



Health, Mind & Spirit Guide

In This Week's Issue

EAST PENN VALLEY



Eyes Contest Winner Is In This Issue!

Merchandiser

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The eyes were located on page 2 in the East Penn Valley and page 5 in the Northern Berks January 25th Merchandiser issue!
A huge "Thank You" to everyone who played the game.

"LOOK FOR THE EYES" in the February 22nd issue of the East Penn Valley and/or Northern Berks Merchandisers

Reader's Recipe

FRENCH FRIED SKUNK

2 Skunks, Skinned and Cleaned
1 Tbl. Salt
2 C. Bear Fat or Lard
3 C. Milk or Cream
1/2 tsp. Salt

Water to Cover
2 Egg Yolks, Beaten
1-1/2 C. Flour
2 Tbl. Baking Powder

Clean and wash the skunks, making sure that the scent glands are removed. Cut up into small serving pieces. Put a soup kettle on the stove and add the meat. Cover with cold water and bring to a boil over high heat. Lower the heat and boil until the meat is tender, about 40 minutes. Remove all the scum that rises to the surface. Make a batter by mixing together the egg yolks, milk, flour, salt and baking powder. Mix real good until the batter is about like cake batter. Heat the bear fat or lard in a deep fryer to about 360 degrees. Dip the pieces of skunk in the batter and then fry them in the deep fryer until golden brown. Drain well and serve.

SEND YOUR RECIPES TO: THE WINDSOR PRESS, INC.
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Reader's **Recipe**



HASENPFEFFER

- 1 Large Onion, Sliced
- 3 C. Water
- 2 tsp. Salt
- 2 Bay Leaves
- 2 lbs. Rabbit, cut into pieces
- 3 Tbl. Butter

- 3 C. Vinegar
- 1 Tbl. Pickling Spices
- 1/2 tsp. Pepper
- 8 Whole Cloves
- 1/4 C. Flour
- 8 oz. Sour Cream

Combine onion, vinegar and seasonings. Add rabbit pieces, cover and chill 48 hours. Remove meat, drain and reserve marinade. Dry meat and coat with flour. In a skillet, melt butter and brown meat. Add two cups reserved marinade, cover and bring to a boil. Reduce heat and simmer 30 minutes. Remove meat and add sour cream to pan juices. Spoon over meat.

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Location: 91 Worman Rd., Douglassville, PA 19518, Amity Twp., Berks Co. **REAL ESTATE:** House: 2.5 sty. 2 unit 5 BR stone farmhouse cont. 3,448 SF. Unit 1: Eat-in kit. w/SS DW, elec. range, micro., fridge, dining rm., living rm. w/stone FP, laundry/powder rm. & enclosed porch, 2nd Floor 3 BRs & full bath, attic, bsmt. Unit 2: Eat-in kit., 2nd floor living rm, BR & bath w/Jacuzzi sunken tub & loft BR. Both units have propane C/A heat & air, onsite well & septic. The entire first floor of unit 1 and entirety of unit 2 has been newly renovated to gorgeous farmhouse decor. Unit 2 is currently being used for Airbnb. 2 Sty. Summer House w/deck: 19x22 (elec. & water). Bank Barn: 85x50 stone & frame bank barn w/50x112 feedlot addt., 150 steer capacity. Silos: 14x50 concrete, 14x50 Cropstore, hard surface stoned area for ag bags. Open front Equip. Sheds: 40x112 & 40x64; 2 car Garage/Shop: 28x33. NOTE: This is a rare opportunity to purchase a high-producing, lvl. to gently rolling, Berks County farm with 100 tillable acres, road frontage on Worman, Levengood, and Fancy Hill Roads. Farm is enrolled in Berks Co. Ag Preservation, Clean and Green. Zoned RC. Taxes \$7,310. Buyer will have access to the fields immediately following auction. **Open House:** Saturday, February 4 & 11 (1-3 pm) or anytime by apt. call 610.286.5183. **Equipment:** 7710 Ford Tractor w/2743 Hrs, 856 Int. Tractor w/5444 Hrs, 8N Ford Tractor, 40XT Case Skid Loader w/New Cylinders Seals, 2015 420 Patz Mixer Cart, 2019 575RS Tubeline Nitro Spreader, 2013 Pequea Windrow Pro 1820 HD Rake w/Remote & Lots of Spare Teeth, 32" Bale Cart w/Tandem Axel, 67" 3-pt. Bush Hog, 7 Tooth Brillion Soil Saver, 15' Sunflower Disc, 2003 Chevrolet 1500 Truck, 78" Skid Loader Bucket w/8" Cutting Edge, 62" Skid Loader Bucket, Bale Spears, Pallet Forks, 2017 Hustler Hyper Drive Zero-Turn w/60" Deck & 2200 Hrs., 3-pt. Bottom Plow, 3-pt. Cultivator, Troy-Bilt Rototiller, Wheel Horse Riding Tractor w/Snow Blade and Chains. Misc: **Approx. 300 Tons Corn Silage, Approx. 280 Tons of Direct Cut Barley Silage, Approx. 80 Tons of Grain Sorghum Silage, (28) 4x4 Barley Straw Bales, 3/4" Plywood & Lumber, (2) 2-Door Produce Cooler, Produce Rebar, 2 Backpack Sprayers, Dog Carriers, Chainlink Dog Kennels, 1,000 Gal. Fuel Tank w/Pump, 3,000 Gal. Liquid Fertilizer Tank, 14 Concrete Lintels, 300 Gal. Fuel Tank w/Hand Pump, Concrete Big Boy Blocks, New 2-Hole Lilspring Water Trough, 2-Hole Lapp Energy Trough, Bolt Assortment Bin, Pig Slats, 2 Pallets of Flagstone, 3 Drums Oil (15w40 Engine Oil, Ultratracton Transmission Hydraulic Fluid and JD Hy-gard Transmission Fluid), 1 Drum Antifreeze, Misc. Doors, Ladders, Bolt Bins, Chicken Nests, 250 Gal. Water Tank, Large Stack of Firewood, Makita Weed Eater, Stihl Weed Eater, Chain Hoists, 3-Bay Milkhouse Sink, Misc. Tools & Shop Items. **SALE ORDER:** Starting with one lg. wgn. load of sm. items & finishing w/equip. **Terms:** Cash, Credit Cards & PA Checks accepted. **Terms by: IRVIN & VERNA RINGLER (Irvin - 610.589.4760). Equipment - (Ronald - 717.314.8715). For more information, visit our website at www.horningfarmagency.com.****

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HEALTH, MIND & BODY GUIDE 2023

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Foods That Can Positively Affect Mood

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

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



omega-3 fatty acid called eicosapentaenoic acid, or EPA, helped patients with depression significantly reduce their feelings of sadness and pessimism. Hackensack Meridian Health notes that salmon, albacore tuna, sardines, trout, and anchovies are rich in omega-3 fatty acids.

• **Nuts and seeds:** The minerals selenium, copper, magnesium, manganese, and zinc have all been linked to mental health, and nuts are rich in each of those minerals. Hackensack Meridian Health notes that almonds, sunflower seeds, pumpkin seeds, walnuts, and peanuts are particularly good sources of the immune system-boosting minerals zinc and magnesium.

• **Dark, leafy greens:** Dark, leafy greens like kale, spinach and collards are rich in iron and magnesium, both of which can increase serotonin levels and help reduce feelings of anxiety.

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

• **Dark chocolate:** Chocolate lovers may be happy to learn that dark chocolate can improve mood. A study published in the Journal of Proteome Research found that dark chocolate helped to reduce levels of the hormone cortisol, which has been linked to stress. Hackensack Meridian Health notes that, when consumed in moderation, dark chocolate made of at least 70 percent cocoa can help people relax. Various foods can have a beneficial effect on mood, potentially helping people to stay positive when doing so proves challenging.



Amazing Facts About Honey

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

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

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

• When stored in an airtight container, honey can last indefinitely. The substance is naturally acidic and low in moisture, which means it is an inhospitable environment for bacteria. There are small amounts of hydrogen peroxide in honey as well, inhibiting the growth of microorganisms. (Source: Tin Roof Teas)

• Honey has antibacterial properties, so it has been relied on as a health food and topical treatment. Burns, cuts, infections, stomach ailments, and more have been treated with honey. (Source: National Center for Biotechnology Information)

• Honey is the only food source produced by an insect that humans eat. (Source: Peace Bee Farmer)

• Mead is a fermented beverage that is made from honey. It has

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

• Honey is the only food that includes all the substances necessary to sustain life. This includes enzymes, vitamins and minerals. It also contains pinocembrin, a unique antioxidant associated with improved brain function. (Source: Sirhowy Valley Honey)

• A honey bee produces roughly 1/12 of a teaspoon of honey over the course of its life. Bees are not the only insect to make honey, however. The honey wasp, native to Mexico, also can produce honey. (Sources: Golden Blossom Honey and Inverse)

• Honey will take on the flavor of the nectar from which it was made. This nectar also will affect the color and the consistency of the honey. (Source: National Honey Board)

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



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Supervisor



TODD J. KENNEDY
Funeral Director



HEALTHY HEART WORD FIND

Find the hidden words in this puzzle:

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

Z F L G P E B R E A W P
R H G A L T J L R W U R
R T Z C V W A T O L L F
L I S D V B E E S O F H
A U R D E R M E B N D L
M H T S I E J H E A R T
P N Y E N B L S T P C O
M E S A S C R Q J Y H L
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P Y M N I T R D H O J R
C X T S E H C Q E W V C
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MISCELLANEOUS

DIRECTV Stream; Carries the Most Local MLB Games! CHOICE Package, \$89.99/mo for 12 months. Stream on 20 devices in your home at once. HBO Max included for 3 mos (w/CHOICE Package or higher.) No annual contract, no hidden fees! Some restrictions apply. Call IVS 1-866-629-6086 (*235224).

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DENTAL INSURANCE from Physicians Mutual Insurance Company. Coverage for 350 plus procedures. Real dental insurance - NOT just a discount plan. Do not wait! Call now! Get your FREE Dental Information Kit with all the details! 1-877-553-1891 www.dental50plus.com/macnet #6258 (*231066).

MISCELLANEOUS

Metal Roofing & Siding For Houses, Barns, Sheds etc, 36" Coverage, Painted \$2.35LF, Bare \$1.45 to \$1.70LF, sold as seconds or Rainbow \$1.35LF Made in Eprata, PA 717-445-5222, (*236504).

MISCELLANEOUS

HAND MADE QUILT: Earthy /Camping themed with neutral colors. 168X78. Can see pics at 484-523-5514. Machine quilted for stability and lasting wear. \$300. Brand New, Just finished.

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FOR RENT

OFFICE SPACE: 1275 sq ft Fleetwood, \$1850/mo. Large reception area, 3 offices, conference room, kitchen, full bath, 2 file closets, 4 parking spaces. Info: eastpennselfstorage.com

BEAUTIFUL 1500 SQ. FT. MODULAR HOME located in a gorgeous true 55 & older age-restricted Retirement setting on Scheiry Rd., Fleetwood. 2 BR's. 2 Baths. Spacious living room. Kitchen w/all appliances. Dining room. Laundry room w/washer/dryer hook-ups. C/A. Off-St. mac. parking. Maximum 2 occupants and 2 passenger-type vehicles. Absolutely NO pets or smokers. Must have good credit. \$895.00 per month + util. Rent includes home, lot fee, W/S/T and yard mowing. Sec. dep. & references required. Avail. January 1st. Keller. 610-944-7696.

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FREE: Ikea White Storage Bench: Has pull front for storage and a bench for sitting. 60"Lx19"Wx16"H. Call for picture. Very good condition. 454-523-5514.

PETS & ANIMALS

Pure Bred Lab Puppies: Chocolate females, black males, 1st shots and dewormed, ready now. Make one yours for \$250; 717-507-0106.

MISCELLANEOUS

Prepare for power outages today with a GENERAC home standby generator \$0 Money Down + Low Monthly Payment Options. Request a FREE Quote Call now before the next power outage: 1-855-465-7624 (*236269).

kids' corner

HEALTH FACT:

HUMAN HEARTS ARE THE SIZE OF A FIST. WHICH MAMMALS HAVE THE LARGEST HEARTS?

ANSWER: WHALES

What's the Difference?

There are four differences between Picture A and Picture B. Can you find them all?

A

B

Answers: 1. Fortune cookie next to wrist 2. Missing cookie heart middle at bottom 3. Cookie middle inside of cookie in middle 4. Cream instead of jam

THIS DAY IN... HISTORY

FEB 2

- 1653: THE CITY OF NEW AMSTERDAM, WHICH WILL LATER BE RENAMED THE CITY OF NEW YORK, IS INCORPORATED.
- 1876: THE NATIONAL LEAGUE OF PROFESSIONAL BASEBALL CLUBS IS FORMED.
- 1922: "ULYSSES" BY JAMES JOYCE IS PUBLISHED.

New Word

MURMUR

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

WE PRINT MENUS!

•Takeout •Dine In •Disposables

The Windsor Press SINCE 1958

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FAX: 610.562.2770
ryan@windsorpress.com
www.windsorpress.com

How they SAY that in...

ENGLISH: Vein
SPANISH: Vena
ITALIAN: Vena
FRENCH: Veine
GERMAN: Vene

Did You Know?

THE BEATING SOUND OF THE HEART IS CAUSED BY THE VALVES OF THE HEART OPENING AND CLOSING.

HEART MONTH

GET THE PICTURE?

Can you guess what the bigger picture is?

ANSWER: STETHOSCOPE

CAR CARE SERVICE GUIDE

Your "Go To" guide for automotive services and inspections!
Is your state inspection due in the next 3 months? "Have your inspections done early!"

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The Windsor Press, Incorporated, publishers of the Northern Berks Merchandiser and East Penn Valley Merchandiser, reserves the right to review all material submitted for publication, and to reject any material, in whole or part, which The Windsor Press, Incorporated, in its sole opinion, deems inappropriate for publication.

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

The closing time for the East Penn Valley Merchandiser's "classified advertisement" and the "display advertisement" is Thursday at 4:00 p.m. of the week prior to publication; the Northern Berks Merchandiser's "classified advertisement" and the "display advertisement" is Friday noon. Any deviation from this will be published in both issues.

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

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Hamburg, PA 19526-0465
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display@windsorpress.com
www.windsorpress.com
Monday - Friday 10 am to 4 pm

HELP WANTED

Local screen printing business looking for t-shirt press operators, shirt catchers/ folders, and shipping/ receiving 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-3:30pm, 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. Pay starts at \$15/hr, depending on experience, with potential pay raise after 90 days. Contact Kathleen today at 610-562-4939, or apply in person at: Hi-Line Merchandising 392 Five Locks Road, Suite 5 Shoemakersville, PA 19555.

Personal Companion: RN with 42 years experience, administers or prepares meds, light housekeeping, prep of meals and grocery chopping, will transport to physicians offices and schedule new appointments. Available 5 day a week. References upon request. And can be reached at 610-739-7440.

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

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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 1/21/23. 1-866-590-5561 (*233543).

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 HOURS: Mon.-Thurs. 8a.m.-5p.m.; Fri. 8a.m.-5p.m.; Sat. 8a.m.-4 p.m. 610.683.6055

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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, 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.

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

MISCELLANEOUS

White Front loading Max Capacity dryer, Frigidaire \$400 in good condition; Medical equipment, walker and wheel chair \$150; nursing scrubs 25 sets if not more \$25 each, solid pants and print tops in very good condition, or entire lot \$250; Black and white checkered items; Curtains, 6 chair cushions, pillows, throws, knick knacks, napkins, place mats, mugs and much more \$400; Cherry red counter appliances, large kitchen aide mixer, Kuerig coffee pot, electric can opener and toaster \$5000/ negotiable. 610-739-7440.

MISCELLANEOUS

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Are you receiving SSDI/SSI Benefits? You may be eligible for additional benefits. CALL US TODAY Citizen Disability 1-888-490-6616 (*236223).

EMAIL in your advertisement
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AUCTION LISTINGS

02-04-23 Andreas St. Hs., 42 Andreas Rd. D. Arner
 02-05-23 Andreas St. Hs., 42 Andreas Rd. D. Arner
 02-18-23 91 Worman Rd., Douglassville Horning Farm Agency

THE ABOVE AUCTIONS ARE CURRENTLY SCHEDULED TO APPEAR IN THE EAST PENN VALLEY AND/OR NORTHERN BERKS MERCHANDISER.
 This listing published courtesy of The Windsor Press, Inc., Hamburg, PA

We Publish Obituaries

Email or call for details.



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THE Merchandiser CLASSIFIED AD FORM:

STEP #1 ENTER YOUR:
 PHONE NUMBER _____
 NAME _____
 ADDRESS _____

(This information is for our records only)

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

- Announcements
- Antiques
- Automobiles/Trucks
- Auto Parts & Svcs.
- Boats/Motors
- Childcare
- Computers/Office
- Farm Equip./Livestock
- Garage/Yard Sales
- Help Wanted
- Home Improvements
- Household Items/Furniture
- Lost & Found
- Miscellaneous
- Mobile Homes
- Motorcycle/ATVs
- Pets & Animals
- For Rent
- Real Estate
- RVs/Campers
- Recreation/Sporting Goods/Equipment
- Seasonal Equipment
- Services
- Wanted To Rent/Buy
- Valentine's/Special Occasions

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
- Northern Berks Merchandiser
- Both (Cost Would Be Double)



STEP #5 ENTER NUMBER OF WEEKS THE AD IS TO RUN:
 (PLEASE CHECK ONE BOX.)
 Run: 1 Week 2 Weeks 3 Weeks 4 Weeks _____
 Enter Starting Date Of Ad _____
 Total Amount Paid \$ _____ Check # _____

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

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

Credit Card Information: NAME ON CARD _____
 ACCOUNT # _____ EXP. DATE _____
 TYPE OF CARD: VISA _____ MasterCard _____ Discover _____ CVC Code: _____
 SIGNATURE: _____

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 N. Third St., Hamburg, PA 19526
 Place Your Ad By Phone By Calling 610.562.2267

Please have your    account number and expiration date available.

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

RATES:
REGULAR AD:
 Up to 20 words \$6.00 per issue per week. Additional words after 20 - 10¢ each
COMMERCIAL AD:
 Up to 20 words \$9.25 per issue per week. Additional words after 20 - 10¢ each
 Commercial ads include any person or group normally engaged in offering goods or services in a business environment and include: Rentals, Items Manufactured or Bought for Sale or Resale, Babysitting Service, Help Wanted, Business Listings, etc.

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

Tear Sheets Will Not Be Sent To You For Your Classified Ad.

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

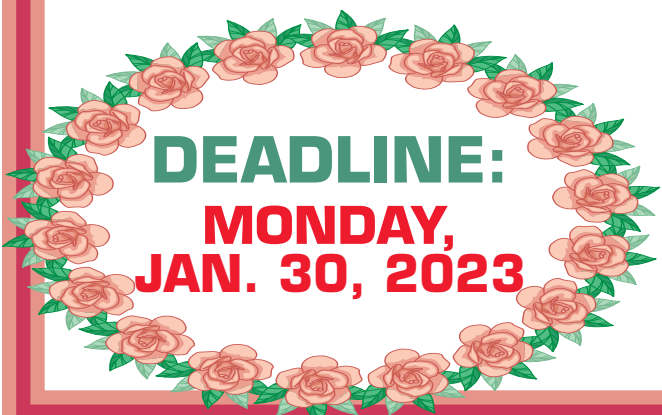


To learn more about a customized advertising strategy to help your business stand out, we invite you to chat with our Display Department!

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

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

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

FRESH BEEF & PORK CUT DAILY!



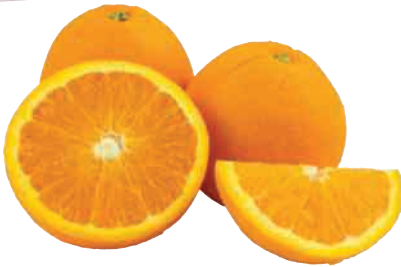
Boneless Eye Round Roast
USDA Choice Beef
4.49 lb.



Value Pack
Tyson Chicken Drumsticks
Fresh, Grade "A"
.99 lb.



Hatfield Pork Tenderloin
Fresh
2.99 lb.



Navel Oranges
Large
8 lb. bag
7.99



Jumbo Cherries
2.99 lb.

Green Giant Red Or Yellow Potatoes
5 lb. bag
2.99



Wake Up to Savings!



Maxwell House Ground Coffee
Selected Varieties, Excludes Decaf
24.5-30.6 oz. ctn.
9.99



4.99
Oscar Mayer Sliced Bacon
Selected Varieties
12-16 oz. pkg.



Sweet Blueberries
Fresh pint
2.99

4.29
Bob Evans Sausage Links, Patties Or Rolls
Selected Varieties - 12-16 oz. pkg.



Wish-Bone Salad Dressing
Selected Varieties
15 oz. btl.

2/\$5



Hellmann's Mayonnaise
Selected Varieties
15-30 oz. jar Or 20 oz. squeeze btl.

5.49



Kellogg's Town House Crackers
Selected Varieties - 9-13.8 oz. box

2/\$6



Post Cereals, Shake ups! Or Snack Crisps
Selected Varieties - 6-14.75 oz. box

2/\$6

BIG VALUE



Chicken of the Sea Chunk Light Tuna Or Sardines
Selected Varieties
2.5 oz. pouch Or 3.75-5 oz. can

10/\$10



Breyers Ice Cream
Selected Varieties
48 oz. ctn.

2/\$7



Birds Eye Poly Or Steamfresh Vegetables
Selected Varieties - 10-10.8 oz. bag

4/\$5



DiGiorno 12 Inch Pizza
Selected Varieties
18.7-31.4 oz. box

7.99



Chobani Flip Or Zero Sugar Yogurt
Selected Varieties - 4.5-5.3 oz. pkg.

4/\$5



Essential Everyday Waffles
Selected Varieties
12.3 oz. box

1.99



Sunny D Drinks
Selected Varieties
128 oz. jug

2/\$6

Pick 5 for \$19.99
MIX OR MATCH!



CHOOSE ANY 5 SPECIALLY MARKED PACKS OF MEAT FOR ONLY \$19.99
See Meat Dept. for Details

PRICES GOOD JAN. 29 - FEB. 4, 2023

GREAT SCHOLARSHIPS for Great Students

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Meat



85% Lean Ground Round
Fresh

4.99 lb.



Boneless New York Strip Steaks
USDA Select Beef

8.99 lb.



Pork Spare Ribs
Fresh

2.59 lb.



Bar S Meat, Turkey Or Chicken Franks
Selected Varieties
16 oz. pkg.

2.19



Bar S Beef Jumbo Franks
16 oz. pkg.

6.49



Nathan's Famous Beef Franks
Selected Varieties
11-12 oz. pkg.

6.49



Philly Gourmet 100% Pure Beef Patties
Selected Varieties
24-32 oz. pkg.

9.99



Impossible Burger
12 oz. pkg.

6.99



Essential Everyday Sausage Or Kielbasa
Selected Varieties
12-14 oz. pkg.

3.69



Curly's Pulled Pork Or Chicken
16 oz. tub

5.99



Steak-umm Sandwich Steaks
100% Beef
21 oz. box

8.99



Cooked Perfect Meatballs
Selected Varieties
36-40 oz. pkg.

9.99



Essential Everyday Breaded Chicken
Selected Varieties
24-28 oz. pkg.

6.99



Bella Farms Chicken Wings
IQF
5 lb. bag

11.99



Wright Smoked Bacon
Applewood Or Hickory
24 oz. pkg.

9.99



Oscar Mayer Fully Cooked Bacon
Original Or Thick Cut
2.52 oz. pkg.

4.99



Hatfield Boneless Ham Steaks
Selected Varieties
8 oz. pkg.

2.89



Essential Everyday Pepperoni
Original
6 oz. pkg.

2.99



Sugardale Country Inn Boneless Ham Slices
Selected Varieties
12 oz. pkg.

5.29

Seafood



Legasea Shrimp Entrees
Selected Varieties - 26 oz. pkg.

10.99



Arctic Shores 16/20 Ct. Raw EZ Peel Shrimp
IQF Sold in 2 lb. bag at \$16.98

8.49 lb.



Great American 31/40 Ct. Shrimp Ring
IQF - 16 oz. pkg.

11.99



Trans Ocean Imitation Crab Meat
Selected Varieties - 8 oz. pkg.

3.49

Bakery



8 Inch Cherry Pie
5.99



Café Valley Bundt Cakes
16 oz. pkg., Lemon Or Triple Chocolate

4.99



Café Valley Mini Muffins
10.5 oz. pkg., Selected Varieties

3.99



Maple Donut Glazed Donuts
27 oz. pkg.

5.99



Vanilla Or Anise Pizzelles
5.25 oz. pkg.

2.99



Superior On Main Chocolate Eclairs
9.75-12 oz. pkg.

3.49



Stonefire Naan Bread
8.8 oz. pkg., Selected Varieties

2.49



Buttermilk Biscuits
6 ct. pkg., Bakery Fresh

3.99



Club Rolls
6 ct. pkg., Bakery Fresh

2.99

Deli



Wunderbar Bologna
Deli Fresh
3.99 lb.



Hatfield Ham
Deli Fresh
Honey Cured Or Virginia

6.99 lb.



Cooper Sharp American Cheese
Deli Fresh,
White Or Low Fat

5.99 lb.



Berks Roast Beef
Deli Fresh
Top Round Or Italian

9.99 lb.



Signature Pepper Jack Cheese
Deli Fresh

5.99 lb.



Stella Shredded Parmesan Cheese
5 oz. ctn.,
Selected Varieties

2.99



Hormel Gatherings Party Trays
28 oz. pkg.,
Meat & Cheese Or Ham & Turkey

13.99



Roast Beef & American Cheese Pretzel Roll Sandwich
Made Fresh In The Deli

5.99 each



Reser's Potato Salad
Deli Fresh Egg Or
Deviled Egg

2.99 lb.

Cheese, Please!



Cabot Bar Cheese
Selected Varieties
8 oz. pkg.

2.69



Crystal Farms Cracker Cuts Cheese
Selected Varieties
10 oz. pkg.

3.99



Crystal Farms American Cheese Slices
White Or Yellow Individually Wrapped Slices
12 oz. pkg.

3.29



Essential Everyday Shredded Cheese
Selected Varieties - 32 oz. pkg.

8.49



Crystal Farms Cheese Slices
Selected Varieties
6-8 oz. pkg.

3.29



Essential Everyday Mozzarella String Cheese
10 oz. pkg.

3.49



Daisy Cottage Cheese
4%
2 pk. 10.6 oz. cups

2.19



Crystal Farms Cream Cheese
Selected Varieties
8 oz. box

2/\$5

Grocery



Hawaiian Punch Juice Drinks
Selected Varieties
128 oz. jug

2.99



Hanover Beans Or Chick Peas
Selected Varieties
15.5 oz. can

4/\$5

Essential Everyday Apple Juice Or Cider
Regular Or Light - 64 oz. btl.

2/\$4



Hint Flavored Water
Selected Varieties
16 oz. btl.

2/\$3



Propel Water Singles
Selected Varieties
24 oz. btl.

4/\$5



Tampico Citrus Punch
128 oz. jug

2/\$5



Malt O Meal Cereal
Frosted Mini Spooners Or Waffle Crunch
31-36 oz. bag

4.49



Post Cereal
Selected Varieties
13-25 oz. box

2/\$8



Bull's-Eye BBQ Sauce
Selected Varieties
17.5-18 oz. btl.

2/\$3



Mott's Applesauce
Selected Varieties
46-48 oz. jar

3.49



Filippo Berio Olive Oil
Selected Varieties
25.3 oz. btl.

8.99



Zatarain's Rice
Selected Varieties
6.9 oz. box

1.39



Libby's Crispy Sauerkraut
Jumbo-Can
27 oz. can

2.19



Furmano's Tomatoes
Selected Varieties
28 oz. can

3/\$5



Kraft Barbecue Sauce
Selected Varieties
17.5-18 oz. btl.

2/\$3



Heinz Mustard
Yellow Or Spicy Brown
14 oz. btl.

1.79



Armour Vienna Sausage
Original
4.6 oz. can

1.09



P.F. Chang's Asian Hot Sauce
Sriracha Mayo Or Gochujang
10 oz. btl.

2.99



Cholula Hot Sauce
Selected Varieties
5 oz. btl.

2/\$7



Kauai Coffee
Selected Varieties
10 oz. bag

6.99



Nestle Coffee mate Non-Dairy Coffee Creamer
Original Or Vanilla
30-35.3 oz. ctn.

6.49



Hostess Single Serve Snacks Or Pies
Selected Varieties
2.55-4.75 oz. pkg.

1.59



McCormick Pure Ground Black Pepper
3 oz. can

4.49



McCormick Grinders
Selected Varieties
.77-2.5 oz. ctn.

2.29



Lay's Stax Potato Chips
Selected Varieties
5.5-5.75 oz. ctn.

1.89



Lipton Tea Bags
100 ct. box

3.99

Dairy



Gold Peak Tea
Selected Varieties
52 oz. btl.

2/\$4



Nestle Coffee mate Coffee Creamer
Selected Varieties - 64 oz. btl.

7.49



Chobani Creamer Or Cold Brew Coffee
Selected Varieties - 24-32 oz. btl.

2/\$9



Dean's Dip
French Onion Or Ranch - 16 oz. ctn.

2.39



Breakstone's Sour Cream
Selected Varieties
16 oz. ctn.

1.69



Tropicana Pure Premium Orange Juice
Regular Or Calcium
6 pk. 8 oz. ctns.

5.49



La Yogurt Probiotic Yogurt
Selected Varieties
6 oz. ctn.

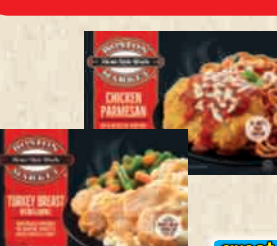
3/\$2



Lactaid Lactose Free Milk
52-64 oz. ctn.

2/\$8

Frozen



Boston Market Dinners
Selected Varieties
13-15 oz. box

3.99



Hot Pockets
Selected Varieties
12 ct. 54 oz. box

12.99



Poppy's Pierogies
Selected Varieties
13 oz. bag

3/\$5



Banquet Mega Double Stuffed Pizza
Pepperoni Or Three Cheese
13 oz. box

3.99



Essential Everyday Vegetables
Selected Varieties
32 oz. bag

3.69



Stouffer's French Bread Pizzas
Selected Varieties
11.75-12.88 oz. box

2/\$7



Prairie Farms Sherbet
Selected Varieties
32 oz. ctn.

2/\$5



Banquet Family Size Entrees
Selected Varieties
25-27 oz. box

3.49

Household



Angel Soft Bath Tissue Or Sparkle Paper Towels
6-8 ct. Ultra Soft & Strong Mega Rolls Bath Tissue Or 6 ct. Double Roll Assorted Paper Towels

6.99



Tide Liquid Laundry Detergent Or Pods
Selected Varieties
46 oz. btl. Or 20 ct. pods

6.99



Dove Men +Care Soap
Extra Fresh
6 ct. pkg.

8.99



Dove Body Wash
Selected Varieties
20-22 oz. btl.

8.49



Hefty One Zip Freezer Or Storage Bags
Quart Or Gallon
10-20 ct. box

2/\$5



Finish Powerball Quantum Dishwasher Detergent
15 ct. pkg.

5.49



Finish Powerball Quantum Dishwasher Detergent
37 ct. pkg.

11.49



Listerine Mouthwash
Selected Varieties
33.8 oz. btl.

6.99

1.29.23 PAND-3

Save a Bundle on Breakfast!



Pearl Milling Company Pancake Mix
Selected Varieties - 32 oz. box

2/\$6



Pearl Milling Company Syrup
Selected Varieties - 24 oz. btl.

2/\$6



Quaker Chewy Granola Bars
Selected Varieties - 5-7.4 oz. box

3.49



Quaker Cereal
10.3-12.6 oz. Cap'n Crunch, 13 oz. Life Or 14.5 oz. Oatmeal Squares

3.29



Quaker Instant Oatmeal
Selected Varieties - 8-10 ct. 9.8-12.1 oz. pkg.

2/\$6



Quaker Oats
Quick Or Old Fashioned - 42 oz. ctn.

4.99



Cap'n Crunch's Ocean Blue Maple Syrup
24 oz. btl.

2/\$8



Cap'n Crunch's Berrytastic Pancake Mix
1.5 lb. box

2/\$6

GOOD ONLY AT **Great Valu Markets**

OFFER VALID 1/29/23 - 2/7/23 PLU#2989

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When You Purchase Any 5 *Participating Quaker® Products.



*Participating products include: Cap'n Crunch, Selected Varieties, 10.3-12.6 oz. Life, Selected Varieties, 13 oz. Quaker Oatmeal Squares, Selected Varieties, 14.5 oz. Cap'n Crunch Maple Syrup, Selected Varieties, 24 oz. Cap'n Crunch Pancake Mix, Selected Varieties, 1.5 lb. Quaker Standard Oats, Selected Varieties, up to 42 oz. Quaker Instant Oatmeal Selected Varieties, 8-10 ct, 9.8-12.1 oz. Pearl Milling Company Pancake Mix, Selected Varieties, 32 oz. Or Syrup 24 oz., Quaker Chewy Granola Bars, Selected Varieties, 5-7.4 oz.

VOID IF COPIED, TRANSFERRED, PURCHASED OR SOLD, ONE COUPON PER PURCHASE. RETAILER: Return to UNFI RETAIL ACCOUNTING, 101 Jefferson Ave. So. Hopkins, MN 55343.

PLOW BACK



Value Pack
Tyson Split Chicken Breasts 2.49 lb.
 Fresh Grade A



Green Giant Whole Carrots .89
 1 lb. bag



Dole Sleeved Celery 1.69 each



Progresso Soups 2.99
 Selected Varieties - 18.5-19 oz. can



Essential Everyday Tomato Or Chicken Noodle Soup 1.19
 10.5-10.75 oz. can



Essential Everyday Family Size Soup 2.29
 Selected Varieties - 26 oz. can



Essential Everyday Onion Soup & Dip Mix 2/\$3
 2 oz. box



Nabisco Premium Saltine Crackers 2/\$7
 Selected Varieties - 9-17 oz. pkg.



Pillsbury Grands! Biscuits 2.69
 Selected Varieties - 16.3 oz. can

Produce



Red Ripe Strawberries 2.79
 1 lb. ctn.



The Little Potato Company Potatoes 2.99
 Selected Varieties - 24 oz. pkg.



Beefsteak Tomatoes 1.49 lb.
 Red Ripe



Fresh Express Salads Or Blends 2.99
 Selected Varieties - 5-11 oz. bag



Marzetti Vegetable Dips 3.99
 Selected Varieties - 14 oz. ctn.



Red Or Green Seedless Grapes 2.49 lb.



Ready Pac Bistro Salad Bowls 4.99
 Selected Varieties - 4.5-7.75 oz. pkg.



Marzetti Salad Dressing 4.99
 Selected Varieties - 12-13 oz. jar



House Foods Tofu 1.99
 Selected Varieties - 16 oz. pkg.



Green Giant Baby Bella Mushrooms 1.99
 Whole Or Sliced - 8 oz. pkg.



Dolci Frutta Dip 3.99
 White Or Milk Chocolate - 8 oz. ctn.



Green Giant Yellow Onions 1.99
 3 lb. bag



Fresh Gourmet Crispy Salad Toppers 2/\$5
 Selected Varieties - 3.5 oz. bag



Bolthouse Farms Juices Or Smoothies 4.99
 Selected Varieties - 32 oz. btl.

Snack Center



Doritos Tortilla Chips 2/\$7
 Selected Varieties - 6-15 oz. bag



Lay's Kettle Cooked Potato Chips 2/\$7
 Selected Varieties - 6.5-8 oz. bag



Tostitos Tortilla Chips Or Salsa 2/\$7
 Selected Varieties - 9.5-13 oz. bag Or 15.5 oz. jar



Herr's Restaurant Style Round Potato Chips 3/\$9
 Selected Varieties - 9-13 oz. bag



Herr's Potato Chips 3/\$9
 Selected Varieties - 7.75-9 oz. bag



Martin's Kettle-Cook'd Potato Chips 2/\$6
 Selected Varieties - 8 oz. bag



Nabisco Chips Ahoy! Cookies Or Thins 2/\$7
 Selected Varieties - 9.5-13 oz. pkg.



Nabisco Ritz Toasted Chips Or Crisp & Thins 2/\$7
 Selected Varieties - 7-8.1 oz. pkg.



Martin's Potato Rolls 2/\$6
 Dinner Or Slider - 12 ct. pkg.



Tastykake Family Packs 3/\$10
 Selected Varieties - 8-16.08 oz. pkg.



Food Should Taste Good Tortilla Chips 2/\$5
 Sweet Potato Or Multi Grain - 5.5 oz. bag



Chobani Plant Based Coffee Creamer 2/\$9
 Selected Varieties - 24 oz. ctn.



Siggis Yogurt 5.49
 Plain Or Vanilla - 24 oz. ctn.



Talent Gelato Or Sorbetto 4.49
 Selected Varieties - 16 oz. ctn.



Briannas' Home Style Salad Dressing 3.29
 Selected Varieties - 12 oz. btl.



bibigo Dinners 7.99
 Selected Varieties - 18-22 oz. pkg.



Chobani Oat Drink 2/\$8
 Selected Varieties - 52 oz. ctn.



Fried Rice 7.99
 Selected Varieties - 18-22 oz. pkg.



Food Should Taste Good Tortilla Chips 2/\$5
 Sweet Potato Or Multi Grain - 5.5 oz. bag

Watch for our new facebook page coming soon

COMMUNITY CALENDAR

St. Peters Union Church 7863 St. Peters Road, Macungie, PA 18062

2023 Chicken Pot Pie Sale

Saturday, February 11, 2023 Pick Up Time: 9-11 AM

Sunday, February 12, 2023 10-11:30 AM

Snow Date (Pick-up Only) Sunday, February 12, 2023 10-11:30 AM

Homemade Soups- Take Out Only, Sold by Quarts and Pints

PRE-ORDER: To ensure that you get your favorite soup, with Your Name, Phone Number, Type and Quantity by Sunday, February 3, 2023. No orders after this date.

Or mail an order blank to the church. • Limited quantities may be available without pre-order.

Call Deb (610)367-8307 Evenings or Ron (610)845-2525 days.

\$12 Quart Homemade Chicken Pot Pie (MADE FRESH - NOT FROZEN) • \$10 Quart Homemade Pepper Cabbage Pints Available; Additional quantities may be available for sale- but first come first serve. All are Welcome!

Visit Our New Website at www.radcliffegreatvalu.com

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PRICES GOOD JAN. 29 - FEB. 4

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 Sun. 8 am - 5 pm

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