

# Health & Mind Spirit Guide

In this week's issue

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Northern Reading &  
Southern Schuylkill County  
Weekly Circulation Over 31,254

## NORTHERN BERKS

# Merchandiser



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WP-NB

2022

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### REAL ESTATE

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### REAL ESTATE

Own a Modular on Land! 620 Credit Score and Up! Discovery Homes at 484-641-5055. discoverymodularhomes.com

READY TO BUY, SELL, OR Rent Your Vacation Home OR Hunting Camp? Advertise it here and in neighboring publications. We can help you. Contact MACnet MEDIA @ 800-450-6631 or visit our site at MACnetOnline.com(\*233080).

### PETS & ANIMALS

**CAN YOU HELP Transport** homeless dogs from the Rust Belt to new homes in Pennsylvania and New York? We are Sadie's Place Rescue in Louisa KY. We need volunteer drivers to transport dogs from Hamburg to Scranton on Alternate Saturday mornings on their journey to permanent homes. Will you help save their lives and bring joy to their new guardians? We hope so. Please contact Bill Sacrey NE Coordinator, at 917-251-6633 or William Sacrey at netzero.com Thank You.

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### PUBLIC AUCTION

**J.D. FARM TRCTRS; 2005 I.H. FLAT BED TRUCK; FORD PICKUP TRUCKS; 2004 ALUM. 24' GOOSE NECK CATTLE TRLR; FARM EQUIP.; BUTCHER EQUIP.; TOOLS**

Saturday, Feb. 19, 2022 at 9:00 AM



Location: 1021 Crystal Cave Rd., Kutztown, Berks Co., PA 19530. From Rte. 222 S. (Kutztown Bypass) take Crystal Cave exit, turn right

onto Crystal Cave Rd., in 1.1 mi. turn right to stay on Crystal Cave Rd. proceed 1.7 mi. to Auction site on left. **Trctrs:** J.D. 6210 dsl. w/620 ldr., cab, dual remote hydr. 4810 hrs; J.D. 4230 dsl. canopy, dual remote hydr., 1000/540 pto, 5980 hrs; Farmall 706 dsl., 9471 hrs; 1946 Farmall M; 1950 Farmall C; Kubota B7100 dsl., w/1630 ldr., 3 pt. & pto, 1426 hrs; Economy Jim Dandy grdn. trctr; Pasquali 4 whl. dr. articulate grdn. trctr, w/3 pt. & pto; Fiat Allis FL 10-C dsl. track ldr.; Oliver OC-3 crawler (repainted). **Trks & Trlrs:** 2005 I.H. 4300, DT 466 dsl. w/24' steel flat bed & lift gate, 25,999 GVW; 2013 Ford F-150 XLT 4x4, 4 dr. w/7' body & cap, 88,196 mi; 2001 Ford F-250 Power Stroke dsl, 4x4, auto., ext. cab; w/7' alum. stake body & gooseneck hitch 177756 mi.; 2004 Exiss 14,000 lb., tandem axle, 24' alum. gooseneck cattle trlr; 2019 Pequea SST Series 18', 16,000 lb. tandem axle flat trlr. (like new); Honda Recon 2-whl. dr. 4-wheeler; Sunline 24' travel trlr. **Equip.:** Tar River 3-pt. 7' 10 disc no till drill w/dbl. seed box; I.H. #10 8' grai drill 13 discs w/fertilizer; White 543 4r. nar. corn planter; Kuhn FC 302 10' disc bine; Duetz Fahr KS 85 rake; N.H. br 7050 twine rnd. baler; Sipma OZ 7500 Tekla bale wrapper; Woods 84 Brush Bull 3-pt. rotary mwr.; Woods 80" pull-type mwr.; Woods Gill HBL 84-2 3-pt. scraper; N.H. 520 manr. sprdr; J.D. 40 dbl. beater manr. sprdr; J&S 20' feeder wagon; Athens 3-pt. 7T chisel plow; M.F. 57 3-pt. 3-btm. roll over plow; M.F. 880 5-btm. semi mnt. plow; 8' transp. disc; 10' multipacker; J.D. 2 r. wide corn chopper 1000 pto; Winco 35000-watt pto generator; I.H. 3-pt. sickle mwr.; Bottom mnt. sickle mwr.; Tomahawk grabble brush bucket quik attach.; 2 prong bale spear quik attach.; Bale grabber quik attach.; 3-pt. post home auger; 3-pt. pto cordwood saw; Cordwood w/Brilliant GT 1000 eng. **Misc:** CI butcher kettle; meat cutting bandsaw; butcher bench; Hobart meat scale; Cabela's smoker; sprdr. bars; butcher knives; PU trk fuel tank w/elec. pump; Oxy/Acet. torch set; Husky 25-gal. upright air comprssr; Alkota 213AX4 hot water pressure washer; parts washer; Val-6 Infra-Red oil heater; Stihl FS 45 trimmer; Porter Cable bandsaw; flr mdl. drill press; 30T shop press; flr. jack; tow chains; SS hog feeder; chicken crates; milk cans; wire egg baskets; CI dinner bell; approx. 32 rnd. wdn. fence posts; asstd. tools & farm related smalls. **Terms:** Visa/MC/DISC. 3% admin. fee waived for cash or Pa. checks only.

**Auct: CLARENCE N. SHIRK** Auction For: ESTATE OF AU-3757-L 610.683.5093 **JOYCE REX/JO-LE** RANDALL S. SHIRK, AA019415 **EQUIP. INC.** Exec. Alan Rex & Brenda Snyder

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## READER'S Recipe

### CEYLON CHICKEN CURRY & RICE NOODLE SOUP

- |   |                                     |
|---|-------------------------------------|
| 6 oz. uncooked wide rice noodles  | 1/4 tsp. cayenne pepper             |
| 3 Tbsp. ghee or olive oil, divided  | 2 anchovy fillets, minced, optional |
| 1 lb. boneless chicken breasts, thinly sliced and cut into 1/2-in. pieces | 2 Tbsp. white wine vinegar          |
| 1 medium onion, chopped   | 1 carton (32 oz.) chicken broth     |
| 2/3 cup sliced fresh carrots  | 1 can (13.66 oz. coconut milk       |
| 3 bay leaves  | 2 Tbsp. jaggery or dark brown sugar |
| 2 Tbsp. minced fresh gingerroot   | 1-1/2 cups chopped fresh kale       |
| 1 stalk lemongrass  | 1/2 cup cherry tomatoes, halved     |
| 1 whole star anise  |                                     |
| 1 Tbsp. curry powder  |                                     |
| 2 tsp. ground turmeric  |                                     |
| 1 garlic clove, minced  |                                     |
| 1/2 tsp. salt   |                                     |

Cook the noodles according to package directions for al dente. In a Dutch oven, heat 1 Tbsp. ghee over medium-high heat. Add the chicken; cook and stir until no longer pink, 4-5 minutes. Remove from pan. Cook and stir the onion and carrots in remaining 2 Tbsp. ghee until tender, 12-15 minutes. Add the bay leaves, ginger, lemongrass, star anise, curry powder, turmeric, garlic, salt, cayenne pepper and, if desired, anchovies; cook 1 minute longer. Add vinegar to the pan; cook for 30 seconds, stirring to loosen browned bits from pan. Add broth, coconut milk and jaggery. Bring to a boil; reduce heat. Add kale and tomatoes; simmer until tender, 6-8 minutes. Remove and discard bay leaves, lemongrass and star anise. Drain noodles; stir into soup. Add chicken; heat through.

Send your recipes to: The Windsor Press, Inc.  
6 N. Third St., PO Box 465, Hamburg, PA 19526-0456  
Fax: 610.562.2770 or E-mail: display@windsorpress.com

### PUBLIC AUCTION

**SHOP EQUIP. & TOOLS; MOBILE POWER TRLRS; REEL TRLRS; SCOTCHMAN IRONWORKER; PLASMA CUTTER; MILLER TIG WELDER; TRLR. PARTS & ACCESSORIES**



Saturday, February 12, 2022 at 9:00 AM

Location: 4524 Best Station Rd., Slatington, Lehigh Co., Pa. 18080. From Rte. 100 N. turn R. onto Rte. 309, L. onto Bake Oven Rd., keep R. onto Seagersville Rd., R. onto Church Rd., L. onto Irvin Rd., R. onto Best Station Rd. to property on right.

**Equip:** Team Fenex mobile power trlr; 2 Hesco 1500 mobile power trlrs; Truco TCT-6 & Hogg Davis TH-40 spool & pole combo trlrs; Truco CTWT-4 reel trlr; 2 Hogg Davis Reel trlrs; (2) 5-1/4" water pumps w/Wisconsin engs. on trlrs; Allis Chalmers 540 articulating whl. loader (not running); 2 A.C. forklifts (not running); Generator w/dsl. eng. in alum. box body (not running); **Shop Equip:** Scotchman 4014 hydr. Ironworker; Miller Econo TIG welder; Airco Dip Pak 200 welder; Thermo Dynamics Econo 50 plasma cutter; Niagra 6' shear; Jet 4' box & pan brake; Rogers 100 ton press; 40T press w/pump; Coates 30-30 tire changer; Kwikrimp mdl. K401 crimp mach. w/pump; Kwikrimp mdl. K-601 crimper; 3 upright air comprssrs Speedair w/air dryer; Marshall Magic Pole Universal Gantry hoist; Landa hot water press. washer; Grizzly & other flr. mdl. drill presses; 3 bench grinders; 2 anvils, Koike acetylene pattern torch; Oxy/Acet. torch set; Wilson horizontal bandsaw; Dayton horiz & vert. bandsaw; Flr. mdl. sand blast cbnt; 3 phase power converter; Champion spark plug cleaner; Wm. Aaron #223 bench vise; Ryobi chop saw; old rivet mach; pipe bender; Craftsman & Kennedy rolling tool chsts; lots of assrtd. wrenches, sockets, pliers, & other mechanic's hand tools; Drum clamp attach. for forklift; **Parts & Misc:** Bolt bins w/contents; assrtd. metal shelving; steel rack; Flat, tubular & angle steel stock; Misc. Allis Chalmers parts; New Meyers snowplow parts; Utility trlr. parts; Hogg Davis & Truco trlr parts; New trlr. brake drums & shoes; New trlr. hitches; O rings & seals; Hydr. hoses, crimp fittings & adapters; assrtd. hydr. valves & pumps; Hydr. hose rack; Brass air fittings; New tie down straps; plus many other items not mentioned. **Terms:** Visa/MC/DISC. 3% admin. fee waived for cash or Pa. checks only. No buyer's fee.

**Auct: CLARENCE N. SHIRK** Auction For: ESTATE OF AU-3757-L 610.683.5093 **JOYCE REX/JO-LE** RANDALL S. SHIRK, AA019415 **EQUIP. INC.** Exec. Alan Rex & Brenda Snyder

## ANNUAL WINTER FARM MACHINERY CONSIGNMENT SALE

**LEBANON VALLEY LIVESTOCK**  
237 Freeport Rd., Lebanon, PA 17046  
717.865.2881 • AY002355  
Saturday, February 5, 2022 at 9:00 AM  
**FARM MACHINERY, CARS, TRUCKS, LAWN & GARDEN, BUILDING MATERIALS, ANTIQUES, COINS, 6' 3-RING BROCKS GRAIN BINS, 3 - DBL.-WIDE TRAILERS & MORE ARRIVING DAILY**  
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Photos on Lebanon Valley Complex Facebook.  
**Terms:** Cash/PA check. LVLM is not responsible for lost or stolen items. All items must be removed day of sale unless arrangements are made.  
**Small Animal Sale Wednesday Eve 7:00 PM.**  
**Cattle Sale Tuesday at 1:30 PM.**  
**Rafter C Auction Thursday at 5:00 PM.**  
**Next Sale Saturday, March 5, 2022.**

### RECREATION/SPORTING GOODS

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### MOBILE HOMES

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PAYING \$100-\$500 for Wrecked Junk or unwanted Vehicles. Call Desiree 610-790-7995.

## WANTED

### AUTOMOBILES/TRUCKS

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## 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](mailto: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.

2/5/22, Kissinger's Church, 715 Berkshire Blvd., Wyomissing. Sock Hop Saturday 6pm. Music of 50's & 60's; Dave Reinwald performing. Bring snack or beverage to share. Not a couples only event. All welcome. Snow date 2/19.

2/3/22, Hamburg Area Historical Society presents Brian Riegell with a program on the history of the King Frost parade. 7pm. Hamburg Bible Church, 731 Port Clinton Avenue, Hamburg.

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**DISH TV \$64.99 FOR 190 Channels + \$14.95 High Speed Internet.** Free Installation, Smart HD DVR Included, Free Voice Remote. Some restrictions apply. Promo Expires 1/21/22. 1-855-270-5098. (\*228636).

## AUCTION LISTINGS

02-04-22	99 Riley St., Lansford	D. Arner
02-05-22	Andreas Station Hs., 42 Andreas Rd.	D. Arner
02-05-22	734 East Ettwein St., Bethlehem	Houseur Auction
02-05-22	Lebanon Val. Livestock Mkt., 237 Freeport Rd.	---
02-5 & 19-22	Kutz. Prod. Auc. 209 Oak Haven Rd., Fleetwood	---
02-06-22	Andreas Station Hs., 42 Andreas Rd.	D. Arner
02-12-22	4524 Best Station Rd., Slatings	C. Shirk
02-19-22	1021 Crystal Cave Rd., Kutztown	C. Shirk
02-21-22	Leesport Farmers Mkt. Banquet Hall Meeting Rm.	K. Leiby
02-26-22	Renningers Mkt., 740 Noble St., Kutztown	BL Oberholzer Auc. Ser.
03-05-22	Shoemakersville Fire Co., Banquet Hall	Wagner Auction Ser.
03-5 & 19-22	Kutz. Prod. Auc. 209 Oak Haven Rd., Fleetwood	---
03-12-22	408 Molasses Hill Rd., Bernville	Wagner Auction Ser.
03-24-22	Kutz. Prod. Auc. 209 Oak Haven Rd., Fleetwood	---
04-1 & 2-22	Kutz. Prod. Auc. 209 Oak Haven Rd., Fleetwood	---
04-04-22	Leesport Farmers Mkt. Banquet hall Meeting Rm.	K. Leiby
04-07-22	Kutz. Prod. Auc. 209 Oak Haven Rd., Fleetwood	---
04-09-22	1126 Moselem Springs Rd., Hamburg	K. Leiby
04-16-22	Old Dutch Mill Rd., Kutztown	K. Leiby
05-12-22	West Spruce St., Fleetwood	K. Leiby

**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

## THE Merchandiser CLASSIFIED AD FORM:

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NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_

(This information is for our records only)

### STEP #2 CHOOSE A CATEGORY YOU WANT

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| <input type="checkbox"/> Automobiles/Trucks | <input type="checkbox"/> Help Wanted                | <input type="checkbox"/> Motorcycle/ATVs | <input type="checkbox"/> Services                            |
| <input type="checkbox"/> Auto Parts & Svcs. | <input type="checkbox"/> Home Improvements          | <input type="checkbox"/> Pets & Animals  | <input type="checkbox"/> Wanted To Rent/Buy                  |
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| <input type="checkbox"/> Childcare          | <input type="checkbox"/> Lost & Found               | <input type="checkbox"/> Real Estate     |  |
| <input type="checkbox"/> Computers/Office   |   | <input type="checkbox"/> RVs/Campers     |  |

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### STEP #3 ENTER YOUR AD EXACTLY AS YOU WANT IT TO APPEAR

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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

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 Both (Cost Would Be Double)

### STEP #5 ENTER NUMBER OF WEEKS THE AD IS TO RUN:

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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)

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ACCOUNT # \_\_\_\_\_ EXP. DATE \_\_\_\_\_

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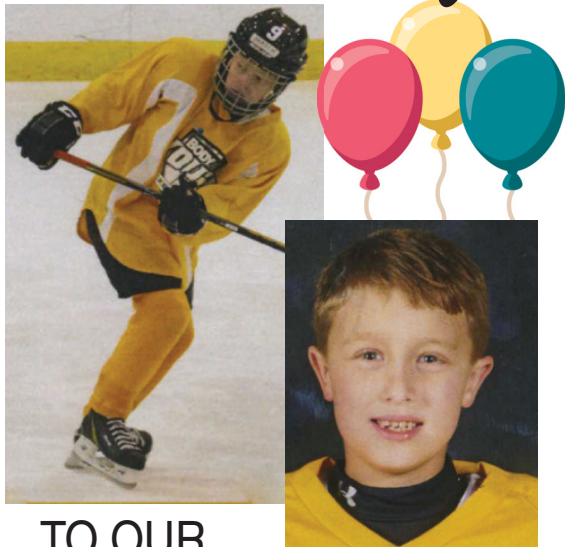
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## 5 Ways To Make Homes Safer

Injuries that occur around the home contribute to millions of medical visits and tens of thousands of fatalities each year. Falls account for the largest percentage of home accidents, with the U.S. Centers for Disease Control and Prevention reporting that around 30,000 fall-related fatalities occur each year in the United States. Many home accidents are entirely preventable when proper caution is exercised.

As homeowners prepare for home-improvement projects, improving safety inside and outside the home should be a priority.

1. **IMPROVE LIGHTING** - One of the easiest ways to reduce the risk of falls is to improve lighting around the home. The National Institutes of Health state that adequate lighting is important at entrances to the home, stairways, hallways, and other frequently traversed areas. Make sure lighting fixtures are using the highest wattage light bulb allowed. Artificial lighting sources become even more vital in fall and autumn, when natural light is less abundant in a home. In addition, install lighting outdoors by the front door, over the garage and where garbage pails are stored to facilitate safe passage.

2. **ELIMINATE SLICK SURFACES** - Improving traction around the house also can minimize falls. Throw rugs and runners can be made more secure with nonslip rubber backings. Bath rugs can reduce slipping on wet surfaces in the bathroom. Also, nonslip mats can be used inside of showers and bathtubs.

Use shoe trays to reduce puddling from melting snow or rain runoff in entryways. Mop up spills quickly, and consider the use of matte- or textured-finished flooring to improve stability underfoot.

Promptly remove snow and ice from driveways and walkways. For those who live in cold climates, heated concrete can help melt precipitation before it accumulates.

3. **MAKE NEEDED REPAIRS** - Repair loose floorboards and pull carpet taut if it has started to stretch out. Address cracks outdoors and ensure that patio stones, bricks and pavers are secure and level to reduce tripping hazards. Fix areas of the landscape where water may pool and freeze, creating potential hazards.

4. **DECLUTTER ALL SPACES** - Remove unnecessary items and furniture from rooms to free up more space to get around. Be sure there are no obstructions in walkways, entryways and near doors. Keep staircases clear at all times.

5. **INVEST IN ASSISTIVE DEVICES** - Handrails, grab bars, nonslip stair treads, and many other devices can make homes safer for people of all ages and abilities. Outfit cabinets and closets with organizers that put frequently used items within easy reach. A sturdy step stool can reduce the risk of injury while reaching for items stored on high shelves.

Taking measures to reduce the risk of falling around the home is a worthwhile home improvement project.

## Make Homes Safer For Pets

Pets require certain comforts to live long and healthy lives. In addition to adequate nutrition, exercise, medical care, and mental stimulation, pets need a safe place to live.

The average home is filled with various items that can be harmful to pets. Just as parents baby-proof their homes when welcoming new children into their families, pet owners can take inventory of potential hazards to pets and take steps to safeguard their pets from home-related injuries. According to the American Veterinary Medical Association, a few simple adjustments around the house can prevent many pet emergencies.

- Invest in cabinet locks. Cats and dogs can be curious animals, gaining access to areas of a home pet owners never would have imagined possible. If you can't store everything beyond pets' reach, then use cabinet and drawer latches to prevent access to areas that are off limits. Lock doors to basements, garages and storage sheds as well.

- Cover all garbage cans. Animals have extraordinary senses of smell, and they may be attracted to trash cans around the house. Pets rooting around in the garbage can be messy, but this can also make pets vulnerable to illness. Invest in garbage cans with locks or tight lids to prevent food poisoning or choking.

- Use medications wisely. Be mindful of medications, making sure none of your pills fall on the floor where they can be gobbled up by pets.

- Protect belongings. Cats can scale many objects in the house, gaining access to areas of the house that dogs cannot reach. Cats also can

be attracted to small shiny objects, such as jewelry or glass items, that are choking hazards. Store potential choking hazards out of sight of curious cats.

- Clean the furnace. Allergens and poor indoor air quality is not just a concern for humans. Pets also can be affected by allergies and health issues that result from exposure to mold or dirt in a home. Have your HVAC system routinely serviced and routinely change indoor air filters to maintain healthy air quality. When possible, open windows to let fresh air inside.

- Secure windows and doors. Cats and dogs may be distracted by something outdoors and feel compelled to chase after it. Dogs and cats can suffer serious injuries if they fall from windows. Make sure window screens are secure and install guards if your pet likes to hang out by the windows. Exercise caution when entering and leaving your home so pets don't scurry outside.

- Keep cords and electronic outlets secure. Teething puppies or curious cats may bite or pull on power cords. Use cord keepers to cover up electric lines and outlet locks to keep plugs where they should be.

- Provide a comfortable indoor climate. Many pets spend the majority of their days indoors where climate and temperature can be controlled. However, if yours is an outside pet or requires a brief stint in the garage or an uninsulated area, make sure the temperature in such areas is comfortable and safe.

Take precautions around the house to keep pets safe, comfortable and secure.

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**Conditions That Fall Under The Umbrella of COPD**

Despite its prevalence, COPD might not be on a person's radar until they or someone they love is diagnosed with this disease of the lungs. But understanding COPD, which is an umbrella term that describes various progressive lung diseases, can help people lower their risk and potentially identify symptoms and seek treatment.

**WHAT IS COPD?**  
 The COPD Foundation notes that COPD is characterized by increasing breathlessness. The disease is currently incurable. However, treatment can help people effectively manage their COPD and breathe better. In fact, many people with COPD live for many years and continue to enjoy life after diagnosis.

**WHAT CONDITIONS FALL UNDER THE UMBRELLA OF COPD?** Emphysema, chronic bronchitis and refractory (non-reverse) asthma are three conditions that fall under the umbrella of COPD.

• **Emphysema:** Damage to the alveoli, which are tiny air sacs in the lungs, causes emphysema. When this damage occurs, the walls inside the alveoli disappear, turning the small sacs into large sacs. The resulting larger sacs cannot absorb oxygen as effectively as the small sacs, so less oxygen is then absorbed into the blood. In addition, the lungs become stretched out and lose their springiness when the alveoli are damaged. The airways become flabby, trapping air in the lungs and creating feelings of shortness of breath.

• **CHRONIC BRONCHITIS:** Chronic bronchitis is caused when the bronchial tubes are irritated and become swollen. That damage causes coughing and shortness of breath. Bronchitis becomes chronic bronchitis when mucus comes up with the cough and the cough lasts for at least three months for two years in a row. The COPD Foundation also notes that, in healthy lungs, tiny hairs known as cilia help move mucus up the tubes of the lungs so it can be coughed out. When a person has chronic bronchitis, the tubes have lost their cilia, leading to more coughing and irritating the lungs even further and creating more mucus. The tubes of the lungs then swell, making it hard to breathe.

• **REFRACTORY (non-reversible) ASTHMA:** During a typical asthma attack, bronchial airways tighten up and swell. Asthma medications can typically reverse this. However, refractory asthma does not respond to medication, leaving sufferers with tight, swollen airways.

Increased shortness of breath; frequent coughing, with and without mucus; increased breathlessness; wheezing; and tightness in the chest are some common symptoms of COPD.

Not all cases of COPD are the same, and people who feel any of the aforementioned symptoms should report them to their physicians immediately. Learn more at [www.copdfoundation.org](http://www.copdfoundation.org).

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**Safe Ways To Deal With Sinus Pressure**

Sinuses are bony, hollow, air-filled cavities inside the face and skull. They are located in the low-center of the forehead, behind the eyes and in bones behind the nose. Cedars-Sinai Medical Center says the sinuses lighten the skull and produce a mucus that moisturizes the inside of the nose. Unfortunately, when colds or the flu strike, sinuses may become one of the first spots affected by these illnesses.

When the sinuses are working properly, mucus will drain into the nasal passages or out the back of the throat. Most of this drainage goes unnoticed. However, the American Sinus Institute says that factors such as allergies, illness, weather changes, dehydration, and dry air can make the sinus mucus thicker and drainage more difficult. This is when problems like infection, stuffiness or throat irritation may occur.

In order to combat sinus congestion and drainage concerns, people may try certain strategies that include flushing the sinuses and thinning the mucus. It is imperative to use safe flushing methods to keep the sinuses healthy.

Neti pots are among the more popular methods to flushing sinuses. These small teapot-like devices with elongated snouts have become a fixture in many medicine cabinets. Because they are drug-free alternatives, they can be handy for those worried about antihistamines making them drowsy or

reacting with other drugs. Neti pots and other nasal irrigation systems use saline to moisten and clear out nasal passages to promote drainage of sinus cavities.

The key to preventing infection is to only use previously boiled, sterile or distilled water to irrigate. Tap water is not adequately filtered, says the FDA, and may contain low levels of organisms that can stay alive in nasal passages and potentially cause serious infections.

Those who are concerned about nasal irrigation safety may be wise to skip neti pots and use pre-packaged, sterile saline solutions that are bottled for the purpose of alleviating congestion.

However, when prepared water is used in a clean neti pot or other device, these methods can be perfectly safe.

Sinuses can get clogged for many reasons. To free up breathing, people are urged to consult their physicians to learn more about how to safely irrigate their nasal passages.



**The Relationship Between Eating And Exercise**

Diet and exercise are each vital components of a healthy lifestyle. While these components tend to be looked at separately, diet and exercise are actually interconnected.

According to the American College of Sports Medicine, adequate food and fluid should be consumed before, during and after exercise. Following that advice can help men and women maintain their blood glucose concentration during exercise, which allows them to maximize their performance and improves their recovery time.

Some people understandably may feel that eating before exercising seems counterintuitive, as food may contribute to feelings of sluggishness that would make it hard to maximize a workout. But what people eat, and drink, prior to working out is important, as the right foods can make a positive impact while the wrong foods can have the opposite effect.

The American Heart Association and the ACSM recommend hydrating with water prior to working out. The ACSM recommends drinking between two and three cups of water two to three hours before exercising. Adults accustomed to working out in the early morning can try to wake up earlier so they can give their bodies time to hydrate before they begin exercising. It's also important to continue hydrating during a workout, as the ACSM recommends drinking between 1/2 and one cup of water every 15 to 20 minutes during a workout (amounts can be adjusted based on variables such as the weather and individuals' body sizes). After a workout, the ACSM recommends drinking two to three cups of water for every pound lost during the exercise session.

Food also plays a vital role in maximizing a workout and improving recovery time. The AHA recommends fueling up on healthy carbohydrates, such as whole-grain cereals, whole-wheat toast or low-fat or fat-free yogurt, two hours before exercising. Doing so might pose a problem for early morning exercise enthusiasts, and in such instances the AHA advises eating a piece of fruit such as an apple or banana five to 10 minutes before beginning a workout. Avoid saturated fats and a lot of healthy protein prior to working out, as it takes longer for these fuels to digest in the stomach. Until foods are digested, muscles may not get all of the oxygen and energy-delivering blood they need during a workout, so it's best to stick with foods that the body can digest more quickly. The Mayo Clinic notes that it's also important to make food a part of your post-workout routine. Eating a post-workout meal that contains both carbohydrates and protein can aid muscle recovery and replace glycogen stores that help increase energy levels after working out. The most effective way to exercise involves healthy foods, which can improve performance and lead to quicker post-workout recovery.

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**BARTENDER PT @ Pappy T's Pub,** adjacent to the Microtel Inn, 50 Industrial Dr. I-78 Exit 29, Hamburg. Apply in person, or email [pappyts.hire@yahoo.com](mailto:pappyts.hire@yahoo.com).

### HELP WANTED

Port Clinton Peanut Shop is looking for reliable, professional, pleasantly responsible adult, who loves customers and candy. Please call Missy @ 610-906-9132 to apply.

**COOK PT/ Flexible hours.** Apply in person at Pappy T's Pub, adjacent to Microtel Inn, Perks include food & hotel discounts. I-78 Exit 29, 50 Industrial Dr. Hamburg, or email [papyts.hire@yahoo.com](mailto:papyts.hire@yahoo.com).

### HELP WANTED: CONSTRUCTION WORKER

(for work within 30 mile radius of Kutztown)

**WE ARE LOOKING FOR:**

- ☑ A motivated person to help in carpentry, siding & roofing
- ☑ Driver's license and own hand tools are required
- ☑ Must be able to work as a team member with crews
- ☑ We are willing to train but applicant must have some basic skills

*Hourly wage depends on experience plus vacation, holidays and health insurance.*

Call 610-682-7124 or get application online at [swbauman.com](http://swbauman.com)




How Is That Sign Working For You?

### HELP WANTED

Employment Opportunity: Air Analysis, LLC, located in Lenhartsville, PA, is currently seeking someone to fill an Air Quality Technician position within the Company. This is considered an entry level position and no experience is required. The position requires physical strength, willingness to work outside, sometimes at heights greater than 100', a flexible work schedule Monday- Friday and a valid Driver's License. Air Analysis, LLC offers a benefits package which includes paid vacation, company holiday, a 401K profit sharing plan and employee health plan. For more information contact Steve @ 610-756-3490.

### HELP WANTED

**HOUSEKEEPERS.** PT/ flexible hours. Experience helpful, but not needed. Must be comfortable with detailed cleaning. Apply in person at the Microtel Inn & Suites, 50 Industrial Dr., I-78 Exit 29, Hamburg.

**FAX** in your advertisement  
610-562-2770


### HOUSEHOLD ITEMS/ FURNITURE

Generac Generator GP 7500 E new battery, includes cover. \$900; 484-764-6685.

**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.

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610-683-5465 Fax: 610-683-3296  
Email: [twoguys61@yahoo.com](mailto:twoguys61@yahoo.com)

## Having Trouble Finding Employees?

**LET THE Merchandisers HELP YOU!!**

In addition to advertising your help wanted ad the second week of the month in our "Hiring Guide" you can also advertise weekly in the regular issue.

Your ad will appear in both the printed and online editions of the East Penn Valley and Northern Berks Merchandisers.

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For more information contact your sales representative or the Display Department  
Email: [display@windsorpress.com](mailto:display@windsorpress.com)

**PRINT and ONLINE**



6 N Third St., P.O. Box 465, Hamburg, PA 19526-0465  
610.562.2267  
FAX: 610.562.2770  
Hours: Mon.- Fri. 10 a.m. - 4 p.m.  
[www.windsorpress.com](http://www.windsorpress.com)

### Help Wanted: Local silk screen printing business

looking for t-shirt press operators, shirt catchers/folders and shipping clerks for immediate hire. No experience necessary; willing to train the right person with a good attitude. Great hours; accepting part time or full time workers, 7am-3pm, Monday- Friday. No nights or weekends required. Join a great atmosphere working with an energetic team on creative projects- printing garments, posters and other merchandise for music artists, bands, festivals, events, as well as local and national businesses. Contact Kathleen today at 610-562-4939 or apply in person at Hi-Line Merchandising, 392 Five Locks Road, Suite 5, Shoemakersville, PA 19555.

We here at the Berkleigh Golf Club are hiring new positions. Line Cooks, Bartenders, Inside Gold Shop, Golf course maintenance, Golf Cart Staff, Rangers, Starters and Range Pickers. Also Janitorial House Cleaning. Please apply on online at [www.berkleighgolf.com](http://www.berkleighgolf.com)

### FRONT DESK AGENT. PT/ flexible hours.

Experience helpful, but not needed. Get paid while training. Must be comfortable working with computers & people. Apply in person at Microtel Inn & Suites, 50 Industrial Dr., I-78 Exit 29, Hamburg.

## BUSINESS OWNERS

### Are You Ready For Spring?

**Be Sure To Stock Up!**

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- Invoices
- Brochures
- Letterheads
- Envelopes
- Contracts
- Business Cards
- Delivery Receipts
- Pens & Pencils
- Tablets
- Trade Show Giveaways
- And Much More

Contact:



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P.O. Box 465  
Hamburg, PA 19526-0465  
610.562.2267 or 1.800.562.5521  
FAX: 610.562.2770  
E-mail: [ryan@windsorpress.com](mailto:ryan@windsorpress.com)



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- 2014 Toyota Tundra**  
1794 Model, Sharp, 35K Miles ..... **Call**
- 2014 Ram Crew Cab**  
8' Bed ..... **Call**
- 2015 Ford Transit**  
Med. Roof, U6049 ..... **Only 28K Miles**
- 2016 Cadillac ATS Sedan**  
78K Miles ..... **Just Traded**
- 2016 Cadillac Escalade**  
Premium ..... **Only 43K Miles**
- 2016 GMC Sierra**  
SLT 2500 HD ..... **Crew Cab**
- 2016 Wrangler Sahara**  
Leather, Custom Trim, Wheels & Lift, Hard Matching Top ..... **Call**
- 2016 Colorado**  
4x4, Crew Cab ..... **Several To Choose From**
- 2016 GMC Sierra**  
**Several To Choose From**
- 2016, 2017s Wranglers**  
4x4, HT, Matching Tops ..... **Call**

**All Cadillac Certified On Sale**

- 2017 Nissan Juke NISMO**  
Only 32K Miles ..... **Rare Find**
- 2017 Toyota Rav 4**  
Platinum ..... **Great On Gas!**
- 2017 Ford Edge**  
AWD ..... **Only 6,000 Miles!**
- 2018 Ford Mustang GT Premium**  
Only 7,000 Miles, 1 Owner ..... **Just Traded**
- 2019 Ford F350**  
8' Bed, 5th Wheel ..... **Platinum Series**
- 2019 Chevy 2500 Express Van Cargo**  
Only 17K Miles ..... **Hard To Find**
- 2019 Ford Transit 250**  
..... **Only 14K Miles**
- 2019 Ford Flex**  
Limited, Leather, Sharp, Save \$2,000 ..... **Only 25K Miles**
- 2020 Ram 1500**  
Big Horn, Built to Serve Military Edition ..... **Like New**
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Low Miles ..... **Hard To Find**

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AWD, Low Miles ..... **\$8,900**
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Convertible ..... **\$8,900**
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66K Miles, Nice Car ..... **\$14,900**
- 2013 Chevy Traverse**  
AWD, LTZ, Loaded SUV ..... **\$16,500**
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4x4, LTZ ..... **\$17,900**
- 2013 Cadillac CTS**  
Luxury, White Almond, AWD, Save \$2,000 ..... **Now \$17,900**
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AWD, Low Miles ..... **\$21,900**
- 2018 Subaru Forester**  
Touring, 29K Miles, Was \$30,900, Save \$2,000 ..... **Now \$28,000**
- 2019 Ford 8' Bed**  
Regular Cab, Commercial Grade ..... **\$29,800**
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Diesel, 8' Bed King Ranch ..... **\$32,000**
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4x4, Loaded, Leather, Heated Wheel & Seats ..... **\$32,900**
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8' Bed, G21359A, Save \$4,000 ..... **\$36,900**
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XLT, Long Bed, One Owner ..... **\$40,900**

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**484-575-8282 PREOWNED**  
www.kutztownauto.com

**DEAN R. ARNER, AUCTIONEER, LLC**  
**PUBLIC AUCTION**  
Friday, February 4, 2022 at 9:00 AM  
Location: Construction Clearance, 99 Riley Street, Lansford, PA 18232.  
Huge amt. of new items! Appliances, ceiling fans, faucets, heaters, tools, tile cutters, work lights, utility pumps, vanities, flooring, household goods & much more! Check full listing & photos at www.deanarnerauctions.com  
**DEAN R. ARNER AUCTIONEER, LLC**  
AY-002077L • Ph.: 570.386.3389

**DEAN R. ARNER, AUCTIONEER, LLC**  
**PUBLIC AUCTION**  
Saturday, February 5, 2022 at 9:00 AM  
Location: Andreas Station House, 42 Andreas Road, Andreas, PA 18211.  
Great collection of antqs., primitives, crocks, collectibles inc. a very rare 1/2 gal. Peter Timony script crock, Garton hot rod chain-drive pedal car, Peter Wright anvil, Jack Savitsky art work, Coca-Cola coolers & clocks, adv. items, RR lanterns, lg. butcher block & much more! Check full listing & photos at www.deanarnerauctions.com  
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**DEAN R. ARNER, AUCTIONEER, LLC**  
**COIN AUCTION**  
Sunday, February 6, 2022 at 10:00 AM  
Location: Andreas Station House, 42 Andreas Road, Andreas, PA 18211.  
Gold coins, Palmerton bank notes, early silver certificates, fractional currency, Morgan silver dollars, Peace dollars, silver eagles, mercury dimes, bust halves, Indian pennies, Walking Liberty half dollars, Franklin half dollars, commemorative coins, coin sets, mint sets & more! Check full listing & photos at www.deanarnerauctions.com  
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MTS Heating and Air Conditioning LLC. Located in Hamburg. We offer Service Repairs, System replacements and New installations for Heating and Air conditioning systems as well as Water heaters. Give us a call to get your heating system ready for the cold months ahead. 610-587-3715. Check out our reviews on Facebook.

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 Aucts.: JASON/NATHAN HOUSER, Sale By:  
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 Keystone Villa  
 Martin Construction  
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 Blue Rocks  
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 Leshers Appliances  
 Mercer Automotive  
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- MAXATAWNY**  
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- MOHRSVILLE**  
 Stetzler Upholstery  
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- NEW RINGGOLD**  
 New Ringgold Market
- PORT CLINTON**  
 Port Clinton Peanut Shop
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When You Pick Up Your Copy,  
**PLEASE STAY & SHOP!**  
**SHOP & SUPPORT LOCAL!!!**

\*Closed "For The Season"

# DINING & entertainment guide

## Mackerel Breakfast

Sunday, February 6, 2022 7 am to 12 noon  
Dine-In or Takeout Available!

Mackerel, Pancakes, French Toast, SOS, Omelettes, Eggs, Sausage, Ham, Bacon & Home Fries

**COMMUNITY FIRE CO. NEW RINGGOLD**

25 North Railroad Street, New Ringgold

Next Breakfast: Sunday, February 20, 2022

Social Quarters Kitchen is now open!

Feisty Fox Grille will be open Thursdays 4-8, Fridays & Saturdays 4-9 & Sundays 4-8

PRE-ORDER YOURS TODAY!

## FASNACHTS

February 26, 2022

\$9 One Dozen Fasnachts

\$5 Half-Dozen Fasnachts

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