

**Health,
Mind
& Spirit
Guide**
In This Week's Issue

Serving Northern Berks County
Northern Reading Area &
Southern Schuylkill County

NORTHERN
BERKS

Merchandiser

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WP



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\$20 per Cow - \$10 per Calf

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ALSO... : • **SMALL ANIMAL SALE...** Every Wednesday 7:00 PM
• **HORSE SALE...** 2nd Saturday of Each Month 11:00 AM

FARM MACHINERY CONSIGNMENT SALE

1st Saturday of Each Month 9:00 AM

Includes Household Items, Antiques,
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NEXT SALE - SATURDAY, FEBRUARY 4TH
(Wagon Load of Tools already Consigned)

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237 Freeport Road, Lebanon • 717.865.2881

Proudly serving the community for over 25 years!

DINING & entertainment guide

WINTER HOURS:
Wed. & Thurs.
4:00 pm - 7:30 pm,
Fri. & Sat.
4:00 pm - 8:00 pm
Sun. 11:30 am - 7:00 pm

DEUTSCH ECK
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Sandwiches
Platters
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This Week:	Feb. 1, 2 & 3	Ham & String Beans
This Week:	Feb. 8, 9 & 10	Beef Pot Pie
Reservations Highly Suggested	Feb. 15, 16 & 17	Chicken & Waffles
	Feb. 22, 23 & 24	Pig Stomach

PRE-ORDER YOUR
FASNACHTS
by Saturday,
February 11, 2023
\$11 One Dozen Fasnachts
\$6 Half-Dozen Fasnachts
Choose Plain or Brown Sugar Cinnamon
TO ORDER:
Call Leann Shoemaker: 610-739-6896
Faye Foulk: 610-751-5742
or visit the Jacob's Church website
Jacobschurch.org/fasnachts
PICK UP:
Sat., Feb. 18 from 10:00 am to 3:00 pm or
Sun., Feb. 19 from 9:00 am to 11:00 am
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Every
Thursday
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www.rajahshrine.org
Air Conditioned Facilities
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Doors open at 5:00 pm,
Bingo starts at 6:30 pm
FOOD AVAILABLE
Proceeds benefit Rajah Shrine and are
not deductible as
charitable donations

ST. LUKE'S UNION CHURCH
Fifth & Franklin Sts., Shoemakersville, PA 19555
HANDMADE
TURKEY POT PIE
Saturday, February 11, 2023
Pickup starts at 3:00 pm
Pot Pie: \$8.00 Quart
Pepper Cabbage: \$6.00 Pint
Baked Goods: \$1.00 each
PLEASE PREORDER BY CALLING
CHURCH OFFICE (MON.-THURS.)
610.562.4152
OR JULIE AT 484.219.8744



Eyes Contest Winner Is In This Issue!

HEALTH, MIND & BODY

GUIDE 2023

JUST IN TIME FOR

Valentine's Day

Assorted Candies And More!

THIS VALENTINE'S DAY GIVE YOUR SWEETHEART: A BEAUTIFUL Valentine's Card From Leanin' Tree

Heart-Shaped Soap Confetti

ADAMS & BRIGHT DRUGS, LLC
306 State St., Hamburg, PA 19526 Ph. 610.562.2738

Foods That Can Positively Affect Mood

No one is immune to the occasional bad mood. Whether it's the weather, waking up on the wrong side of the bed or another variable, various factors can have an adverse affect on a person's mood. Food is one factor that can have a positive effect on mood. Certain foods have been found to positively affect mood, so incorporating them into your diet may help you stay positive even on those days when you get up on the wrong side of the bed.

- **Fatty fish:** A study from British researchers published in the Archives of General Psychiatry found that a daily dose of an



- omega-3 fatty acid called eicosapentaenoic acid, or EPA, helped patients with depression significantly reduce their feelings of sadness and pessimism. Hackensack Meridian Health notes that salmon, albacore tuna, sardines, trout, and anchovies are rich in omega-3 fatty acids.
- **Nuts and seeds:** The minerals selenium, copper, magnesium, manganese, and zinc have all been linked to mental health, and nuts are rich in each of those minerals. Hackensack Meridian Health notes that almonds, sunflower seeds, pumpkin seeds, walnuts, and peanuts are particularly good sources of the immune system-boosting minerals zinc and magnesium.
- **Dark, leafy greens:** Dark, leafy greens like kale, spinach and collards are rich in iron and magnesium, both of which can increase serotonin levels and help reduce feelings of anxiety.

Dark, leafy greens also help the body fight inflammation, which can have a positive effect on mood. A study published in the journal JAMA Psychiatry found that brain inflammation contributed to certain behaviors, including low mood, that appear during major depressive episodes.

- **Dark chocolate:** Chocolate lovers may be happy to learn that dark chocolate can improve mood. A study published in the Journal of Proteome Research found that dark chocolate helped to reduce levels of the hormone cortisol, which has been linked to stress. Hackensack Meridian Health notes that, when consumed in moderation, dark chocolate made of at least 70 percent cocoa can help people relax.

Various foods can have a beneficial effect on mood, potentially helping people to stay positive when doing so proves challenging.



Amazing Facts About Honey

Honey is perhaps best known for its sweet taste. But beneath that sweetness is a complex, healthy food.

Bees produce honey from the pollen of plants through a complex enzymatic process, turning it into the beloved golden nectar.

Many properties make honey a unique food that is not just tasty, but also quite healthy. Here are some facts about honey that might get you buzzing.

- When stored in an airtight container, honey can last indefinitely. The substance is naturally acidic and low in moisture, which means it is an inhospitable environment for bacteria. There are small amounts of hydrogen peroxide in honey as well, inhibiting the growth of microorganisms. (Source: Tin Roof Teas)
- Honey has antibacterial properties, so it has been relied on as a health food and topical treatment. Burns, cuts, infections, stomach ailments, and more have been treated with honey. (Source: National Center for Biotechnology Information)
- Honey is the only food source produced by an insect that humans eat. (Source: Peace Bee Farmer)
- Mead is a fermented beverage that is made from honey. It has

a storied history as a beverage of choice in many different cultures. (Source: Hidden Legend Winery)

- Honey is the only food that includes all the substances necessary to sustain life. This includes enzymes, vitamins and minerals. It also contains pinocembrin, a unique antioxidant associated with improved brain function. (Source: Sirhowy Valley Honey)
- A honey bee produces roughly 1/12 of a teaspoon of honey over the course of its life. Bees are not the only insect to make honey, however. The honey wasp, native to Mexico, also can produce honey. (Sources: Golden Blossom Honey and Inverse)
- Honey will take on the flavor of the nectar from which it was made. This nectar also will affect the color and the consistency of the honey. (Source: National Honey Board)

Honey has a sweet and rich history. At times honey has been referred to as "the nectar of the gods," and it is still enjoyed for pleasure and medicinal reasons today.

Say You Saw It In

The East Penn Valley

Merchandiser

Wellness Sale

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THINK ABOUT IT!

DISCUSSING FUNERAL AND/OR FINAL PLANS CAN BE THERAPEUTIC!

- *Relieve The Burden Of Surviving Family Members.*
- *Peace Of Mind, Knowing Your Wishes Are Recorded As Planned.*
- *Funeral Expenses Need Not Be Paid For In Advance To Preplan.*
- *It Is Easier For Survivors If Veteran Info, Vital Record Info (Family History), Insurances, Cemetery Info, Etc. Are All Discussed and Recorded.*

WE WILL MEET WITH YOU AT YOUR CONVENIENCE - AT YOUR HOME OR AT OUR OFFICE.

No contact prearrangements available.

Leibensperger

FUNERAL HOMES, INC.
65 S. 4th St. Hamburg
610-562-7823
223 Peach St. Leesport
610-926-2737
Toll Free 800-875-1446



HEALTHY HEART WORD FIND

Find the hidden words in this puzzle:

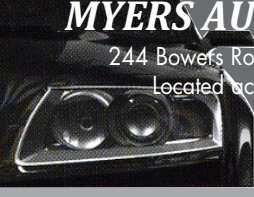
ARTERIES	EXERCISE	PULSE
BEAT	HEART	PUMP
BLOOD	MUSCLE	RHYTHM
CHEST	OXYGEN	VEINS

Z F L G P E B R E A W P
R H G A L T J L R W U R
R T Z C V W A T O L L F
L I S D V B E E S O F H
A U R D E R M E B N D L
M H T S I E J H E A R T
P N Y E N B L S T P C O
M E S A S C R Q J Y H L
U G E S I C R E X E H R
P Y M N I T R D H O J R
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GOOD ONLY AT GETZ SERVICE STATION. Coupon must be presented upon vehicle arrival.
Limit one coupon per customer. Cannot be combined with any other offer. Expires 3/31/23



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Phone: 610.682.7111

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or 610.944.9795

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FAX: 610-562-2770
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Hours: Mon.-Fri. 10 am to 4 pm
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The Windsor Press
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Hamburg, PA 19526-0465
610.562.2267 or 1.800.562.5521
display@windsorpress.com
www.windsorpress.com
Monday - Friday 10 am to 4 pm

Contact your sales representative or our Display Department and we will be happy to guide you in placing your advertisement.

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65 S. Fourth Street

Hamburg, PA 19526

610-562-7823

Donna Leibensperger Parr, Supervisor

Fax: 610-562-9140 • www.leibenspergerfuneralhomes.com

223 Peach Street

Leesport, PA 19533

610-926-2737

Derek M.D. Leibensperger, Supervisor

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Don't let the stairs limit your mobility! Discover the ideal solution for anyone who struggles on the stairs, is concerned about a fall or wants to regain access to their entire home. Call AmeriGlide today! 1-844-317-5246 (*228692)

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Stroke and Cardiovascular disease are leading causes of death, according to the American Heart Association. Screenings can provide peace of mind or early detection! Contact Life Line Screening to schedule your screening. Special offer- 5 screenings for just \$149. Call 1-866-518-8391. (*234826)

We transform your kitchen in less time, with less stress, at an amazing value. Since 1979, Kitchen Magic, a family owned business offering cabinet refacing, new cabinetry, and luxury counter top throughout the Northeast. Call today for a free estimate 1-844-887-5145, PA017137. (*234827).

Say You Saw It In



The East Penn Valley Merchandiser

COMMUNITY CALENDAR

East Penn Valley & Northern Berks Merchandisers

Any nonprofit organization may send us notification of your upcoming events. We will publish this information in the Merchandisers of your choice for a \$5 flat charge per paper per week.

Community Calendar listings are limited to 35 words or less for the nonprofit cost of \$5 and must be submitted in writing. In addition, we are able to run the event information at No Charge for 1 week in both Merchandisers if a Display Ad is also run. This information must be received no later than the Thursday prior to publication date. Mail information and payment as needed to The Windsor Press Inc. Community Calendar, PO Box 465, Hamburg PA 19526-0465, or email to: classifieds@windsorpress.com, FAX: 610.562.2770, or bring the information into our office at 6 N. Third St., Hamburg, PA. Questions can be directed to the office at 610.562.2267.

AUCTION LISTINGS

02-04-23 Andreas St. Hs., 42 Andreas Rd.

02-05-23 Andreas St. Hs., 42 Andreas Rd.

02-18-23 91 Worman Rd., Douglassville

D. Arner

D. Arner


Horning Farm Agency

THE ABOVE AUCTIONS ARE CURRENTLY SCHEDULED TO APPEAR IN THE EAST PENN VALLEY AND/OR NORTHERN BERKS MERCHANDISER.

This listing published courtesy of The Windsor Press, Inc., Hamburg, PA

We Publish Obituaries

Email or call for details.



SINCE 1958

The Windsor Press

INCORPORATED

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THE Merchandiser

CLASSIFIED AD FORM:

STEP #1 ENTER YOUR: PHONE NUMBER NAME ADDRESS

(This information is for our records only)

STEP #2 CHOOSE A CATEGORY YOU WANT YOUR AD PLACED UNDER - (PLEASE CHECK ONE BOX.)**

☐ Announcements

☐ Antiques

☐ Automobiles/Trucks

☐ Auto Parts & Svcs.

☐ Boats/Motors

☐ Childcare

☐ Computers/Office

☐ SUPER AD (Bold Type) (\$2.00 additional per ad, per week, per publication) FREE to Commercial ads

☐ Farm Equip./Livestock

☐ Garage/Yard Sales

☐ Help Wanted

☐ Home Improvements

☐ Household Items/Furniture

☐ Lost & Found

☐ Miscellaneous

☐ Mobile Homes

☐ Motorcycle/ATVs

☐ Pets & Animals

☐ For Rent

☐ Real Estate

☐ RVs/Campers

☐ Recreation/Sporting Goods/Equipment

☐ Seasonal Equipment

☐ Services

☐ Wanted To Rent/Buy

☐ Valentine's/Special Occasions

STEP #3 ENTER YOUR AD EXACTLY AS YOU WANT IT TO APPEAR (Please print legibly...Please use punctuation...One word per box, please)

1.	2.	3.	4.	5.
6.	7.	8.	9.	10.
11.	12.	13.	14.	15.
16.	17.	18.	19.	20.
21.	22.	23.	24.	25.
26.	27.	28.	29.	30.
31.	32.	33.	34.	35.
36.	37.	38.	39.	40.

STEP #4 CHOOSE A PUBLICATION

DEADLINES FOR ALL CLASSIFIEDS IS THURSDAY, 5:00 PM

☐ East Penn Valley Merchandiser

☐ Northern Berks Merchandiser

☐ Both (Cost Would Be Double)


STEP #5 ENTER NUMBER OF WEEKS THE AD IS TO RUN: (PLEASE CHECK ONE BOX.)

Run: ☐ 1 Week ☐ 2 Weeks ☐ 3 Weeks ☐ 4 Weeks ☐ _____

Enter Starting Date Of Ad _____

Total Amount Paid \$ _____ Check # _____

STEP #6 CHOOSE METHOD OF PAYMENT (PAYMENT MUST ACCOMPANY AD)

We Accept Cash, Check, Money Order,    (3% Credit Card Convenience Fee)

Credit Card Information: NAME ON CARD _____

ACCOUNT # _____ EXP. DATE _____

TYPE OF CARD: VISA _____ MasterCard _____ Discover _____ CVC Code: _____

SIGNATURE: _____

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☐ Bring Ad and Payment To Our Location At: 6 N. Third St., Hamburg, PA 19526

☐ Place Your Ad By Phone By Calling 610.562.2267

Please have your    account number and expiration date available.

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DISPLAY AD \$20.00 Per Publication

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RATES:

REGULAR AD: Up to 20 words \$6.00 per issue per week. Additional words after 20 - 10¢ each

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Commercial ads include any person or group normally engaged in offering goods or services in a business environment and include: Rentals, Items Manufactured or Bought for Sale or Resale, Babysitting Service, Help Wanted, Business Listings, etc.

UNDER RULES ESTABLISHED BY THE PENNSYLVANIA HUMAN RELATIONS ACT, ANYONE WISHING TO SELL OR LEASE RESIDENTIAL OR COMMERCIAL PROPERTY OR SEEKING TO HIRE AN EMPLOYEE CAN MAKE NO REFERENCE IN THEIR ADVERTISING TO SEX, MARITAL STATUS, AGE, RELIGION, ETHNIC BACKGROUND, RACE, COLOR, DISABILITY, CHILDREN OR SUPPORT ANIMALS. Special Instructions: We will try to print your classified ad in the next issue after receipt, but reserve the right to hold for the following issue. Please write legibly. Please use only one word per space. Each word in a business name or address will count as one word.

1.	2.	3.	4.	5.
6.	7.	8.	9.	10.
11.	12.	13.	14.	15.
16.	17.	18.	19.	20.
21.	22.	23.	24.	25.
26.	27.	28.	29.	30.
31.	32.	33.	34.	35.
36.	37.	38.	39.	40.

STEP #4 CHOOSE A PUBLICATION

DEADLINES FOR ALL CLASSIFIEDS IS THURSDAY, 5:00 PM

☐ East Penn Valley Merchandiser

☐ Northern Berks Merchandiser

☐ Both (Cost Would Be Double)

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Run: ☐ 1 Week ☐ 2 Weeks ☐ 3 Weeks ☐ 4 Weeks ☐ _____

Enter Starting Date Of Ad _____

Total Amount Paid \$ _____ Check # _____

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PET CREMATION Services Peach Tree Cremation Services, LLC, Leesport. Call Derek M.D. Leibensperger, 610-926-2737. Family Owned & Operated.

Tree and Shrub, Trimming and Removal, Storm Damage, Free Estimates, Lower Winter Rates. Firewood. Mountaintop Tree Service, Serving Berks since 1989. 610-929-8934.

MASTER ELECTRICIAN since 1987. No job too small. Reasonable prices. Free quotes. TODD HARING, Phone: 484-951-8624. PA#093516.



Place Your Ad: By Phone: 610.562.2267 FAX: 610.562.2770 or E-Mail: classifieds@windsorpress.com



Card Of Thanks

DISPLAY AD \$20.00 Per Publication

EMAIL: display@windsorpress.com

RATES:

REGULAR AD: Up to 20 words \$6.00 per issue per week. Additional words after 20 - 10¢ each

COMMERCIAL AD: Up to 20 words \$9.25 per issue per week. Additional words after 20 - 10¢ each

Commercial ads include any person or group normally engaged in offering goods or services in a business environment and include: Rentals, Items Manufactured or Bought for Sale or Resale, Babysitting Service, Help Wanted, Business Listings, etc.

UNDER RULES ESTABLISHED BY THE PENNSYLVANIA HUMAN RELATIONS ACT, ANYONE WISHING TO SELL OR LEASE RESIDENTIAL OR COMMERCIAL PROPERTY OR SEEKING TO HIRE AN EMPLOYEE CAN MAKE NO REFERENCE IN THEIR ADVERTISING TO SEX, MARITAL STATUS, AGE, RELIGION, ETHNIC BACKGROUND, RACE, COLOR, DISABILITY, CHILDREN OR SUPPORT ANIMALS. Special Instructions: We will try to print your classified ad in the next issue after receipt, but reserve the right to hold for the following issue. Please write legibly. Please use only one word per space. Each word in a business name or address will count as one word.

1.	2.	3.	4.	5.
6.	7.	8.	9.	10.
11.	12.	13.	14.	15.
16.	17.	18.	19.	20.
21.	22.	23.	24.	25.
26.	27.	28.	29.	30.
31.	32.	33.	34.	35.
36.	37.	38.	39.	40.

STEP #4 CHOOSE A PUBLICATION

DEADLINES FOR ALL CLASSIFIEDS IS THURSDAY, 5:00 PM

☐ East Penn Valley Merchandiser

☐ Northern Berks Merchandiser

☐ Both (Cost Would Be Double)

STEP #5 ENTER NUMBER OF WEEKS THE AD IS TO RUN: (PLEASE CHECK ONE BOX.)

Run: ☐ 1 Week ☐ 2 Weeks ☐ 3 Weeks ☐ 4 Weeks ☐ _____

Enter Starting Date Of Ad _____

Total Amount Paid \$ _____ Check # _____

We Are Not Responsible For Incorrect or Inaccurate Information or Mistakes Either in The Classified Ads or In Any Other Advertisement In This Paper.

Reader's Recipe

SEND YOUR RECIPES TO: THE WINDSOR PRESS, INC.
6 NORTH THIRD STREET, PO BOX 465, HAMBURG, PA 19526
FAX: 610.562.2770 OR E-MAIL: DISPLAY@WINDSORPRESS.COM

ANSWER: STETHOSCOPE

a recurring sound in the heart usually indicative of disease or damage

The 2023 guide includes information, products, and services to help brides and grooms-to-be find their wedding needs!

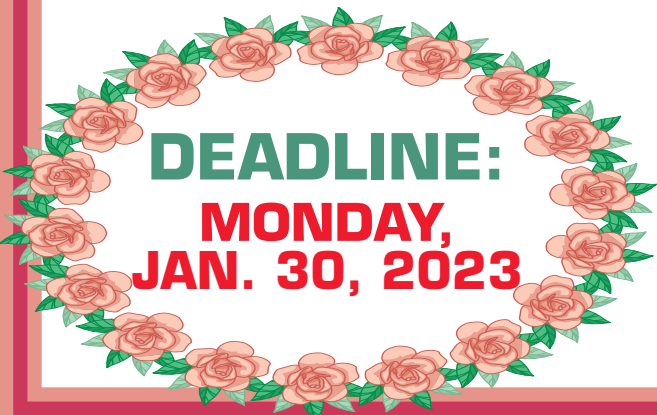


To learn more about a customized advertising strategy to help your business stand out, we invite you to chat with our Display Department!

Your advertisement will appear
in the February 15, 2023
of both the East Penn Valley & Northern Berks
Merchandisers

ALL PRICING INCLUDES FULL COLOR
YOUR CHOICE OF FOUR LOW-RATE SIZES:

Full Page:	1/2 Page:	1/4 Page:	1/8 Page:
\$760	\$380	\$190	\$95



6 N. Third Street, P.O. Box 465
Hamburg, PA 19526-0465
610.562.2267
display@windsorpress.com
www.windsorpress.com



What is A Town?



A town is a group of people.

- It is a school.
- It is a city government.
- It is churches.
- It is industry and jobs.
- It is retail businesses.



They all have to work together. All must have the support of the people or there is no town.



Give your local merchant a chance for your business and the first opportunity to make the sale. The local retailer pays the highest percentage of local taxes. They are the ones contacted first for contributions to charitable projects. They provide jobs.

Without their store you have no town.

**GIVE THE LOCAL MERCHANT
A FAIR SHAKE**