



# Buffalo Rocket

COMMUNITY NEWS

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Vol. XLV ISSUE No. 11 • Thursday, March 13, 2014

## St. Patrick's Day Parade

# This Sunday!



The St. Patrick's Day Parade begins at 2pm at the McKinley Monument and travels north on Delaware Avenue to North Street.

The Annual St. Patrick's Day Parade will be held this Sunday, March 16th at 2pm on Delaware Avenue.

Mass will be celebrated by Bishop Richard J. Malone at Saint Joseph's Cathedral at 10:30 am, before the line up for the Parade begins.

The Parade route is north on Delaware Avenue

from the McKinley Monument to North Street. The United Irish American Association of Erie County (UIAA) has elected Chris Laffler of Tonawanda, NY to be the Grand Marshal of the 2014 Saint Patrick's Day Parade.

This once in a lifetime honor will be a family walk up Delaware Avenue for Mr. Laffler, he has

named his wife Christine and their two sons Brendan and Connor to be his deputy marshals along with his longtime friend Garry Johnson, President of UIAA. Chris donated countless hours to the work of the Saint Patrick's Day Parade before being elected to serve on the Executive Committee.

He started working as a route and division marshal for many years, helping in the lineup and crowd control tasks; currently he serves as Sergeant at Arms for the Executive Committee meetings.

In recent years he has taken on an increasingly larger role in the disbursement of the parade participants and bus traffic at North Street.



## Holistic Health Open House Set For March 29th

The community is invited to Life Transitions Center City Campus, 1140 Delaware Ave. in Buffalo, on Saturday, March 29th from 11:00 am - 3:00 pm for an afternoon of holistic health and wellness information, activities, and demonstrations.

The Holistic Open House will feature practitioners from Life Transitions Center and the community who will demonstrate how use of these practices can be restorative, healing, and fun. The event is free of charge.

Experience various modalities with mini-sessions

of massage, reflexology, Reiki, hypnosis, healing touch, chiropractic therapy, yoga, meditation and Qi Gong. Learn about the benefits of essential oils, homeopathy, acupuncture and drumming. Food demonstrations and tastings, as well as an opportunity to create an individual art journal will also be offered.

In addition to demonstrations, holistic products will be available for purchase. Receive a "Passport to Wellness" at the door, fill it with a stamp from each table and be entered in a drawing for a prize.

## Career and Technical Education Receives Grant



Katherine Heinle, Director of Buffalo Public Schools' Career and Technical Education (CTE) Department is pleased to announce that the department has received a grant from New York State Energy Resource and Development Authority (NY-SERDA). NY-SERDA is a public benefit corporation created in 1975 and some of its goals are to help New York reduce energy consumption, promote the use of renewable energy-

sources, and protect the environment.

The CTE Department was awarded \$199,080.00 over two years and will use this grant to update and include energy efficiency, renewable energy and advanced technology into three CTE programs.

The three programs are: Electrical and the focus will be residential and commercial solar installation; Heating Ventilation and Air Conditioning and

*Continued on page three*

## Get Your Free Hot Dog!



Two years ago when Niagara Metals opened its Buffalo location at 761 Hertel Ave. the

manager thought giving away hotdogs on the weekends would be a nice way to build clientele, meet customers and show the company's appreciation to both new and old customers. The promotion was envisioned as something that would last for the initial spring season and that would be that.

The event became so popular that it went

continuously into January of this year when Niagara Metals decided to step it up a notch: A brand new hotdog cart was purchased and an Erie County Department of Health food service license was obtained.

Customers who bring in scrap metal on Saturdays between 8 am and 2 pm will once again be able to enjoy a free hotdog.

## Local Weather

THURSDAY, MARCH 13



Snow Showers  
High 17°  
Low 7°

FRIDAY, MARCH 14



Partly Cloudy  
High 45°  
Low 33°

SATURDAY, MARCH 15



Partly Cloudy  
High 37°  
Low 13°

SUNDAY, MARCH 16



Partly Cloudy  
High 24°  
Low 10°

MONDAY, MARCH 17



Mostly Cloudy  
High 26°  
Low 14°

TUESDAY, MARCH 18



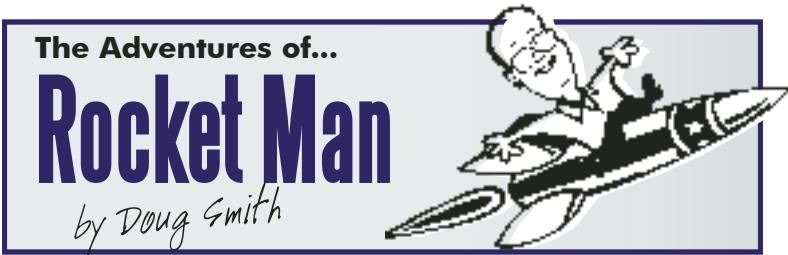
Mostly Cloudy  
High 37°  
Low 28°

WEDNESDAY, MARCH 19



Clouds/Sun  
High 25°  
Low 19°





"Doing Doonesbury"

Rocket Man's rap sheet includes a glorious gig as comics-page editor of the Courier-Express. Early in his tenure, the boss came in and demanded "Doonesbury" be withheld from the following morning's Courier. It would be Rocket Man's task to explain, in print.

"Doonesbury," the most politically-charged comic strip since Walt Kelly's "Pogo," had been quite a catch for the Courier, but many traditionalist subscribers hated it, perceiv-

ing it, rightly, as leaning left. Rocket Man had lowered the volume by placing it at a distance from such homier entries as "Dennis the Menace" and "Bringing Up Father," (a/k/a "Maggie & Jiggs," R.I.P.

Now, artist Garry Trudeau had gone too far in the eyes of the uber-editor. There were unsubstantiated charges at the time that a son of President Ford was using marijuana (those were, indeed, different times), and in the strip in question, Trudeau

depicted them as fact, naming names.

That was libel, and the editor wasn't having any of it. Rocket Man, feeling quite out of his orbit, sat down at his 40-pound Royal and pounded out:

"Nothing in the First Amendment grants any newspaper the right to call the President's son a pothead." He vowed that this one-time deletion had nothing to do with political preference. The switchboard ignited that morning and Rocket Man spent a couple of days fending off charges of censorship. "Doonesbury" devotees quickly bought out of town papers, young Mr. Ford would eventually own up to his activities (can't recall whether he ever admitted inhaling) and life went on.

It went on, that is, until two weeks ago, when car-

toonist Trudeau laid down his pen, announcing that he was writing "finis" to his daily strip, leaving several story lines hanging. One of them had layabout professional tanner Zonker plotting to raise marijuana, legally, in Colorado. His spokesman, Zipper, goes to a town meeting to ask permission, so stoned that he winds up arguing against it.

That was Trudeau to a "t." He could be dreadfully unfair - depicting Vice President Quayle as a feather, for example - but he could see both sides and he was achingly funny. Powerful, too. He specified the size in which it would run. Not even "Blondie" got away with that.


There's a right-wing strip called "Mallard Fillmore," boringly shrill and whiney. The News doesn't carry it, but it does have

"Prickly City," irritatingly drawn and ear-splittingly loud.

Rocket Man and his Firstborn encountered Trudeau in New York once, through Buffalonian Elizabeth Swados, who had helped produce a "Doonesbury" musical. He was humbly gracious. The lad remembers Trudeau's tolerance of what he now looks back at as almost fawning. It was a wonderful moment, complementing every grin, grimace and argument Trudeau's art had inspired.

"Doonesbury" still runs Sundays. Last week's railed against smoking but none of the familiar characters appeared. If lighting up our lives daily is a habit, Trudeau has kicked it.

*Fire back to Rocket Man via pollyndoug@hotmail.com*



## NEED HELP PAYING FOR COLLEGE OR TECHNICAL SCHOOL?


The 2014 Say Yes Buffalo Scholarship Application is available online at [www.SayYesBuffalo.org/scholarship](http://www.SayYesBuffalo.org/scholarship). Say Yes Buffalo gives scholarships to graduates of public and charter schools located in the City of Buffalo.

Come learn more or apply in person at one of our Community Meetings:

🍏 March 13, 6:00 – 8:00 pm	The Belle Center 104 Maryland Street
🍏 March 19, 6:00 – 8:00 pm	Hutch Tech High School 256 S. Elmwood Avenue
🍏 March 20, 6:00 – 8:00 pm	The International Preparatory School 110 14 <sup>th</sup> Street
🍏 March 27, 6:00 – 8:00 pm	Burgard High School 400 Kensington Avenue

All meetings are open to the public.  
Pizza and refreshments will be provided.

For more information visit [www.SayYesBuffalo.org](http://www.SayYesBuffalo.org) or call 716-247-5310.



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# Schools Receive Grant

*From page one*

the focus will be high efficiency equipment installation and repairs; Green Technology and the focus will be alternative and renewable energy and sustainability.

The purpose of the grant funding is to update equipment and curriculum to meet industry standards; train teachers in the latest advances; educate middle schools staff and students on these fields for high school selection; provide high school CTE students with exposure, knowledge, and certifications in these areas, as well as provide college and industry contacts to help make them employable.

The teachers are excited about the prospect of preparing their students for these new certifications. Mr. Serra stated: "With the grant from NY-SERDA we now have the opportunity

# Academy Performs PIPPIN

The Buffalo Academy for Visual and Performing Arts will present their high school musical - PIPPIN, Thursday - Saturday, March 20th - 22nd at 7:00 PM at the Mainstage Theater, 450 Masten Avenue. Tickets are \$6 for adults and \$3 for students & Sr. citizens.

PIPPIN is a hip, tongue-in-cheek, anachronistic fairy tale that captivated Broadway audiences and continues to appeal to the young at heart everywhere (the show has become a staple

on high school and college campuses).

The energetic pop-influenced score by three-time Oscar(R)-winning composer/lyricist Stephen Schwartz (GODSPELL, CHILDREN OF EDEN, and the animated films Pocahontas, The Hunchback Of Notre Dame and The Prince Of Egypt) bursts with one show-stopping number after another, from soaring ballads to infectious dance numbers. For tickets & more information call 816-4220.

# King Crossword

ACROSS

1 "Wow"

5 Sphere

8 Auto potter Henry

12 Pinnacle

13 Fish eggs

14 Great Lake

15 Ocean-going vessel

16 CBS crime-solving series

18 Easily angered person

20 Swiss mathematician

21 "Of course"

22 Fellow

23 Farm

26 Ideological conflict

30 Move like an across

31 Author Umberto

32 Feline person

33 Franks

36 Starkey's partner

38 Kangaroo kid

39 Character

40 Sportless

41 Family in hell?

47 Trouble

49 Jean's ship

DOWN

1 Long cut

2 Reverberate

3 Send forth

4 Gentle breeze

5 Killer whales

6 Crucifix

7 - canto

9 Teen's facial wax

11 Peculiar

12 Go sightseeing

13 Bellow

14 Golf ball marker

15 Fencing sword

17 Fruitful

19 Verbal

10 Get up

11 Antelope's playmate

17 Transaction

18 "A mouse"

22 Cattle call?

23 "Be quiet"

24 Excessively

25 Suitable

26 IV measures

27 Drench

28 Curved line

29 "Hurray!"

31 Id counter-part

34 Bureau counterpart

35 Chaplin's

37 D'Neil

38 "2001" computer

39 Latest news

40 Teeming throng

41 Burn somewhat

42 Crazy

43 Sicilian soubard

44 Relinquish

45 Let's

46 Chills and fever

48 Bygone times

49 Youngster

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## Free Cab Rides After Parade

Try-It Distributing, Budweiser, Liberty Cab Company and participating restaurants/bars have come together to provide a safe St. Patrick's Parade by offering free or reduced-fare cab rides to bar and restaurant patrons in need of a safe ride home. In conjunction with the Budweiser Responsibility Program, parade go-ers can enjoy Bud and Bud Light responsibly and receive a Liberty Cab gift card immediately after the parade.

The Budweiser Responsibility Program will run at 12 bars located around the parade route. You can find a Budweiser representative in the bar area from 3:00pm-4:30pm on March 16th, 2014. Patrons at participating bars and restaurants can ask for a "Budweiser Responsibility Cab Card" and receive a \$15.00 Liberty Cab card that never expires, courtesy of the program. This will be on a first come first serve basis.

"We're looking forward to a safe St. Patrick's Day," said Craig Dumbleton, Try-It Distributing VP of Customer Relations. "With Budweiser's efforts, we're giving people a way to enjoy themselves and an easy and safe way to get home."

**Participating Bars:**  
Encore, 492 Pearl St . Buffalo  
City Tavern, 51 W Chippewa St . Buffalo

D'Arcy McGees, 257 Franklin St . Buffalo  
Indulge, 49 W Chippewa St . Buffalo  
Soho Burger Bar, 64 W Chippewa St . Buffalo  
67 West, 67 W Chippewa St . Buffalo  
Bottoms Up, 69 W Chippewa St . Buffalo  
Noir Ultra Lounge, 88 W Chippewa St . Buffalo  
Tap House, 85 W Chippewa St . Buffalo  
Snooty Fox, 445 Delaware Ave. . Buffalo  
Fat Bob's, 41 Virginia Pl . Buffalo  
Colter Bay, 561 Delaware Ave . Buffalo

**Rules of The Free Cab Rides:** Cab rides are intended for parade participants who otherwise might attempt to drive home after having a drink. In order to take advantage of the gift card:

- Patrons will be given gift cards at one of the 12 participating bars on a first come first serve basis between the hours of 3:00pm-4:30 pm. A Budweiser representative will be present in the establishment handing out gift cards.
- A Liberty Taxi Cab must be called by the restaurant/bar staff or by the patron.
- Due to the high number of ride requests, rides cannot be guaranteed for everyone who calls; however the gift card never expires.
- Cost: FREE up to 15.00 on a reloadable gift card.

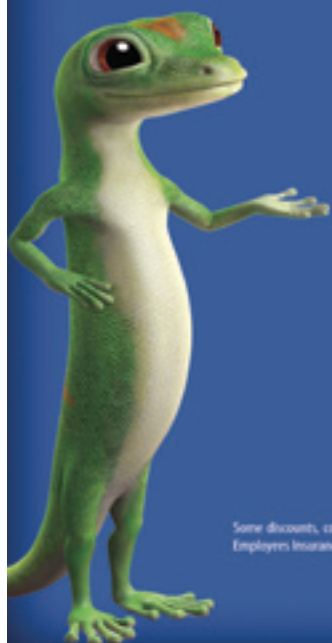
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### Services to Help Seniors Stay at Home

Available for seniors age 60+ in Kenmore, Grand Island, North Buffalo and Tonawanda (city and town).

Through People Inc.'s Senior Outreach, case management services are provided to seniors 60 years or older who live at home to provide the necessary support to age in place, such as:

- Adult Day Care
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- Food Stamps
- HEAP
- Weatherization

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Funded by the New York State Office  
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# The Grapevine

**The Breast Cancer Network of Western New York**, will hold the monthly educational meeting at 3297 Walden Ave., Depew, NY (just east of Transit Rd.) at 6:00 pm on Tuesday, April 8th, 2014. All interested individuals in the WNY area are welcome to attend. For Meeting Reservations: Contact Margaret at 864-0056. Besides the Support Group, there are two others; A Metastatic Therapy Group meeting every other Tuesday from 12-1:20 pm and A Young Survivors Group meets the 1st and 3rd Tuesday of the month at 7:00 pm. For more information on these groups, call Christine at 585-2092. BC-NWNY also has "Quality of Life Classes For Survivors". For more in-

formation call Sharon at 759-1176.

**Spring Evening Book Discussion - Please Join Us!** The Niagara Branch Library will be holding a discussion of the book "In the Time of the Butterflies" by Julia Alvarez. All adults and teens are welcome to this free event. The discussion will be held on Monday March 31 at 6:30 pm and light refreshments will be served. The Ni-

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agara Branch is located at 280 Porter Ave., Buffalo, NY. To register or find out more about how to borrow a copy of the book, please call us at 882-1537.

**A photo exhibition by Andy Olenick**, "Buffalo, The Best Planned City in the World: A Heritage of Distinguished Parks and Architecture," will be on display until April 30th in the Buffalo Niagara Visitor Center Gallery, located within the Market Arcade Building at 617 Main St. An exhibit reception will be held

from 5 to 7 pm, March 28th at the gallery. Current gallery hours are as follows: Monday through Friday: 10 a.m. to 4 p.m. Admission is free. For more information call 852-2356.

**The Delaware Family YMCA is gearing up for their annual Easter Eggstravaganza** on Saturday April 5th from 10:00 am - 12:00 pm. Children will be able to hunt for Easter eggs, play games and win prizes, and even meet and have their photo taken with the

Easter Bunny! A pancake breakfast will also be served. Participation is limited so be sure to register early. The cost to participate is only \$20 per family (up to five people - \$4.00 for each person thereafter). Registration closes April 2nd. Call the Delaware Y at 875-1283 or stop by the branch located at 2564 Delaware Ave. for more information.

## PRAYER TO THE BLESSED VIRGIN

(Never known to fail)

Oh, most beautiful flower of Mt. Carmel, fruitful vine splendor of Heaven, Blessed Mother of the Son of God, Immaculate Virgin, assist me in my necessity. There are none that can withstand your power. Oh, show me herein you are my mother. Oh Mary, conceived without sin, pray for us who have recourse to thee (3X). Holy Mother, I place this cause in your hands (3X). Holy Spirit, you who solve all problems, light all roads so that I can attain my goal. Thank you for your mercy towards me and mine.

*The person must say this prayer 3 consecutive days. After 3 days, the request will be granted. This prayer must then be published after the favor is granted.*

R.J.C.

## TRIVIA

### How well do you know Buffalo?

1. Name FIVE Buffalo Suburbs with Indian Names?
2. FOUR Buffalo Nicknames?
3. Origination year of Buffalo?
4. Year Earle Canal Opened?
5. Year Buffalo Burned?

1. Tonawanda, Lackawanna, West Seneca, Aurora, Cheektowaga, 2. Nickel City, 3. 1812, 4. 1825, 5. 1812

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# Get Ready To Run!

Tips for runners and walkers after the L-O-N-G winter. After this long, harsh winter, even the most devoted couch potatoes are ready for the great outdoors. Whether strolling, speed-walking or taking a run, there are steps to take to avoid pain and injury. In order to avoid common foot problems there are warnings that should be heeded and preventative steps that can be taken to avoid serious injuries. A good running shoe is essential.

Fit and function are key, and shoe construction and sizing varies among manufacturers. Shoes that are ill fitted or too tight can lead to black toenails and neuromas (enlarged nerves). To test

if your shoes are too tight, remove the insert or lining of your running shoe (if it is not attached) and stand on it.

If any portion of the foot is hanging over the insert, the shoes are too small. Remember to wear socks that are a poly-cotton blend, which pulls moisture away from the skin and fit comfortably within the running shoe. Stretch and warm-up for 5- 10 minutes before hitting the track or treadmill. Start by focusing on lower leg muscles.

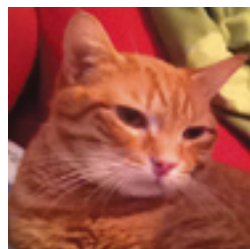
Beginning runners should start with short distances, increasing the run over time to help prevent injury. Try to keep both the feet and entire body relaxed, avoiding

tensing and cramping of the toes. Stop running or walking if you are in pain. At the end of a workout or run, cool down and rest.

"After running, in addition to drinking something like Gatorade to rehydrate and replenish essential minerals, gently massage the bottom part of your foot, especially the heel and arch," reminds Dr. Robert Russo, President of the New York State Podiatric Medical Association and a practicing podiatrist.

"A tennis ball or frozen bottle of water rolled under your foot is a good way to massage and stretch following a run," he added.

Visit [www.nyspma.org](http://www.nyspma.org) for more information.



## ADOPT A PET

This week's featured friend:

### BEAU

Here is our extremely handsome Beau. Beau is a happy and lovable 7 year old male and there is a lot to love here! This very human-adoring kitty loves to be petted and pampered. His purrs are loud and almost never ending. His fur, which he enjoys having brushed, is almost red rather than orange. Beau's favorite activities are exploring, playing and cuddling. This personality-plus boy would do really well in a home without other pets, but he would be fine with children. Beau currently resides in a loving foster home, but is just waiting for his forever family. For more info please contact his foster mom Patty at 716-361-9452.

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### Wednesday

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9-14

— King Crossword —

Answers

Solution time: 21 mins.

1	2	3	4	5	6	7	8	9	10	11	12
A	C	V	E	R	C	E	L	E	R	E	
S	T	I	P	C	C	L	L	A	S	E	
H	O	T	H	F	A	R	E	J	I	F	
		Y	I	B		M	A	N			
S	I	A	B	E		C	O	L	D		
H	O	P			E	C	O		E	H	
H	O	T	D	O	G	S		F	J	T	
S	I	A	H			R	E	G	I	O	
H	O	T	W	A	T	C	R				
A	C	H	E			O	D			T	
R	O	A	S			T	C				

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Panasonic Blu-ray player with remote & HDMI cable. \$50 834-7765. 8-11

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Holocaust Chronicle, 1,000 photos, 1,500 pgs. New. Ideal for student or coffee table. \$50.00. 603-2356. 8-11

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TOWN OF TONAWANDA

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It is illegal to discriminate against any person because of race, color, religion, sex, familial status, national origin, disability, marital status, age, military status or sexual orientation.

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The 1866 Civil Rights Act and Title VIII of the Civil Rights Act of 1968, as amended by the Housing and Community Development Act of 1974, protect your rights to fair housing. If you have been discriminated against, you may contact any of the following for assistance:

Town of Tonawanda Fair Housing Officer at 871-8847, Ext. 1  
Department of Housing and Urban Development at 551-5755  
New York State Division of Human Rights at 847-7632

The Town of Tonawanda is an Equal Housing Opportunity Community

Senior Counselor

Buffalo State, State University of New York, seeks candidates for the position Senior Counselor.

**Required Qualifications:** Doctoral degree in clinical or counseling psychology from an APA accredited program and completed internship. Full license (or license eligible) as a psychologist in the State of New York within one year of hire date. Demonstrated knowledge and skills in time-limited psychotherapy. Experience in crisis intervention and consultation. Ability to work at a fast pace and handle spontaneous work demands and maintaining positive and healthy perspectives and relationships. Interest and expertise working with diverse students (e.g., GLBT, students of color). Experience in providing outreach to campus communities, particularly underserved and vulnerable populations.

**Preferred Qualifications:** APA approved experience, to include internships, in a college counseling center. Recent college or university counseling center staff experience. Ability to work cooperatively in a multidisciplinary team environment. Self-motivated, self-directed commitment to high professional ideals. Excellent analytical and organizational skills. Computer literacy and data analysis (e.g. SPSS). Excellent communication skills. Expertise in clinical supervision.

Qualified applicants may apply online at <https://jobs.buffalostate.edu>.

Buffalo State is an affirmative action/equal opportunity employer and committed to respect for diversity and individual differences.

Cleaning Vacancies

The Housing Office at SUNY Buffalo State seeks full-time temporary personnel to assist with summer cleaning of the residence halls. Must be able to begin employment May 12, 2014 and work through August 29, 2014. Shift is Monday – Friday, 7:00am – 3:30pm. Hourly rate - \$12.58 per hour, 40 hour work week. Prior experience preferred. Working knowledge of cleaning substances, ability to follow verbal and written directions, stand for long periods of time, perform medium to heavy manual labor, use cleaning equipment and products, climb ladders.

Applications are available at:  
<http://www.buffalostate.edu/offices/hr/jobapplication.doc>.

Completed applications must be postmarked no later than April 11, 2014, mailed to: SUNY Buffalo State, Human Resource Management, Cleveland Hall 403, 1300 Elmwood Avenue, Buffalo, New York 14222. NO CALLS WILL BE ACCEPTED.

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Sat., March 15th thru Thurs., March 21st:  
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**Prices:**  
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Fresh Paddy's Corned Beef	<b>\$75 MEAT PACKAGE</b>	<b>\$90 MEAT PACKAGE</b>
Rounds..... <b>\$5.99</b> lb. Briskets Flats..... <b>\$7.99</b> lb. Briskets Whole..... <b>\$3.99</b> lb.	6-8 oz. Sirloin Steaks 4 lbs. Ground Chuck 3 lbs. Bacon or Pork Sausage 5 lbs. Chicken Legs 4 lbs. Italian Sausage 3 lb. Pork Roast or Pot Roast 3 lbs. Sahlens Hot Dogs	6-8 oz. Sirloin Steaks 5 lbs. Ground Chuck 3 lbs. Bacon or Pork Sausage 5 lbs. Chicken Legs 4 lbs. Chicken Breasts 4 lbs. Italian Sausage 3 lb. Pork Roast 3 lb. Pot Roast 3 lbs. Sahlens Hot Dogs

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