

2018 Annual
**Health,
Mind
& Spirit**
Guide
in this week's issue!

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**CONGRATULATIONS
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GREAT VEHICLES UNDER \$15,000

2009 Mazda Mini Van Stick, Great On Gas \$6,900
2009 Chevy Impala LT \$6,988
2012 Chevy Cruze
49K, Local Trade WAS \$9,900 NOW \$8,900
2010 Ford Escape 4WD Limited \$9,900
2010 Nissan Maxima WAS \$9,988 NOW \$7,988
2013 Ford Escape \$9,988
2013 Ford Fusion \$9,988
2014 Chevy Cruze
Only 42K WAS \$12,900 NOW \$10,900
2016 Ford Fiesta Great On Gas SAVE \$1,000
2011 Chev. Equinox 4x4 \$13,900 or \$219/mo.*
2006 Ford Super Duty F350
Lifted, Low Miles \$18,888
2007 Buick LaCrosse GREAT CONDITION FOR \$8,800
Only 53K, **SAVE \$1,000**

PICKUPS FOR LESS

**OVER 30 LOCAL TRADES
Reduced for Sale**

2009 Silverado 1500 4x4 READY FOR \$16,900
Clean, Serviced, Was \$18,900, **SAVE \$2,000**
2006 Super Duty F350 Single Wheel 4x4 NOW \$18,888
V10 Engine, Lifted, Custom Tires & Wheels, Was \$18,900
2010 Ford F150 Ext. Cab 4x4 NOW \$23,700
Only 64K, Run Boards, Was \$25,900, **SAVE \$2,200**
2011 Chevrolet Silverado 1500 NOW \$22,888
Ext. Cab, 4x4, Only 64K, Loaded, Tonneau Cover, Was \$24,800,
SAVE \$2,000

**Save
Thousands**

2013 GMC Sierra 1500 NOW \$23,888
4X4, Ext. Cab, Customized, Only 63K, Chrome Wheels, Was \$25,700,
SAVE \$2,000
2011 RAM "2500" 4X4 NOW \$25,800
SLT, Crew Cab, 1 Owner, 42K, Great Handler, Was \$26,800
2012 Ford "F250" 4X4 NOW \$25,900
Reg. Cab, 8' Bed, 1 Owner, Lots of Chrome
2013 GMC Sierra 1500 SLE NOW \$27,777
4X4, Custom Black Wheels, Boards, Low Miles, Was \$28,900
2013 Ford F150 4X4 NOW \$27,800
Ext. Cab, Boards, Tonneau Cover, Loaded, Only 26K, 1 Owner, Was \$28,900
2006 Chevy Silverado Dual Wheel 3500 Diesel, 4x4
With Cap, 68,000 Miles, Rare Find
2013 GMC Sierra 3500 4x4 \$18,900
Regular Cab with Reading Body
2016 GMC Canyon SLT Ext. Cab SAVE \$10,000 FROM NEW
Only 24K, 4X4, 1 Owner

2014 GMC Sierra 1500 Crew Cab NOW \$29,800
1 Owner, 26K Miles, 4X4, Loaded with Accessories, Was \$31,888,
Save \$2,000
2015 Chevy Colorado 4X4 **Must See!**
Custom, Lifted, 1 Owner, Leather, Over \$15,000 of Lift, Wheels, Tires
Blacked Out, **Save \$15,000 From New**

**5 More 2015 Models
Over \$10,000 of Savings
All Accessories, Tonneau Covers
Must See Great Selection
Black, Red, White, Silver**

2017 Silverado Crew "2500" Model LT
Diesel, Duramax, Loaded, Only 20K Miles,
1 Owner, Save Over \$17,000 From New

CADILLACS - LUXURY FOR LESS

**OVER 30 PREOWNED
Cadillacs in Stock**

2013 Cadillac CTS NOW \$17,888
Certified, 1 Owner, AWD, Only 40K Miles, Was \$21,888, **Save \$4,000**
2014 Cadillac XTS NOW \$19,988
AWD, Only 48K, Loaded, Books for \$22,000, **Save \$3,000**
2016 Cadillac XTS \$21,990
AWD, Equipped Like a Premium, Nav., Loaded, 1 Owner, Lowest Price
for 2016 Over \$55,000 New, **Save \$30,000 From New**
2013 Cadillac XTS NOW \$22,777
Premium AWD, Only 43K, 1 Owner, Over \$50,000 New

**Greatest Selection of
SRX's, XT5's & Escalades**

2013 Cadillac SRX NOW \$24,777
Premium AWD, Low Miles, Glacier Blue, Loaded, Nav. & More,
Sun Roof, Was Over \$50,000 New
2016 Cadillac ATS NOW \$24,988
White Diamond, Luxury Model, AWD, Nav., Roof, Over \$48,000 New,
Certified
2016 Cadillac CTS NOW \$25,800
Luxury AWD, 1 Owner, Only 32K Miles, Was \$27,888, Certified
2015 Cadillac SRX NOW \$28,888
AWD, Silver Coast Gold, Loaded, 1 Owner, Only 26K, Was \$29,888, Certified

**Several More SRX's
As Low As \$23,900**

2016 Cadillac CT6 NOW \$58,000
Only 6,000 Miles, 1 Owner, Platinum Model, Over \$85,000 New,
Certified, **Save Almost \$30,000**

SPORTY & JEEPS

2014 Dodge Challenger Rt Model NOW \$23,888
Only 30K, Was \$24,900
2001 Corvette \$16,900
Low Miles, Bright Hot Rod Yellow, Was \$18,900
2016 Buick Cascade \$27,777
Convertible, Only 26K
2014 Ford Mustang GT
Convertible, Premium, Special, Only 20K
2013 Taurus SHO NOW \$18,888
Leather, Loaded, Was \$20,700
2012 Jeep Wrangler NOW \$21,900
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2015 Jeep Wrangler Sahara
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2015 Jeep Wrangler
Unlimited Sport 1 Owner, Only 37K Miles
2014 Jeep Wrangler Unlimited
Polar Edition, Hydro Blue, Nav., Leather, Only 35K, 1 Owner, Local Trade,
Special Edition, Rare Find
2014 Jeep Cherokee Trailhawk \$22,777
AWD, 4X4, Was \$23,800

LOCAL IMPORTS TRADED

2009 Mazda 5 \$6,888
Mini Van Model, Stick Shift, Great on Gas, \$159/Mo. w/Tax, Tags, Down
2013 Nissan Rogue \$12,900
AWD, Only 63K, 72/Mo. @ \$209/Mo.
2013 Kia Optima SX NOW \$13,900 or \$219/Mo.
Sport Model, 1 Owner, Was \$15,900
2011 Honda Accord \$9,988
Sedan, Great Gas Saver
2015 Kia Sorento LX \$15,800
37K Miles, AWD, 1 Owner, Was \$17,800, **Save \$2,000**
2015 Kia Sportage NOW \$17,900
Only 24K Miles, Was \$19,777
2014 Honda CRV \$19,800
AWD, Only 32K Miles, 1 Owner, Was \$21,800, **Save \$2,000**
2015 Mini Cooper NOW \$19,800
S Model, Leather, Only 23K, Turbo, 1 Owner, Was \$21,900
2015 Toyota RAV 4 AWD LTD NOW \$23,888
Only 16K, 1 Owner, Was \$24,700
2012 Mitsubishi Outlander AWD **Save \$3,000** .. \$10,900

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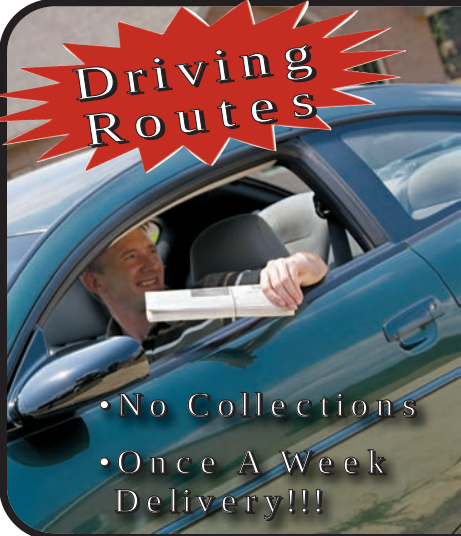
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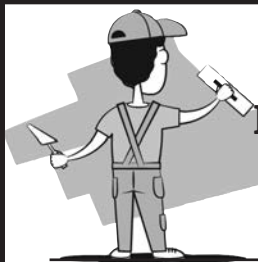
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PUBLIC ESTATE AUCTION

HAMBURG TILDEN TOWNSHIP PROPERTY ALUMINUM HANDICAP RAMP
Saturday, February 17, 2018 at 11:00 A.M.
Location: 112 Hazel St., Hamburg, Tilden Twp., Berks Co., PA 19526. Travel on Old Rt. 22, turn N. onto Clayton Ave., to L. onto Carl St., to auction on L.
Two-story, sided fixer upper, w/attached 1-car garage, enclosed rear porch, basement w/outdoor access on large corner lot w/mature trees-shrubs, fencing & detached utility shed. First floor has kitchen, LVR, 2 BRs & full bath. Large open room on second floor. Oil heat, borough sewer, on lot water, hardwood floors. Home located in a quiet neighborhood close to all amenities. Insp. by appt.: 484-269-8280. Terms: 10% down, balance in 45 days. (ramp sold separately)

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CYNTHIA SPAYD ESTATE
Russell Farbiarz, Atty.



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RIDING MOWER, TOOLS, SEWING SUPPLIES & FABRIC, COSTUME JEWELRY, BANK COLLECTION, 70'S TOYS, C.I. KETTLE, COLLECTIBLES & MORE

Saturday, March 10, 2018 at 9:00 a.m.
Location: 348 Ontelaunee Dr., Leesport, Berks Co., PA 19533 (next to Gernant's Church)
More Details Coming Soon!!

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in the February 14th issue of the East Penn Valley and/or Northern Berks Merchandiser!

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SAVE THE DATES!

Upcoming meetings on the proposed
WAREHOUSE/ INDUSTRIAL ZONE OVERLAY

FEB. 9TH AT 9 A.M.
Board of Supervisors Workshop
Tilden Township Building

FEB. 14TH AT 7 P.M.
Public Hearing On The Overlay
Tilden Elementary Center

**The Board of Supervisors
MAY VOTE TO APPROVE
on the 14th**

Please Attend And Let Your Voice Be Heard

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HELP WANTED

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ABSOLUTE PUBLIC AUCTION

HAMBURG REAL ESTATE
Saturday, February 24, 2018 at 11:00 am
Location: 235 S. Fourth St., Hamburg, Berks Co., PA.
R.E.: Consists of a 2.5-sty. semi-detached brick & alum. sided home w/3 BRs, 1.5 baths, kit., LR, laundry rm., attic, basement w/new gas furnace on a lg. lot & yard w/lg. outdoor utility shed. Property is excellent for starter home or rental at a very affordable price. Home needs some renovations. Executors are motivated to sell.
Open Hs: Sun., Feb. 11, 2018, 1-3 pm or by appt. at 610.562.3929. Terms: 10% down; balance in 30 days.
Note: Real Estate sells absolute at starting bid of \$25,000 or above.
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Friday, February 9, 2018 at 1:30 PM

Location: Saucony Hall, 85 Industrial Ave., Kutztown, Berks Co., PA 19530. From E. Main St. in Kutztown, turn onto Willow St., 1 blk., R. onto Industrial Ave. to hall on R.

Furn. (1:30): Cylinder bookcase/desk; arts & crafts china closet; oak ch. drwrs. w/bonnet cpbrd.; oak 2 over 1 low chest; oak marble-top washstand; rnd. oak pdstl. tbl.; oak Mission-style recliner; marble-top bureau; pressback rocker; upholstered recliner; Basset china hutch; Frigidaire refig. & upright freezer. **Coins (1:30):** Approx. 120 lots of US Bicentennial unc. silver coin sets; 1954 US silver mint set; US BU mint proof sets; 102 rolls BU mixed dates, all states quarters P&D; 12 BU \$25 Sacagawea rolls; etc.

Antqs. & Coll. (2:30): Hershey's Ice Cream lighted adv. clock; Cecilware milkshake mixer; lighted 7UP sign; tin Alka Seltzer countertop display; dbl. soda fountain top; Victor vending wdn. gumball mach.; Vortex Dixie cup holders; glass iced tea dispenser; Soberjas Fijnste Drops glass jar; countertop glass pie display; Minter's 1-Cent Log Cabin Fudge jar; Advance Lunchette; Nesbitt orange drink countertop dispenser; soda crate; 8 pedestal ice cream parlor stools; Mission Beverage tin sign; Darlene Ice Cream flavor tin sign; Dybala's Spring ginger ale sign; 1960s paper soda fountain adv.; early Coca Cola trays; Coca Cola sign; Blackmans Marshmallow Sundae Toppings tin; mens & ladies lighted bath rm. signs; alum. Pepsi carrier w/bottles; Plezall glass display lid; Planters Peanut jar; Frank Banko Seltzer bottle; Red Rock Cola, Moxie, Orange Crush, Nehi & other adv. bottles; Calabash & Bitters bottles; coin-op. US postage stamp dispenser; Simplex Drive-In Theater speaker; 1965 Troll bike handle grips; Howard Johnsons Restrnt. plastic bank; RCA Victor Bakelite turn tbl.; Dietz Union driving lamps; Eureka kero. buggy lamp; City of NY Dietz lantern; Niagara Jr. guide lamp; Perko Wonder Jr. skaters lamp; approx. 40 15-1/2" music box metal discs; Dillinger, Batman, Stock Car 500 & other 8mm home movie films; Beatles albums; sm. Rexco 10-cent slot mach.; 1946 Ephrata bicycle plate; school bus stop sign; Satellite spring jumping shoes; 1900 Suttro Baths framed print; early wdn. doll stroller; Rainaud lamp w/reverse painted shade; Gilchrist #30 & 1878 Clevells ice cream scoops; early wdn. lunch box; Tomson-Hummel Coffee wdn. crate; wdn. cabin cigarette dispenser; pink & green Depr. glass; Johnson Bros. dec. Ironstone; sterling jewelry; enterprise sausage stuffer; copper mixing bowl.

Toys (5:15): Ohio Art Roy Rogers tin lantern; mech. merry-go-round IOB; tin hot rod friction car; batt.-op. tin Fire Dept. #7; Tonka Fire Jeep; Marx hydr. dump truck; Lumar contractor shovel; batt.-op. Turn-O-Matic Police gun jeep IOB; Batt.-op. Lite-O-Wheel go-cart IOB; Wyandott mdl. shooting gallery; batt.-op. Pat The Dog IOB; MG tin car; 6 Matchbox toy MIP wind-up Bimbo Clown IOB; 1953 Fisher Price Huffy Puffy pull train; Tootsie Toy & Hubley; Tonka camper truck; Hess trucks; Little Lady elec. toy stove; CI horse & wagon; Dandy O'Day puppet. **Guns (5:45):** Remington mdl. 788, .222 Rem. bolt; Savage Springfield mdl. 67E 12-ga.; Ranger mdl. 103-13, .22 cal.; Sterling .22 LR SS pistol. **Tools:** Evansville Tool Wrks. broad axe; Lorenz Beck broad axe; lumber measure; "T" augers; asst. block & molding planes; lg. Slick; corner, gouge & flat chisels; draw knives; hay knives; miner's pick; slate rippers; asst. strap hinges; single & dbl. pulleys; Milwaukee recip. saw; elec. impact wrench; hand & power tools; HD bench; vise. **Equip. (6:30):** Toro TimeCutter Z4200 ZT mower w/42" deck; Craftsman 8/25 snowblower w/elec. start; Husky 5000 gen.; Handy 1000 Indstl. power washer; echo string trimmer; Agri Fab lawn sweeper; plus more not mentioned. **Terms:** Visa/MC/Disc. 3% admin. fee waived for cash or PA check. 6% Pa. sales tax.

Auct: CLARENCE N. SHIRK
AUCTION SERVICE
AU-3757-L 610-683-5093
RANDALL S. SHIRK, AA019415
www.auctionzip.com ID#4430

HELP WANTED
Athletic Game Managers: Looking for managers to assist with the administration of HS and MS athletic events. Seeking cheerful people who are able to work in a fast paced environment. Must be comfortable with interacting with students, families, and staff. Hours include nights and some weekends. Pay is \$40 per event. Visit the Brandywine Heights ASD website at www.bhasd.org and click on District Info/ Employment to apply. EOE

F/T Delivery Technician/ Warehouse Facilitator. Motivated individual needed to assist in set up of both residential and commercial appliances. As well, must maintain inventory of the main warehouse, receive appliances, open, inspect, and prepare appliances for delivery. Must be detail oriented and have organizational skills to arrange and coordinate appliance deliveries. Must have professional customer service skills. Candidate must be able to lift and move large, heavy appliances and have experience in plumbing, electrical, and carpentry. Email response to jstemko_le_shappl@verizon.net @ Leshers Appliances, include your phone number, previous work experience and driving experience.

LIFE SKILLS TEACHER: Seeking Long Term Substitute for Grades 6-8 Life Skills, mid-March for approx. 6 weeks. PA Special Education Certification required. Visit the Brandywine Heights ASD website at www.bhasd.org and click on District Info/ Employment to apply. EOE.

Part time manufacturing and assembly positions in a light gage sheet metal fabrication facility available. We manufacture custom products for high tech electronics, telecommunications and medical equipment companies, part time positions are 3.5 hours per day Mon. -Fri. No benefits. Wage Rate: \$11.20 per hour. Clean, modern working conditions. Apply at Electro-Space Fabricators, Inc., 300 West High Street, Tipton, EOE

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INSPECTION, SUPPORT**

Orwigsburg, PA Plastic Former
Now Hiring Table Inspection
and Support Staff

\$11.00 per hour & up

Courteous, Polite, Clean Background
EZ Advancement

Email to: jobs@clearlyclean.com
Or Send Text To 570-516-5660
To Set Up An Interview

HELP WANTED
Dietary Aides: FT/PT Positions available in local LTC facility. Experience not necessary, we will train. Benefits include health, dental, life insurance, paid holidays, sick, personal, vacation time and 401K. Shifts include every other weekend & holiday. Apply in person: Kutztown Manor, 120 Trexler Avenue, Kutztown, PA 19530. 610-683-6220 EOE.

F/T Appliance Technician- Residential and Commercial Appliance business in Lenhartsville looking for help immediately. A minimum of 5 years experience in the field is necessary. Wages depend on qualifications. This is not a repetitive position, so motivation and enthusiasm are needed. Hours are M-F 8-5. Please email your resume or response to jstemko_leshappl@verizon.net or fax 610-562-9788. Any questions, phone 610-562-8577.

Full time Cook position available in long term care facility. Pleasant work environment. Great benefits offered. Must be dependable and able to work every other weekend & holiday. Apply in person: Kutztown Manor, 120 Trexler Avenue, Kutztown, PA 19530. 610-683-6220 EOE.

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PA062072 Kevin Garriss - Owner

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HELP WANTED
Family run trucking company in Reading, PA is seeking CDL-A driver for regional driving position. 2017 Trucks loaded for driver comfort. Must have two years verifiable experience and clean driving record. Competitive pay and benefits. Please call 484-388-4038 for information.

HELP WANTED
SECURITY GUARDS: Weekend Full Time/ Part Time. KRE Security is looking for dependable people to fill 2nd and 3rd shifts in the North/ South Berks Area immediately! Call 610-562-0971 or send resume to jkemes@comcast.net

RTC

Direct Mailing Inc.

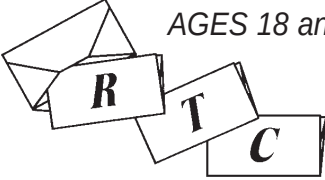
Looking For People Who
Want To Work A 40-Hour Week.

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1st Shift Up To \$10.50/hr., 3rd Shift Up To \$11.00/hr., Depending On Experience.

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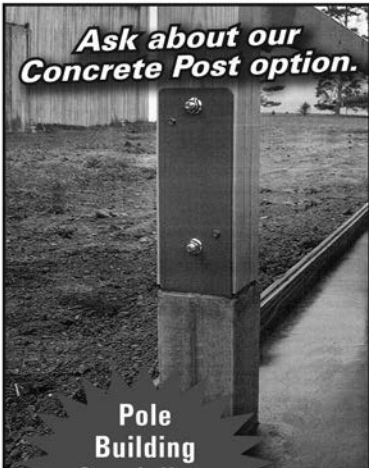
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HELP WANTED

Tractor Trailer Drivers and Owner Operators wanted, OTR from Cressona PA to Midwest or South. Flatbed experience preferred, must possess good driving record. Apply: Billig Trucking 5316 Oakview Dr. Allentown. 610-395-9122.

Truck Driver: Rear load garbage truck. Full time. Clean CDL Class B and clean physical. Experience preferred. Competitive pay and benefits. Call 610-562-7673 Mon-Fri. 9am-5pm. Nester's Sanitation, Inc.

MISCELLANEOUS

DUMP SITES NEEDED for the 2018 paving season. Must be able to accommodate 10 or more tri-axle loads of excess fill from excavated driveways and parking lots. No millings. Call Ronnie C. Folk Paving Inc. at 610-562-3550 or email us at folkpaving@comcast.com

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

MISCELLANEOUS

For Sale: 2 Burial plots at Forest Hills Memorial Park, in Reiffton (Reading). One plot \$1750, two plots \$3500. Please call 610-698-2247.



Valentine's Week Specials

Vase of Red Roses

\$60⁰⁰ & Delivery

Save 10 bucks and pick them up!!!

We will also have Rainbow Roses
plus all the other colors

~ ~ ~

Vases or baskets of mixed flowers or plants
starting at \$10⁰⁰

Holiday Hours: Feb. 12 - 9 to 5; Feb. 13 - 9 to 7; Feb. 14 - 7 to 7

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MISCELLANEOUS Gateway Christian School now enrolling for 2017-18 school year. Call 610-682-2748 for information or schedule a tour.	MISCELLANEOUS 55 Gallon Metal Drums with removable lids burning or storage; 5 gallon metal buckets for ashes or kindling. Call 610-562-8839.	MISCELLANEOUS TREADMILL Pacemaster Bronze Basic. Bought new for \$1594.40; Asking \$700 484-269-1243.
---	---	---

Gregory S. Lutz
Owner

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Due to the recent passing of my father, Ed Lutz, I will be servicing his current and future accounts effective immediately. Contact G. Scott Lutz with any questions and/or to schedule a service appointment!

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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	☐ FARM	☐ LOST & FOUND
☐ ANTIQUES	☐ EQUIPMENT/LIVESTOCK	☐ MISCELLANEOUS
☐ AUTOMOBILES/TRUCKS	☐ GARAGE/YARD SALES	☐ MOBILE HOMES
☐ AUTO PARTS & SVCS.	☐ HELP WANTED	☐ MOTORCYCLE/ATVS
☐ BOATS/MOTORS	☐ HOME IMPROVEMENTS	☐ PETS & ANIMALS
☐ CHILDCARE	☐ HOUSEHOLD	☐ FOR RENT
☐ COMPUTERS/OFFICE	☐ ITEMS/FURNITURE	☐ REAL ESTATE
☐ SUPER AD (Bold Type) (\$2.00 additional per ad, per week, per publication)		

FREE to Commercial ads

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** (Reaches over 40,481 Homes)

☐ **Northern Berks Merchandiser** (Reaches over 31,056 Homes)

☐ **Both** (Cost Would Be Double) (Reaches over 71,537 Homes)

STEP #5 ENTER NUMBER OF WEEKS YOUR 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,

Credit Card Information: NAME ON CARD _____

ACCOUNT # _____ EXP. DATE _____

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

SIGNATURE: _____

Mail Ad With Payment To: THE WINDSOR PRESS, INC., PO Box 465, Hamburg, PA 19526-0465

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

Place Your Ad By Phone By Calling 610.562.2267 or 1.800.220.3053

Please have your _____ account number and expiration date available.

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

For
Your Convenience,
Place Your Ad:
By Phone: 610.562.2267
or 1.800.220.3053
FAX: 610.562.2770

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classifieds@windsorpress.com
OR USE THE CLASSIFIED AD
FORM ON OUR WEBSITE:
www.windsorpress.com

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COMMERCIAL AD:

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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.

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...throughout the month of February!

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Jr. & Women's New and "Like New" Brand Name Clothes & Accessories
1543 Old Rt. 22, Lenhartsville, PA 19534
610-562-5532

Wed. & Fri.
11 am-5 pm;
Thurs.
11 am-6 pm &
Sat. 11 am-4 pm

THE FAMILY
OF THE LATE

*Paul (Whitey)
Kerschner*

wishes to thank you sincerely for all cards,
phone calls, flowers and prayers. And for
sharing our sorrow.
Your kindness was deeply appreciated
and will always be remembered by the
family.

ANNA MAE,
PAULA & CLIFF

MISCELLANEOUS

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)

MISCELLANEOUS

Immediate Cash Paid For Your Vehicle running or not, 484-221-2278.
Rubber Roofing EPDM B-Grade, Factory Rejects. 10' x 50' .045 \$200. 10'x50' .060 \$235. 10' x 100' .060 \$470. 10'x100' .090 \$490. Also OSI insulation 717-445-5222. (*20713)

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.

2/10/18, Brandywine Sports Booster Club Alburtis Community Center Night at the Race, 5:30, \$25/ticket, food & drink included, BYOB, Contact 484-347-0244.

2/10/18, Calvary Lutheran Church, Laureldale Mardi Gras Party, 6:30-8:30pm. Games, fun and refreshments for all ages. Music by Wahl Street. Donations accepted. RSVP 610-929-9606 (snow date Feb. 11)

2/10/18, Central Berks FC Breakfast: Centerport. Saturday 7:30-11. AYCE Buffet \$9.

2/10/18, Huff's Union Church, hosting "Armchair traveler," featuring photo and verbal presentations on three trips: Canada by rail, Western US, and Scotland. Refreshments and question time. 540 Conrad Road, Alburtis.

2/10/18, Let's Dance Inc sponsored Dance at Shoemakersville FC, ages 30 and up, 7pm-10p., 300 Church St. Admission \$10 includes door prizes, cake and music by Osh. Cash bar. Info: 570-943-2393.

2/10/18, St Luke's Church, 5th & Franklin Streets, Shoemakersville AYCE Pot Pie Dinner 3:30-6:30pm. \$8 per adult and includes salad, drink & dessert. Take-outs available.

2/10/18, Trinity UCC Rehrersburg Breakfast: Saturday 7am-10am. 27 Maria St. Full course menu to choose from. Run by men of church.

2/11/18, Strausstown Fire Company's Valentine Breakfast at the Strausstown Fire Company's Community Campus, 50 East Avenue, Strausstown; 8:00 a.m. to 12:00 noon; full breakfast menu; children's menu also available; proceeds benefit the Apparatus Fund.

2/13/18, Reading Women's Connection, A Suite Life Dinner Party. 6:30, Giannotti's Country Manor, 3118 Pricetown Rd, Fleetwood. \$20. Ellen 610-921-2604.

2/14/18, Hamburg Senior Citizens. We will play some different games. Please bring games you would like to share. Meeting starts 2pm in the Hamburg Middle School Cafeteria.

2/17/18, Old Zionsville Church of Christ: AYCE Breakfast Buffet 7am-11am. And Homemade Soup Sale Pickup. 2/14 deadline for soup orders. 610-695-5115, 610-966-5242, 610-966-3601. 5981 Fountain Road, Old Zionsville.

2/17/18, Soup & Bake Sale, Saturday 11am-1pm, chicken corn noodle & beef Vegetable quarts \$6, pints \$3, pre-orders 610-683-9257. Salem UCC 307 Covered Bridge Rd. Oley.

2/18/18, Congregational Free Church of Christ Sub Sale (Ham, Turkey or Italian) order deadline. Pick up 10:30am. 2/22. CFCC 81 McKean Ridge Road, Orwigsburg. Orders: 570-366-2049.

2/18/18, Lehigh Temple Breakfast and Bake Sale: Sunday 8am-12:30pm, 2120 Rt. 100 between Macungie and Trexlertown, Donation \$7. Everyone welcome. Info: 610-398-9845.

2/9,10,11/18, Kempton Rod & Gun Club: Monthly Meeting Friday 8pm. Sat. 6:30pm. Haas Card Party. Sunday 8am-noon Breakfast: eggs, sausage, pancakes, french toast, juice, coffee. Pine Creek Rd. Kempton.

2/9/18, Mt. Zion Lutheran Church Cabin Fever Family Game Night, 6:30-9pm. Join us for a night of fun & fellowship for all ages. Refreshments provided. 1343 Long Lane Rd., Krumsville. Information-610-756-6210.

2/9/18, Mt. Zion Lutheran Church Cabin Fever Family Game Night, 6:30-9pm. Join us for a night of fun & fellowship for all ages. Refreshments provided. 1343 Long Lane Rd., Krumsville. Information-610-756-6210.

2/9/18, Reading Radio Club Meeting, Friday 7:30pm. At Berks County Agricultural Center, 1238 County Welfare Road, Bern Old Equipment night. Call Harry 610-678-8976.

MISCELLANEOUS

2 Scooters for sale and 7' ramps with tread, 610-366-1427. Must Sell.

Free Firewood: Cut, Not split. 2 yrs. Old. 1½ cords. 570-943-2209.

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

FIREWOOD FOR SALE: Seasoned and split. \$175/cord. Includes delivery locally. Also pine logs, cut not split \$110; 610-451-9744.

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

Dish Network- Satellite Television Services. Now Over 190 channels for ONLY \$49.99/mo! HBO-FREE for one year, FREE Installation, FREE Streaming FREE HD. Add Internet for \$14.95 a month. 1-800-219-1271(*209634).

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REAL ESTATE

Moving? I specialize in move-up, downsizing, 1st time buyers and Veterans. Call Tom Hoch, RE/MAX of Reading. Office 610-670-2770 ext 3139, cell 610-587-3810. Find me on the web at www.tomhochrealtor.com.

Lower Macungie Township, small Farmette, 1 acre, 3 BR's, 2 baths, low taxes, 3 large out buildings, subdividable, \$294,900. 610-395-9155.

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EAST PENN VALLEY

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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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CAPE COD!



Home offers large LR, DR, kitchen, powder room, enclosed & heated rear porch on 1st floor! 3 BRs all w/large closets & BA on 2nd floor! Relax on front porch! 1-car detached garage! Hamburg Schools!

FABULOUS SETTING!



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Saturday, February 10, 2018 at 9:00 AM
Location: Andreas Station Hs., 42 Andreas Rd, Andreas, PA 18211.
Lg. collection of Lester Breining Pottery, lg. collection of childs 1920s & 30s dish sets in the orig. boxes, 1920s childs Jadeite tea sets, Field Haviland limoges china dinner set, Waterford crystal, 37-pc. Gorham sterling silver flatware, beer adv. items, hand-crank water pump, glass washboard, early gold & silver case pocket watches, glassware, antiques & much more! Check full listing and photos @ www.auctionzip.com ID #21038.
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DEAN R. ARNER, AUCTIONEER, LLC

PUBLIC AUCTION

Sunday, February 11, 2018 at 10:00 AM
Location: Andreas Station Hs., 42 Andreas Rd, Andreas, PA 18211.
Large military memorabilia collection! Helmets, ammo cans, knives & daggers, accessories, holsters & more! Check full listing and photos @ www.auctionzip.com ID #21038.
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PUBLIC ESTATE AUCTION

Tuesday, February 20, 2018 at 10:00 AM
Location: Andreas Station Hs., 42 Andreas Rd, Andreas, PA 18211.
2016 Ford Explorer in ex. cond.! 8544 orig. miles, leather int., loaded; 2005 Chev. Tahoe w/74,879 miles, leather int., super nice cond.; 2003 Ford full-sized Pass./Cargo Van in super nice cond.! Dutchman Camper - pull-behind w/slideout in ex. cond.! All vehicles will be auctioned at approx. 1 PM. Full estate auction, lg. amt. of quality HH goods, furn., collectibles, tools & much more! Check full listing and photos @ www.auctionzip.com ID #21038.
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Carolyn Reese, owner of Twin Ponds Integrative Health Center in Breinigsville, opened the Center ten years ago. Her purpose for the Center was to help people like herself in pain whose traditional medicine was not helping. Carolyn previously owned an American Indian art and jewelry store in Allentown, but her first love is providing a place for people to get well. Call 610-395-3355 or check www.TwinPondsCenter.com for more information.

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(NAPS)- While many strategies for "healthy aging" exist, recent evidence points to the important role of hearing health in maintaining quality of life long-term.

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A study in the Journal of the American Geriatrics Society found that people with hearing loss who wear hearing aids had the same risk for age-related cognitive decline as people without hearing loss. When you actively use hearing aids, you are more likely to stay socially engaged, one of the primary ways to stimulate your brain. Like any exercise, the mental give-and-take of social interaction helps to keep your brain fit and slows down accelerated cognitive decline.

That's the idea behind the BrainHearing™ technology built into Oticon hearing aids. With BrainHearing, Oticon hearing aids deliver sound with the clearest, purest signal possible—in the way your brain is best able to understand it.

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LEARN MORE... For further facts, visit www.Oticon.com. A hearing health checkup may be your best defense against cognitive decline.

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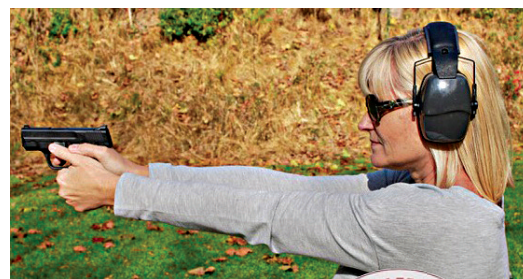
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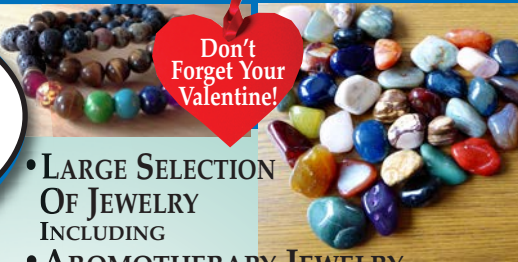




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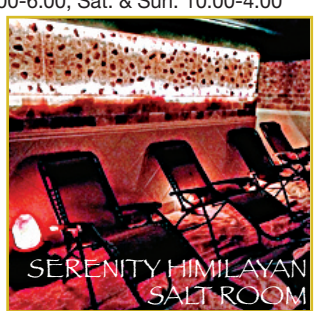
Kaleidoscope Angels

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SERENITY HIMALAYAN SALT ROOM

'Kaleidoscope Angels A Center for Well-Being'

Kaleidoscope Angels, open seven days a week, serves as a community for people searching out alternative healing modalities and a place filled with positive energy.

Kaleidoscope Angels' new owner since April of 2017, Jennifer Weeber, was guided to fulfill her passion for serving the community of all ages and helping to give people the tools they need to journey through life. She started out working in the dental field for about 28 years, but Jennifer knew she was meant to do something so much bigger, not only for herself, but for the many people who search out a sense of community or ways to outlet life's challenges we all face. To begin her own spiritual journey, Jennifer received her certifications in Foot Reflexology and Reiki, level II. As she continues to help people with her own spiritual gifts, Kaleidoscope Angels became a gift of her own.

Not only is Kaleidoscope Angels a gift shop, but also a space for other services such as massage therapy, reiki, and shiatsu, tarot cards readings, foot reflexology, and so much more. If you are new to these modalities and would love to try new things, join us for the Day of Well Being that is celebrated the fourth Saturday of every month where you can have mini sessions with our experienced practitioners and healers. Additionally, Jennifer recently opened the Serenity Himalayan Salt Room, both appointment and walk-ins welcome. The Serenity Salt Room's benefits cover a wide variety of mental health to physical ailments like respiratory and dermatologic conditions, arthritis, and to the cellular level for water and pH balance. The Serenity Himalayan Salt room can be used for individual or group meditations, classes such as guided meditations or yoga, and for individual healing sessions such as foot reflexology. Jennifer welcomes everyone to visit Kaleidoscope Angels; and encourages you to follow your heart to find exactly what you need.

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www.Kaleidoscope-Angels.com

FOODS THAT CATS AND DOGS SHOULD NEVER EAT

Nutritious diets are essential to long-term pet health. Many well-intentioned pet owners feed their pets foods they believe are nutritious, only to learn that certain foods, even those deemed healthy for humans, can be quite dangerous to dogs and cats.

Cats and dogs metabolize foods and other substances differently from humans. WebMD reports that each year, there are more than 100,000 cases of pet poisoning in the United States. Many of these instances were caused by household substances that may seem perfectly harmless. Medications, cleaning products and certain foods can poison pets. Dogs tend to be at higher risk for food poisoning, particularly because they are less discriminatory with regard to food. Before caving into the temptation to share snacks with their pets, pet owners should recognize the common foods the ASPCA and other pet welfare organizations list as the most likely to contribute to pet poisonings worldwide.

- Chocolate: Chocolate is accountable for roughly one-quarter of all toxic exposures. Chocolate contains methylxanthines, which are found in cacao seeds. When ingested by pets, methylxanthines can cause excessive thirst and urination, panting, vomiting, diarrhea, abnormal heart rhythm, and seizures. Serious cases can be fatal. Dark chocolate and baking chocolate are especially dangerous for pets.
- Grapes/raisins: Grapes, raisins, sultanas, and currants, whether raw or cooked, can cause kidney failure in dogs. Not all dogs are affected. However, these fruits should be avoided. Symptoms include lethargy, diarrhea and vomiting within 24 hours of consumption.
- Hops: Commonly used for brewing beer, hops have become a greater risk for pets now that home brewing as a hobby or side business has become popular. When ingested, hops can cause a rapid heart rate, anxiety, vomiting, and other abdominal symptoms. Essential oils and tannins in hops also can cause high fever when pets ingest them.
- Macadamia nuts: These nuts can cause depression, vomiting, tremors, and hyperthermia in dogs.
- Milk and dairy: Do not give dogs and cats milk to lap up, and avoid giving them high amounts of cheese and other dairy foods. Pets do not possess significant amounts of lactase, the enzyme that breaks down lactose in milk. Therefore, diarrhea and digestive upset is likely to occur when pets consume dairy.
- Onions/garlic: These aromatic ingredients are not a good idea for pets, particularly cats. Onions contain an ingredient called thiosulphate, which is toxic to cats and dogs. The ingestion of onions and onion-related foods can cause a condition called hemolytic anemia. This is damage to red blood cells that causes the cells circulating throughout the pet's body to burst.
- Xylitol: Keep pets away from sugarless gums and candies that contain Xylitol, which also may be used in toothpaste. The substance causes insulin to release in most species, which can lead to liver failure.

Pet owners should be aware that the foods they eat regularly may not be safe for their pets. Always consult with a veterinarian before giving pets foods commonly eaten by humans.

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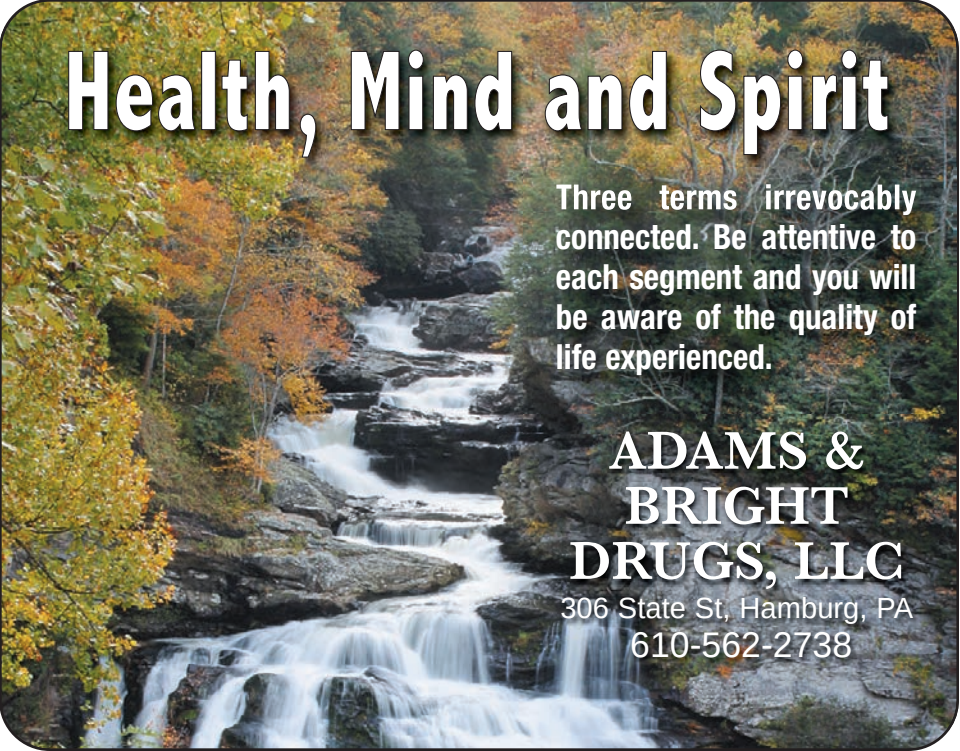


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WHAT ARE COMPLEMENTARY AND ALTERNATIVE THERAPIES?

Lori Kleinsmith, RM, NLP, Certified Hypnotist

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 healthcare system. Complementary medicine is alternative medicine used together with conventional medical treatment in a belief 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 Braucher or "Powwowing". When considering alternative and complimentary therapies find out what feels right for you. Do your research on the therapies and also the practitioners. There are many excellent practitioners in this area. Ask your doctor if they recommend any "CAM" therapies. There are many therapies to choose from. A great way to investigate is go

to a holistic expo or wellness day. There is no cost or obligation to ask questions and everyone is happy to explain their therapy. Pinnacle Hypnosis & Therapies offers full range of hypnosis for all ages, reiki & foot reflexology sessions and classes. Every Wednesday 1:30 to 4:30, walk-ins are welcome for Detox Wednesdays. Join Debi Fegley for a 30 minute Aqua Detox and/or Lori Kleinsmith for a 30 minute foot reflexology session. Why not get both! For more information call Lori Kleinsmith, Certified Hypnotist and owner of Pinnacle Hypnosis & Therapies, now located at 400B South Fourth Street, Hamburg, PA 19526, 610-822-3416. www.pinnaclehypnosis.com. Hours by appointment except during Detox Wednesday.

COPING AS A FAMILY CAREGIVER

Individuals are born into the world requiring the care of their parents and other adult guardians to grow and thrive. These adult children, in turn, may end up providing care when their parents reach senior age or face an illness or disability. Becoming a family caregiver frequently is a tough choice to make. It requires patience and time, and can be emotionally and physically taxing. An estimated 43.5 million adults in the United States have provided unpaid care to an adult or a child in the prior 12 months, according to the National Alliance for Caregiving and AARP Public Policy Institute. It's not uncommon for caregivers of any age to feel stressed and burned out by the demands of caregiving. The Mayo Clinic says

people who experience caregiver stress can be vulnerable to changes in their own health. Some signs of caregiver stress include:

- Feeling overwhelmed or constantly worried
- Feeling tired most of the time
- Gaining or losing a lot of weight
- Becoming easily irritated or angry
- Losing interest in activities you used to enjoy
- Having frequent headaches, bodily pain or other physical problems

Some caregivers even resort to drugs and alcohol to self-medicate, which can lead to further issues. To avoid the potential pitfalls of caregiver stress, individuals should always put their needs first and find ways to alleviate the added stress of caring for a loved one. These suggestions are just a start.

DON'T STRIVE FOR PERFECTION - It isn't possible to maintain a patient attitude and get everything done perfectly each and every day. People are not perfect and mistakes will be made. Do not punish yourself if you lash out or simply need a

break

EAT HEALTHY - As anyone who has dealt with a hungry toddler can attest, failure to eat well and frequently can result in an emotional meltdown. Be sure to always make time for nutritious meals. This will help keep up energy stores and enable you to better cope with caregiver stress.

PAY ATTENTION TO MOOD CHANGES - Anxiety or depression can sneak up on you when you least expect it. Ask for help if you feel your tasks are becoming too overwhelming. Seek the help of a doctor if changes in mood, sleeping patterns, appetite, and the like become noticeable.

TAKE FREQUENT BREAKS - Getting a break from caregiving and setting aside time for yourself can increase patience levels and the ability to bounce back from stress. Whenever possible, have a friend or another relative step in for you so you get a break. Explore resources available for professional aides to come and take some of the responsibilities off of your shoulders. Being a caregiver can be a rewarding, but challenging role to play. Caregivers should keep their health a priority.



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by: Nicholas Kleinsmith, Master Herbalist

Throughout history humanity has used herbs and spices as our restitue for health. Every ethnic tradition on earth has their own unique connection to herbalism, respecting both the culinary and medicinal aspects of herbs. Herbs have a way of taking us back to the familiar, a nostalgic connection to the sights, smells, tastes and textures. One only has to enter a spice shop, ethnic culinary kitchen, or flower field to be reminded of the potent majesty of herbs. These plants have been with us since the beginning, and will continue to be with us throughout the ages. Incorporating herbs into our daily diet is one of the best ways to harness their nutritional and medicinal benefits. Many of us are already using herbs for their properties and are unaware we are even doing it! An easy example would be caffeinated teas, such as black, and green. We are tapping into the caffeinated properties of those particular herbs and using them for our own energy management. There are a astonishing vast array of medicinal and nutritional properties of herbs, we can eat fresh basil to help lift our moods, drink ginger tea to calm an upset stomach and chamomile to help us sleep. Herbs and spices have immense practicality, start to use them and remember, the spice cabinet is the medicine cabinet.

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HOW TO ENCOURAGE KIDS TO TAKE CARE OF THEIR TEETH

Parents of young children know that getting kids to brush their teeth can sometimes feel like pulling teeth. Kids have a long history of disliking dental care, which can frustrate parents who know the importance and long-lasting benefits of proper dental hygiene.



BELIEVE IT OR NOT, SOME HEALTH PROBLEMS CAN BE PREVENTED BY KEEPING THESE CLEAN AND HEALTHY.

ANSWER: TEETH AND GUMS

While many youngsters may never excitedly run to the bathroom to brush their teeth, parents can try various approaches to get kids to embrace proper dental care.

- Start early. Parents should not hesitate to begin cleaning kids' teeth once the first tooth appears. The earlier dental care is part of a child's routine, the more likely he or she is to accept it as part of everyday life. The American Academy of Pediatric Dentistry recommends using a soft-bristled brush with a small head. Ideally, use a toothbrush designed for infants, brushing teeth once per day at bedtime. The AAPD advises taking kids to visit a pediatric dentist when the first tooth appears, or no later than the child's first birthday.
- Make it a group effort. Young children love to imitate their parents' actions and behaviors, and moms and dads can use that adoration to their advantage when trying to get kids to brush their teeth. Brush teeth together as a family, making it seem like an enjoyable twice-daily activity. Get down on kids' level and show them how to brush. If kids are resistant, engage them in conversation while brushing so they don't even realize they're cleaning away.
- Involve kids in choosing their dental care products. While parents should be mindful of the type of toothbrush their children use, always sticking with products recommended by their child's pediatric dentist, let youngsters choose their toothbrush and toothpaste. Kids might prefer a particular flavor of toothpaste, and a colorful toothbrush with a favorite film or television character might make kids more enthusiastic and less fussy about brushing.
- Compliment kids after positive dental appointments. When pediatric dentist appointments go well, compliment children and express your pride in them for taking dental hygiene as seriously as they do.

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FORTIFY AGAINST THE FLU AT WORK WITH FENG SHUI

(NAPS) - Chances are your job makes you sick, literally. According to one recent survey, conducted by Morar Consulting for Staples, 73 percent of American workers report catching a cold or the flu at work. Fortunately, there are ways employers and office managers can reduce this risk for employees. To help maximize total well-being this season, Staples, along with Feng Shui expert Susan Chan, created energy-enhancing tips for your office space.

MAKE YOUR OFFICE A FLU-FREE AND MORE ZEN ZONE

- According to the Centers for Disease Control and Prevention, the flu virus can live for up to 48 hours after being left behind on a surface, so make sure employees have access to surface-cleaning wipes and hand sanitizers.
- Fixes that improve air quality not only help overall office health traditionally, but also holistically, by improving energy flow. Solutions include: dusting air vents regularly, opening windows whenever possible, introducing plants, which are natural air purifiers, or purchasing air purifiers and filters.
- Replace fluorescent lighting with full-spectrum lights (lighting that mimics natural light) or add a full-spectrum lamp to your desktop to use during the day. Office managers can use the Staples Business Advantage program to purchase these lights for the office.
- Use upward-facing lighting as much as you can. Chan says it lifts chi and overall energy.
- Introduce revitalizing colors. Green and purple are considered wood elements in Feng Shui. Lush and healing, wood elements bring the energy of vibrant health, vitality and growth to a workspace. Yellows, Chan says, promote health and help you feel grounded. These colors can be added in the form of photos, images or accent pieces such as desk accessories.
- Add natural elements such as living things to common areas, like plants or a fish tank, to promote optimum chi.
- These tips can apply to employee workspaces and common areas. Keep common areas such as breakrooms and conference rooms clean to help workers feel smooth energy.
- Encourage staff to return things to where they belong to stay focused and conscientious.
- Keep the doors to conference rooms open between meetings to promote airflow.

Learn More... For more information on how to fight the flu, visit Staples Health & Wellness Center at www.staplesadvantage.com/healthandwellness. Office managers and decision makers can visit StaplesAdvantage.com for everything from design tips to improve office energy and productivity to whatever you may need to increase total wellness. Learn more about Feng Shui and its principles at www.fengshuicreative.com.

Improve total wellness and enhance office energy this flu season by pairing common flu-preventing activities, such as promoting regular hand washing and disinfecting surfaces, with Feng Shui principles.

MANAGE PAIN WITH MASSAGE THERAPY

Addiction to opiates is a growing problem in the United States and Canada. Pain relief therapies, such as massage therapy, can be viable alternatives to the prescription pain medicines that often serve as a gateway to illegal drugs such as heroin.

Addiction to prescription painkillers is common. NIDA says that up to 7 percent of people who are prescribed opiate or analgesic pain killers will become addicted. To help reduce the overprescribing epidemic and keep people from becoming addicted to pain meds, people can look for other ways to alleviate pain.

Massage therapy is a viable option that can work wonders to improve flexibility and offer relief from pain in different parts of the body. In addition to alleviating pain, massage therapy can promote relaxation, reduce anxiety and improve quality of life.

Research indicates that massage therapy can reduce the incidence and frequency of back pain, headache and leg pain and can even reduce stress and tension. Massage therapy can be an asset to those with myalgia, carpal tunnel syndrome and other conditions.

Researchers at McMaster University in Canada found that massage therapy affects the activity of certain genes, which directly reduces inflammation in muscles — the same results that would occur if a person took pain medication. Researchers tested people who exercised and received massages afterward against a control group, discovering that “massage dampened the activity of proteins known as inflammatory cytokines, which cause inflammation and pain. It also increased levels of proteins that signal the muscles to produce more mitochondria, the cell structures that produce energy and help muscles recover from activity.”

A review published in the journal *Complementary Therapies in Clinical Practice* noted that moderate pressure massage can lead to decreased cortisol levels, helping to reduce stress and anxiety. Massage may help stimulate serotonin products, improving mood and feelings of well-being. Also, according to AMTA, deeper massage stimulates blood circulation to improve the supply of oxygen and nutrients to body tissues while helping the lymphatic system to flush away waste products. It also eases tense and knotted muscles and stiff joints, improving mobility and flexibility.

Massage therapy can be a viable alternative for pain sufferers who are reluctant to take potentially addictive prescription pain medications.

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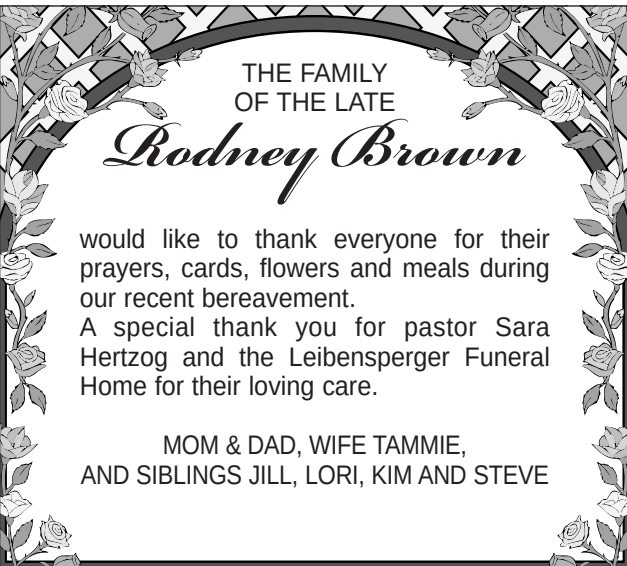


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FARM EQUIPMENT, 169-ACRE FARM (OLEY/LIMEKILN AREA)

Thursday, February 22, 2018 at 10:30 AM;
Property at 12 Noon

Location: 415 Limekiln Rd., Oley, PA, Oley Twp., Berks Co. From Oley take Friedensburg Rd. for 1.6 mi., left on Wiest School Rd. for 1.5 mi., left on Limekiln Rd. for 0.2 mi.

Equipment: VAC 1941 Case tractor w/horn front-end loader, 6-1/2' snow scoop, ground plate, manure bucket & 2-row cultivator (doesn't run); Case 2-btm. plow; JD 4-btm. 3-pt. 14" plow; Case 3-btm. 3-pt. 14" trip plow; New Idea 270 cutditcher; JD 12' spring-tooth harrow; Int. 12' spring-tooth harrow; 2-section spike-tooth harrow; Int. 8' pull-type disc; Oliver 546 6-btm. spring reset plow; Brillion 10' roller harrow w/side wheels; 6'x10' cattle trailer w/lights (w/title); 3-pt. Haban model 101031 corn sheller; 3 Grove 14' dump wagons w/extra 3' sides; Westfield model W-7026 grain auger w/3-hp 220-elec. motor; Harvest Handler 16' alum. elevator; Little Giant 14' drag elevator w/motor; Smoker 24' bale elevator; New Idea mounted 2-row corn picker; 319-12 husking 322 bed w/mounts for JD 3020; grain blower w/pipes, 18' metal hay wagon; 2-row 3-pt. rotary hoe; JD 3-pt. 7' scraper blade; 21' metal feeder wagon. **Misc.:** 4 bunk feeders; cement blocks; misc. tel. poles; belt-driven wood saw buck; round bale feeder; Snap-On gas welder; (2) 3'x8' galv. watering troughs; (2) 12' head locks; walnut lumber; old truck body sides; wooden skids; wooden doors; (15+) 4x4x7 locust posts; wood & metal gates; wooden produce boxes; approx. 100 bales Timothy hay; 1-hole antique corn sheller; antique Wiard horse plow; 2 bicycles. **Lawn Equipment:** JD fertilizer spreader; aerator; grass thatcher; lawn sweeper; asst. of old garden tools. **Sale Order:** Minimal amount of small items then directly to equipment, please be prompt! Food stand on Premises. Cash, PA checks & credit cards accepted.

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PUBLIC AUCTION

169 ACRE FARM AND FARM EQUIPMENT OLEY/LIMEKILN AREA

Thursday, February 22, 2018 at 10:30 A.M.
PROPERTY at 12 NOON



Location: 415 Limekiln Rd., Oley, PA, Oley Twp., Berks Co.

169 Ac. Farm w/stone 2-unit farmhouse, stone & frame bank (steer) barn & numerous outbldgs.

House: Stone & log circa 1806 w/4,100 sq ft. Unit 1: LR, DR w/stone FP & built-in-corner cpbrd., kit w/built-in hutch & desk, laundry/mud rm & full bath, 3 upper level BRs & full bath, 2 staircases, full attic, bsmt, propane hot water heat. Unit 2: LR, DR w/W/D hook-up, kit, 3 upper level BRs & full bath, bsmt, oil hot water heat. On-site well & septic. **Outbldgs:** 2 1/2 sty. stone & frame **bank barn** (40'x117'), upper level has 2 drive-in bays, 4 storage bays & granary, lower level has open stables w/cement floors; 20'x36' attached **storage shed**; 38'x24' attached addition; 55'x56' cement barnyard w/loading chute & spring fed trough; stone & frame **barn/equip shed** (40'x40') w/220/110 elec; 1 1/2 sty. storage barn (18'x22'); & numerous root cellars. Approx. 80 acres tillable, w/balance in woodland & pasture w/streams. **Note:** This working farm nestled in the heart of Oley Valley has a beautiful setting and is surrounded by farmland 45 acres w/bldgs. & land on east side of Limekiln Rd, is enrolled in Ag Preservation.

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Bar & Gathering Place
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11:00 AM to 8:00 PM.;
Thurs. - Sat.
Open 'til 1:00 AM;
CLOSED MONDAYS

Weekly Specials!

WEDNESDAY SPECIAL 4-8 PM
SALISBURY STEAK

THURSDAY SPECIAL 4-9 PM
CLAMBAKE
1 Lb. Steamed Clams, Grilled Chicken Breast,
Corn-On-The-Cob & Homemade Potato Salad

Catering:
Call Us To Cater Your Special Event!
Individual Banquet Rooms Available
For 10-300 People

C.J. Hummel's Entertainment

THURS., FEBRUARY 8 LINE DANCING 8:00 PM to 11:00 PM D.J. NUGGETT OVER 21+ CLUB NIGHT w/D.J. Ricky Rick	FRI., FEBRUARY 9 9:00 PM to 12:00 AM OVER 21 LINE DANCING With D.J. Shawn	SAT., FEBRUARY 10 9:00 PM LIVE MUSIC With TJ Bebb
---	--	--

JOIN US TACO TUESDAY
4:00 PM to 8:00 PM
3/\$5.50
Tacos
Chicken • Fish • Beef

10% Senior Discount
Every Tuesday & Wednesday

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For Great Specials!

For More Info Check Out Our Website: cjhummels.com

KUTZTOWN ROD & GUN CLUB

Check us out on Facebook.com

Monthly Meeting Second Thursday Of Every Month!

MONDAY, FEBRUARY 5 & WEDNESDAY, FEBRUARY 7:
HAPPY HOUR - 5 pm to 7 pm
\$.25 Off All Drinks (Excludes Soda) and FREE Hot Dogs!

TUESDAY, FEBRUARY 6 & THURSDAY, FEBRUARY 8:
HAPPY HOUR - 2 pm to 4 pm \$.25 Off All Drinks! (Excludes Soda)

TUESDAY, FEBRUARY 6: **FRYER NIGHT 5 pm to 9 pm**

THURSDAY, FEBRUARY 8:
WING AND SHRIMP NIGHT 5 pm to 9 pm

FRIDAY, FEBRUARY 9: **VALENTINE'S DINNER & DANCE**
Entertainment by Hannah Violet
If you are interested in dinner, please make reservations from 6 to 9 pm.

SUNDAY, FEBRUARY 11: **BUCK CONTEST & BREAKFAST**
7 am to 11 am - Open to the public

SUNDAY, FEBRUARY 18: **MIXED BLOCKSHOOT**
10 am - Open to the public

We are accepting applications for a bartender and also a bar manager. Please apply in person at the club.

3rd Street Café
29 South Third Street • Hamburg, PA 19526

Breakfast Specials 6:00 AM - 11:00 AM

2-5-18 thru 2-9-18
2 EGGS, TURKEY BACON,
HOME FRIES, TOAST & COFFEE \$5.45

2-12-18 thru 2-16-18
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Lunch Specials 11:00 AM - 2:00 PM

2-5-18 thru 2-9-18
TUNA MELT & FRENCH FRIES \$6.35

2-12-18 thru 2-16-18
COLD HONEY HAM SANDWICH & CUP OF SOUP w/CHIPS \$6.65

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3rd Street Café

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America's Party Band

Valentine's Dance
SAT., FEB. 10, 2018
7:30 p.m. to 11:00 p.m.
Doors open at 6:30 p.m.

HAMBURG FIRE CO. FIELD HOUSE
Tickets \$20.00
(Tickets also at the door, if available \$22)
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Includes: Soda, Set Ups & Snacks, "BYOB"
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PROCEEDS TO BENEFIT COMMUNITY PROJECTS & LIONS CLUB CHARITIES

Get Your Tickets Early. Reserved Seating Only!

HAMBURG GAME ASSOC. SPORTSMAN'S CLUB
Check Our Facebook Page For Weekly Menu Items

Sunday, February 11 BREAKFAST
Doors open at 6:00 a.m.

Forming Pond Cleanup Crews
See Bartender For Details and Sign-up

DEADLINE FOR 2018 MEMBERSHIPS FEBRUARY 28

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THIS WEEK Feb. 7, 8 & 9
NEXT WEEK Feb. 14, 15 & 16
Feb. 14 Through Feb. 18
Feb. 21, 22 & 23
Feb. 28, Mar. 1 & 2

Corn Pie
Beef Pot Pie
Valentine's Specials
Ham & String Beans
Pork Mit Kraut

Plate It Forward For February: Baseballtown Dream League.
Info On The-Eck.com

Seconds On Us, While Quantities Last.

Mackerel Breakfast
Sunday, Feb. 11, 2018, 7 AM to 12 Noon
Free-Range Eggs, Ham, Sausage, Mackerel, Bacon, Omelets, Creamed Beef, Potatoes, Pancakes
All Platters Made To Order - Takeout Available
COMMUNITY FIRE CO. NEW RINGGOLD
Come Join Us!
Bar Kitchen Is Open
Wed.-Sat. 5 pm to 9 pm & Sun. 4 pm to 8 pm

The Hamburg **STRAND** Theater

Friday, February 9 through Thursday, February 15
'FOREVER MY GIRL'
CLASSICS NIGHT - February 13 at 7:00 pm
Casablanca

Showtimes: Thurs. - Mon. 7 pm; Matinee Sat. & Sun. 4 pm
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• Our Own Chopped Mushroom Steak w/Banana Peppers
• Deep Fried Mini Combo - Scallops & Oysters
• Our Own Chopped Pepper Steak w/Grilled Onions
• Baked Stuffed Shells & Sauce

SUNDAY, FEBRUARY 11
• Baked Ham w/Pineapple Sauce
• Broiled Cajun Salmon
• Stewed Chicken Over Waffles
• Family Night Special - Kids Chicken Nuggets
• Endless Spaghetti & Salad

Friday, Saturday, Sunday
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Ham & String Bean Dinner

NEXT SATURDAY, February 17th 2018
4 pm - 7 pm
\$10⁰⁰ Adults
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Masonic Temple

DINING & entertainment guide

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~ WEEKEND SPECIALS ~

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FRESH BROILED HADDOCK CASSEROLE
12 oz. CHOICE-CUT NY STRIP STEAK w/Fried Crispy Onions

VALENTINE'S WEEK FEBRUARY 14TH - 18TH

- Seafood Spectacular
- Choice Hand-Cut Steaks
- Slow-Roasted Prime Rib
- Fresh Poultry Specialties w/Pasta
- Lobster Tail Combos
- Special Desserts and Drinks

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~ SPECIAL ~
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CHICKEN AND WAFFLES

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Twin Lobster Tails	\$22.99
Crab Cake & Lobster	\$19.99
Seafood Medley	\$16.99
Stuffed Chicken Breast w/Crabmeat	\$14.99
Chicken Oscar	\$14.99
1/2 Rack Of Ribs w/Fried Shrimp Or Crab Cake	
1/2 Chicken Over Filling • Ham Steak w/Pineapple	

***All Of The Above Include 1 Side With Soup & Salad Bar

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10:00 p.m. • No Cover
Monday Trivia
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Tuesday: Yuengling Lager (pint) - ALL DAY LONG!
Wednesday: Coors Light (pint) - ALL DAY LONG!
\$1.75

THIRSTY THURSDAY ALL DAY LONG!
Coors Light Bottles, Cans & Drafts
\$2.00

**** ALL DAY SPECIALS ****

Monday - Takeout or Dine In
Large Cheese Pizza \$7.95 - No Limit.
Tuesday - Dine In Only
24 Wings With Small Pitcher of Domestic Beer or Soda \$16.95
Large Cheese Pizza \$7.95 - No Limit. (Takeout or Dine In)
Wednesday - Dine In Only
1 lb. Steamed Shrimp with French Fries \$12.95
Thursday - Dine In Only
1 Doz. Middleneck Clams \$6.95 with purchase of Beverage
Friday
Fosters Oil Can 25 oz. \$4.65
Sunday - Dine In Only
Bone-In Wings...\$6.95 doz. with purchase of beverage

THIS WEEK'S LUNCH SPECIALS
Dine In or To Go

Dozen Wings (Bone-In)	\$9.50
Open Face Turkey w/Fries or Mashed Potatoes	\$7.95
Clam Strip Basket w/Fries & Coleslaw	\$8.29

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FRIDAY, FEBRUARY 9, 7:00 TO 10:30 PM
LINE DANCING in the Banquet Hall
Doors open at 6 pm, Kitchen Open • 21 & Over - ID Required

WING NIGHT
TUESDAY, FEB. 13 - 5:30 TO 10:00 PM
Members Only

SUNDAY AFTERNOON BINGO (Open To Public)
Doors Open 12 Noon, BINGO STARTS @ 2 PM
For info. please call 610-568-4354 • Mgr.: Jackie Weiler

2018 DUES ARE NOW PAYABLE
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MUSIC NIGHT
Friday, February 9th
"Hy Jynx"
Kitchen Open 3:30 pm - 9:00 pm

9 PM to 12 AM

Non-members \$3.00 Cover Charge
Must Be With A Member.

Indian Fort Inn
Casual Fine Dining Restaurant

February 14th - 17th **VALENTINE'S FEATURES**
Pasta For Two • Surf & Turf For Two
Complete with Salad & Dessert

Wednesday, February 14th
Stephen Perno

Saturday, February 17th
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Catch The Eye Of More Brides, Grooms, & Bridal Parties When You Advertise!

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FOR RENT

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FOR RENT: Hamburg 2 Bedroom House with garage near Park. Just redone. Water, sewer, trash included. \$1000/mo. Call 610-562-9589.

HOUSE FOR RENT: at Routes 78 & 183 Newly conditioned, oil heat, 3 bedrooms, available immediately, \$950/mo. No pets, no bad credit, attached 2 car garage. Motel Rooms: Day, week, monthly rentals. Cable TV, big tub shower, small fridge & microwave. Warm & cozy. Call 610-488-1782.

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NEED STORAGE? Approx. 4000 sq. ft. pole building in Tipton area with high overhead doors. Available immediately. Call Monaghan Group Realtors at 610-683-5333. \$800 per mo.

Nice Semi in Temple: 3 BR's, 1 bath, all appliances, nice yard, no smoking or pets \$1000 per month plus utilities, security deposit and references required. Call 610-507-8393.

ROOM FOR RENT: Quiet Country Setting near Hawk Mt. With Garage Space. Shared common area and amenities. \$500/ mo. 570-843-2393.

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