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IN
THIS
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Serving Northern Berks County
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PUBLIC AUCTION

8' 2-WHL. TRLR. w/TITLE, SHOP SMITH w/Attachments,
3-PT. LAND PRIDE 52" PTO ROTOTILLER (Almost New),
PTO W-W 3-PT. CHIPPER (Used Little),
WOODWORKING EQUIP.,
60" KUBOTA MOWER DECK (Like New) & TOOLS
Saturday, February 4, 2017 at 10:00 A.M.

Location: 591 Blandon Rd., (Rt. 73 just before Pricetown),
Fleetwood, Berks Co., PA.

Items: Makita & Craftsman tbl. saws, Delta radial arm saw, Acetylene outfit w/tanks, propane tanks, bench grinders, air jack hammer w/chisels, Craftsman jointer, sm. drill press, DeWalt 10" mitre saw, Wacker gas cut-off saw (for cement), Crafts. dust collector & jig saw, air compressors, surveyors transit, lg. vise, jacks, cement tools, hrdwr., Rigid plumbing tools (pipe wrenches, threaders, tripod, etc.), electrical supplies, many pwr. tools (Makita, Milwaukee, grinders, drills, air tools, saws, etc.), alum. ramps, hammers, sm. hand & grdn. tools, 7 Cl pans (Griswold, Wagner, Erie), candle mold, griddles, new vinyl windows, 3-pt. platform, folding tables, diamond-plate steps, plus other items not mentioned. (Approx. 2-2½ hour auction. Be Prompt. Clean Tools).

Terms: Cash or PA check; day of auction.

Auctioneers: KENNETH P. LEIBY, Sale For:
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PUBLIC AUCTION

2004 Z71 OFF RD. CHEV. LS SILVERADO 4X4 PU TRK.
(Nice, Offered w/Low Reserve), 1980 FORD FAIRMONT
(6 Cyl., Auto.), 2 INT'L. CUB CADET RIDING TRCTRS.,
LAWN EQUIP., 25 WINROSS TRUCKS, 18 GUNS INCL.:
German Mauser-Luger P-08 9-mm w/Papers & History,
COLLECTIBLES, HOUSEHOLD GOODS & TOOLS
Monday, February 6, 2017 at 1:00 P.M.

Location: Indoors at the Leesport Farmers Mkt. Banq. Hall
just off Rt. 61 (8 mi. N. of Rdg.) at the N. end of Leesport,
Berks Co., PA.

Items: Oak drssr., chest of drws., baker's rack, micro., 6-
pc. maple dinette set, cabinets, flr. radio, benches, asst.
dishes, kit. items (some new), Mason jars, coolers, old
child's blocks, Flexible Flyer sled, Lionel train station, wdn.
houses, Hubley disintegrator cap pistol, old military uniform
& clothes, plastic cowboys-soldiers-etc., hunting knives, gun
cleaning kits, sprinkle cans, shelves, boxes of mechanical
tools, Stihl 0-17 chainsaw (new), Stihl Pro FS85 & FC72 gas
weed eaters, seeders, gas cans, lawn roller, push mwr.,
Stihl pruning saw, sm. pwr. & grdn. tools, Int'l. 6-hp & Troy-
Bilt 8-hp rear-tine rototillers, Cub Cadet 1811 hydro. &
Cadet 126 lawn trctrs., wheelbarrow, ladders, plus misc.
items. Guns: Remington 20-ga. 1100 auto., Remington
#760 30-06 pump w/scope, Remington #700 30-06 bolt
w/scope, Remington #572 pump 22-cal., Remington #7600
30-06 pump, deer slayer Ithaca #87 12-ga., Remington
#870 12-ga. & 20-ga. pumps, Ithaca #37 12-ga. pump,
Mossberg #505 20-ga. New England 20-ga. SBI sgl. shot,
Mossberg #500A 12-ga. pump, Remington #700 25-06 cal.
bolt, Ranger 22-cal. rifle, S&W 38 Spec., Ranger 101-16 22-
cal. pistol, H&R 22 Special, Daisy BB gun, Remington 870
brl., lots of ammo. **Auct. Note:** Guns in ex. cond. w/most
having scopes & new in box. Very clean auc. Plan to attend.
Guns Offered Approx. 3:30-4:00 PM followed by vehi-
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Check Out auctionzip.com For Pictures ID: #8582

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We assume no financial responsibility for any typographical errors in any advertisement, but will reprint that portion of an ad in which an error occurs.

The closing time for both the Northern Berks Merchandiser and the East Penn Valley Merchandiser "classified advertisement" and the East Penn Valley "display advertisement" is Thursday at 5:00 p.m. of the week prior to publication; the Northern Berks display advertisement is Friday noon. Any deviation from this will be published in both papers.

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REAL ESTATE

For Sale: 3 Bedroom 1650 sq ft Split Level House on 2 acre corner lot. 2 car attached garage. Onsite well and septic. Central Heat/ AC. Brick/ Alum. Exterior. Mature trees and hedges. Taxes; \$4000. Perry Twp. 849 Dreibelbis Mill Rd, Hamburg PA 19526. \$235,000 or bring offer. Call Roy @ 610-207-6203.

DEAN R. ARNER, AUCTIONEER, LLC PUBLIC GOLD & SILVER COINS, PAPER \$ & STAMPS AUCTION

Sunday, February 5, 2017 at 10:00 AM

Location: Andreas Station House, 42 Andreas Road, Andreas, PA 18211.

1929 \$2-1/2 dollar gold coin, Morgan & Peace dollars, silver halves & quarters, mercury dimes, buffalo & V nickels, lg. cents, 1/2 dimes, Indian & wheat pennies, proof & mint sets, early bank notes from 1800s, silver certificates, red seals, uncirculated coins, old stamp collections & albums & much more! Check full listing & photos at: www.auctionzip.com ID# 21038.

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AY-002077L • Ph.: 570.386.3389

DEAN R. ARNER, AUCTIONEER, LLC PUBLIC AUCTION

Saturday, February 4, 2017 at 9:00 AM

Location: Andreas Station House, 42 Andreas Road, Andreas, PA 18211.

Old Co. Lehigh porcelain sign and other signs, Lehigh Valley & PA RR items, blue decorated stoneware, early wooden butter churn, advertising tins, old scales, vintage Christmas, Jadeite, antiques & much more! Check full listing and photos at: www.auctionzip.com ID# 21038.

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wishes a warm heartfelt thank you for the outpouring of cards, flowers and prayers during the loss of our Nana. An extended thank you to the loving people from Bayada Home Health Care, Care For People and the Lehigh Valley Hospice family. God Bless all of you.

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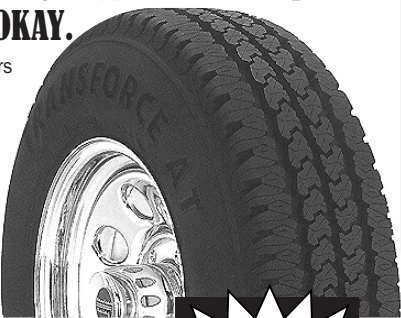
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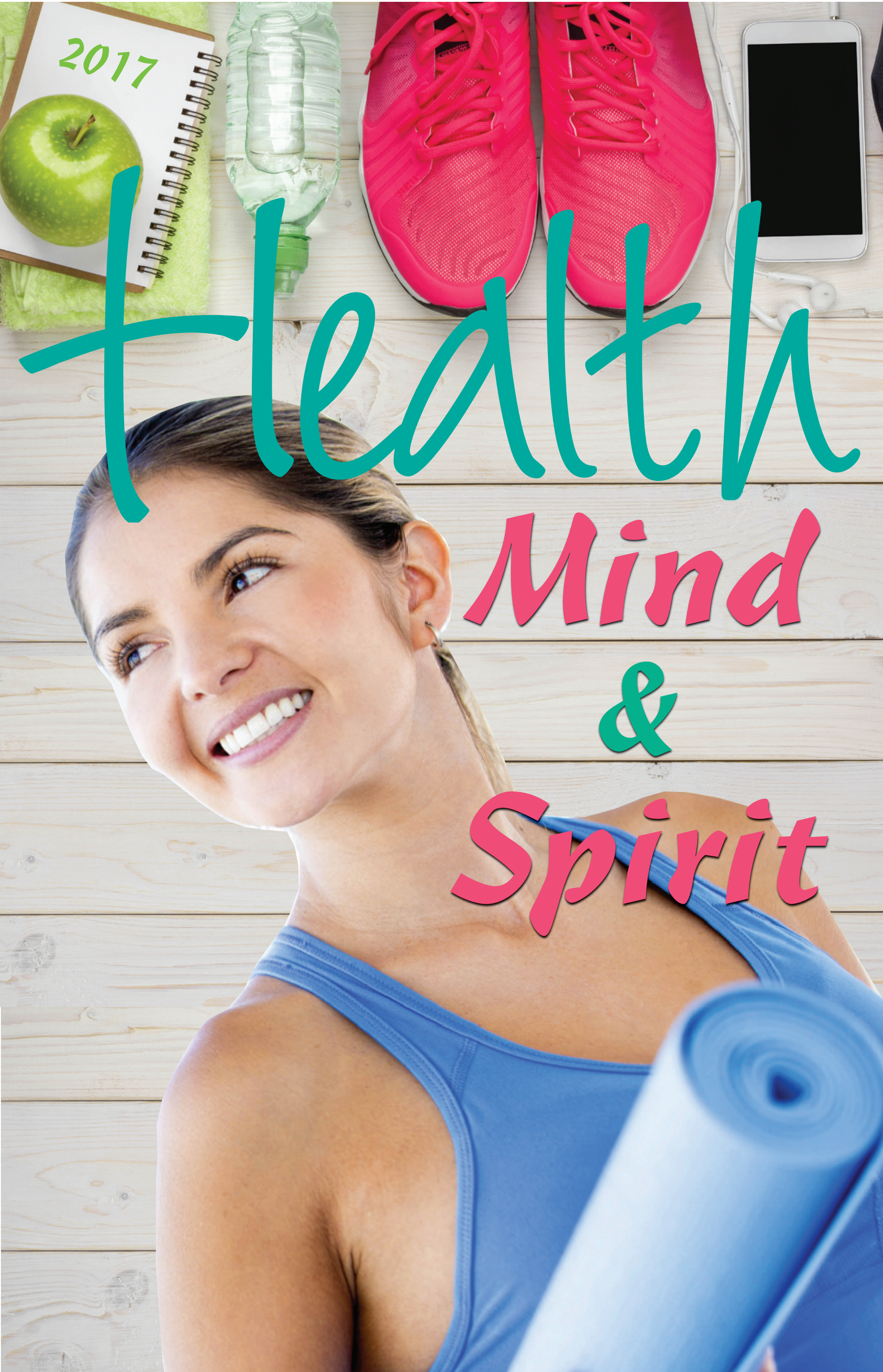
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Events For February:
2-4: Book Club - Celestine Prophecy
2-7: Free Talk: "Lets Talk Sugar"
2-11: Salad In-A-Jar
Interactive Workshop
2-14: Free Talk: "Parasites Within Us"
Nick Kleinsmith
2-15 Psychic Development 2 Begins
& Readings w/Eagle Skyfire
2-19 William Stillman Psychic Gallery
2-22 Full Moon Meditation
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2-26 Crystals for your Chakras

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Kids & Sleep

School-aged children are busier than ever before, and some may be sacrificing sleep to accommodate their lifestyles. The National Sleep Foundation says school-aged children need between nine and 11 hours of sleep each night to function at a healthy level. Sleep deprivation can be linked to a host of health ailments, including issues affecting the development of the brain. Growing evidence suggests that lack of sleep can cause disturbances in metabolic rates that could affect the risk for cardiovascular disease, diabetes and obesity. A recent study from Johns Hopkins University found that, for each additional hour of sleep a child gets, the risk of that child becoming overweight or obese decreases by 9 percent. Children who slept the least, according to the research, had a 92 percent higher risk of being overweight or obese compared to children with longer sleep duration. The NSF adds that poor or inadequate sleep can lead to mood swings, behavioral problems and cognitive problems that impact kids' ability to learn in school. To promote good sleep habits in children, parents and other caregivers can establish consistent sleep/wake routines; ensure children avoid excess caffeine, particularly late in the day; create a cool, dark sleep environment; keep televisions and other media devices out of bedrooms; and help children work through stressors that may impact sleep.

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What Are Complimentary & Alternative Therapies

If you look up alternative therapies in Wikipedia you will find the following:
Alternative medicine is any practice that is put forward as having the healing effects of medicine, but is not founded on evidence gathered using the scientific method. It consists of a wide range of health care practices, products and therapies. Examples include new and traditional medicine practices such as homeopathy, naturopathy, chiropractic, energy medicine, various forms of acupuncture, traditional Chinese medicine, Ayurvedic medicine, and Christian faith healing. The treatments are those that are not part of the conventional, science-based healthcare system, and are not backed by scientific evidence. Complementary medicine is alternative medicine used together with conventional medical treatment in a belief, not proven by using scientific methods, that it "complements" the treatment. CAM is the abbreviation for complementary and alternative medicine. Integrative medicine (or integrative health) is the combination of the practices and methods of alternative medicine with conventional medicine. Many of these therapies have been used for generations with great success. For example Acupuncture has been used for over 4000 years. Herbalism is very ancient and used by nearly everyone. In the wonderful Pennsylvania Dutch area that we live in, we have Bracheri or "Pow Wow". Bracheri is very similar to Reiki when working with the person energies. In addition to Reiki sessions and classes, Pinnacle Hypnosis & Therapies offers a full-range of hypnosis and foot reflexology session and classes.

Hypnosis works with a person's subconscious mind to help them overcome obstacles and feel good about themselves. Foot reflexology involves applying pressure to the feet with specific techniques. It is based on a system of zones and reflex areas that reflect an image of the body on the feet, with the premise that the stimulated area affect a physical change to the body. Many people comment that they feel they have had a full body massage after a foot reflexology session. When considering alternative and complimentary therapies find out what feels right for you. Do your research on the therapies and also the practitioners. Ask your doctor if they recommend any CAM therapies. There are many to choose therapies to choose from. Practitioners are always happy to answer questions and to explain their therapy. I will be offering foot reflexology on February 18, 10 am to 4 pm at Inner Peace and Wellness Center's OPEN HOUSE, 202 S. Third St., Hamburg. There will be a wide array of products and services available included Ionic Foot Detox. Stop in for Free Talk Tuesday, Feb. 14 at 6:30, Nicholas Kleinsmith, Master Herbalist and Nutrition Consultant will be discussing "Parasites Within us". Very popular and informative talk! Next Free Talk Tuesday will be March 14 at 6:30 "Weight loss" For more information or to schedule your appointment contact Lori Kleinsmith, RM, Certified Hypnotist and owner of Pinnacle Hypnosis & Therapies. 610-823-4160. www.pinnaclehypnosis.com See ad in this Health Mind and Spirit Guide for full schedule of events and classes.

Parenting Perils In A Technological World

By Linda Easter, L.P.C.

Parents experience new stressors today as they try their best to raise wonderful kids. What a challenge! Why has parenting become so difficult? I think I can point out one contributing factor—a cultural mindset based on technological values. I remember one class while working on my graduate degree in 1997. The professor began with a list of traditional values versus "new" technological values. One traditional value was this: "Children require guidance and discipline." The technological value stated: "Children must be allowed to grow unfettered and unobstructed." In this value system, good old-fashioned discipline was considered "restrictive." That mentality considered the word, "No," obsolete! Play was the work of childhood. Children shouldn't be forced to do things they didn't want to do. These are some highlights of that value system. The problem for Christians is that the Bible teaches that humans have a sinful nature. Children who grow up unfettered, unobstructed, and undisciplined usually demonstrate behavioral and emotional problems because that sinful nature is left unchecked. However, the problems don't end in childhood.

As a counselor, I have worked with many young people struggling with the transition to adulthood. By the time adults introduced work to the child's world of play, they rejected it. It wasn't fun. They didn't say, "No," to themselves and had debt and poor money management skills. Without a parent training them to do things they didn't want to do, they had trouble keeping a job. Motivating themselves to go to work was too hard. Or eating healthy foods. Fast food burgers and Twinkies taste so much better. I think it's time to go back to old-fashioned discipline—in the best interest of both parents and children. I love to teach parents about a very creative program called, "Parenting with Love and Logic." It trains parents to use consequences and empathy to help children behave more appropriately so they grow up to be good responsible citizens. Best of all, parents can do parenting without anger! If you want help with creative parenting, please don't hesitate to call 610.562.1810 for counseling with Linda Easter, Licensed Professional Counselor, at Peaceful Hearts Counseling Services.

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My, What Big Ears You Have!

by Paula Taylor, Meadowood Music

In the mid 1900s, Canadian neurosurgeon, Wilder Penfield, theorized that our brains perceive more 'important' body parts as bigger than other parts. He created drawings of how our brains see our bodies in terms of both sensory and motor functions. He called them the "Sensory homunculus" and "motor homunculus." In both drawings, the hands and mouth are immense and the eyes and nose are quite large. In the sensory homunculus, the ears are large, but they are non-existent in the motor homunculus. Playing a musical instrument requires simultaneous sensory, cognitive and motor system activity in the player. Over time, as the player uses vari-

ous parts of their body in a new way, the brain's map of the body changes. As a result, playing an instrument improves eye-hand coordination, the ability to discriminate between sounds, the ability to remember sounds. Those who play music regularly have quicker, more discriminating brain responses to sounds in music. Physical psychologists are studying whether musicians also have greater sensitivity in detecting emotions through sounds made by friends or family. At Meadowood Music, we think they'll find that the ears in musicians' sensory homunculi will be every bit as large as their hands.

Pediatric Eye Exams

Hamburg Family Eye Care

Drs. John and Lori Smith, a husband and wife optometry team, have been long-time advocates of comprehensive eye care for children. Studies have shown that 80% of learning takes place through visual processing of information, showing that blurry vision has an enormous effect on a child's education. Symptoms of blurred vision are different in children than adults. Children may squint, rub their eyes, hold things very close, have a short attention span, move their head excessively when reading, struggle in school, close or cover one eye, or have headaches when reading. Concussions are an overlooked cause of blur and focusing problems. A recent article from Jan. 5, 2017 in HealthDay News quotes a new study that recommends children who have experienced a concussion undergo a comprehensive eye exam to see if they're ready to go back to school. The study found that 46 percent of children with lin-

ging symptoms of concussion had vision problems. Dr. Lori Smith is a member of the College of Vision Development (COVD), and specializes in pediatric eye exams that test all the skills needed for comfortable and accurate vision while reading. She has successfully treated patients with post-concussion symptoms as described in the new study. Both Doctors John and Lori Smith are long-time members of the American and Pennsylvania Optometric Associations and the Berks County Optometric Society. Hamburg Family Eye Care has convenient evening hours on Tuesdays and Wednesdays. Plenty of parking is available behind the building. More information about Hamburg Family Eye Care can be found online at Facebook, at www.hamburgfamilyeyecare.com or by calling 610-562-4548, or toll-free 866-704-7426.

Simple Ways To Avoid Injuries When Working Out



A desire to live a healthy, active life compels many people to include exercise in their daily routines. Numerous studies have shown that regular workouts that include a combination of strength training and cardiovascular exercise can make bodies less susceptible to injury while reducing a person's risk for conditions such as heart disease, stroke and diabetes. Exercising is most effective when it's part of a daily routine, but that routine can be derailed if men and women are not taking the appropriate measures to avoid injury while working out. While even professional ath-

letes succumb to injury from time to time, there are steps everyone can take to avoid injury when working out.

- Confirm your technique is the right one. Exercise science is continuously evolving, and that means workouts and fitness machines are evolving as well. When using a piece of equipment for the first time or altering a workout routine, men and women should consult with a gym employee or personal trainer to learn the correct technique. Incorrect technique can lead to minor and serious injuries because muscles are used in ways they are not intended to be used when exercises are performed properly. Research appropriate techniques, taking advantage of online video tutorials if you don't exercise at a gym, to ensure the exercises you want to perform are done properly. When beginning a new routine, ask a friend or gym employee to observe your workout and let you know if you are doing anything incorrectly.
- Be patient. Lifting too much weight or pushing yourself too hard on the treadmill, exercise bike or elliptical machine will increase your risk of injury. This is especially true for men and women working out for the first time or after lengthy stretches of inactivity. Men and women who are elderly, inactive and/or overweight are likely to suffer from poor balance because their muscles are weak. Those muscles can be strengthened over time, but remain patient and stick to light weight during initial workouts so lack of balance does not lead to pain or injury. Take the same approach with aerobic exercise to prevent

muscle strains and pulls. Increase weight and the intensity of cardiovascular exercises as muscles gradually strengthen and become accustomed to exercise.

- Allow for adequate time to warm up. Failure to warm up is another contributor to exercise-related injury. Before diving into a workout routine, spend between five and 10 minutes warming up your body with some low-intensity exercises. This increases blood flow to the muscles and makes them more elastic and pliable than cold muscles, thereby improving flexibility. Some low-intensity cardiovascular exercise on the stationary bike or treadmill can greatly reduce injury risk during the workout.
- Vary workouts and exercise regularly. Varying workouts is a good idea because doing so can prevent repetitive-use injuries and prevent overuse of muscles. Repetitive-use injuries such as shin splints and tendinitis require extended rest to heal, and that can derail your routine and nullify your progress. Vary workouts so you are not always working the same muscles, and don't mistake varying workouts for varying workout schedules. Working out five days one week and one day the next increases your risk of injury. Injuries sometimes happen when exercising. But veteran and novice fitness enthusiasts can employ a handful of simple strategies to greatly reduce their risk of injury while working out. Five to 10 minutes of light aerobic exercise before working out can help men and women avoid injury.

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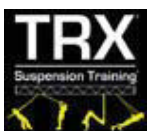
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The Hidden Benefits Of Water

Dehydration is a dangerous condition that can cause a host of complications and even prove fatal in severe cases. But as dangerous as dehydration can be, many cases are entirely preventable.

The best way to prevent dehydration is to drink enough water. When the body does not take in as much water as it puts out, it can become dehydrated. People who live in warm climates or in elevated altitudes may lose more water than those who do not. In addition, water loss is accelerated during strenuous exercise, highlighting the emphasis men and women must place on drinking enough water during their workouts. But water does more for the body than prevent dehydration. The following are a handful of lesser known ways that water benefits the body.

- Water can help people maintain healthy weights. Dieting fads come and go, but water is a mainstay for people who want to control their caloric intake in an effort to maintain healthy weights. Water has zero calories, so reaching for a bottle or glass of water instead of a soda, lemonade or another caloric beverage can help people keep the pounds off. A study from researchers at the University of Texas Health Science Center found that even diet soda enhances weight gain by as much as 41 percent. In addition, soda has been linked to conditions such as obesity, diabetes and tooth decay. No such association exists with water.
- Water helps to fight fatigue. The fatigue-fighting properties of water are another of its lesser known benefits. When the body is not adequately hydrated, it can experience muscle soreness. And fitness enthusiasts who do not drink enough water may notice their bodies require extensive recovery time after working out. Each of those consequences can be prevented by drinking enough water, and doing so can even improve performance, as studies have shown that just a 3 percent loss of body weight due to dehydration can cause as much as a 10 percent drop in performance level.
- Water can improve the appearance of the skin. Skin that does not get enough water can turn dry and flaky and feel tight. In addition, dry skin is more likely to wrinkle than adequately hydrated skin. Getting water to the skin can be tricky, as the University of Wisconsin-Madison School of Medicine and Public Health notes that water will reach all the other organs of the body before it reaches the skin. But the school recommends applying a hydrating moisturizer within two minutes of leaving the bath or shower and drinking at least eight glasses of water a day to ensure the skin is getting enough water.
- Water helps the gastrointestinal tract. Water can help maintain normal bowel function. When the body lacks sufficient fluid, the colon will pull water from stools in an effort to stay hydrated. That can lead to constipation, a condition in which people experience difficulty emptying their bowels. By drinking enough water, people can ensure their colon will not have to pull water from stools to stay hydrated, thereby helping them stay regular. Water helps the body in myriad ways, many of which might surprise people unaware of just how valuable water can be to the body.

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Seniors And Exercise: Tips To Avoid Injuries, Get Healthy

Exercise is an important component of a healthy lifestyle. Daily exercise can improve mood, promote an active lifestyle and reduce a person's risk for a host of ailments, including diabetes and heart disease. Despite the importance of exercise, many people live sedentary lifestyles into their golden years. Seniors who want to embrace a healthier way of life and get more physically active should first consult with their physicians before beginning an exercise regimen. Certain medications may limit just how far seniors can push themselves, while preexisting conditions may make specific types of exercise off limits. After discussing their limitations with their physicians and developing a safe exercise routine, seniors can heed the following tips to avoid injury but still get healthy.

- Pick a partner. Whether it's a spouse or a friend who is physically active or wants to be, try exercising with a partner, at least initially. Doing so can provide the motivation you need and partners can serve as safety nets should you need assistance completing an exercise or suffer an injury and require medical attention. Personal trainers can serve as your partner, and many gyms offer discounts to seniors on personal training services.
- Start slowly. Seniors who have not been physically active for some time should take a gradual approach to exercise. Instead of heading right for the treadmill, exercise bike or elliptical machine, start walking every day. When it rains, find a treadmill you can walk on. The American Academy of Orthopaedic Surgeons recommends seniors begin by determining how many steps they can take in a day and then gradually working toward 10,000 to 15,000 steps per day. Utilize step counting apps on your smartphone to track your progress. Apply the same slow approach to strength training exercises, lifting only very light weights at first before gradually increasing weight as your body acclimates to the exercises.
- Stretch. Bodies that have been inactive for lengthy periods of time are inflexible, and lack of flexibility increases your risk for injury. The AAOS recommends that seniors warm up their bodies before stretching with five to 10 minutes of low-intensity activity such as walking. Then stretch gently, remembering to relax and breathe during each stretch.
- Switch things up. When strength training, do not work the same muscle group two days in a row. Muscles need time to recover. If you prefer circuit strength training where you exercise various muscle groups in one day, do not strength train on back-to-back days, leaving at least one day in between strength training sessions so muscles have ample time to recover.

Get To The Truth About Dieting & Weight Loss

Weight loss is a popular resolution come the new year. But in spite of that popularity, the resolution to lose weight is no small task. When resolving to lose weight, men and women will encounter an abundance of information about dieting and weight loss. It's difficult to know who to believe and to determine which plans will be effective. Research published by Shape magazine says nearly one in three young people embark on a new diet each month, but 45 percent give up after one week, and about half abandon their goals within a month. Data released in the Daily Mail in 2013 said that although one in seven (13 percent) women in the United Kingdom stick to a diet for 13 weeks or more, nearly one in five (19 percent) succumb to their favorite food cravings after a month.

What's the magic formula for weight loss? Experts advise that there isn't any. Weight-loss strategies that require fad dieting or restrict certain foods may not produce long-term success. Rather, a lifestyle overhaul is often the most effective weight loss strategy.

- Recognize that quick fixes do not work. Drastic weight loss approaches may produce immediate results, but such plans are not sustainable. Drastic plans include certain detoxes and cleanses; diets that eliminate all but a few foods; some prepackaged foods; and food-replacement strategies. Feelings of deprivation or boredom may make people following these diets unsuccessful in the long run. Losing weight means changing one's food and exercise plans over the long haul.
- Eat in regular intervals. Researchers at the National Weight Control Registry offer that spacing food evenly throughout the day is the key to successful, long-term weight loss. People who eat healthy food at regular intervals are better nourished, think more clearly and report fewer mood swings than those who eat erratically.
- Recognize that not all carbs are bad. People trying to lose weight often hear that they should increase protein consumption and drastically reduce their intake of carbohydrates. While it's smart to reduce consumption of processed carbs and those that are made largely of white flour, there are some healthy carbohydrates, including beans, whole grains, fruits, and vegetables.
- Be flexible. As a person's body ages, his or her metabolism will change. Men and women should revisit their recommended caloric intake every few years. In addition, men and women can routinely revisit their exercise routines to determine the efficacy of those routines and alter their workouts to reflect the physical changes their bodies are going through as they age. A person's first step before dieting or attempting to lose weight should be to consult their physician, who can help men and women achieve their weight loss goals in a way that's healthy and easy to maintain for years to come.

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Page 15-HMS

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How To Improve Alertness During The Workday

A long workday can be both mentally and physically draining. As a result, office workers and professionals whose jobs are more physically demanding than office work may find themselves less alert at the end of the workday than at the beginning.

A loss of alertness as the workday draws to a close might be unavoidable. But professionals whose sense of alertness begins to dwindle in the thick of the workday might need to take steps to improve their alertness to protect themselves from injury and to ensure the quality of their work does not suffer.

• Avoid caffeine in the late afternoon. Some professionals rely on caffeinated beverages such as coffee or energy drinks to combat afternoon drowsiness. While that afternoon caffeine fix might provide an immediate, if

temporary, jolt of energy, it might also affect a person's energy levels the following day. A 2013 study published in the Journal of Clinical Sleep Medicine found that caffeine consumed as early as six hours before bedtime can significantly disrupt sleep. Professionals who reach for a cup of coffee in the late afternoon might get a sudden boost of energy, but their energy levels the following day might be lower due to a poor night's sleep.

• Avoid high-fat foods at lunchtime. Foods that are high in fat should always be avoided thanks to their connection to a host of health problems. Such foods also negatively affect energy levels when consumed in the middle of the day. The University of Rochester Medical Center notes that the body digests and absorbs high-fat foods very slowly. That means workers who eat high-fat foods for lunch won't get the afternoon energy boost that low-fat, healthy lunches will provide.

• Snack healthy. Professionals who find themselves needing a snack in the mid- to late-afternoon can sate their hunger and give themselves an energy boost by snacking healthy. Avoid snacks like potato chips that tend

to be high in fat and low in nutrition. Foods that are high in fiber and/or protein can provide a longer energy boost and quell the afternoon hunger pangs at the same time. Fresh fruit and Greek yogurt fit the bill.

• Change your workout schedule. Regular exercise improves short- and long-term health while also increasing daily energy levels. Professionals who include exercise in their daily routines yet still suffer from a lack of alertness in the afternoon may need to alter their workout schedules. A 2011 study published in the Journal of Occupational and Environmental Medicine found that participants who were assigned afternoon exercise programs during work hours reported increased productivity versus those who were not assigned afternoon workouts. If working out in the afternoon is not feasible, avoid working out too late at night, as the National Institutes of Health note that exercising within two to three hours of bedtime can disrupt sleep, ultimately having a negative impact on energy levels the following day.

Professionals who find their alertness levels waning in the afternoons can combat such drowsiness in various ways.



4 Foods That Can Boost Energy Levels

Diet can go a long way toward increasing or lowering energy levels. No one wants to consume foods that will make it harder for them to get through the day, so the following are a handful of foods that pack an energetic punch.

1. Cashews: Cashews, which are high in magnesium, help to convert sugar into energy. Magnesium deficiency can lead to low energy levels, so nuts that are high in magnesium, including cashews, can provide that mid-afternoon jolt that some people are seeking. Cashews are high in calories, so it's best for those looking to lose weight or maintain healthy weights to adhere to serving suggestion guidelines.

2. Skinless chicken: A study from researcher Judith Wurtman of the Massachusetts Institute of Technology Clinical Research Center found that alertness tends to increase when the brain produces the neurotransmitter dopamine and the hormone norepinephrine. Skinless chicken contains an amino acid known as tyrosine that helps in the production of both dopamine and

norepinephrine. If skinless chicken is not available, other foods that may provide this same effect include fish, lean beef and eggs. In addition, lean meats like skinless chicken contain enough vitamin B to help ease insomnia.

3. Salmon: Omega-3 fatty acids can help the body fight inflammation, which has been linked to a host of ailments, including chronic fatigue. Salmon is also high in protein, which can eliminate the mid- to late-afternoon hunger pangs that can derail healthy diets and contribute to weight gain.

4. Beans: Beans are loaded with fiber, and that's a good thing for energy levels. Like magnesium, which can also be found in beans, fiber takes awhile to digest, extending the energy-boosting properties of foods loaded with fiber. In spite of the growing movement to eat and live healthier, many adults still do not include enough fiber in their diets. Men and women can consult with their physicians to determine how to make that happen, but eating more beans is a good start.

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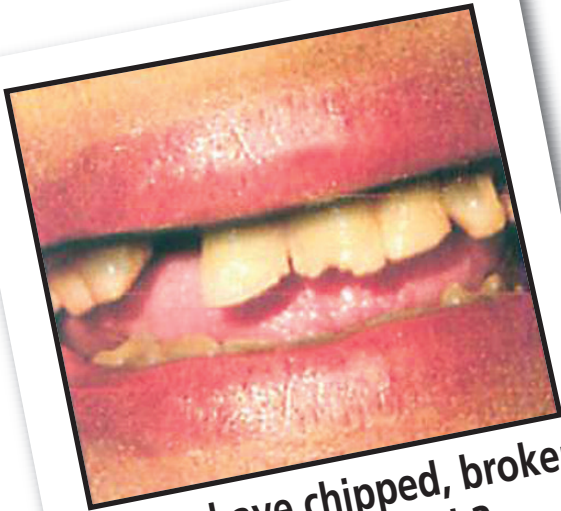
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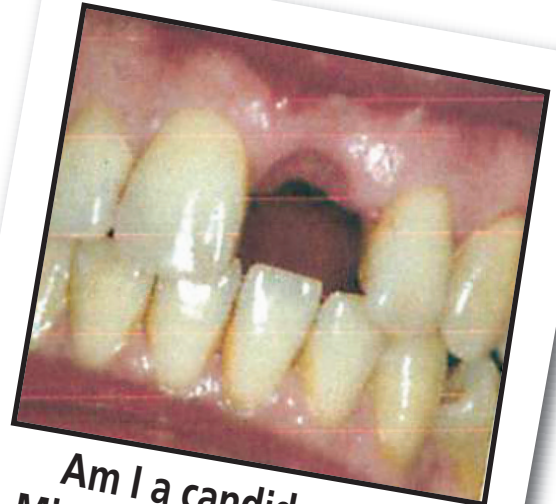
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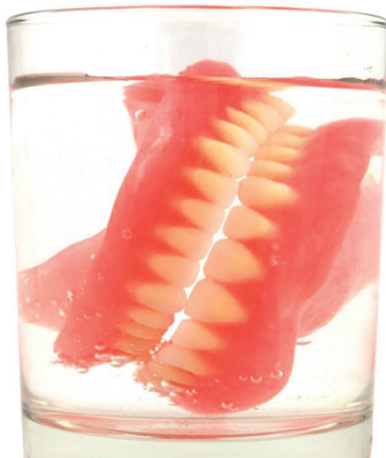
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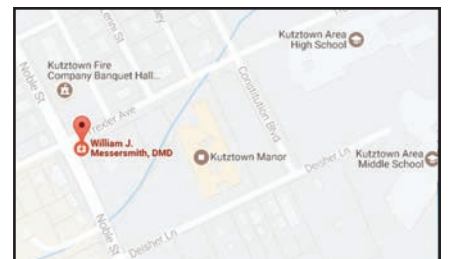
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CHICKEN POT PIE

VIRGINVILLEHOTEL.COM

610-562-7072

NEW HOURS:
Wednesday to Friday Open at 4:00 p.m.;
Saturday & Sunday Open at 12:00 p.m.

SERVING REAL FOOD
FOR REAL PEOPLE

Visit Our Website For Menu
www.virginvillehotel.com

Located In The Village Of Virginville Rt. 143
Just 10 Minutes From I-78 or Rt. 222

- DINNER SPECIALS -
\$10.00 OR LESS
EVERY WED. & THURS.
FOLLOW US ON FACEBOOK
TO SEE SPECIALS

- WEDNESDAY SPECIAL -
STEAK & SHRIMP w/2 SIDES
\$18.50

- THURSDAY SPECIAL -
BUILD YOUR OWN BURGER
\$6.50

See You All Soon!

STRAUSTOWN ROD & GUN CLUB

Friday, Feb. 3

8:00 PM to 11:00 PM

by "THE ROCKERS"

Cover Charge \$3.00 For Nonmembers Only
Nonmembers Must Be Accompanied by A Member

Kitchen Open 3:00 PM to 9:00 PM

Port Clinton
Fish & Game

Established - 1949

FOX & COYOTE HUNT

February 11-18, 2017

Final Registration Date: February 10, 2017
5:30 to 8:00 pm at the club

For registration call 610.562.4310

Also online at
www.portclintonfishandgame.com
16 Clinton St., Port Clinton, PA 19549

ADULT TOY

BINGO!

SAT., FEB. 11

SHARTLESVILLE FIRE CO.
BANQUET HALL

Doors Open 6:00 PM Games Start 7:00 PM

\$25.00 For 26 Games

B.Y.O.B. • Must be 21 to attend.
FOR RESERVATIONS CALL 484.955.9149

Come Out For A Night Of Fun!

All proceeds benefit
Shartlesville Fire Co. Equipment Fund.

HAMBURG GAME ASSOC.

SPORTSMAN'S CLUB

Check Our Facebook Page For Weekly Menu Items

Saturday, February 4

TRAP
SHOOT

Sign up 9:00 a.m.

Monday, February 6

MONTHLY
MEETING

7:00 p.m.

Friday, February 10

MUSIC

8:00 p.m. to 10:00 p.m.
COLE BIXLER
Kitchen Will Be Open

Sunday, February 12

BREAKFAST

7:00 a.m.

2017 MEMBERSHIPS
MUST BE PICKED UP BY TUESDAY, FEBRUARY 28

PLEASE FOLLOW US ON FACEBOOK

www.facebook.com/hamburggame

935 N. FIFTH ST., HAMBURG • 610-562-3532
CLUB HOURS: MON. thru THURS. 10 am to 2 am
Fri. 10 am to 3 am; Sat. 10 am to 3 am; Sun. 10 am to ?

3rd Street Café

29 South Third Street • Hamburg, PA 19526

BREAKFAST SPECIALS 6:00 AM - 11:00 AM
1-30-17 thru 2-3-17
Diced Ham & Egg Scramble,
Hashbrowns, Toast & Coffee\$5.55
2-6-17 thru 2-10-17
Breakfast Burrito with Side of Salsa\$4.95
(Sausage, Egg, Cheese, Green Pepper & Onion in a Wrap) & Coffee
LUNCH SPECIALS 11:00 AM - 2:00 PM
1/30/17 thru 2-3-17
Hamburger BBQ, Chips
& Cup Of Soup\$5.95
2-6-17 thru 2-10-17
Roast Beef & Cheese Club w/Chips\$5.95

Every Tuesday: RIVEL SOUP
Every Friday: NEW ENGLAND CLAM CHOWDER

Visa/MC/Discover Accepted 610.562.0370 TAKEOUT AVAILABLE
Hours: Mon.-Sat. 6 am to 2 pm; Sun. 7 am to 2 pm

Follow Us On Facebook
3rd Street Café

DEUTSCH ECK
(DUTCH CORNER)

LENHARTSVILLE, PA • 610-562-8520

THIS WEEK Feb. 1, 2 & 3
NEXT WEEK Feb. 8, 9 & 10
Feb. 15, 16 & 17
Feb. 22, 23 & 24
Seconds On Us, While Quantities Last!

Sandwiches
Platters
Homemade Desserts
The-Eck.com

Shepherd's Pie
Chicken Pot Pie
Pork Mit Kraut
Pig Stomach

DINNER

ELVIS In Concert

Tribute With Jeff Krick!

at St. John's Gernant's Church
Leesport, PA

Corner of Gernant's Church Road & Ontelaunee Dr., 1 mi. E. of Leesport

SAT., FEBRUARY 4, 2017

\$25.00 per ticket (ticket includes meal and show)

Doors Open at 4:30 p.m.
Dinner Served from 5 to 6 p.m.
Show Time 6 p.m. to 8 p.m.
No outside food allowed.

For more info. please call Sam Reimert at 484-269-4205

www.windsorpress.com

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OUT ON THE TOWN

There's No Better Place To Watch
The Falcons vs The Patriots
Than With Your Cousins!

BIG GAME SPECIALS

Join Us For Nachos,
Wings, Pizza, Beer & More!

GATHER WITH US FOR THE BIG GAME!

Super Food & Drink Features

Enter To Win a Philadelphia Eagles Jersey.

SUPER CARRY-OUT FEATURES

Carry-out - Sunday, Feb. 5 Only

Large 2 Topping Pizzas\$10

Large Pizza & 1 Dozen Wings\$15

SUPER FEATURE

50 Wings\$30

Bring This Coupon For A
FREE
2 Liter Soda

Good only at Cousin's Pub with food purchase.
Good only Sunday, Feb. 5, 2017. WP

Carry-out Only!

Cousin's
PUB
& Co.

Restaurant & Pub

BE A FAN! Follow Us On Facebook

PERRY PLAZA -

1360 Pottsville Pike, Rt. 61, Shoemakersville, PA

610-562-5202

For Carryout - 610-562-1733

"A UNIQUE STOP FOR FOOD & SPIRITS!"

UNDER NEW OWNERSHIP

Shoey Diner is now...

Dee Dee's Diner

Route 61, Shoemakersville - Located next to Sheetz

Offering
Pennsylvania
Dutch
Cooking

Make Your
Reservations
For
Valentine's
Day



610-562-0700

We accept all major credit cards.

Open Sunday to Thursday 6 a.m. to 8 p.m. • Friday & Saturday 6 a.m. to 9 p.m.

Michael and Amanda Welcome You

WAGNER-GOOD POST 216 VFW

Fourth and State Streets, Hamburg, PA 19526 • 610-562-2311

2017
Membership
Cards

Must Be Picked Up
By February 28, 2017

February Breakfast

February 5 &
February 19

Eat-In or
Takeout

6:00 am to
11:00 am



Karaoke by
Ka-MOTION
KARAOKE

February 25

9:30 pm to 12:30 am

BIG GAME
BAR-B-QUE

Chickens
prepared by
KAUFFMAN'S

sponsored by UNION FIRE COMPANY #1 OF LEESPORT

For Information & Tickets
Call: 610.926.1251
or 610.926.2039

February 5, 2017

Time: 10 am to 3 pm

Price: \$7.00

MENU:

1/2 Chicken

Baked Potato

Beverage

Applesauce

OTHER ITEMS
AVAILABLE:

Homemade Baked Goods

Coleslaw • Pepper Cabbage

Baked Beans

Location:
Social Qtrs.
(follow signs)

Proceeds Benefit:
THE
FIREFIGHTERS
FUND

Union Fire Co. #1
of Leesport

"Support Your Volunteer Fire Co."

Donations Appreciated

Please Help Us So We Can Help You!

BLUE
MOUNTAIN

Family Restaurant & Banquet Facilities

• ROADSIDE DRIVE, SHARTLESVILLE - EXIT 23, I-78 610-488-0353

OPEN 6:30 A.M. to 10:00 P.M.
Serving Cocktails
• Beer • Wine
• BANQUETS WELCOME
• GIFT CERTIFICATES
A GREAT IDEA

~ WEEKEND SPECIALS ~

12 oz. Choice-Cut New York Strip Steak

Roast Local Turkey Over Filling

Flounder Stuffed With Crabmeat

Roast Loin Of Pork Over Filling With Gravy

Chargrilled Smoky Mountain Chicken

Smothered With Caramelized Onions, Peppers With BBQ Sauce

SPECIAL MENU
VALENTINE'S WEEK

Make Your
Reservations Today!

~ 1ST SUNDAY OF EVERY MONTH ~

GRAND BREAKFAST BUFFET

Sunday, February 5

8 am to 12:30 pm

All-You-Can-Eat!

Breakfast Specials All Week

FRESH BANANA OR
BLUEBERRY PANCAKES

FRESH VEGETABLE
OMELETTE w/CHEEDAR CHEESE

EVERY THURSDAY

Land & Sea
BUFFET

\$13.95

With Salad Bar & Dessert

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tripadvisor

Free WiFi

PAPPY T's PUB

Gift Certificates Available
• www.pappyts.com

Delicious Pub-fare
Check Out Our New Menu!

12 Beers on Tap
Your Favorite Cocktails

~ CHAD'S PAPPY T's CHEF SPECIALS ~

Served Thurs., February 2 to Wed., February 8, 2017

HOMEMADE MANHATTAN SEAFOOD CHOWDER

(with Clams and Swordfish)

HOMEMADE BEER QUESO DIP

(Sautéed Onions & Tomatoes Cooked Down w/Lager Beer & Combined w/Melted Velveeta & Jalapenos) served w/Soft Pretzel Bites & Fresh Fried Tortilla Chips

HAND BREADED CLAM STRIP PO BOY & FF

(Hand-Shucked Surf Clams, Lightly Breaded & Served on Philly Sub Roll w/Lettuce, Tomato, Mayo & Drizzled w/Hot Sauce) served w/our Fresh-Cut Seasoned Peanut Oil Fries & Garlic Dill Pickles on the side

GRILLED CHICKEN CORDON BLUE

(2 Marinated Grilled Chicken Breasts topped w/Ham, Swiss Cheese & Baked til perfection, finished with Hollandaise Sauce) served w/your choice of 2 Sides & Homemade Soup or Garden Salad)

SHRIMP SCAMPI

(Large Shrimp sauteed w/Extra Virgin Olive Oil, Fresh Garlic, Butter, White Wine & Fresh-Squeezed Lemon all Tossed w/Linguine Pasta) served w/Garlic Bread & a Garden Salad

PETITE BISTRO FILET MIGNON w/BROWN BUTTER

(3 Hand-Cut Choice Shoulder Filets, Lightly Seasoned & Pan Seared, topped w/Golden Brown Butter) served w/your choice of 2 Sides & Homemade Soup or Garden Salad

DESSERTS: \$4.99 each - BING CHERRY COGNAC PIE - BANANA CREAM CHOCOLATE GANACHE PIE - KAHUNA CHOCOLATE CHEESECAKE

HAPPY HOUR: Monday thru Friday 5:00 pm to 7:00 pm

We Are A Nonsmoking Establishment

50 Industrial Drive, Hamburg • 610.562.5645

(Behind The Microtel Inn & Suites Across From Cabelas)

OPEN 7 DAYS A WEEK: Bar Hours: Sun. 11 AM till 1 AM;
Mon. thru Thurs. 3 PM till 2 AM; Fri. & Sat. 11 AM till 2 AM,
Kitchen: Sun. 11 AM till 10 PM; Mon. thru Thurs. 3 PM till 10 PM; Fri. & Sat. 11 AM till 10 PM

BIKER
FRIENDLY
BAR

Microtel
Inn & Suites

WIRELESS HIGH SPEED INTERNET

WEEKLY FOOD SPECIALS

DAILY DRINK SPECIALS

\$2.00 Well Liquor - All Day! Every Day!

- COUPON -

10% OFF
Food Purchase

PAPPY T'S PUB

Meals Only. Beverages Not Included.

Not to be combined with any other discount.

Coupon good Thurs., Feb. 2 - Wed., Feb. 8, 2017. WP

ENTERTAINMENT

WED., FEB. 1: 9:00 pm-12:00 am

BIG SHOW KARAOKE w/JIM

THURS., FEB. 2: 8:00 pm-11:00 pm

OPEN MIC w/CHIP

FRI., FEB. 3: 9:30 pm-12:30 am

"MISBEHAVIN"

TUES., FEB. 7: 7:30 pm-???

FREE TEXAS HOLD'EM POKER

SHOEMAKERSVILLE FIRE CO.

300 CHURCH AVE., SHOEMAKERSVILLE 610.562.3998

Check Out Our
Daily Specials

ATM INSIDE

Happy Hour
Every Day

FREE WIFI

BANQUET HALL

NOW BOOKING FOR
2017 - 2018 - 2019

SEATS 400 • STAGE & DANCE FLOOR

AVAILABLE FOR WEDDING RECEPTIONS,
BANQUETS & PARTIES

FOR BANQUET HALL INFO. CALL: 610.562.8096

E-mail: shoeybanquethall40@aol.com

SUNDAY AFTERNOON BINGO

Doors Open 12 Noon, BINGO STARTS: 2 PM

For info, please call 610.568.4354 • Mgr.: Jackie Weiler

2017 DUES ARE NOW PAYABLE

Social Quarter Hours - Opening Noon Daily

SHRIMP NIGHT, MUSIC & BINGO

ALL OPEN TO PUBLIC - SMOKE-FREE

ALL-YOU-CAN-EAT BREAKFAST

SATURDAY, FEB. 4, 7:30 to 10:30 am

\$8.00, Children 6-12: \$4.50, 5&under: FREE

This Will Be Our Last Breakfast Buffet

At The Fire Company. Thank You To

Everyone That Has Supported Us Over The Years.

FRIDAY, FEB. 10, 8:00 TO 10:00 PM

LINE DANCING in the Banquet Hall

Doors open at 6 pm, Kitchen Open • 21 & Over - ID Required

NEXT WING NIGHT

TUESDAY, FEB. 14- 5:30 TO 10:00 PM

Members Only

Check Out Our Website: www.shoeyfire.com For All Events

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www.windsorpress.com

OUT ON THE TOWN

BREAKFAST



Mackerel, Ham, Sausage, Pancakes, Eggs, Home Fries, Scrapple, S.O.S., Bacon & French Toast

SUNDAY
FEB. 5, 2017
7:00 a.m. to 12 noon

LANDINGVILLE
COMMUNITY
FIRE COMPANY

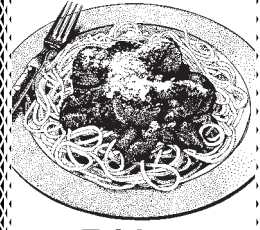
For Hall Rental
Call 570.366.2572

RAJAH SHRINE
BINGO

Every Thursday
Doors open at 5:00,
Bingo starts at 6:30
*Refreshments available for purchase
- Smoke Free -

RAJAH SHRINE
COMPLEX
221 Orchard Road,
Reading, PA 19605
www.rajahshrine.org
Air Conditioned Facilities
For information and directions
call: **610.916.9000**
*near Ontelaunee Dam off Rt. 73 in Blandon
FREE GIVEAWAY EACH WEEK!
*proceeds benefit Rajah Shrine and
are not deductible as charitable donations
Manager - W. Trautman

Kempton
Fire Co.



Friday,
Feb. 3, 2017
6 to 8:30 pm
SPAGHETTI
SUPPER
BUFFET

THE HAMBURG LIONS CLUB PROUDLY PRESENTS

The Fabulous
Greaseband®
America's Party Band



Valentine's
Dance
SAT., FEB. 11, 2017
7:30 p.m. to 11:00 p.m.
Doors open at 6:30 p.m.

Get Your
Tickets Early.
Reserved Seating
Only!

HAMBURG FIRE CO.
FIELD HOUSE
Tickets \$20.00
(Tickets also at the door, if available \$22)
For Tickets Call: 610.562.4440
Send remittance & SASE to:
Hamburg Lions Club, P.O. Box 482, Hamburg, PA 19526
Includes: Soda, Set Ups & Snacks, BYOB
Please Drink Responsibly. This is a nonsmoking venue, NO REFUNDS.
PROCEEDS TO BENEFIT COMMUNITY PROJECTS & LIONS CLUB CHARITIES.

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‘I LOVE YOU’
ad in next week's
Merchandiser In A
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email:
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call 610.562.2267
or stop in:
THE WINDSOR PRESS, Inc.
6 N Third St., Hamburg, PA 19526

NORTHERN BERKS Merchandiser COMMUNITY CALENDAR

Any nonprofit organization within our circulation area may send us notification of your upcoming events. We will publish this information in the Northern Berks Merchandiser free of charge.

Community Calendar listings are strictly limited to 35 words or less and 1 to 2 weeks prior to the event. The Windsor Press, Inc. will not edit your copy. If your copy is longer than the maximum 35 words, your listing will not appear. We must have this information no later than the Thursday prior to publication date. Mail information to The Windsor Press, Inc. Northern Berks Community Calendar, 6 N. Third St., P.O. Box 465, Hamburg, PA 19526-0465, or EMAIL it to: classifieds@windsorpress.com or FAX: 610.562.2770.

2/7/17, Widow and widowers lunch 12 noon at Blue Mt. Restaurant, Shartlesville. All widow and widowers welcome.

2/4/17, Shoemakersville FC Breakfast Buffet, 7:30am-10:30am. 300 Church Ave.

2/5/17, Ontelaunee Community Grange Breakfast. 8am-1pm. 284 White Oak Lane, Leesport. Ham, Sausage, Creamed Chipped Dry Beef, Pancakes, French Toast, Eggs, Home Fries. Public Invited.

2/8/17, Hamburg Senior Citizens. Keith Brintzenhoff performing PA German and Country songs along with humor. Meeting starts 2pm. In the Hamburg Middle School Cafeteria.

2/12/17, Trexlertown FC Breakfast, 8am-12:30pm. Social Qtrs. 7723 Hamilton Blvd. Pancakes, eggs, dutch fries, toast, choice of 2 meats. Adults \$7, children 5-8 \$4. Support our volunteers!

2/12/17, Strausstown FC Breakfast, Sunday, at FC's Community Campus, 50 East Ave, Strausstown: 8am to 12 noon. Full breakfast menu; proceeds benefit the Apparatus Fund.

2/3/17, Shartlesville Grange: Couples line dance. 7:30 -10:30 p.m., N. 4th St. Shartlesville, Food available 6:30-8:30. Cost \$6, benefits Shartlesville Lions outreach programs. 610-488-1984. Everyone welcome.

2/10/17, Mt. Zion Lutheran Church Cabin Fever Family Game Night, 6:30-9pm. 1345 Long Lane Road, Krumsville. Join us for fun and fellowship for all ages! Light refreshments will be provided.

2/4/17, Jacob's Church Wing Night, 8373 Kings Hwy., New Tripoli (Leaser Lake) serving 4-7pm, meals include: Wings and/or Boneless Wings, Fresh cut Fries, Celery/ Bleu Cheese, Dessert/ Beverage; Info: 610-698-6637.

2/4/17, Bluegrass Gospel music concert at the Reinholds FC. banquet hall 138 W. Main St.(Rte. 897) Reinholds, "Summit Hill" along with "Canaan's Land". 2 bands - 4 sets of music. Doors open at 5', music at 6'. Great food available. Info: Scott 610-573-0797.

2/4/17, Maiden creek Church Music, Dancing, Food Fun, Fundraiser. Saturday 6-10pm. Oley Fairgrounds Hall, Oley. Doors open 6pm. Music 7-10pm.

2/4/17, St. Thomas Church Chicken Pot Pie Dinner, 4:30-7:30p.m., 536 N. Main St., Bernville. \$10 adults, \$6 ages 3-10. Benefits the 2017 Mission Trip. Take outs and bake sale also available. Information: 610-488-6702.

ANNOUNCEMENTS

A PLACE FOR MOM. The nation's largest senior living referral service. Contact our trusted, local experts today! Our service is FREE/no obligation. CALL 1-800-880-1686 (*199872).

Advertise to 500,000 Homes with a business card size ad. You choose the area of coverage in free community papers...we do the rest. Call 800-450-7227 or visit macnetonline.com (*191756)

CPR/ AED FIRST AID Training Open to Community. Held on February 25th. 9am-1pm. Cash/check. Cost \$30 per person. 610-562-0971 to pre Register. Class located at 11 South 3rd St, Hamburg. KRE Security LLC.

Got Knee Pain? Back Pain? Shoulder Pain? Get a pain-relieving brace -little or NO cost to you. Medicare Patients Call Health Hotline Now! 1- 800-419-3684 (*178647).

Holding a Carnival! Fair! Festival! Jubilee! Promote it to over 1 Million readers for only \$200! Visit www.midatlanticevents.net for more details or call 800-450-7227. (*196731).

Lung Cancer? And 60 Years Old? If So, You and Your Family May Be Entitled To A Significant Cash Award. Call 800-897-7205 To Learn More. No Risk. No Money Out of Pocket. (*193800)

SOCIAL SECURITY DISABILITY BENEFITS. Unable to work? Denied benefits? We Can Help! WIN or Pay Nothing! Contact Bill Gordon & Associates at 1-800-208-6915 to start your application today! (*181023)

SPECTRUM TRIPLE PLAY TV, Internet & Voice for \$29.99 ea. 60 MB per second speed. No contract or commitment. We buy your existing contract up to \$500! 1-800-806-5909 (*199873).

AUTOMOBILES/ TRUCKS

1992 Eldorado, runs, body is good, pwr options, 128,000 mi, engine needs some attention. Black exterior/ interior leather, \$900. 484-637-3457.

68 Mustang Coupe, Ivy Gold, black vinyl top, 289 auto, factory colors, #'s match, Rally wheels, fresh restoration, \$14,500. Must see. 610-769-2085.

BUYING VEHICLES: 2002 through 2012, Reasonable Pay Offs Made or Fair trade in Price paid, Nice condition, or not running. Will pay accordingly. Call for Quote before 8pm. 570-449-4094. Jay & T's, Cressona.

CARS/ TRUCKS WANTED! All Makes/Models 2002-2016! Any Condition. Running or Not. Competitive Offer! Free Towing! We're Nationwide! Call Now: 1-888-368-1016 (*190650)

AUTOMOBILES/ TRUCKS

CASH PAID FOR JUNK And Unwanted Cars and Trucks. \$100 and up for most vehicles. Free towing, fast service, titles handled properly. Call Kevin at Gring's Towing LLC, 484-955-8889.

GMC DUMP TRUCK: top-kick, medium duty, 2595 GVW, C7500 Duramax Diesel. No CDL required. A/C and air-ride seat. Excellent Condition. 39,000 miles. \$42,500.00. Call 484-955-6317.

I Pay For Cars: I'll buy your used car, truck or classic. Licensed dealer pays cash. Don't sign a blank title, FREE PennDOT notary service + pickup. www.ipay4cars.com Maxatawny Auto Sales, 15320 Kutztown Rd. Kutztown 610-683-0480.

J&J TOWING: Always Buying Junk Cars, Wrecks and Your Unwanted Vehicles. Paying from \$100 & up. Call Jorge at 484-955-8386.

WE BUY OLD, Classic, Vintage, and Exotic Cars. \$\$\$ We pay cash \$\$\$. Will pick up vehicle and handle title! Call Ruozzi Brothers Collection at 610-398-9700 or contact@rbcarcollection.com

Immediate Cash Paid For Your Vehicle running or not, 484-221-2278.

MOTORCYCLES/ATV'S

2013 R&R Aluminum motorcycle trailer with stone guard, 15" tires, chrome wheels, spare tire, LED lights, condor pit stop wheel chock, weighs 420 lbs. Can tow with small car. excellent shape, \$1700 obo, 610-845-0031.

MISCELLANEOUS

5' Pecan Armoire \$100 obo; Christmas Tree Pattern service for 8 dinner ware with globe candle center piece \$100; 610-641-0258 call after 4pm.

Acorn Stairlifts. Buy local and save call 610-796-4737 for free quote and consultation. Limited time \$200 off Stairlift purchase. (*174061).

DUMP SITES NEEDED for the 2017 paving season. Must be able to accommodate 10 or more tri-axle loads of excess fill from excavated driveways and parking lots. Call Ronnie C. Folk Paving, Inc. at 610-562-3550 or email us at folkpaving@comcast.net

FOR SALE: Cast Iron Radiators. 32" wide x 38" high \$150. Call 610-562-0314, evenings.

Immediate Cash Paid For Your Vehicle running or not, 484-221-2278.

PINK AND WHITE Little Tikes Large Toy Box, Asking \$45: 484-505-8981.

MISCELLANEOUS

FOR SALE: Two LED Shop lights 4' long, new still in box \$50 ea. Firm. One rolling tool cabinet and box \$200 firm. One 9" angle grinder \$75 with 6 wheels. Nuts and bolts. Call 610-468-8708 for appt.

Glass Studio Equipment and Supplies for sale. Kilns, band saws, belt sanders, slumping molds, casting molds, enameling paints and details, glass and glass cutting equipment, too much to mention. Approx. \$5000 in equipment, \$1500 Firm. Must pack and take all. Serious inquiries only. Selling due to poor health. 610-401-7702.

Graphic Designers and Photographers will love learning tips, tricks, and techniques with Adobe InDesign, InCopy, Bridge, and Photoshop in this one day of learning. March 17, 2017. Wyndham Gettysburg, 95 Presidential Circle, Gettysburg, PA Only \$125 for the whole day. Lunch included. Use the Promo Code LEARN to save \$45. Training begins at 9:30a.m. Go to <http://bit.ly/kevinslimp2017> (*195264)

“JUKEBOXES” For Sale: Wurlitzer, Seeburg, Rowe AMI, Rock-ola. Call 610-944-9403 for appointment. Juke Box Service Available. Family Room Fun!

Metal Roofing- A real roof for your house, garage, barn. Roof, ceiling, siding. Closeout deals. Low prices. Fast delivery. Huge inventory in stock. slateroadsupply.com 717-445-5222 (*191064)

Plywood sheeting approx 4'x4' sections. Great for patching 3/8" to 1/2" thick, \$3 each in Oley. 484-637-3457.

Wanted: Pinball Machines, Slot machines, Juke boxes, Arcade, any age, any condition, top dollar paid, Call Matt, 484-686-2513.

RASCAL Power Chair with charger and trifold ramp \$500; Rheninghaus Commercial slicer, Model SM12, 115 volts, 7amp, ¾ hp \$300; 610-944-8500.

Safe Step Walk-In Tub Alert for Seniors. Bathroom falls can be fatal. Approved by Arthritis Foundation. Therapeutic Jets. Less Than 4 Inch Step-In. Wide Door. Anti-Slip Floors. American Made. Installation Included. Call 1-800-906-3115 for \$750 Off (*184511)

SELF-STORAGE Secured, Indoor & Outdoor, size for every need. 24 hour access. Located off Rt. 61 behind Bell Trucking & Kuzan's Hardware. Call RUBRIGHT'S 610-562-3886

Single 60 y.o. gentleman, employed, on limited income, looking for quiet furnished room or eff. apt. in the Fleetwood, Mertztown area. Very clean and quiet. Handy with repairs if need be. Please leave a message. Thank you. 610-823-1549.

MISCELLANEOUS

Proform Treadmill, Free; lift Chair for sale \$100 obo. 610-926-0374.

SEASONED FIREWOOD FOR SALE: \$170/cord. Call 610-756-3494.

HOUSEHOLD ITEMS/ FURNITURE

FOR SALE: EFM COAL/ OIL FURNACE, Excellent condition, serviced annually. Must Sell. Call 570-386-5038.

For Sale: Hand sewn pieced or embroidered quilts for full size beds. Never used. \$600 each. Various color schemes. Call 610-929-4898.

PIANO Wurlitzer Model #2745 Spinnet, excellent condition with matching bench. Call 610-987-3103 for appointment to see, \$400.

Samsung 32" Smart TV, Brand New in unopened Box \$190; Call 610-823-1426, leave message.

USED FURNITURE SALE: Sofas, Loveseats, Recliners, Chairs, Tables, Dressers, Cabinets, Beds, Retro, much more! Also Housewares, Glassware, Books, Toys, Clothing, Etc. BLUE MOUNTAIN THRIFT STORE, 64 N. Londonderry Square, Palmyra 717-867-1595.

COMPUTERS/OFFICE

A+ COMPUTER REPAIR: Slow Computer, Popups, Virus Infections? I will come to your home or office and fix all hardware and software problems on Lap tops, Desktops, and Servers. Very good rates. Local References. Call Mike at 610-285-8321 or email support@easytcs.com

COMPUTER SLOW? I come to your home or business. New and used computer sales and repairs. I migrate your files and data to new pc free if you buy from me. Teaching, 14yrs experience with FREE telephone estimates & reasonable rates. Call Rich "the Pc Man" 570-366-2141 or toll free 866-251-2141.

CHILDCARE

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FOR RENT
Commercial space for rent multiple use, central air/heat. Available anytime. Lots of parking spaces. High traffic area. 610-562-2929 ask for Sal.

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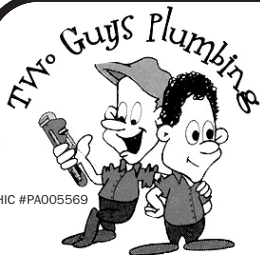
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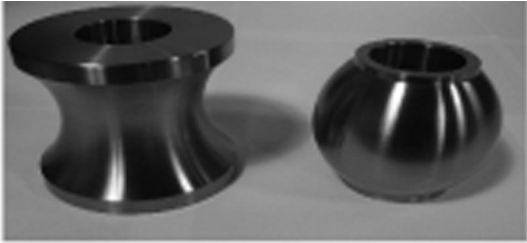
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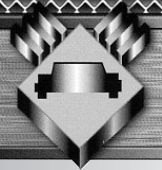
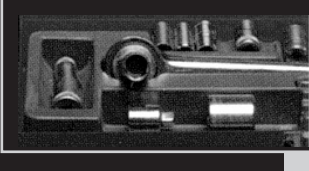
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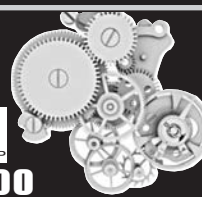
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