

# Health, Mind & Spirit Guide

In This Week's Issue

Serving Northern Berks County  
Northern Reading Area &  
Southern Schuylkill County

## NORTHERN BERKS

# Merchandiser



PUBLISHED BY... THE WINDSOR PRESS, INC. (FAMILY OWNED & INDEPENDENT SINCE 1958)  
6 NORTH THIRD STREET, P.O. BOX 465, HAMBURG, PA 19526-0465 • FAX: 610.562.2770  
610.562.2267 OR 1.800.562.5521 • Open Monday Through Friday 10 AM - 4 PM  
www.windsorpress.com or www.nbmerchandiser.com

You can directly link to any display advertiser's website through our online edition. HIGHLIGHT & CLICK

WE ACCEPT



Like Us On  
facebook

## Join Us at Lebanon Valley Livestock Auction

### Support Your Local Auction

## CATTLE SALES Every Tuesday 1:30 PM



**Sellers: Watch Your Stock Sell  
& Come to the Office for Same Day Payment!**

Haulings available Mondays and Tuesdays

**\$20 per Cow - \$10 per Calf**

Our Barn in open Mondays if needed to bring in before sale  
(Hay & Water Free of Charge)



**\$1.00 Off**

**A DELI SUB of  
DAVE'S COUNTRY  
STORE**

With This Ad

WP



241 Freeport Rd., Lebanon 717.820.4152



ESTATE CLEANOUTS



**ALSO... :**

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

### FARM MACHINERY CONSIGNMENT SALE

1st Saturday of Each Month 9:00 AM

Includes Household Items, Antiques,  
Lawn & Garden, Tools, Sporting Goods, Etc.

**NEXT SALE - SATURDAY, FEBRUARY 4TH**

(Wagon Load of Tools already Consigned)

## LEBANON VALLEY COMPLEX

237 Freeport Road, Lebanon • 717.865.2881

Proudly serving the community for over 25 years!

## DINING & entertainment guide

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



Sandwiches  
Platters  
Homemade Desserts  
The-Eck.com  
Dine-In & Takeout

LENHARTSVILLE, PA • 610.562.8520

This Week: Feb. 1, 2 & 3

**Ham & String Beans**

This Week: Feb. 8, 9 & 10

**Beef Pot Pie**

Reservations  
Highly  
Suggested

Feb. 15, 16 & 17

**Chicken & Waffles**

Feb. 22, 23 & 24

**Pig Stomach**

### PRE-ORDER YOUR FASNACHTS

by Saturday,  
February 11, 2023

**\$11** One Dozen Fasnachts  
**\$6** Half-Dozen Fasnachts

Choose Plain or Brown Sugar Cinnamon

**TO ORDER:**

Call Leann Shoemaker: 610-739-6896  
Faye Foulk: 610-751-5742  
or visit the Jacob's Church website  
Jacobschurch.org/fasnachts

**PICK UP:**

Sat., Feb. 18 from 10:00 am to 3:00 pm or  
Sun., Feb. 19 from 9:00 am to 11:00 am  
**JACOB'S CHURCH**  
Activity Center  
8373 Kings Hwy, New Tripoli, PA  
(Next to Leaser Lake)

### BINGO

**RAJAH SHRINE  
COMPLEX  
Every  
Thursday**

221 ORCHARD ROAD,  
READING, PA 19605

Near Ontelaunee Dam off Rt. 73  
in Blandon  
www.rajahshrine.org  
Air Conditioned Facilities

For information & directions  
call 610.916.9000

Doors open at 5:00 pm,  
Bingo starts at 6:30 pm

**FOOD AVAILABLE**

Proceeds benefit Rajah Shrine and are  
not deductible as  
charitable donations

### ST. LUKE'S UNION CHURCH

Fifth & Franklin Sts., Shoemakersville, PA 19555

## HANDMADE TURKEY POT PIE

Saturday, February 11, 2023

Pickup starts at 3:00 pm

**Pot Pie: \$8.00** Quart

**Pepper Cabbage: \$6.00** Pint

**Baked Goods: \$1.00** each

**PLEASE PREORDER BY CALLING  
CHURCH OFFICE (MON.-THURS.)**

**610.562.4152**

**OR JULIE AT 484.219.8744**



Eyes Contest Winner Is In This Issue!



# HEALTH, MIND & BODY GUIDE 2023

JUST IN TIME FOR

## Valentine's Day

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

Assorted Candies And More!

Heart-Shaped Soap Confetti

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

### Foods That Can Positively Affect Mood

No one is immune to the occasional bad mood. Whether it's the weather, waking up on the wrong side of the bed or another variable, various factors can have an adverse 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.



# Wellness Sale

at **Erb ELECTRIC**

Two-Sided Mattress

Sleepwell®

Foam Encased-Wrapped Coils

Our Sleepwell mattresses and adjustable bases will make your bedtime something to look forward to.

**Erb ELECTRIC** PA027347

TV, Appliances and Furniture SALES · SERVICE · RENTALS

Serving The Community For Over 75 Years!

Mon. thru Fri. 10 a.m.-5 p.m.; Sat. 10 a.m.-2 p.m.

15085 Kutztown Rd., Kutztown, PA 19530

610.683.7324

# THINK ABOUT IT!

## DISCUSSING FUNERAL AND/OR FINAL PLANS CAN BE THERAPEUTIC!

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

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

No contact prearrangements available.

**FUNERAL HOMES, INC.**

65 S. 4th St. Hamburg 610-562-7823

223 Peach St. Leesport 610-926-2737

Toll Free 800-875-1446

*Leibensperger*



**DONNA M. LEIBENSPERGER PARR**  
Supervisor



**DEREK M.D. LEIBENSPERGER**  
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  
U G E S I C R E X E H R  
P Y M N I T R D H O J R  
C X T S E H C Q E W V C  
C O G J P N P U Y T L X





**WILDBEAK A/T3W**  
**DRIVEN FOR ADVENTURE**

**ALL-TERRAIN, ANY-WEATHER RUGGED CAPABILITY**

The WILDBEAK A/T3W is engineered for adventure, any time and in any weather. The A/T3W combines aggressive off-road ability and rugged terrain driving without compromise on the pavement. An optimized tread design combined with a silica tread compound enable the A/T3W to excel in three areas: wear, winter, and wet performance.

**FALKEN TIRES**

**KANTNER'S TIRE SERVICE, INC.**

230 South Franklin Street  
SHOEMAKERSVILLE - 610-562-2567  
HOURS: MONDAY THRU FRIDAY 7:30 AM TO 5 PM  
SATURDAY & SUNDAY CLOSED  
www.kantnerstire.com

**OUT-THE-DOOR TIRE PRICES**  
All Tire Prices Include Mounting, Balancing, And New Valve Stem

Now Accepting: Goodyear Credit Cards

**SEASONAL EQUIPMENT**

**Central Boiler Certified Classic Edge OUTDOOR FURNACES.** Heat more with less wood. Base price starts as low as \$11,495. Call Today 484-809-1766 Storage Solutions by Snyders Service Now Available, Please call for details.

**AUTOMOBILES/ TRUCKS**

Looking for auto insurance? Find great deals on the right auto insurance to suit your needs. Call today for a free quote! 866-924-2397 (\*232805).

**AUTO PARTS & SERVICES**

**ALWAYS BUYING:** Wrecked, Running, Disabled & Junk Vehicles. Call for Prices. **NAFTZINGER USED AUTO PARTS, Auburn, PA 570-754-7491.**

**I PAY FOR CARS SAFELY.** Licensed dealer buys Cars, Trucks and Classics for Ca\$. Free notary service. Free pickup. Don't sign a blank title. Call Paul to ask why. [www.ipayforcars.com](http://www.ipayforcars.com) Maxatawny Auto Sales, Kutztown 610-683-0480.

**DEAN R. ARNER, AUCTIONEER, LLC**  
**PUBLIC AUCTION!**  
Saturday, February 4, 2023 at 9:00 AM  
Location: Andreas Station House, 42 Andreas Road, Andreas, PA 18211.  
Murray Comet pedal car, Savitsky drawings, Jennings slot machine, antiques, crocks, adv. signs, wood crates and cans, Canada Dry clock, glass butter churns, vintage toys and so much more! Check full listing and photos at [www.deanarnerauctions.com](http://www.deanarnerauctions.com).  
**DEAN R. ARNER AUCTIONEER, LLC**  
AY-002077L • Ph.: 570.386.3389

**DEAN R. ARNER, AUCTIONEER, LLC**  
**CURRENCY & COIN AUCTION!**  
Sunday, February 5, 2023 at 10:00 AM  
Location: Andreas Station House, 42 Andreas Road, Andreas, PA 18211.  
Gold coins, bank notes, silver coins inc. Morgan dollars, Peace dollars, quarters & dimes, Franklin & Kennedy half dollars, Lincoln cent album, lg. cents, Silver American Eagle \$1 coins, Indian head pennies & much more!  
Check full listing and photos at [www.deanarnerauctions.com](http://www.deanarnerauctions.com).  
**DEAN R. ARNER AUCTIONEER, LLC**  
AY-002077L • Ph.: 570.386.3389

**The Windsor Press** SINCE 1958  
**Current Hours & Contact Information:**

Our East Penn Valley and Northern Berks Editions Are Printed and Online Weekly.

**OFFICE HOURS: 10 AM TO 4 PM**  
M, W, T, F. - - This week only-closed Tues.

<b>CLASSIFIED DEPT:</b> Call or Fax Monday through Friday or email <a href="mailto:classifieds@windsorpress.com">classifieds@windsorpress.com</a>	<b>DISPLAY DEPT:</b> Call Monday, Thursday & Friday or email <a href="mailto:display@windsorpress.com">display@windsorpress.com</a>
<b>PRINTING NEEDS:</b> Email <a href="mailto:ryan@windsorpress.com">ryan@windsorpress.com</a> or Call Monday, Tuesday, Thursday, Friday, Ext. 313	<b>SALES STAFF:</b> David Ray: 610.780.4286 <a href="mailto:dave@windsorpress.com">dave@windsorpress.com</a> Eric Francis: 610.780.4285 <a href="mailto:eric@windsorpress.com">eric@windsorpress.com</a>

**Also Open For FAXING & COPIES**

P. O. Box 465, 6 N. Third St., Hamburg, PA 19526-0465  
610.562.2267  
Fax: 610.562.2770  
[www.windsorpress.com](http://www.windsorpress.com)



**Feel Like a Kid Again In Your New Set of Wheels**

**AUTO RATES AS LOW AS 2.99% APR\* & TERMS UP TO 90 MONTHS**

**Act Now - Before Rates Rise!**

Apply online at [www.hdriver.org](http://www.hdriver.org), or speak with a Lending Specialist at any of our four locations today!

**Hidden River CREDIT UNION**

\*APR (Annual Percentage Rate). Rates and terms are subject to change without approval or notice. HRCU will finance up to the Manufacturer's Suggested Retail Price (MSRP) plus tax and tags for a new vehicle. HRCU will finance up to 125% of the value of the vehicle for a used or refinanced vehicle based on NADA, Kelly Blue Book, or other authorized guide when determining used vehicle values. Minimum loan amount is \$5,000. The interest rate applied may be up to 2.5% higher based on the applicant's credit score, debt ratio, or vehicle value. HRCU makes all final determinations regarding the vehicle value and applied interest rate. See the LOANLINE Credit and Security Agreements available from the credit union.

<b>POTTSVILLE</b> 60 Westwood Rd. Pottsville, PA 17901	<b>ORWIGSBURG</b> 629 W. Market St. Orwigsburg, PA 17961	<b>HOMETOWN</b> 32 Mahanoy Ave. Tamaqua, PA 18252	<b>PINE GROVE</b> 29 E. Pottsville St. Pine Grove, PA 17963
--	--	---	---

**570.622.3399**  
**HDRIVER.ORG**

Equal Opportunity LENDER  
NCUA

**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.

**WANTED TO RENT/BUY**  
Buying old toys, trading cards, cameras and other collections. Before you have an auction or estate sale call or text me and leave a message 610-406-7136.  
**CASH FOR YOUR CAR,** Call 610-916-7000. Steve Moyer's Subaru.

**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.  
NEED IRS RELIEF \$10K-\$125K+ Get Fresh Start or Forgiveness. Call 1-877-705-1472 Monday through Friday 7am - 5pm. PST (\*231799)

**MISCELLANEOUS**  
**SELF-STORAGE Secured, Indoor, size for every need. 24 hour access. Located off Rt. 61 behind Bell Trucking & Kuzan's Hardware. Call RUBRIGHT'S 610-562-3886**  
Are you receiving SSDI/SSI Benefits? You may be eligible for additional benefits. CALL US TODAY Citizen Disability 1-888-490-6616 (\*236223).

**WE HAVE A WINNER!**  
**LOOK FOR THE EYES SEARCH GAME**

**Howard Withers of Breinigsville!!**

Howard you can pick up your prize at our office, Mon. thru Fri. 10 am to 4 pm  
**Thank you for playing!**

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	Water to Cover
1 Tbl. Salt	2 Egg Yolks, Beaten
2 C. Bear Fat or Lard	1-1/2 C. Flour
3 C. Milk or Cream	2 Tbl. Baking Powder
1/2 tsp. Salt	

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.  
6 NORTH THIRD STREET, PO BOX 465, HAMBURG, PA 19526  
FAX: 610.562.2770 OR E-MAIL: [display@windsorpress.com](mailto:display@windsorpress.com)

**The Windsor Press** SINCE 1958  
6 North Third Street  
P.O. Box 465,  
Hamburg, PA 19526-0465  
610.562.2267  
[display@windsorpress.com](mailto:display@windsorpress.com)  
Mon. - Fri. 10 to 4  
[www.windsorpress.com](http://www.windsorpress.com)



# 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!"

**MYERS AUTO SERVICE LLC**  
244 Bowers Road Mertzown, PA 19539  
Located across from Bowers Park

State Emissions Inspection  
General Repair on All Makes & Models  
610.899.0275

Specializing in  
**Subaru Factory  
Servicing & Repairs**

**Ron Myers**  
Owner/Tech  
myersautoserv@gmail.com

**Halye's Automotive**  
Complete Auto Service

- privately owned and operated
- personal service every time
- complete auto repair brakes, shocks, exhaust
- now offering towing

**PA State & Emissions Inspection.. \$36<sup>95</sup>**  
Includes Both Stickers & MCI Fee. Pass & Fail. Expires 3/3/23.  
15801 Kutztown Road • Rt. 222, Maxatawny, PA 19538  
610.683.6707  
Mon. - Fri. 7:30 to 5:30; Sat. 8:00 to 12:00

Mark Benson  
European Car Specialist

**INTEGRITY AUTO**  
Prompt Professional Service For Your Imported Cars

4618 Route 100  
New Tripoli, PA 18066-2619  
610.298.2190  
Myiauto.com

**Hermansader's Garage & Auto Sales**

Quality, Honest & Affordable  
Automotive Service Since 1969!

400 Kohler Hill Road, Hamburg, PA 19526  
www.hermansadersgarage.net  
610.562.4332

Our Work is Backed By a 12-Month/12,000-Mile Warranty  
We Fix It Right The First Time

**FREE COURTESY SHUTTLE OFFERED**

**V J Wood Service Center**  
411 S. 3rd St., Hamburg, PA 19526  
Call 484-662-4004  
For appointment (Day and evening appointments available)

**STATE INSPECTION & EMISSIONS, ENHANCED INSPECTIONS, AUTO AND TRUCK REPAIRS, BATTERIES**

24-Hour Towing  
610.562.9275

E-mail: vjwoodservicecenter@yahoo.com

**Coupon**  
State Inspection & Emissions Special  
**\$29<sup>95</sup>**  
With Coupon (Pass or Fail)  
Good only at VJ Wood Service Center  
Expires 2/28/23

**JMS AUTOMOTIVE SERVICES, LLC**

610-682-4762

55 Old Bowers Road, Mertzown, PA 19539  
Located behind Bower's Hotel

State Inspections & Emissions ★ 4 Wheel Alignments  
Computer Diagnostics ★ All General Repairs  
Recommended Factory Maintenance

**GETZ Service Station**

Auto & Light Truck Repairs  
Vehicle Lockout Services  
Propane Tanks Filled  
24-Hour Emergency Road Service  
Check Engine Light  
Diagnostics Available  
AC Repairs

610.395.9413  
10635 Hamilton Blvd., Breinigsville, PA

**10% OFF ANY SERVICE (UP TO \$50)**  
**\$54.95 INSPECTION SAFETY & EMISSIONS**  
**\$2 off ANY PROPANE TANK REFILL**

GOOD ONLY AT GETZ SERVICE STATION. Coupon must be presented upon vehicle arrival. Limit one coupon per customer. Cannot be combined with any other offer. Expires 3/31/23

**Larry Dey Auto Service LLC**

12 Pricetown Road  
Fleetwood, PA 19522  
Phone: 610.682.7111

Notary, Online Title Transfers, Tags, Reconstructed Titles

**Premier Auto Inc.**  
Automotive Service Specialists

610.944.7344  
or 610.944.9795

130 W. Main Street  
Fleetwood, PA 19522

We Repair With Care Since 1945

www.premierautofleetwood.com

**MAXATAWNY AUTOMOTIVE CENTER**  
15320 KUTZTOWN ROAD, KUTZTOWN, PA 19530  
www.maxatawnyauto.com

TOM LENICH Service: 610.683.9460

**CERTIFIED EMISSION & STATE INSPECTION GUIDE**

Your ad will be online in both East Penn Valley and Northern Berks Merchandisers, plus Online:

**BOTH ISSUES FOR ONLY \$49<sup>00</sup>**  
(Runs 1st week of every month)

**FOR ONE LOW PRICE!!!**

**The Windsor Press**  
SINCE 1958  
6 North Third Street  
P.O. Box 465  
Hamburg, PA 19526  
610-562-2267  
FAX: 610-562-2770  
www.windsorpress.com

**VMI VILLAGE MOTORS INC.**  
ESTABLISHED 1953

**USED AUTO PARTS**  
We Buy and Sell Late Model Wrecks  
Free Wire Service to 60 Yards  
**WHY PAY MORE? WE HAVE USED AUTO PARTS GALORE!**  
53 Walnuttown Road, Fleetwood, PA 19522

610.944.7688  
610.374.6825  
800.942.7688  
Ask for Carl, Tim or Gene

**ATTENTION READERS**

Not Seeing The Advertisements, Sales or Specials From Your Favorite Businesses?  
**PLEASE LET THEM KNOW You Miss Seeing Them In The Online Merchandiser!**

**The Windsor Press**  
SINCE 1958  
6 North Third Street, P.O. Box 465  
Hamburg, PA 19526-0465  
610-562-2267  
display@windsorpress.com  
Hours: Mon.-Fri. 10 am to 4 pm  
www.windsorpress.com

Like Us On Facebook

**MISCELLANEOUS**

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**

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).

**Are you receiving SSDI/SSI benefits?**  
**You may be eligible for additional benefits.**  
**CALL US TODAY**  
**888-490-6616**

CITIZENS DISABILITY SINCE 2010 CITIZENS DISABILITY.COM

**H I R I N G ?**

**Get The Word Out... LET THE MERCHANDISER WORK FOR YOU!**

To help you fill your open positions we are offering four special rates that include full color, both papers, plus our online editions!

**YOUR CHOICE OF FOUR SIZES WITH SPECIAL PRICING:**  
1/8 Page: \$100    1/4 Page: \$200    1/2 Page: \$400    Full Page: \$800

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

**The Windsor Press**  
SINCE 1958  
6 N. Third St., P.O. Box 465  
Hamburg, PA 19526-0465  
610.562.2267 or 1.800.562.5521  
display@windsorpress.com  
www.windsorpress.com  
Monday - Friday 10 am to 4 pm



**Leibensperger**  
**FUNERAL HOMES, INC.**  
*"A Family's Friend in Funeral Service"*

65 S. Fourth Street  
 Hamburg, PA 19526  
 610-562-7823  
 Donna Leibensperger Parr, Supervisor  
 Fax: 610-562-9140 • www.leibenspergerfuneralhomes.com

223 Peach Street  
 Leesport, PA 19533  
 610-926-2737  
 Derek M.D. Leibensperger, Supervisor

**MISCELLANEOUS**  
 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).

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)

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).

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

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

**Say You Saw It In**  
  
**The East Penn Valley Merchandiser**

**COMMUNITY CALENDAR**  
 East Penn Valley & Northern Berks Merchandisers  
 Any nonprofit organization may send us notification of your upcoming events. We will publish this information in the Merchandisers of your choice for a \$5 flat charge per paper per week.  
 Community Calendar listings are limited to 35 words or less for the nonprofit cost of \$5 and must be submitted in writing. In addition, we are able to run the event information at No Charge for 1 week in both Merchandisers if a Display Ad is also run. This information must be received no later than the Thursday prior to publication date. Mail information and payment as needed to The Windsor Press Inc. Community Calendar, PO Box 465, Hamburg PA 19526-0465, or email to: classifieds@windsorpress.com, FAX: 610.562.2770, or bring the information into our office at 6 N. Third St., Hamburg, PA. Questions can be directed to the office at 610.562.2267.


**AUCTION LISTINGS**

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

 **The Windsor Press** INCORPORATED

6 N. Third St., P.O. Box 465  
 Hamburg, PA 19526-0465  
 610.562.2267 FAX: 610.562.2770  
 display@windsorpress.com  
 Display Hours: Mon., Thurs., Fri.  
 10 am to 4 pm  
 www.windsorpress.com

**HOME IMPROVEMENTS**  
**BOWERS CONSTRUCTION:** Quality work, Reasonable Prices. Roofing, Siding, Remodeling, Windows, Decks, Additions, Garages. FROM FOUNDATION TO ROOF. Insured, 610-562-4692, PA#006953. Accepting Visa, Master Card, Discover and American Express.

**STEPHEN LENDACKI:** Interior, Exterior Painting, Carpentry Repairs, Kitchen Cabinet Refinishing and Restoration Spraying, Wallpapering, Property Maintenance, Drywall Finishing and Repairs, Pressure Washing Decks, Gutters. 30+ years experience, licensed and insured, lead certified, PA# 10752. Serving Berks Co. 610-987-6414.

The Generac PWRcell, a solar plus battery storage system. SAVE money, reduce your reliance on the grid, prepare for power outages and power your home. Full installation services available. \$0 Down Financing Option. Request a FREE, no obligation, quote today. Call 1-866-783-0292 (\*230484).

**HOME IMPROVEMENTS**  
**ALL ELECTRICAL BY GIOVANNI** Master Electrician, fully insured, for all your electrical needs. Local electrician. 610-780-7713 phone/fax 484-575-7057.

Safe Step. North America's #1 Walk-In Tub. Comprehensive lifetime warranty. Top-of-the-line installation and service. Now featuring our FREE shower package and \$1600 Off for a limited time! Call today! Financing available. Call Safe Step 1-833-356-1954 (\*230574).

The bathroom of your dreams for as little as \$149/month! BCI Bath & Shower. Many options available. Quality materials & professional installation. Senior & Military Discounts Available. Limited Time Offer. FREE virtual in-home consultation now and SAVE 15%! Call Today! 1-877-540-2780 (\*231067).

**BUYING WRECKED, RUNNING OR DISABLED CARS • TRUCKS • VANS • EQUIPMENT • FORKLIFTS**

Drive in or We'll Pick Up!  
 Call: 570.754.7491

**NAFTZINGER**  
**USED AUTO PARTS**  
 S. 7th St., Box 223, Auburn, PA 17922  
 Open Mon.-Fri. 8:30-4:30; Sat. 8:30-2:00; Sun. Closed

**HOME IMPROVEMENTS**  
 INTERIOR/ EXTERIOR PAINTING: Deck Staining, Pressure Washing, Licensed and Insured. Call BG Spohn 610-926-1999 PA#103306.

Switch and save up to \$250/year on your talk, text and data. No contract and no hidden fees. Unlimited talk and text with flexible data plans. Premium nationwide coverage. 100% U.S. based customer service. Limited time offer get \$50 off on any new account. Use code GIFT50. For more information, call 1-888-684-1169 (\*236322).

**Todd Bender LLC Plumbing Heating & Air Conditioning.** Personally serving Hamburg and surrounding areas since 1991. Install, Service & Repair. Quality Workmanship. Call, Text or Email 570-449-8035 tmb1269@gmail.com HIC #PA107531

**PETS & ANIMALS**  
 Pure Bred Lab Puppies: Chocolate females, black males, 1<sup>st</sup> shots and dewormed, ready now. Make one yours for \$250; 717-507-0106.

**SERVICES**  
**HOME REPAIR & REMODELING:** We Offer Full Home Services from Small Repairs to Complete Homes. Call Us about your Project! Martin Construction 610-683-6120.

Inflation is at 40 year highs. Interest rates are way up. Credit Cards. Medical Bills. Car Loans. Do you have \$10k or more in debt? Call NATIONAL DEBT RELIEF and find out how to pay off your debt for significantly less than what you owe! FREE quote: Call 1-866-272-0492 (\*236591).

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

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

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



**THE Merchandiser CLASSIFIED AD FORM:**

**STEP #1 ENTER YOUR:**  
 PHONE NUMBER \_\_\_\_\_  
 NAME \_\_\_\_\_  
 ADDRESS \_\_\_\_\_

*(This information is for our records only)*

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

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

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

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

**Card Of Thanks DISPLAY AD \$20.00**  
 Per Publication  
 EMAIL: display@windsorpress.com





**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)

**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.

**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.

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



**LeafFilter** CLOG-FREE GUTTERS OR YOUR MONEY BACK GUARANTEED!

YOUR ENTIRE LEAFILTER PURCHASE\* Exclusive Offer - Redeem By Phone Today!

**15% OFF**

ADDITIONALLY

**10% OFF SENIOR & MILITARY DISCOUNTS**

MADE IN THE USA

PLUS!

THE FIRST 50 CALLERS WILL RECEIVE AN ADDITIONAL **5% OFF** YOUR ENTIRE INSTALL! \*Offer valid at estimate only.

FINANCING THAT FITS YOUR BUDGET! \*Subject to credit approval. Call for details.

CALL US TODAY FOR A FREE ESTIMATE

**1-855-924-2112**

Promo Code: 285

Mon-Thurs: 8am-11pm, Fri-Sat: 8am-5pm, Sun: 2pm-8pm EST

\*The leading consumer reporting agency conducted a 16 month outdoor test of gutter guards in 2010 and recognized LeafFilter as the "#1 rated professionally installed gutter guard system in America." CSLB# 1035795 DOPL #10783658-5501 License# 7056 License# 50145 License# 41354 License# 99338 License# 128344 License# 218294 License# 603 233 977 License# 2102212986 License# 2106212946 License# 2705132153A License# LEAFFN82232 License# WV056912 License# WC-29598-H17 Nassau HIC License# H01067000 Registration# 176447 Registration# HIC.0649905 Registration# C127229 Registration# C127230 Registration# 366920918 Registration# PC6475 Registration# IR731804 Registration# 13VH09953900 Registration# PA069383 Suffolk HIC License# 52229-H

**HOUSEHOLD ITEMS/ FURNITURE**

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.

**ANNOUNCEMENTS**

Become a Published Author. We want to Read Your Book! Dorrance Publishing. Trusted by Authors Since 1920 Book manuscript submissions currently being reviewed. Comprehensive Services: Consultation, Production, Promotion and Distribution Call for Your Free Author's Guide 1-866-482-1576 or visit dorranceinfo.com/macnet (\*231064).

Replace your roof with the best looking and longest lasting material, steel from Erie Metal Roofs! Three styles and multiple colors available. Guaranteed to last a lifetime! Limited Time Offer - \$500 Discount + Additional 10% off install (for military, health workers & 1st responders.) Call Erie Metal Roofs: 1-855-338-4807 (\*232052).

Wesley Financial Group, LLC Timeshare Cancellation Experts Over \$50,000,000 in timeshare debt and fees canceled in 2019. Get free informational package and learn how to get rid of your timeshare! Free consultations. Over 450 positive reviews. Call 888-965-0363 (\*231065).

**SERVICES**

Custom Construction: Professional Quality Craftsmanship. Carpentry Services. All phases of construction: Bathroom, Kitchen and Basement Remodeling Door and Window replacement, Renovations, Additions, Porch, Deck projects. Interior/exterior Painting. Deck refinishing. Licensed and Insured. Over 20 years experience. Contact Peter 484-350-2205 or psschreier@gmail.com PA#084327

**MOTORCYCLES/ATV'S**

DIAGNOSED WITH LUNG CANCER? You may qualify for a substantial cash award - even with smoking history. NO obligation! We've recovered millions. Let us help!! Call 24/7. 1-888-650-9135 (\*235628).

WANTED! MOTORCYCLES! Antique and Classic. Honda, Kawasaki, Suzuki, Yamaha, Triumph, BSA and other foreign models. Paying Ca\$h. Please Call 717-577-8206 KR-Miller1965@yahoo.com (\*234829).

**ANNOUNCEMENTS**

Donate your car, truck, boat, RV and more to support our veterans! Schedule a FAST, FREE vehicle pickup and receive a top tax deduction! Call Veteran Car Donations at 1-877-327-0686 today!(\*236413).

**BUSINESS OWNERS**

Are You Ready For Spring?

Be Sure To Stock Up!

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

Contact: **The Windsor Press** INCORPORATED

SINCE 1958

6 North Third Street  
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

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.

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

**Color**

**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?



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...**

FEB 2

**HISTORY**

- 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

**NORTHERN BERKS Merchandiser AND EAST PENN VALLEY Merchandiser**

Available Online Editions. PUBLISHED EVERY WEDNESDAY BY

SINCE 1958

**The Windsor Press** INCORPORATED

SIX NORTH THIRD STREET P.O. BOX 465 HAMBURG, PENNSYLVANIA 19526-0465 610.562.2267 1.800.562.5521 CLASSIFIED: 610.562.6595 1.800.220.3053 FAX: 610.562.2770 www.windsorpress.com

CURRENT OFFICE HOURS MON. THRU FRI. 10 AM - 4 PM CHECK WEEKLY FOR CHANGES. YOU CAN CALL, FAX OR EMAIL US ANYTIME Family owned and independent since 1958 WE ARE HERE TO SERVE YOU!

SALES/MARKETING: Eric Francis, David Ray OFFICE PERSONNEL: Bonnie DeLong CLASSIFIED ADVERTISING: Bonnie DeLong DISPLAY ADVERTISING/GRAPHICS DEPT.: Dolores Deisher, Lori D. Kleinsmith (asst. mgr.), Bonnie A. Schaeffer (mgr.) PRODUCTION: Mae Berger (Retired) PRINTING SERVICES: Ryan Strause PRESIDENT: George Mitten

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.

MEMBER OF Greater Hamburg Business Association Greater Schuylkill Haven Area Business Association

MACPA CIRCULATION AUDIT BY CIRCULATION VERIFICATION COUNCIL

MACPA Mid-Atlantic Community Papers Association

Find Us On Facebook.

**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



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

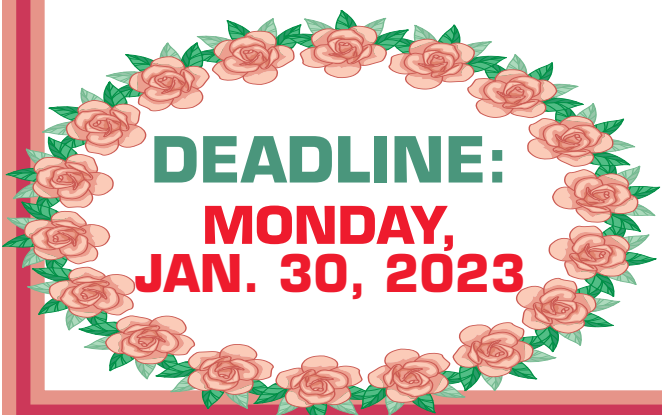


To learn more about a customized advertising strategy to help your business stand out, we invite you to chat with our Display Department!

**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: <b>\$760</b>	1/2 Page: <b>\$380</b>	1/4 Page: <b>\$190</b>	1/8 Page: <b>\$95</b>
----------------------------	---------------------------	---------------------------	--------------------------



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





# What is A Town?



## A town is a group of people.

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



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



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

Without their store you have no town.

## GIVE THE LOCAL MERCHANT A FAIR SHAKE