailto:tmacconnell@wrhhs.org), or call him at (908)647-4800, Ext. 6975, for further assistance. Every attempt will be made by the Hall of Fame committee to gather additional information about that nominee.

Those honored by membership in the Hall of Fame are recognized by a personalized plaque in the school's main lobby. The Hall of Fame includes persons who represent many fields, such as teaching, music, public service, entertainment, the arts, athletics, science, etc.



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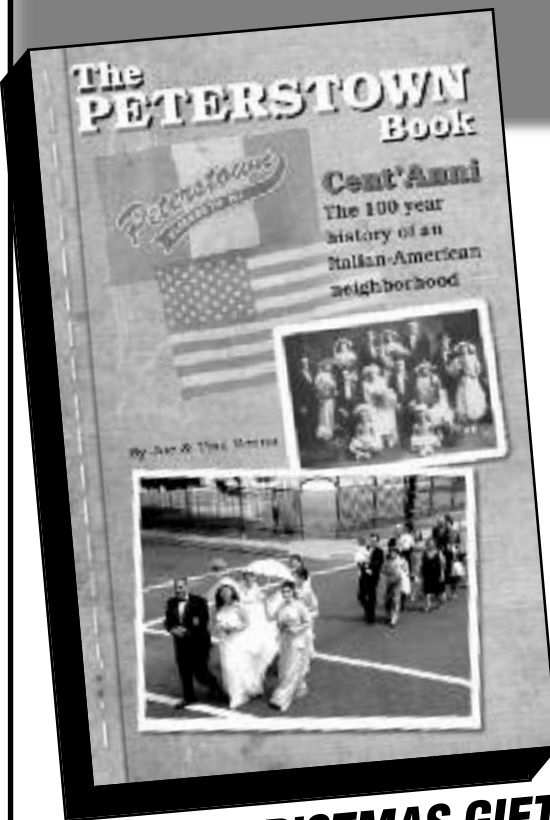
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By Joe & Tina Renna



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# WATCHUNG HILLS STUDENTS EARN 2013 'AP SCHOLAR' DESIGNATION

By Eleanor Mathews

Two-hundred-and- twenty-four Watchung Hills Regional High School students who took Advanced Placement (AP) Exams in May of 2013 have won distinction as "AP Scholars," according to the College Board, creators and sponsors of the Advanced Placement (testing) program.

The program provides motivated and academically prepared students with the opportunity to take rigorous college-level courses while still in high school and to earn college credit, advanced placement in college course work, or both, for successful performance on the AP Exams. The program offers several levels of awards which recognize college-level achievement on students' performance on the Advanced Placement Exams, and students may progress from one level to the next as they successfully complete the exams which are given each spring.

At Watchung Hills, 19 students qualified for the National AP Scholar Award, which designates students who receive an average score of at least 4 on all AP Exams taken, and scores of 4 or higher on eight or more of these. Watchung Hills' National AP Scholars, whose average score was 4.62, are:

- |                   |                   |
|-------------------|-------------------|
| Neha Agrawal      | Kayleigh Askin    |
| Jessica Bethlahmy | Rohit Biswas      |
| Kevin Chen        | Katherine Dong    |
| John Draikiwicz   | Joshua Ehrenberg  |
| Alan Gou          | Olivia Hampton    |
| Patricia Hwang    | Felix Kung        |
| Hao Yan Li        | Diana Liao        |
| Audrey Luo        | Milonee Mehta     |
| Brian Pester      | Matthew Piekarski |
| Jessica Xu.       |                   |

The AP Scholar with Distinction designation recognizes students who received an average score of at least 3.5 on all APs taken, and scores of 3 or higher on five or more of these exams. Watchung Hills had 86 Scholars with Distinction who earned an average score of 4.31. They are:

- |                 |                   |
|-----------------|-------------------|
| Neha Agrawal    | Nicholas Akrawi   |
| Samuel Aldous   | Nicole Alexandre  |
| Esfahani Ansari | Kayleigh Askin    |
| Jackson Bahr    | Jessica Bethlahmy |
| Rohit Biswas    | Leanne Block      |
| Sarah Brown     | Karan Cariappa    |
| Anderson Chan   | Edward Chang      |
| Vincent Chang   | Woo Chang,        |
| Kevin Chen      | Whittney Chu      |

- |                     |                      |
|---------------------|----------------------|
| Daniel Cooks        | Sarah Decker         |
| Sarah Deluty        | Connor Dempsey       |
| Robert Denis        | Katherine Dong       |
| John Drakiwicz      | Joshua Ehrenberg     |
| Patrick Engelsman   | Carlee Faccia        |
| Rachel Ferreira     | Jane Frank           |
| Celia Fusco         | Andrew Gilbenberg    |
| Ari Goodman         | Alan Gou             |
| Luke Graboyez.      | Olivia Hampton       |
| Rachel Hobbie       | Jessica Hoffman      |
| Patricia Hwang      | Rohan Jadvani        |
| Ajay Kashi          | Felix Kung           |
| Casey Lane          | Hao Yan Li           |
| Victor Li           | Yitao Li             |
| Diana Liao          | Sheree Liu           |
| Audrey Luo          | Monica Mahal         |
| Michael Maslin      | Dylan McNulty        |
| Milonee Mehta       | Rupal Nahar          |
| Derek Ong           | Suchi Patel          |
| Brian Pester        | Matthew Piekarski    |
| Alexander Pomerantz | Gregory Przybylski   |
| Ujwal Rai           | Michael Ricciardi    |
| Megan Rodrigues     | Alexander Rucker     |
| Elyssa Rudnitsky    | Sruchika Sabu        |
| Jacquelyn Salustro  | Alyson Schapira      |
| Marissa Schwartz    | Lauren Sinski        |
| Ryan Smith          | Clare Stomber        |
| Jacob Strock        | Soumya Sudhakar      |
| Patrick Sullivan    | Linda Sun            |
| Robert Ullis        | Joshua van der Kroft |
| Alexandra Varnerin  | Seneca Velling       |
| Carlos Vieira       | Owen Whitley         |
| Jessica Xu          | Anika Yetsko         |
| Albert Zeng         | Charlotte Zuber      |

The AP Scholar with Honor designation was granted to students who received an average grade of at least 3.25 on all AP Exams taken, and grades of 3 or higher on four or more of these exams. There were 34 students in this category; their average score was 3.90. They are:

- |                    |                    |
|--------------------|--------------------|
| Celine Alapatt     | Mark Barrameda     |
| Elizabeth Booth    | Elana Borinsky     |
| Karen Chi          | Salil Chowdhury    |
| Audrey Chu         | Jordan Cole        |
| Teddy Devico       | James Ford         |
| Eric Gardner       | David Garyantes    |
| Bryan Gerber       | Kalashree Gopal    |
| Aaron Jaslove      | Josh Katz          |
| Yiming Li          | Kathleen Lo        |
| Noah Monetti       | Natalie Moszcynski |
| Alexandra Pash     | Benjamin Profenius |
| Syeda Quader       | Dillon Robinson    |
| Erin Schwartzstein | Setu Shah          |

- |                   |                 |
|-------------------|-----------------|
| Yash Srivastav    | Nim Sten-Gilady |
| Dennis Tan        | Melanie Ting    |
| David Wasserstein | Emily Wilson    |
| Elaine Xiao       | Alexander Yu    |
- Eighty-five students qualified for the AP Scholar Award by completing three or more AP Exams. Watchung Hills had 85 such Scholars, with an average score of 3.58 They are:

- |                       |                      |
|-----------------------|----------------------|
| Trevor Adriaanse      | Melissa Aiello       |
| Sara Battaglia        | Tuhina Bhat          |
| Lucy Bolognese        | Alyssa Bonnesen      |
| Samantha Braver       | Zachary Chan         |
| Woo Chang             | Cody Chen-Shao       |
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| Christopher Demczuk   | Michael Dejesus      |
| Michael Di Bianca     | Jeremy Di Calogero   |
| Sreya Doddakashi      | Bridget Doran        |
| Alison Draikiwicz     | Anika Fanlo          |
| George Filippatos     | Mitchel Fung         |
| Lianne Galante        | Keryn Gallagher      |
| Kevin Glorius-Patrick | Michelle Gallic      |
| Brandi Goldman        | Abhinav Goyal        |
| Kevin Guo             | Brandon Harris       |
| Greer Hennnessy       | Julia Horowitz       |
| Isabella Hou          | Kristy Huang         |
| Katherine Humphrey    | Andrew Hunter        |
| Claire Iroudayassamy  | Kyle Isler           |
| Cristine Jones        | Max Kabat            |
| Amalia Kanaras        | Eshan Kaul           |
| Rebecca Kinsella      | Jaclyn Kukoff        |
| Rachel Langer         | Samantha Larkey      |
| Deborah Liaw          | Jesse Lu.            |
| Danielle Mak          | Harley Maslin        |
| Anika Mavinkurve      | Erin Murray          |
| Ashwini Nagappan      | Isabella Nugent      |
| David Oliveira        | Harsimran Panesar    |
| Vikas Patel           | Arjun Puranapanda    |
| Ben Raibley           | Jessica Reyes        |
| Leah Rich             | Jared Roth           |
| Joyce Samarina        | Hana Sawanobori      |
| Lauren Scott          | Mengting Shen        |
| Stephanie Silva       | Sahib Singh          |
| Patrick Skowronski    | Julia Smith          |
| Abhay Srinivas        | Joshua Stein         |
| Justin Strnatko       | Spencer Taffet       |
| Valerie Tan           | Tenzin Tsepel        |
| Joshua Voorhees       | Alexander Wang       |
| Emily Weaver          | Kavinda Wijayaratne  |
| Mitchell Woo          |                      |

Each of the different AP Exams is developed by a committee of college and university faculty and Advanced Placement teachers, ensuring that the exams are aligned with the same high standards expected by college faculty at some of the nation's leading liberal arts and research institutions. AP scores are accepted by more than 3, 800 colleges and universities worldwide, including more than 90% of four-year institutions in the United States. Many of the students listed above have already begun their college studies and have either received credit for their achievement or have bypassed some of the required courses.



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**Elf**  
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**Prisoner**  
Mon, Jan 6 @ 6pm  
**Harry & Tonto**  
Wed, Jan 8 @ 2pm  
**Jayne Mansfield's Car**  
Thu, Jan 9 @ 2pm

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Thu, Jan 16 @ 2pm  
**Secret Life of Walter Mitty**  
Wed, Jan 22 @ 2  
(with Danny Kaye)  
**Don Jon**  
Thu, Jan 23 @ 2pm  
**Sweetwater**  
Mon, Jan 27 @ 6pm  
**The Family**  
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## BOOK CLUB

Monday, Jan 13 at 7pm

Diana Karmin, author of Escaping Food Coma. Diana is a Westfield author who lost over 100 pounds.

We'll be discussing Salt Sugar Fat by Michael Moss. Diana Karmin will also be with us to discuss her book and answer questions.

Moss's book tells us us how the food industry manipulates our taste buds With Salt, Sugar & Fat. Moss details how those 3 ingredients became key to the success of processed and packaged foods — and how they are fueling the nationwide obesity epidemic.

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Renna Media is a Cranford based business owned and operated by husband and wife team Joe and Tina Renna. Cranford Monthly joins

Renna Media's family of twelve community newspapers published in and around Union and Somerset counties. The publications are "hyper-local" in nature in that they contain information focused on each individual town and are direct mailed within those towns.

The concept of being hyper-local is to give local businesses a venue to promote events and services. Reaching local customers gives you the highest return for your advertising dollars. The newspapers are designed (black ink on newsprint) to keep the cost of an advertisement to as low as \$60. A discount is also applied for those businesses involved in their local Chamber of Commerce. Regional businesses can take advantage of one low rate for advertising in multi publications.

Joe and Tina Renna, owners of Renna Media, LLC, have been publishing community newspapers since 1998 with the launch of Around About Peterstown, a regional newspaper about the Italian-American neighborhood in Elizabeth, NJ.

Renna Media sought to fill what they saw as a void in other communities and created newspapers that would give a venue to town administrations and non-profit organizations to promote upcoming events as well as to showcase the accomplishments of local residents and businesses.

For more information about Renna Media publications, please visit [www.renna.com](http://www.renna.com). Contact information: [info@renna.com](mailto:info@renna.com); 908-418-5586.

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| <b>1 BUSINESS CARD</b>  | 3 1/4" x 2" | \$60                      | \$50     | <b>\$150</b>               | <b>\$300</b>              |
| <b>2 Units</b>  | 3.25" x 4"  | \$100                     | \$90     |                            |                           |
| <b>4 Units</b>  | 6.5" x 4"   | \$180                     | \$160    | <b>\$450</b>               | <b>\$700</b>              |
| <b>6 Units</b>  | 10" x 4"    | \$240                     | \$210    |                            |                           |
| <b>9 HALF PAGE</b>  | 10" x 6"    | \$320                     | \$280    | <b>\$750</b>               | <b>\$1000</b>             |
| <b>12 Units</b>   | 10" x 8"    | \$360                     | \$320    |                            |                           |
| <b>18 FULL PAGE</b>   | 10" x 13.5" | \$400                     | \$350    | <b>\$900</b>               | <b>\$1200</b>             |
| <b>Back Cover</b>   | 10" x 13.5" | \$600                     | \$500    |                            |                           |
| <b>FRONT PAGE BANNER</b>  | 8.25" x 2"  | \$320.                    |          | Artwork included in price. |                           |

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*Holiday Greetings From  
North Plainfield Super Buyrite*  
**SPECIAL TASTING EVENT:**  
**Tuesday December 24th 12-8**  
*Come Check Out Our  
Variety of Gift Baskets!*

**908-755-3815**

**Lowest Prices  
in town**

**967 RT 22 West, North Plainfield, NJ 07060** (across from Bob's Furniture)

Hours: Mon-Wed: 10 to 9, Thurs to Sat: 10 to 10, Sun: 12 to 8

**We match  
pricing!**

**FINE WINE SPECIALS**

|   |             |         |
|---|-------------|---------|
| Bv Tapestry Red .....                           | 750ml ..... | \$43.99 |
| Cakebread Cabernet Sauvignon .....              | 750ml ..... | \$63.49 |
| Cavit Pinot Grigio .....                        | 1.5l .....  | \$13.09 |
| Caymus Cabernet Sauvignon .....                 | 750ml ..... | \$64.97 |
| Grgich Hills Chardonnay .....                   | 750ml ..... | \$39.49 |
| Jordan Cabernet Sauvignon .....                 | 750ml ..... | \$44.99 |
| Joseph Phelps Chardonnay .....                  | 750ml ..... | \$34.49 |
| Korbel Brut & Extra Dry Champagne .....         | 750ml ..... | \$11.99 |
| Martini & Rossi Asti .....                      | 750ml ..... | \$11.97 |
| Mer Soleil Chardonnay .....                     | 750ml ..... | \$33.99 |
| Ruffino Ducale Tan Label Chianti Classico ..... | 750ml ..... | \$20.99 |
| Silver Oak Cabernet .....                       | 750ml ..... | \$66.99 |
| Simi Cab Sauv .....                             | 750ml ..... | \$16.99 |
| Sterling Napa Valley Chardonnay .....           | 750ml ..... | \$15.99 |

**10 WINES UNDER \$10**

|  |             |        |
|--|-------------|--------|
| Barefoot Refreshing White .....          | 750ml ..... | \$7.99 |
| Blackstone All Types .....               | 750ml ..... | \$7.99 |
| Cupcake All Types .....                  | 750ml ..... | \$9.99 |
| Feudi Montepulciano D'Abruzzo .....      | 750ml ..... | \$9.99 |
| Little Black Dress Divalicious Red ..... | 750ml ..... | \$7.49 |
| Mark West Chard & Pinot Noir .....       | 750ml ..... | \$9.99 |
| Ravenswood All Types .....               | 750ml ..... | \$8.99 |
| Simply Naked All Types .....             | 750ml ..... | \$7.99 |
| Smoking Loon All Types .....             | 750ml ..... | \$8.99 |
| Toasted Head All Types .....             | 750ml ..... | \$9.99 |



**LIQUOR SPECIALS**

|                            |             |          |
|----------------------------|-------------|----------|
| Absolut Vodka .....        | 1.75L ..... | \$31.09  |
| Avion Silver Teq .....     | 750ml ..... | \$35.09  |
| Bacardi Gold .....         | 1.75L ..... | \$19.09  |
| Bacardi Silver .....       | 1.75L ..... | \$19.09  |
| Captain Morgan .....       | 1.75L ..... | \$26.09  |
| Grey Goose Vodka .....     | 1.75L ..... | \$55.09  |
| Hennessy .....             | 750ml ..... | \$29.09  |
| Jack Daniels .....         | 1.75L ..... | \$42.09  |
| Johnnie Walker Black ..... | 1.75L ..... | \$62.09  |
| Johnnie Walker Blue .....  | 750ml ..... | \$174.09 |
| Johnnie Walker Red .....   | 1.75L ..... | \$32.09  |
| Jose Cuervo Gold .....     | 1.75L ..... | \$32.09  |
| Smirnoff Vodka .....       | 1.75L ..... | \$19.09  |
| Svedka Vodka .....         | 1.75L ..... | \$19.29  |
| Svedka Flavors .....       | 1.75L ..... | \$19.29  |

**BEER SPECIAL:**

|                       |                       |         |
|-----------------------|-----------------------|---------|
| Bud .....             | Loose Btls .....      | \$17.99 |
| Coors Light .....     | Loose Btls .....      | \$17.99 |
| Corona .....          | Loose Btls .....      | \$26.99 |
| Heineken .....        | 24pk Loose Btls ..... | \$25.99 |
| Yuengling Lager ..... | Loose Btls .....      | \$16.99 |

**Discount on all nonsale 750 ml bottles of wine only:**

**Case quantity - 12 bottles save 15%**  
**6 bottles save 10%**

Prices Effective thru December 31, 2013. At some stores prices may vary, quantities may be limited and some products may not be on hand. NOT RESPONSIBLE FOR TYPOGRAPHICAL ERRORS. All prices subject to sales tax. We reserve the right to limit quantities. No further discount on sale items.

**\$5.00 OFF**

**ANY \$75 PURCHASE  
OF 750ML  
WINES ONLY  
(cash and carry only)**

Expiration: 12/31/13

**\$2.00 OFF**

**64oz GROWLER FILL**



Expiration: 12/31/13

**\$1.00 OFF**

**32oz GROWLER FILL**



Expiration: 12/31/13

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# Vegetable Market

Freshly baked Portuguese and Italian bread delivered daily!



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**COUPON**



**FRESH SHRIMP**

**\$8<sup>99</sup> lb**

LGH

By the pound only. Limit 1 lb per customer per coupon per day. Not to be combined with other offer. Offers good thru 1/16/14.

**FRESH FISH**

Available Thursday to Sunday

Filleted, Steaked, Cleaned to your liking!

**Little Neck or Top CLAMS**

**\$3<sup>99</sup> /dozen**

**COUPON**



**Fresh Cod Fillet**

**\$5<sup>99</sup> lb (farm raised)**

LGH

By the pound only. Limit 1 lb per customer per coupon per day. Not to be combined with other offer. Offers good thru 1/16/14.

**FRESH FRUIT OR VEGETABLE PLATTERS**

Platters over stuffed with the best the season has to offer. 14 inch 24.99 • 16 inch 29.99 • 18 inch 39.99



Perfect for Holiday and Special Occasions!



**COUPON**



**Boar's Head Imported Ham**

**\$5<sup>99</sup> lb**

LGH

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 1/16/14.

**COUPON**



**Hormel Dilusso Genoa Salami**

**\$5<sup>99</sup> lb**

LGH

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 1/16/14.

**COUPON**

**\$2.00 OFF your purchase of \$20.00 OR MORE**



LGH

Excludes garden center and fish purchases. Limit 1 offer per customer per day. Not to be combined with other offer. Offer expires 1/16/14.



**LARGE SELECTION FRASIER FIR CHRISTMAS TREES \$24.95 and up**

**WREATHS \* ROPING GRAVE COVERS**

**HOLIDAY ITEMS NOW IN STOCK.. Panettone, Pandoro, Dried Fruits, Spices, Almond Paste, Pignoli Nuts, Torrone, Soppresate, Dried Sausage and much much more.**