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**PUBLIC AUCTION**

8' 2-WHL. TRLR. w/TITLE, SHOP SMITH w/Attachments, 3-PT. LAND PRIDE 52" PTO ROTOTILLER (Almost New), PTO W-W 3-PT. CHIPPER (Used Little), WOODWORKING EQUIP., 60" KUBOTA MOWER DECK (Like New) & TOOLS  
Saturday, February 4, 2017 at 10:00 A.M.

Location: 591 Blandon Rd., (Rt. 73 just before Pricetown), Fleetwood, Berks Co., PA.

Items: Makita & Craftsman tbl. saws, Delta radial arm saw, Acetylene outfit w/tanks, propane tanks, bench grinders, air jack hammer w/chisels, Craftsman jointer, sm. drill press, DeWalt 10" mitre saw, Wacker gas cut-off saw (for cement), Crafts. dust collector & jig saw, air compressors, surveyors transit, lg. vise, jacks, cement tools, hrdwr., Rigid plumbing tools (pipe wrenches, threaders, tripod, etc.), electrical supplies, many pwr. tools (Makita, Milwaukee, grinders, drills, air tools, saws, etc.), alum. ramps, hammers, sm. hand & grdn. tools, 7 Cl pans (Griswold, Wagner, Erie), candle mold, griddles, new vinyl windows, 3-pt. platform, folding tables, diamond-plate steps, plus other items not mentioned. (Approx. 2-2½ hour auction. Be Prompt. Clean Tools).

Terms: Cash or PA check; day of auction.

Auctioneers: **KENNETH P. LEIBY,** Sale For:  
PA L#AU001541-L MARGARET KOGUT  
BRIAN GELSINGER, PA L#AU0005528  
610.562.3929 • www.auctionzip.com - I.D. #5718

**PUBLIC AUCTION**

2004 Z71 OFF RD. CHEV. LS SILVERADO 4X4 PU TRK. (Nice, Offered w/Low Reserve), 1980 FORD FAIRMONT (6 Cyl., Auto.), 2 INT'L. CUB CADET RIDING TRCTRS., LAWN EQUIP., 25 WINROSS TRUCKS, 18 GUNS INCL.: German Mauser-Luger P-08 9-mm w/Papers & History, COLLECTIBLES, HOUSEHOLD GOODS & TOOLS  
Monday, February 6, 2017 at 1:00 P.M.

Location: Indoors at the Leesport Farmers Mkt. Banq. Hall just off Rt. 61 (8 mi. N. of Rdg.) at the N. end of Leesport, Berks Co., PA.

Items: Oak drsr., chest of drws., baker's rack, micro., 6-pc. maple dinette set, cabinets, flr. radio, benches, asst. dishes, kit. items (some new), Mason jars, coolers, old child's blocks, Flexible Flyer sled, Lionel train station, wdn. houses, Hubley disintegrator cap pistol, old military uniform & clothes, plastic cowboys-soldiers-etc., hunting knives, gun cleaning kits, sprinkle cans, shelves, boxes of mechanical tools, Stihl 0-17 chainsaw (new), Stihl Pro FS85 & FC72 gas weed eaters, seeders, gas cans, lawn roller, push mwr., Stihl pruning saw, sm. pwr. & grdn. tools, Int'l. 6-hp & Troy-Bilt 8-hp rear-tine rototillers, Cub Cadet 1811 hydro. & Cadet 126 lawn trctrs., wheelbarrow, ladders, plus misc. items. Guns: Remington 20-ga. 1100 auto., Remington #760 30-06 pump w/scope, Remington #700 30-06 bolt w/scope, Remington #572 pump 22-cal., Remington #7600 30-06 pump, deer slayer Ithaca #87 12-ga., Remington #870 12-ga. & 20-ga. pumps, Ithaca #37 12-ga. pump, Mossberg #505 20-ga. New England 20-ga. SBI sgl. shot, Mossberg #500A 12-ga. pump, Remington #700 25-06 cal. bolt, Ranger 22-cal. rifle, S&W 38 Spec., Ranger 101-16 22-cal. pistol, H&R 22 Special, Daisy BB gun, Remington 870 brl., lots of ammo. Auct. Note: Guns in ex. cond. w/most having scopes & new in box. Very clean auc. Plan to attend. Guns Offered Approx. 3:30-4:00 PM followed by vehicles. Terms: Cash or PA check; day of auction.

Auctioneers: **KENNETH P. LEIBY,** Sale For:  
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 Sun., Feb. 12, 9 am - 4 pm

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Customer responsible for taxes and fees. Instant rebate amount available for True Value Rewards® Members only. Where applicable by law, tax is charged on the sale price before application of instant rebate. Instant rebate valid from 2/1/17 through 2/28/17. Must present Rewards card to receive instant rebate.

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Lawn & garden, household, antiques, farm machinery, building material, campers, shrubbery, ATVs, vehicles.

Receiving Hours. Wednesday, February 1: 9:00 AM till Dark. LVLM is not responsible for lost or stolen items. Items must be removed day of sale unless arrangements have been made.

Next Sale Is March 4, 2017.  
 Check Out [auctionzip.com](http://auctionzip.com) For Pictures ID: #8582

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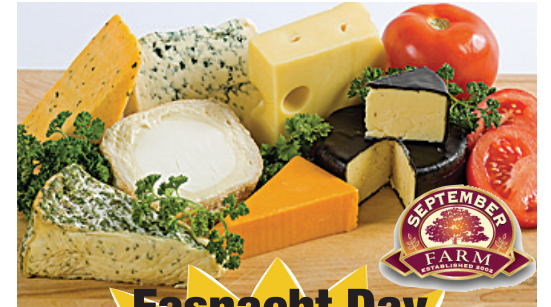
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We assume no financial responsibility for any typographical errors in any advertisement, but will reprint that portion of an ad in which an error occurs.

The closing time for both the Northern Berks Merchandiser and the East Penn Valley Merchandiser "classified advertisement" and the East Penn Valley "display advertisement" is Thursday at 5:00 p.m. of the week prior to publication; the Northern Berks display advertisement is Friday noon. Any deviation from this will be published in both papers.

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Greater Schuylkill Haven Area Business Association



## SERVICES

**SUMMIT STONE MASONRY.** Stone Work, Fireplaces, Chimneys, Restorations, Repointing, Retaining Walls, Hardscaping, Brick Block Work, Emergency Repairs, 28 yrs. Experience, Insured, References, PA#096554, 484-515-6935. Fall/ Winter Discounts Now.

## REAL ESTATE

Catskill Mtn Farm Land! 39 acres-\$84,900 (cash price) Incredible valley views, fields, woods, spring, stone walls! Twn rd. utilities! Terms are avail! 888-738-6994 NewYorkLan-dandLakes.com (\*198760)

## REAL ESTATE

3 Bedroom, 1 1/2 Baths Cape Cod. Large living-room with fireplace, knotty pine kitchen, large deck, insulated garage, 2 storage shed, numerous fruit trees and berry bushes. All on 1+ Country acre. Kutztown area. \$260,000 or best offer, 610-223-7805.

**MACUNGIE 2007 Redman** single wide 16x72 3br 2 bath, Brandywine School district. Lot rent only \$395. 10 percent down with good credit. Call 484-772-8331.

## REAL ESTATE

3 Bedroom, 2 1/2 Bath Bi-level house, Central air, deck, lower level family room with woodstove, very quiet country location, yet minutes from Hamburg, 61 and 78, 484-338-3816.

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

## REAL ESTATE

For Sale: 3 Bedroom 1650 sq ft Split Level House on 2 acre corner lot. 2 car attached garage. Onsite well and septic. Central Heat/ AC. Brick/ Alum. Exterior. Mature trees and hedges. Taxes; \$4000. Perry Twp. 849 Dreibelbis Mill Rd, Hamburg PA 19526. \$235,000 or bring offer. Call Roy @ 610-207-6203.

## DEAN R. ARNER, AUCTIONEER, LLC PUBLIC GOLD & SILVER COINS, PAPER \$ & STAMPS AUCTION

Sunday, February 5, 2017 at 10:00 AM

Location: Andreas Station House, 42 Andreas Road, Andreas, PA 18211.

1929 \$2-1/2 dollar gold coin, Morgan & Peace dollars, silver halves & quarters, mercury dimes, buffalo & V nickels, lg. cents, 1/2 dimes, Indian & wheat pennies, proof & mint sets, early bank notes from 1800s, silver certificates, red seals, uncirculated coins, old stamp collections & albums & much more! Check full listing & photos at: www.auctionzip.com ID# 21038.

DEAN R. ARNER AUCTIONEER, LLC  
AY-002077L • Ph.: 570.386.3389

## DEAN R. ARNER, AUCTIONEER, LLC PUBLIC AUCTION

Saturday, February 4, 2017 at 9:00 AM

Location: Andreas Station House, 42 Andreas Road, Andreas, PA 18211.

Old Co. Lehigh porcelain sign and other signs, Lehigh Valley & PA RR items, blue decorated stoneware, early wooden butter churn, advertising tins, old scales, vintage Christmas, Jadeite, antiques & much more! Check full listing and photos at: www.auctionzip.com ID# 21038.

DEAN R. ARNER AUCTIONEER, LLC  
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Sat. 9-1

The Family Of The Late  
*Arlean Casper*

wishes a warm heartfelt thank you for the outpouring of cards, flowers and prayers during the loss of our Nana. An extended thank you to the loving people from Bayada Home Health Care, Care For People and the Lehigh Valley Hospice family. God Bless all of you.

THE CASPER AND MOUNTZ FAMILIES



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# FEBRUARY SPECIALS

**Ironstone Wood Pellets**  
\$259<sup>00</sup> ton  
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**Easy Heat Wood Pellets**  
\$219<sup>00</sup> ton  
\$4<sup>99</sup> bag

**Big E Breckwell Pellet Stove**  
Sale Price \$2099<sup>00</sup>  
Reg. \$2499<sup>00</sup>

**Deer Corn With Molasses**  
40 lb.  
\$8<sup>99</sup>

**Economy Bird Seed**  
30 lb.  
\$9<sup>99</sup>

**Black Oil Sunflower Seeds**  
40 lb.  
\$16<sup>99</sup>

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Layers And Meat Birds  
Deadline March 4

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**REAL ESTATE**

3 Unit Apt. For Sale, 516 Main St., Shoemakersville. Good rental investment. \$129,000. 484-256-3124.

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Drive with Uber. No experience is required, but you'll need a Smartphone. It's fun and easy. For more information, call: 1-800-354-4313 (\*199874).

**HELP WANTED**

Housekeeper: Local LTC facility accepting applications for a FT Housekeeper. Position includes every other weekend & holiday. Full Benefits: health, dental, life insurance, paid holidays, sick, personal, vacation time and 401K. Apply in person to: Kutztown Manor, 120 Trexler Avenue, Kutztown, PA 19530. 610-683-6220. EOE.

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- Diesel Technician
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484-893-4818

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209 Oakhaven Rd. Fleetwood, PA 19522  
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Saturday, April 1, 2017 at 8:30 A.M.  
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Plan to attend, bring a friend.  
Information 610.944.0370  
Thank you in advance, and looking forward to seeing you.  
Kutztown Consignment Auction Committee

**AUCTION LISTINGS**

01-30-17 Online: www.auctionhowze.com	Renaissance Auc. Grp.
01-31-17 Andreas Station House, 42 Andreas Rd.	D. Arner
01-31-17 Kempton Fire Co., Rt. 143	D. Loeb
02-01-17 Leesport Farmers Mkt., DAC Gallery	Diefenderfer Auc. Co.
02-02-17 Fogelsville Auc. Ctr., 820 Nursery St.	Zettlemoyer Auc. Co.
02-04-17 Lebanon Val. Livestock Mkt., 237 Freeport Rd., Lebanon	---
02-04-17 Andreas Station House, 42 Andreas Rd.	D. Arner
02-04-17 591 Blandon Rd., Rt. 73, Fleetwood	K. Leiby, B. Gelsinger
02-04-17 Kutztown Produce Auc., 209 Oakhaven Rd., Fleetwood	G. Frey, C. Shirk
02-05-17 Andreas Station House, 42 Andreas Rd.	D. Arner
02-06-17 Leesport Farmer's Mkt. Banquet Hall	K. Leiby, B. Gelsinger
02-07-17 Bally Fire Co., 537 Chestnut St., Bally	T. Lorah
02-08-17 Leesport Farmers Mkt., DAC Gallery	Diefenderfer Auc. Co.
02-09-17 Oley Valley Auc. Ctr. Rts. 73, 662 & Oley Rd.	J. Haas
02-10-17 Saucony Hall, 85 Industrial Dr., Kutztown	C. Shirk
02-11-17 Oley Fair Center Fairgrounds, 26 Jefferson St., Oley	Frey Auctioneers
02-14-17 Kempton Fire Co., Rt. 143	D. Loeb
02-18-17 Kutztown Produce Auc., 209 Oakhaven Rd., Fleetwood	G. Frey, C. Shirk
02-18-17 Leesport Farmer's Mkt. Banquet Hall	Wagner Auction Service
02-18-17 Fogelsville Auc. Ctr., 820 Nursery St.	Zettlemoyer Auc. Co.
02-20-17 Leesport Farmers Mkt., Banquet Hall	K. Leiby, B. Gelsinger
02-23-17 Oley Valley Auc. Ctr. Rts. 73, 662 & Oley Rd.	J. Haas
02-24-17 106 Kahler Farm Lane, Nazareth	Robert H Clinton Auc. Co.
02-25-17 Remmings Mkt., 740 Noble St., Kutztown	D & J Consignment Auc.
02-25-17 Leesport Farmers Mkt., Banquet Hall	Wagner Auc. Serv.
02-25-17 807 Chestnut St., Shoemakersville	Wagner Auc. Serv.
02-28-17 Kempton Fire Co., Rt. 143	D. Loeb
03-01-17 Leesport Farmers Mkt., DAC Gallery	Diefenderfer Auc. Co.
03-04-17 104 Bieber Mill Rd., Oley	Frey Auctioneers
03-04-17 112 Grandview Rd., Hamburg (Perry Twp.)	K. Leiby, B. Gelsinger
03-06-17 Leesport Farmers Mkt., Ctr. Cl. Mtg. Rm.	K. Leiby, B. Gelsinger
03-09-17 Oley Valley Auc. Ctr. Rts. 73, 662 & Oley Rd.	J. Haas
03-11-17 Beltzner Hall, Kutztown Fairgrounds	G. Miller IV
03-23-17 Oley Valley Auc. Ctr. Rts. 73, 662 & Oley Rd.	J. Haas
03-25-17 Rt. 662, Perry Twp., 3 Mi. E. of Shoemakersville	K. Leiby, B. Gelsinger
04-01-17 Kutztown Produce Auc., 209 Oakhaven Rd., Fleetwood	G. Frey, C. Shirk
04-08-17 1390 Pottsville Pike, (Rt. 61), Perry Twp.	K. Leiby, B. Gelsinger

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

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.)\*\***

<input type="checkbox"/> ANNOUNCEMENTS	<input type="checkbox"/> FARM EQUIPMENT/LIVESTOCK	<input type="checkbox"/> LOST & FOUND
<input type="checkbox"/> ANTIQUES	<input type="checkbox"/> GARAGE/YARD SALES	<input type="checkbox"/> MISCELLANEOUS
<input type="checkbox"/> AUTOMOBILES/TRUCKS	<input type="checkbox"/> HELP WANTED	<input type="checkbox"/> MOBILE HOMES
<input type="checkbox"/> AUTO PARTS & SVCS.	<input type="checkbox"/> HOME IMPROVEMENTS	<input type="checkbox"/> MOTORCYCLE/ATVs
<input type="checkbox"/> BOATS/MOTORS	<input type="checkbox"/> HOUSEHOLD ITEMS/FURNITURE	<input type="checkbox"/> PETS & ANIMALS
<input type="checkbox"/> CHILDCARE	<input type="checkbox"/> REAL ESTATE	<input type="checkbox"/> FOR RENT
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1.	2.	3.	4.	5.
6.	7.	8.	9.	10.
11.	12.	13.	14.	15.
16.	17.	18.	19.	20.
21.	22.	23.	24.	25.
26.	27.	28.	29.	30.
31.	32.	33.	34.	35.
36.	37.	38.	39.	40.

**STEP #4 CHOOSE A PUBLICATION**  
DEADLINES FOR ALL CLASSIFIEDS IS THURSDAY, 5:00 PM




East Penn Valley Merchandiser (Reaches over 40,481 Homes)  
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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)  
We Accept Cash, Check, Money Order,    

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

\_\_\_ Mail Ad With Payment To: THE WINDSOR PRESS, INC., PO Box 465, Hamburg, PA 19526-0465  
\_\_\_ Bring Ad and Payment To Our Location At: 6 North Third St., Hamburg, PA 19526  
\_\_\_ Place Your Ad By Phone By Calling 610.562.2267 or 1.800.220.3053

Please have your    account number and expiration date available.

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

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Up to 20 words \$7.90 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.

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Want FT Pay with PT Hours. Inspect homes for insurance purposes. For information call Mike 484-336-8997.

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**PET FOODS STOCKED:** Science Diet, Pro-Plan, Eukanuba, Wellness, Iams, Nutro, Blue Buffalo, Nutri Source, Taste of the Wild, Canidae, Royal Canin, Earthborn, Canyon Creek, Southern States, Big Red, Mother Hubbard, Chicken Soup, The Natural Canine, Holistic, Loving Pets, Nature's Recipe. Cressona Agway Country Store. 22 N 2<sup>nd</sup>. Street, Cressona, 570-385-2160.

Save a life - Transport a homeless dog. Can you help drive homeless dogs from Hamburg to Scranton on occasional Saturday Mornings? We are Sadie's Place Rescue, based in Louisa KY. We operate transports from KY, to PA, NY, CT, NJ. We need additional volunteer drivers for the leg from Hamburg to Scranton. It's a short drive, and you will have saved the lives of homeless dogs who are moving to new homes. Please contact Deb Hinke - kentuckydeb@foothill.s.net or local volunteer Bill Sacrey @ 917-251-6633.

### HELP WANTED

2/11/2017 JOB FAIR AT Royal Truck & Equipment, Inc. 1100 S Pottsville Pike Shoemakersville, PA 19555. Hours 8am-3pm. We are a truck up fitter looking to hire for the following positions: Welder/Fabricator, Diesel Technician, Assembler, Yard/Warehouse attendant, Detailer/ Body work/ Refurbish Tech. Experience and owe tools preferred. Excellent pay and benefits including Medical and 401K. Contact Jeanne @royaltruckequip.com or call 484-893-4818.

**WHITE DEER RUN Blue Mtn.** In Kempton is seeking a full time cook to prepare nutritious meals for our clients. Hours are 10am-6pm. Every other weekend and alternating holidays, paying \$10-\$12 hr. depending on experience. High school diploma or GED required. Benefits available. Please call Janelle Kupetz at 610-756-4023.

Dishwasher Permanent Position, 2<sup>nd</sup> shift, good pay. Also Servers needed. Apply in person Blue Mtn. Family Restaurant, Roadside Drive. Shartlesville, Ext 13 I-78.

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**Cosmetologist:** Skilled in Men's Haircuts, 484-336-8516.

### HELP WANTED

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

**RN Unit Manager:** Full Time Dayshift RN needed to join our Manager team. Monday through Friday, We offer competitive wages, health, dental, life insurance, paid holidays, sick, personal and vacation time. 401K and Tuition reimbursement program. Apply in person to: Kutztown Manor, 120 Trexler Avenue, Kutztown, PA 19530. Tel: 610-683-6220 Tel. EOE. M/F

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Job requires a flexible working schedule.  
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EOE/M/F/VET/D

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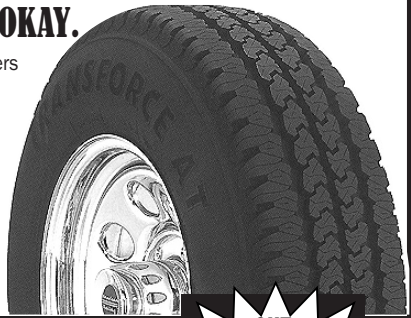
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TEAMS - coast-to-coast  
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# PUBLIC AUCTION

SHOEMAKERSVILLE REAL ESTATE



Saturday, February 25, 2017 at 11:00 A.M.

Location: 807 Chestnut St., Shoemakersville, Berks Co., PA 19555.

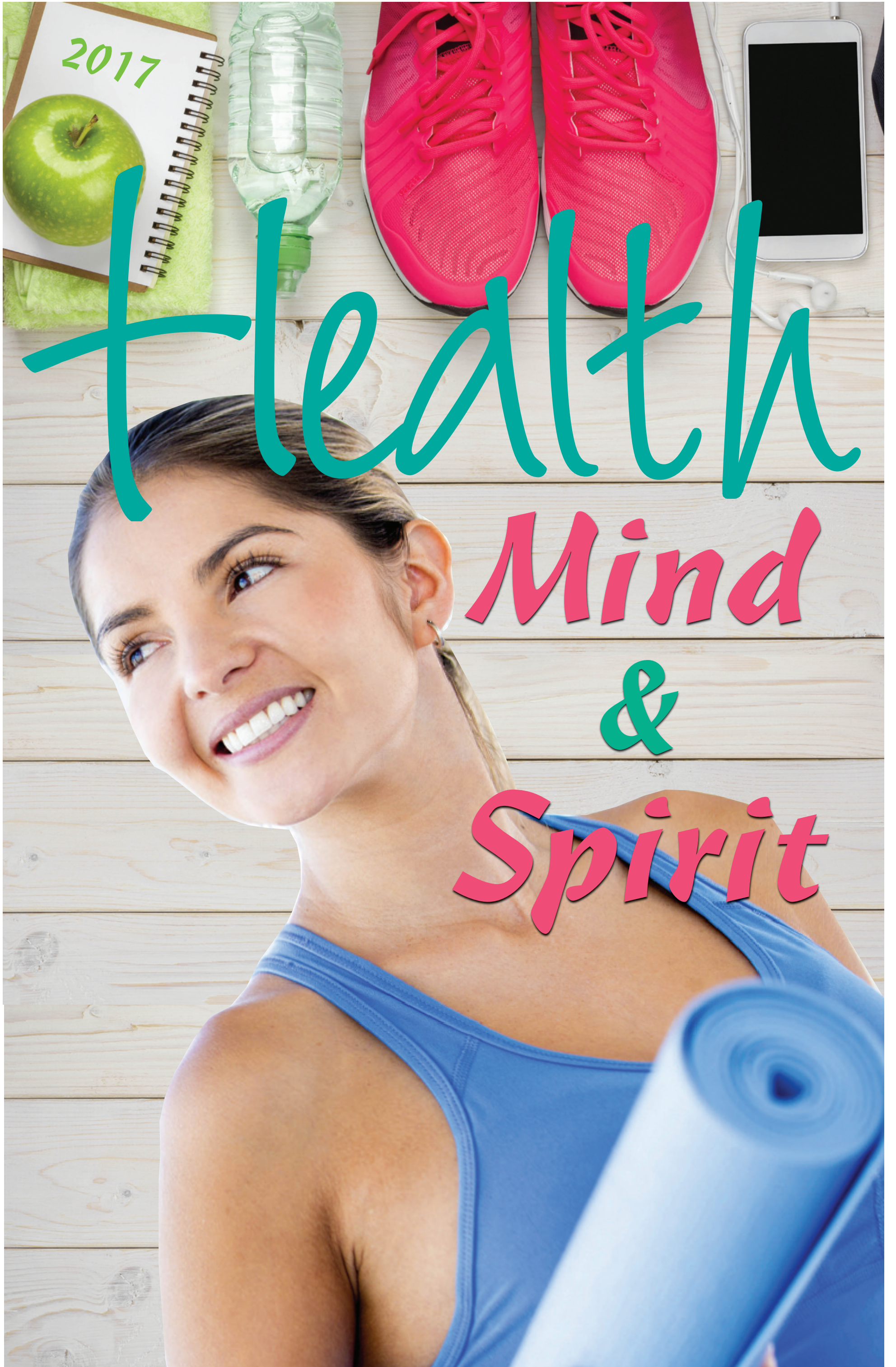
This cozy one-story home features an eat-in kit., LVR, 2 BRs & full BA w/a carport, rear covered porch & detached sm. shed, within walking distance to school, park, convenient store & restaurant. Appliances included, oil hot air heat, newer roof & hot water heater, located in Hamburg S.D. Perfect for retiree, starter home or rental. Showing by appt. 610-698-7301.

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[www.wagnerauctioneers.com](http://www.wagnerauctioneers.com)  
610-741-3828

Auction For:  
**ARLENE M. MILLER**  
ESTATE  
Greg Miller, Exec.  
Russell Farbiarz, Atty.





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&

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202 South Third Street, Hamburg, PA 19526 • 610-401-1342 • www.innerpeaceandwellnesscenter.com

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APRIL 8 & 9

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*Infrared Sauna & Ionic Foot Detox Available*




OWNER

**Events For February:**  
2-4: Book Club - Celestine Prophecy  
2-7: Free Talk: "Lets Talk Sugar"  
2-11: Salad In-A-Jar Interactive Workshop  
2-14: Free Talk: "Parasites Within Us" Nick Kleinsmith  
2-15 Psychic Development 2 Begins & Readings w/Eagle Skyfire  
2-19 William Stillman Psychic Gallery  
2-22 Full Moon Meditation & Readings w/Eagle Skyfire  
2-26 Crystals for your Chakras

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My oldest child was a gifted child, but also had sensory processing struggles. Even today as a young adult, she continues to struggle from time to time. My son, on the other hand, has had his share of medical issues throughout his life. Currently, he has difficulty maintaining the school day schedule. As for me, I have always been a perfectionist which has manifested itself into an anxiety disorder. In recent years, I have developed pain and it is preventing me from working in the clinic. I have been diagnosed with Fibromyalgia and osteoarthritis. Just typing this is difficult.

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**Kids & Sleep**

School-aged children are busier than ever before, and some may be sacrificing sleep to accommodate their lifestyles. The National Sleep Foundation says school-aged children need between nine and 11 hours of sleep each night to function at a healthy level. Sleep deprivation can be linked to a host of health ailments, including issues affecting the development of the brain. Growing evidence suggests that lack of sleep can cause disturbances in metabolic rates that could affect the risk for cardiovascular disease, diabetes and obesity. A recent study from Johns Hopkins University found that, for each additional hour of sleep a child gets, the risk of that child becoming overweight or obese decreases by 9 percent. Children who slept the least, according to the research, had a 92 percent higher risk of being overweight or obese compared to children with longer sleep duration. The NSF adds that poor or inadequate sleep can lead to mood swings, behavioral problems and cognitive problems that impact kids' ability to learn in school. To promote good sleep habits in children, parents and other caregivers can establish consistent sleep/wake routines; ensure children avoid excess caffeine, particularly late in the day; create a cool, dark sleep environment; keep televisions and other media devices out of bedrooms; and help children work through stressors that may impact sleep.

Page 8-HMS

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## What Are Complimentary & Alternative Therapies

If you look up alternative therapies in Wikipedia you will find the following:  
Alternative medicine is any practice that is put forward as having the healing effects of medicine, but is not founded on evidence gathered using the scientific method. It consists of a wide range of health care practices, products and therapies. Examples include new and traditional medicine practices such as homeopathy, naturopathy, chiropractic, energy medicine, various forms of acupuncture, traditional Chinese medicine, Ayurvedic medicine, and Christian faith healing. The treatments are those that are not part of the conventional, science-based healthcare system, and are not backed by scientific evidence. Complementary medicine is alternative medicine used together with conventional medical treatment in a belief, not proven by using scientific methods, that it "complements" the treatment. CAM is the abbreviation for complementary and alternative medicine. Integrative medicine (or integrative health) is the combination of the practices and methods of alternative medicine with conventional medicine. Many of these therapies have been used for generations with great success. For example Acupuncture has been used for over 4000 years. Herbalism is very ancient and used by nearly everyone. In the wonderful Pennsylvania Dutch area that we live in, we have Bracheri or "Pow Wow". Bracheri is very similar to Reiki when working with the person energies. In addition to Reiki sessions and classes, Pinnacle Hypnosis & Therapies offers a full-range of hypnosis and foot reflexology session and classes.

Hypnosis works with a person's subconscious mind to help them overcome obstacles and feel good about themselves. Foot reflexology involves applying pressure to the feet with specific techniques. It is based on a system of zones and reflex areas that reflect an image of the body on the feet, with the premise that the stimulated area affect a physical change to the body. Many people comment that they feel they have had a full body massage after a foot reflexology session. When considering alternative and complimentary therapies find out what feels right for you. Do your research on the therapies and also the practitioners. Ask your doctor if they recommend any CAM therapies. There are many to choose therapies to choose from. Practitioners are always happy to answer questions and to explain their therapy. I will be offering foot reflexology on February 18, 10 am to 4 pm at Inner Peace and Wellness Center's OPEN HOUSE, 202 S. Third St., Hamburg. There will be a wide array of products and services available included Ionic Foot Detox. Stop in for Free Talk Tuesday, Feb. 14 at 6:30, Nicholas Kleinsmith, Master Herbalist and Nutrition Consultant will be discussing "Parasites Within us". Very popular and informative talk! Next Free Talk Tuesday will be March 14 at 6:30 "Weight loss" For more information or to schedule your appointment contact Lori Kleinsmith, RM, Certified Hypnotist and owner of Pinnacle Hypnosis & Therapies. 610-823-4160. [www.pinnaclehypnosis.com](http://www.pinnaclehypnosis.com) See ad in this Health Mind and Spirit Guide for full schedule of events and classes.

## Parenting Perils In A Technological World

By Linda Easter, L.P.C.

Parents experience new stressors today as they try their best to raise wonderful kids. What a challenge! Why has parenting become so difficult? I think I can point out one contributing factor—a cultural mindset based on technological values. I remember one class while working on my graduate degree in 1997. The professor began with a list of traditional values versus "new" technological values. One traditional value was this: "Children require guidance and discipline." The technological value stated: "Children must be allowed to grow unfettered and unobstructed." In this value system, good old-fashioned discipline was considered "restrictive." That mentality considered the word, "No," obsolete! Play was the work of childhood. Children shouldn't be forced to do things they didn't want to do. These are some highlights of that value system. The problem for Christians is that the Bible teaches that humans have a sinful nature. Children who grow up unfettered, unobstructed, and undisciplined usually demonstrate behavioral and emotional problems because that sinful nature is left unchecked. However, the problems don't end in childhood.

As a counselor, I have worked with many young people struggling with the transition to adulthood. By the time adults introduced work to the child's world of play, they rejected it. It wasn't fun. They didn't say, "No," to themselves and had debt and poor money management skills. Without a parent training them to do things they didn't want to do, they had trouble keeping a job. Motivating themselves to go to work was too hard. Or eating healthy foods. Fast food burgers and Twinkies taste so much better. I think it's time to go back to old-fashioned discipline—in the best interest of both parents and children. I love to teach parents about a very creative program called, "Parenting with Love and Logic." It trains parents to use consequences and empathy to help children behave more appropriately so they grow up to be good responsible citizens. Best of all, parents can do parenting without anger! If you want help with creative parenting, please don't hesitate to call 610.562.1810 for counseling with Linda Easter, Licensed Professional Counselor, at Peaceful Hearts Counseling Services.

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*My, What Big Ears You Have!*

by Paula Taylor, Meadowood Music

In the mid 1900s, Canadian neurosurgeon, Wilder Penfield, theorized that our brains perceive more 'important' body parts as bigger than other parts. He created drawings of how our brains see our bodies in terms of both sensory and motor functions. He called them the "Sensory homunculus" and "motor homunculus." In both drawings, the hands and mouth are immense and the eyes and nose are quite large. In the sensory homunculus, the ears are large, but they are non-existent in the motor homunculus. Playing a musical instrument requires simultaneous sensory, cognitive and motor system activity in the player. Over time, as the player uses vari-

ous parts of their body in a new way, the brain's map of the body changes. As a result, playing an instrument improves eye-hand coordination, the ability to discriminate between sounds, the ability to remember sounds. Those who play music regularly have quicker, more discriminating brain responses to sounds in music. Physical psychologists are studying whether musicians also have greater sensitivity in detecting emotions through sounds made by friends or family. At Meadowood Music, we think they'll find that the ears in musicians' sensory homunculi will be every bit as large as their hands.

*Pediatric Eye Exams*

Hamburg Family Eye Care

Drs. John and Lori Smith, a husband and wife optometry team, have been long-time advocates of comprehensive eye care for children. Studies have shown that 80% of learning takes place through visual processing of information, showing that blurry vision has an enormous effect on a child's education. Symptoms of blurred vision are different in children than adults. Children may squint, rub their eyes, hold things very close, have a short attention span, move their head excessively when reading, struggle in school, close or cover one eye, or have headaches when reading. Concussions are an overlooked cause of blur and focusing problems. A recent article from Jan. 5, 2017 in HealthDay News quotes a new study that recommends children who have experienced a concussion undergo a comprehensive eye exam to see if they're ready to go back to school. The study found that 46 percent of children with lin-

ging symptoms of concussion had vision problems. Dr. Lori Smith is a member of the College of Vision Development (COVD), and specializes in pediatric eye exams that test all the skills needed for comfortable and accurate vision while reading. She has successfully treated patients with post-concussion symptoms as described in the new study. Both Doctors John and Lori Smith are long-time members of the American and Pennsylvania Optometric Associations and the Berks County Optometric Society. Hamburg Family Eye Care has convenient evening hours on Tuesdays and Wednesdays. Plenty of parking is available behind the building. More information about Hamburg Family Eye Care can be found online at Facebook, at www.hamburgfamilyeyecare.com or by calling 610-562-4548, or toll-free 866-704-7426.

*Simple Ways To Avoid Injuries When Working Out*

A desire to live a healthy, active life compels many people to include exercise in their daily routines. Numerous studies have shown that regular workouts that include a combination of strength training and cardiovascular exercise can make bodies less susceptible to injury while reducing a person's risk for conditions such as heart disease, stroke and diabetes. Exercising is most effective when it's part of a daily routine, but that routine can be derailed if men and women are not taking the appropriate measures to avoid injury while working out. While even professional ath-

letes succumb to injury from time to time, there are steps everyone can take to avoid injury when working out.

- Confirm your technique is the right one. Exercise science is continuously evolving, and that means workouts and fitness machines are evolving as well. When using a piece of equipment for the first time or altering a workout routine, men and women should consult with a gym employee or personal trainer to learn the correct technique. Incorrect technique can lead to minor and serious injuries because muscles are used in ways they are not intended to be used when exercises are performed properly. Research appropriate techniques, taking advantage of online video tutorials if you don't exercise at a gym, to ensure the exercises you want to perform are done properly. When beginning a new routine, ask a friend or gym employee to observe your workout and let you know if you are doing anything incorrectly.
- Be patient. Lifting too much weight or pushing yourself too hard on the treadmill, exercise bike or elliptical machine will increase your risk of injury. This is especially true for men and women working out for the first time or after lengthy stretches of inactivity. Men and women who are elderly, inactive and/or overweight are likely to suffer from poor balance because their muscles are weak. Those muscles can be strengthened over time, but remain patient and stick to light weight during initial workouts so lack of balance does not lead to pain or injury. Take the same approach with aerobic exercise to prevent

muscle strains and pulls. Increase weight and the intensity of cardiovascular exercises as muscles gradually strengthen and become accustomed to exercise.

- Allow for adequate time to warm up. Failure to warm up is another contributor to exercise-related injury. Before diving into a workout routine, spend between five and 10 minutes warming up your body with some low-intensity exercises. This increases blood flow to the muscles and makes them more elastic and pliable than cold muscles, thereby improving flexibility. Some low-intensity cardiovascular exercise on the stationary bike or treadmill can greatly reduce injury risk during the workout.
- Vary workouts and exercise regularly. Varying workouts is a good idea because doing so can prevent repetitive-use injuries and prevent overuse of muscles. Repetitive-use injuries such as shin splints and tendonitis require extended rest to heal, and that can derail your routine and nullify your progress. Vary workouts so you are not always working the same muscles, and don't mistake varying workouts for varying workout schedules. Working out five days one week and one day the next increases your risk of injury. Injuries sometimes happen when exercising. But veteran and novice fitness enthusiasts can employ a handful of simple strategies to greatly reduce their risk of injury while working out. Five to 10 minutes of light aerobic exercise before working out can help men and women avoid injury.



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### The Hidden Benefits Of Water

Dehydration is a dangerous condition that can cause a host of complications and even prove fatal in severe cases. But as dangerous as dehydration can be, many cases are entirely preventable.

The best way to prevent dehydration is to drink enough water. When the body does not take in as much water as it puts out, it can become dehydrated. People who live in warm climates or in elevated altitudes may lose more water than those who do not. In addition, water loss is accelerated during strenuous exercise, highlighting the emphasis men and women must place on drinking enough water during their workouts.

But water does more for the body than prevent dehydration. The following are a handful of lesser known ways that water benefits the body.

- Water can help people maintain healthy weights. Dieting fads come and go, but water is a mainstay for people who want to control their caloric intake in an effort to maintain healthy weights. Water has zero calories, so reaching for a bottle or glass of water instead of a soda, lemonade or another caloric beverage can help people keep the pounds off. A study from researchers at the University of Texas Health Science Center found that even diet soda enhances weight gain by as much as 41 percent. In addition, soda has been linked to conditions such as obesity, diabetes and tooth decay. No such association exists with water.

- Water helps to fight fatigue. The fatigue-fighting properties of water are another of its lesser known benefits. When the body is not adequately hydrated, it can experience muscle soreness. And fitness enthusiasts who do not drink enough water may notice their bodies require extensive recovery time after working out. Each of those consequences can be prevented by drinking enough water, and doing so can even improve performance, as studies have shown that just a 3 percent loss of body weight due to dehydration can cause as much as a 10 percent drop in performance level.

Water can improve the appearance of the skin. Skin that does not get enough water can turn dry and flaky and feel tight. In addition, dry skin is more likely to wrinkle than adequately hydrated skin. Getting water to the skin can be tricky, as the University of Wisconsin-Madison School of Medicine and Public Health notes that water will reach all the other organs of the body before it reaches the skin. But the school recommends applying a hydrating moisturizer within two minutes of leaving the bath or shower and drinking at least eight glasses of water a day to ensure the skin is getting enough water.

- Water helps the gastrointestinal tract. Water can help maintain normal bowel function. When the body lacks sufficient fluid, the colon will pull water from stools in an effort to stay hydrated. That can lead to constipation, a condition in which people experience difficulty emptying their bowels. By drinking enough water, people can ensure their colon will not have to pull water from stools to stay hydrated, thereby helping them stay regular. Water helps the body in myriad ways, many of which might surprise people unaware of just how valuable water can be to the body.

ensure the skin is getting enough water.

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P Y M N I T R D H O J R  
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### Seniors And Exercise: Tips To Avoid Injuries, Get Healthy

Exercise is an important component of a healthy lifestyle. Daily exercise can improve mood, promote an active lifestyle and reduce a person's risk for a host of ailments, including diabetes and heart disease.

Despite the importance of exercise, many people live sedentary lifestyles into their golden years. Seniors who want to embrace a healthier way of life and get more physically active should first consult with their physicians before beginning an exercise regimen. Certain medications may limit just how far seniors can push themselves, while preexisting conditions may make specific types of exercise off limits. After discussing their limitations with their physicians and developing a safe exercise routine, seniors can heed the following tips to avoid injury but still get healthy.

- Pick a partner. Whether it's a spouse or a friend who is physically active or wants to be, try exercising with a partner, at least initially. Doing so can provide the motivation you need and partners can serve as safety nets should you need assistance completing an exercise or suffer an injury and require medical attention. Personal trainers can serve as your partner, and many gyms offer discounts to seniors on personal training services.

- Start slowly. Seniors who have not been physically active for some time should take a gradual

approach to exercise. Instead of heading right for the treadmill, exercise bike or elliptical machine, start walking every day. When it rains, find a treadmill you can walk on. The American Academy of Orthopaedic Surgeons recommends seniors begin by determining how many steps they can take in a day and then gradually working toward 10,000 to 15,000 steps per day. Utilize step counting apps on your smartphone to track your progress. Apply the same slow approach to strength training exercises, lifting only very light weights at first before gradually increasing weight as your body acclimates to the exercises.

- Stretch. Bodies that have been inactive for lengthy periods of time are inflexible, and lack of flexibility increases your risk for injury. The AAOS recommends that seniors warm up their bodies before stretching with five to 10 minutes of low-intensity activity such as walking. Then stretch gently, remembering to relax and breathe during each stretch.

- Switch things up. When strength training, do not work the same muscle group two days in a row. Muscles need time to recover. If you prefer circuit strength training where you exercise various muscle groups in one day, do not strength train on back-to-back days, leaving at least one day in between strength training sessions so muscles have ample time to recover.

### Get To The Truth About Dieting & Weight Loss

Weight loss is a popular resolution come the new year. But in spite of that popularity, the resolution to lose weight is no small task. When resolving to lose weight, men and women will encounter an abundance of information about dieting and weight loss. It's difficult to know who to believe and to determine which plans will be effective.

Research published by Shape magazine says nearly one in three young people embark on a new diet each month, but 45 percent give up after one week, and about half abandon their goals within a month. Data released in the Daily Mail in 2013 said that although one in seven (13 percent) women in the United Kingdom stick to a diet for 13 weeks or more, nearly one in five (19 percent) succumb to their favorite food cravings after a month.

What's the magic formula for weight loss? Experts advise that there isn't any. Weight-loss strategies that require fad dieting or restrict certain foods may not produce long-term success. Rather, a lifestyle overhaul is often the most effective weight loss strategy.

- Recognize that quick fixes do not work. Drastic weight loss approaches may produce immediate results, but such plans are not sustainable. Drastic plans include certain detoxes and cleanses; diets that eliminate all but a few foods; some prepackaged foods; and food-replacement strategies. Feelings of deprivation or boredom may make people following these diets unsuccessful

in the long run. Losing weight means changing one's food and exercise plans over the long haul.

- Eat in regular intervals. Researchers at the National Weight Control Registry offer that spacing food evenly throughout the day is the key to successful, long-term weight loss. People who eat healthy food at regular intervals are better nourished, think more clearly and report fewer mood swings than those who eat erratically.

- Recognize that not all carbs are bad. People trying to lose weight often hear that they should increase protein consumption and drastically reduce their intake of carbohydrates. While it's smart to reduce consumption of processed carbs and those that are made largely of white flour, there are some healthy carbohydrates, including beans, whole grains, fruits, and vegetables.

- Be flexible. As a person's body ages, his or her metabolism will change. Men and women should revisit their recommended caloric intake every few years. In addition, men and women can routinely revisit their exercise routines to determine the efficacy of those routines and alter their workouts to reflect the physical changes their bodies are going through as they age.

A person's first step before dieting or attempting to lose weight should be to consult their physician, who can help men and women achieve their weight loss goals in a way that's healthy and easy to maintain for years to come.



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## How To Improve Alertness During The Workday

A long workday can be both mentally and physically draining. As a result, office workers and professionals whose jobs are more physically demanding than office work may find themselves less alert at the end of the workday than at the beginning.

A loss of alertness as the workday draws to a close might be unavoidable. But professionals whose sense of alertness begins to dwindle in the thick of the workday might need to take steps to improve their alertness to protect themselves from injury and to ensure the quality of their work does not suffer.

• Avoid caffeine in the late afternoon. Some professionals rely on caffeinated beverages such as coffee or energy drinks to combat afternoon drowsiness. While that afternoon caffeine fix might provide an immediate, if



temporary, jolt of energy, it might also affect a person's energy levels the following day. A 2013 study published in the Journal of Clinical Sleep Medicine found that caffeine consumed as early as six hours before bedtime can significantly disrupt sleep. Professionals who reach for a cup of coffee in the late afternoon might get a sudden boost of energy, but their energy levels the following day might be lower due to a poor night's sleep.

• Avoid high-fat foods at lunchtime. Foods that are high in fat should always be avoided thanks to their connection to a host of health problems. Such foods also negatively affect energy levels when consumed in the middle of the day. The University of Rochester Medical Center notes that the body digests and absorbs high-fat foods very slowly. That means workers who eat high-fat foods for lunch won't get the afternoon energy boost that low-fat, healthy lunches will provide.

• Snack healthy. Professionals who find themselves needing a snack in the mid- to late-afternoon can sate their hunger and give themselves an energy boost by snacking healthy. Avoid snacks like potato chips that tend

to be high in fat and low in nutrition. Foods that are high in fiber and/or protein can provide a longer energy boost and quell the afternoon hunger pangs at the same time. Fresh fruit and Greek yogurt fit the bill.

• Change your workout schedule. Regular exercise improves short- and long-term health while also increasing daily energy levels. Professionals who include exercise in their daily routines yet still suffer from a lack of alertness in the afternoon may need to alter their workout schedules. A 2011 study published in the Journal of Occupational and Environmental Medicine found that participants who were assigned afternoon exercise programs during work hours reported increased productivity versus those who were not assigned afternoon workouts. If working out in the afternoon is not feasible, avoid working out too late at night, as the National Institutes of Health note that exercising within two to three hours of bedtime can disrupt sleep, ultimately having a negative impact on energy levels the following day.

Professionals who find their alertness levels waning in the afternoons can combat such drowsiness in various ways.

## 4 Foods That Can Boost Energy Levels

Diet can go a long way toward increasing or lowering energy levels. No one wants to consume foods that will make it harder for them to get through the day, so the following are a handful of foods that pack an energetic punch.

1. Cashews: Cashews, which are high in magnesium, help to convert sugar into energy. Magnesium deficiency can lead to low energy levels, so nuts that are high in magnesium, including cashews, can provide that mid-afternoon jolt that some people are seeking. Cashews are high in calories, so it's best for those looking to lose weight or maintain healthy weights to adhere to serving suggestion guidelines.

2. Skinless chicken: A study from researcher Judith Wurtman of the Massachusetts Institute of Technology Clinical Research Center found that alertness tends to increase when the brain produces the neurotransmitter dopamine and the hormone norepinephrine. Skinless chicken contains an amino acid known as tyrosine that helps in the production of both dopamine and

norepinephrine. If skinless chicken is not available, other foods that may provide this same effect include fish, lean beef and eggs. In addition, lean meats like skinless chicken contain enough vitamin B to help ease insomnia.

3. Salmon: Omega-3 fatty acids can help the body fight inflammation, which has been linked to a host of ailments, including chronic fatigue. Salmon is also high in protein, which can eliminate the mid- to late-afternoon hunger pangs that can derail healthy diets and contribute to weight gain.

4. Beans: Beans are loaded with fiber, and that's a good thing for energy levels. Like magnesium, which can also be found in beans, fiber takes awhile to digest, extending the energy-boosting properties of foods loaded with fiber. In spite of the growing movement to eat and live healthier, many adults still do not include enough fiber in their diets. Men and women can consult with their physicians to determine how to make that happen, but eating more beans is a good start.

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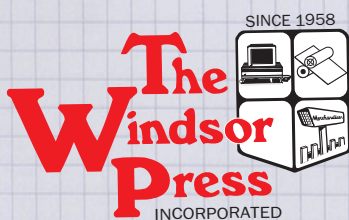
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She recently utilized both licenses working at Bear Creek Ski Resort & Conference Center doing massage, bridal hair and nails, in their Spa.

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Lija competed in the 2010 U.S. Figure Skating Championships.

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**5th Street Highway,  
Penn Plaza (K Mart Shopping Center)  
across from Fairgrounds Mall**

Hours: Mon., Wed., Sat. 10 to 5; Tues., Thurs., Fri. 10 to 8

**\$500 OFF**  
Purchase of \$45.00

Good only at Health Cupboard. Not valid with any other offer. Cannot be combined with other coupons. Offer Expires 3-31-17. WP

**COUPON**

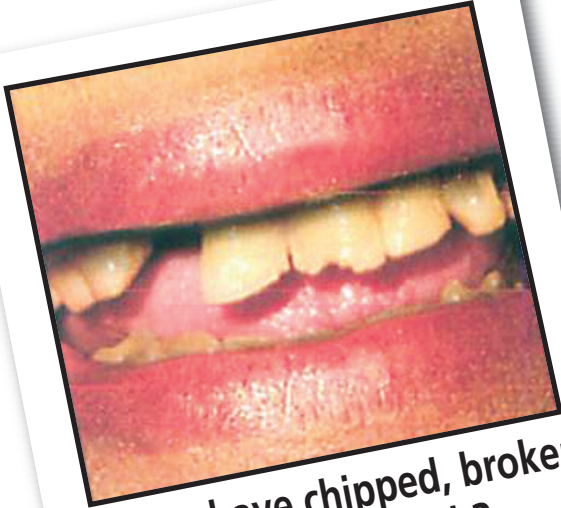
**610-929-4565**



# Have you heard of...



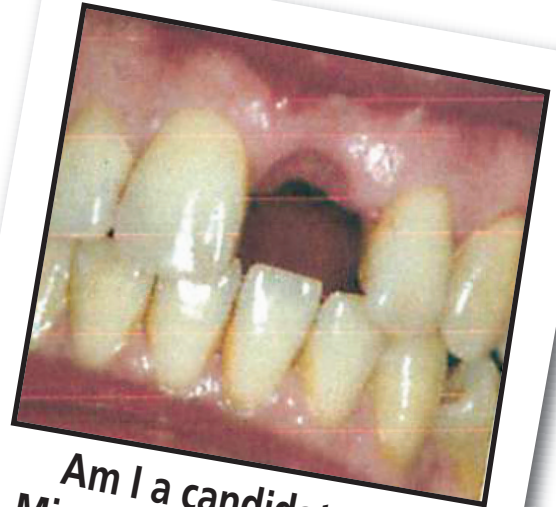
# Miracle Dental Implants? for Smiles that Last a Lifetime



Do you have chipped, broken, or missing teeth?



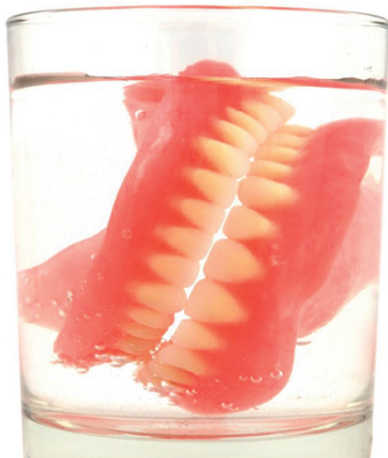
Would you like to have a natural looking smile?



Am I a candidate for Miracle Dental Implants?



Would you like to have permanent teeth instead of dentures?



Do you use dental adhesive or have loose poor fitting dentures?



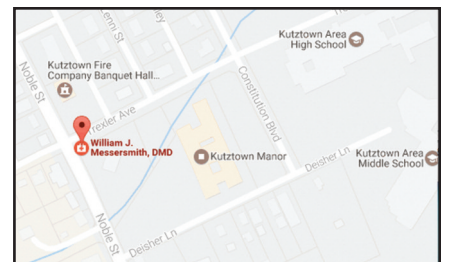
Would you like to chew comfortably and confidently all your favorite foods?

## Join Us for a Free Seminar & Refreshments

*Wednesday, February 8 at 6:30 pm*

**Call to reserve your seat today!  
Seating Limited**

*Knowledge is Power!*  
99.9% of attendees recommend this seminar!



## Messersmith & Keller

**FAMILY DENTISTRY**

Experience the Difference!

162 A Trexler Avenue,  
Kutztown, PA 19530  
610.683.0454 • 1.800.427.1748  
fax: 610.683.0394  
DrWMessersmith@gmail.com  
www.drbilldmd.com



# KUTZTOWN AUTO & PREOWNED SUPERSTORE


## NEW YEAR'S Write-Down Sale!

### CUSTOMERS WITH VOLKSWAGEN PAYBACK CHECKS WELCOME HERE!

**2011 Dodge Nitro**  
Stock #U4716, Competition Yellow, Shock Edition  
**\$19,500**



**1983 Cadillac Eldorado**  
Stock #U4391, Only **38,000 Miles**



**2011 Kia Soul Plus**  
Stock #B16295A AS LOW AS **\$159/Month**



**2010 Jeep Wrangler**  
Stock #U4599, Low Miles **SAVE \$2,000 \$19,900**



**Four Other Wranglers To Choose From**

2007 Ford Focus Sport Model	\$6,900
2006 Pontiac Vibe Low Miles	\$8,490
2008 Nissan Altima Sport Sdn.	\$8,900
2013 Ford Fiesta	\$8,990
1994 GMC Sierra 2500 Ext. Cab Diesel, Great Shape, Low Miles	\$9,500
2006 Pontiac Vibe	\$9,888
2012 Honda Civic	\$11,888
2006 Colorado 4x4 Crew Cab	\$11,990
2011 Jeep Compass	\$11,990
2003 Monte Carlo SS Only 23K, Competition Yellow, MUST SEE	\$12,900
2010 Buick Lucerne CXL Luxury Car	\$12,900
2014 Ford Focus	\$12,990
2013 Ford Transit With Shelves & Bins	\$13,900
2013 Ford Ext. Cab Save Thousands Off New Met. Brown, Chrome Pkg.	

**4 SUBARUS TO CHOOSE FROM**

Several More Fresh Lifted Jeep Wranglers Now In Stock

Great Selection Of Fresh, Local Traded Pickups

Check Out Website For Pictures & Info.

**CARS UNDER \$10,000**

**WE BUY VEHICLES!!!!**

Stop and see Rick Dietrich - Sales Manager at Superstore. Rick invites his past customers from Bayliss Olds & Rick's Bait & Tackle. Check Out Inventory Online.

**We're Closer Than You Think!**

**KUTZTOWN AUTO COMPANY & PREOWNED SUPERSTORE**  
BUICK, CADILLAC & GMC = NEW DIVISIONS  
Local trades, special buys, loaners, imports, trucks, SUVs ~ OVER 100 TO CHOOSE FROM ~ Experience The Kutztown Difference!  
Rt. 222 & 662, Fleetwood, PA  
**610-683-8800**

Over 120 vehicles online  
[www.kutztownauto.com](http://www.kutztownauto.com)

# JOIN US FEBRUARY 6<sup>TH</sup>-11<sup>TH</sup>, 2017 FOR CUSTOMER APPRECIATION WEEK!



**FRIDAY 2/10**  
**Sprayer Meeting 10-12pm**  
Get certified with... 2 Core Pts & 2 Category Pts!  
**FREE Lunch @ Noon**  
1-3pm New Holland Haytool & Tractor Sales Presentation by Factory New Holland Reps.



**10% OFF PARTS & SERVICE BOOKED ALL WEEK!**

**SATURDAY 2/11**  
**Free Pancake Breakfast 8:30- 10:30AM**

**SKID STEER RODEO 9-11AM**  
Call to Sign Up - Prizes to Be Awarded!

**RODEO**



Your Full Service Dealer, with Quality Sales, Parts & Service  
1562 Ben Franklin Hwy, Douglassville PA 19518  
[agindustrial.com](http://agindustrial.com) | 800-459-8800

## LIVING ESTATE AUCTION

**LOCAL AD ITEMS, MILK BOTTLES, BEER ITEMS, MODEL KITS, EPHEMERA, FURNITURE**  
Wed., Feb. 8, 2017 at 1 PM - Doors Open at Noon  
Location: Leesport Farmers Market - Diefenderfer Auction Gallery, Rt. 61, Leesport, PA 19533. (Halfway between Reading & Hamburg on Rt. 61, back side of main mkt. bldg.).  
Furn.: White med 8-pc BRS; oak crnr cab; maple DL table/Windsor chairs; marble-top tbl; up'd sofa & La-Z-Boy; WI tbl. Ants/Colls: Cl Wapak & Griswold fry pans; Dutch oven; Luden's candy bucket; costume jewelry; BB items inc: 1938 Philly Athletics score card, cards & books, Schmidt auto'd BB; 3 cig punch brds; Baldwin Brass & plate blocks; 15+ pocketknives; corn shuckers; ad pencils; cig lighters; billiard ball sets; local felt inc: local HS pennants & tobacco flats; 15+ local banks; brass buttons; Smith typewriter. **Ephemera inc:** (2) 1863 Civil War pamphlets; 1930 Sonny Elephant book; Sprint car & local photos, blotters, Vict cards, Hamburg Broom Works labels, postcards. **Beer items:** Deppen beer case; 2 Sunshine clocks; old Rdg & Rdg Premium wall prints & calendar backs; tin Pabst can bank; 15+ pr S&Ps; Horlacher's & Kaier's Bock signs; trays. 20+ **Milk bottles:** all local dairies; 1/2 & pint, quart inc: Cream & Baby Face; bottle tops. **Model Kits:** 100+ factory-sealed kits inc: AMT/ERTL, Revell, Monogram & more. **Misc:** Ld glass hang lamp; microwave; holiday decs; pots/pans; HH; CDs; AI Fold tbls; Too much more to list! See [www.westwall.com](http://www.westwall.com) for flyer & pictures. **Approx. Sale Order:** Model kits 1st, milk btls @ 3 pm, beer items @ 4:30 pm, furn. @ 5:30 pm. **Terms:** Cash, check, MC, Visa, AmEX, Discover. 10% buyer's premium cash/check, 15% credit card, 6% PA sales tax charged.

**DIEFENDERFER AUCTION CO., LLC** SELLER:  
610-929-8215 MIRIAM L. WEISER  
Auction House: Wyomissing, PA, Et Al  
AH-2010

### MOBILE HOMES

**BUY DIRECT:** Modulars, Double wides, single wides. Starting at \$35,900. We will not be Undersold! We Accept Trades. 717-875-1288.

Call On "Show Me The Invoice" plan. Discovery Homes Inc. 610-413-8207.

Drive A Little, Save a Lot! Free delivery and Set up! New single wides \$34,900; Double wides \$45,900; Modulars \$59,900; We will not be undersold. 717-875-1288.

**FOR RENT:** 2 BR Home located in Orwigsburg/Deer Lake Area. No animals, great for senior citizen. Quiet, safe environment. Call 570-366-2392.

VA approved builder. Home loans with little or no money down. Call Discovery Homes for details at 484-641-5055.

### MOBILE HOMES

**MACUNGIE 2007 Redman** single wide 16x72 3br 2 bath, Brandywine School district. Lot rent only \$395. 10 percent down with good credit. Call 484-772-8331.

**SENIORS, AFFORDABLE HOUSING FOR LESS THAN RENT!** Can Meet All Budgets! 3 beautiful 55 & older age restricted Retirement Communities: Wernersville, Fleetwood, & Kutztown areas. Well maintained singles (14x70's) from \$16,999 to \$26,800. New & like new pre-owned doubles (24x60 to 28x66), 3 with carports, \$54,999 to \$98,500. Lap/shingle. Loaded with goodies! Lowest monthly fees! Move in conditions! Visit [www.kellerhousingcommunitiespa.com](http://www.kellerhousingcommunitiespa.com) for photos and details. Sorry, NO dogs. Keller Homes. 610-944-7696.

## Introducing The NEW

**HARMAN HOME HEATING**  
**Allure50 Pellet Stove**

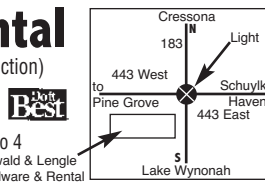
- Easy Touch Control
- 52,600 BTU/Hr Input
- 1,000-2,800 sq. ft. Heating Capacity
- 92 lb. Hopper Capacity



**FREE 2-Ton Wood Pellets** With Purchase (Limited Time Offer)

## DEWALD & LENGLE Hardware & Rental

Rt. 443 (1 mile West of 183 & 443 Intersection)  
Friedensburg, PA  
570-739-2100  
Store Hours: M-F 8 to 7; Sat. 8 to 4; Sun. 9 to 4  
[www.dewaldandlengle.com](http://www.dewaldandlengle.com)



**MOBILE HOMES**  
CUSTOM BUILT HOMES: Manufactured & Modulars. On Your Lot or in a Community. Call 484-772-8331.

**SEASONAL EQUIPMENT**

Generator, Portable Briggs & Stratton Elite Series. 6000 running watts, 8750 starting watts. 4 120v. Outlets. Purchased new \$1800 5 yrs old. Selling now for \$600. 610-493-0060.

Northern 30ton log splitter \$1,400. 610-756-3184.

**EMAIL** in your advertisement  
[display@windsorpress.com](mailto:display@windsorpress.com)

## DR. RANDALL C. MENGEL Optometrist



14 N. Fourth Street  
Hamburg, PA  
610-562-5005



**Comprehensive Eyecare Services**  
Cataract Evaluation and Co-management  
Glaucoma Evaluation and Treatment  
Eye Glasses and Contact Lenses

- Medicare • VSP • Capital Blue Cross
- Highmark Blue Shield • EyeMed
- Senior Blue • Vision Benefits of America

-New Patients Welcome-

ONLY \$125

Get Your 2016 Tax Return Prepared Professionally and Affordably by:

JAY H. MOYER *CLU, ChFC*

Includes Federal Long Form Schedules A (itemized deductions) & B and PA Return



[www.jhmoyer.com](http://www.jhmoyer.com)

8509 Allentown Pike (Rt. 222) • Blandon, PA • 610-916-8455

ONLY \$125

1400+ RETURNS PREPARED LAST YEAR/20,000+ SINCE TAX YEAR 2002  
Ask About Our Small Business (sole props only) and Rental Return Fees

ONLY \$125



# OUT ON THE TOWN

Take I-78 to Exit 35 (old exit 11) Rt. 143, Lenhartsville

**DINING ROOM:**  
Sun., Tues. & Wed. 11:00 AM to 8:00 P.M.;  
Thurs., Fri., Sat. 11:00 AM to 9:00 P.M.



**C.J. HUMMEL'S RESTAURANT**  
Bar & Gathering Place  
610.562.4891

**BAR HOURS:**  
Sun., Tues. & Wed. 11:00 AM to 8:00 P.M.;  
Thurs. - Sat. Open 'til 1:00 AM; CLOSED MONDAYS

**This Weekend:**

WINTER GREEN SALAD	\$11.29
SALMON BURGER	\$6.99
CAJUN CATFISH	\$11.99

**Sunday Lunch Specials:**  
Roast Turkey, Baked Ham, Roast Beef, Smoked Sausage, Breaded Shrimp, Honey Dipped Chicken, Breaded Veal, (Includes 2 Sides)  
ALSO AVAILABLE WEDNESDAY AFTER 4:00 PM

**All Priced \$7.59**

**10% Senior Discount Every Tuesday & Wednesday**

**JOIN US TACO TUESDAY**  
4:00 PM to 8:00 PM  
**3/\$5.00**  
Tacos  
Chicken • Fish • Beef

**FOLLOW US ON FACEBOOK**  
For Great Specials!

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

**C.J. Hummel's Entertainment**

<b>WED., FEB. 1</b> 7:00 PM to 9:00 PM <b>LIVE MUSIC</b> With Cole	<b>THURS., FEB. 2</b> 8:00 PM to 11:00 PM <b>D.J. NUGGETT</b> <b>OVER 21+ CLUB NIGHT</b> 11:00 PM w/D.J. Ricky Rick	<b>FRI., FEB. 3</b> 9:00 PM to 12:00 AM <b>OVER 21 LINE DANCING</b> With D.J. Steel Thunder	<b>SAT., FEB. 4</b> 9:00 PM to 12:00 AM <b>ALL AGES LINE DANCING</b> w/D.J. Shawn
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Locally Owned & Operated For 18 Years  
Where The Locals Go!  
Reservations For Parties of 8 or more  
www.westybarandgrill.com  
610-562-3777  
Takeout - 610-562-9303



**610-562-3777 - 279 West State St.**

Join The Westy Loyalty Club Ask Your Server For Details

**NEW! CRAFT BEERS ON TAP**  
Rotating Weekly

**Monday MARGARITA MADNESS \$5.00 EACH**

**OUR ENCLOSED DECK IS OPEN WEEKENDS**

**Monday & Tuesday LARGE 17" CHEESE PIZZA \$7.75 EACH (NO LIMIT!)**

**Biggest Best Wings In Berks**

**WINGS**

- Mild ■ Medium ■ Hot ■ BBQ ■ Garlic & Butter ■ Asian ■ Honey Mustard
- Ranch ■ Southwest ■ Parmesan Peppercorn ■ Chipotle ■ Old Bay 'n Butter
- Kickin' Bourbon Molasses ■ Garlic Parmesan ■ Sweet Teriyaki
- Hot 'n Honey ■ Boom Boom ■ Honey BBQ ■ Red Chili ■ Sriracha

**\* \* ALL DAY SPECIALS \* \***

**Monday - Takeout or Dine In**  
Large Cheese Pizza \$7.75 - No Limit.

**Tuesday - Dine In Only**  
24 Wings With Small Pitcher of Domestic Beer or Soda \$16.95  
Large Cheese Pizza \$7.75 - No Limit.

**Wednesday - Dine In Only**  
1 lb. Steamed Shrimp with French Fries \$12.95

**Thursday - Dine In Only**  
1 Doz. Middleneck Clams \$6.95 with purchase of Beverage

**Friday**  
Fosters Oil Can 25 oz. \$4.65

**Sunday - Dine In Only**  
Bone-In Wings...\$6.95 doz. with purchase of beverage

**Entertainment Thursday, Feb. 2**  
10:00 p.m. • No Cover  
**Big Show Karaoke**  
**Monday Trivia**  
7:00 p.m. to 9:00 p.m.

**This Week's Lunch Specials**  
Dine In or To Go

Chef Salad	\$8.25
Haddock Sandwich w/Fries	\$7.95
Spaghetti, Salad & Garlic Bread	\$7.95

**Mon.: Miller Lite (pint) - ALL DAY LONG!**  
**Tues.: Yuengling Lager (pint) - ALL DAY LONG!**  
**Wed.: Coors Light (pint) - ALL DAY LONG!**  
**\$1.75**

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

**KAUFFMAN'S BAR-B-Q RESTAURANT**

GRAVEL PIT ROAD, HALFWAY BETWEEN BETHEL & STRAUSSTOWN OFF OLD RT. 22 • PH: 717-933-8415  
Hours: Wed., Thurs. & Fri. 4 - 9 pm; Sat. & Sun. 11 am - 9 pm;  
Closed Monday & Tuesday

**~ SPECIAL ~**  
Wed., Feb. 1, Thurs., Feb. 2 & Fri., Feb. 3  
**CHICKEN POT PIE**

**VIRGINVILLEHOTEL.COM**  
610-562-7072

NEW HOURS:  
Wednesday to Friday Open at 4:00 p.m.;  
Saturday & Sunday Open at 12:00 p.m.

**SERVING REAL FOOD FOR REAL PEOPLE**

Visit Our Website For Menu  
www.virginvillehotel.com

Located In The Village Of Virginville Rt. 143  
Just 10 Minutes From I-78 or Rt. 222

**- DINNER SPECIALS -**  
\$10.00 OR LESS  
EVERY WED. & THURS.  
FOLLOW US ON FACEBOOK  
TO SEE SPECIALS

**- WEDNESDAY SPECIAL -**  
STEAK & SHRIMP w/2 SIDES  
\$18.50

**- THURSDAY SPECIAL -**  
BUILD YOUR OWN BURGER  
\$6.50

**See You All Soon!**

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

**BREAKFAST SPECIALS 6:00 AM - 11:00 AM**  
1-30-17 thru 2-3-17  
Diced Ham & Egg Scramble, Hashbrowns, Toast & Coffee ..... \$5.55

2-6-17 thru 2-10-17  
Breakfast Burrito with Side of Salsa ..... \$4.95  
(Sausage, Egg, Cheese, Green Pepper & Onion in a Wrap) & Coffee

**LUNCH SPECIALS 11:00 AM - 2:00 PM**  
1/30/17 thru 2-3/17  
Hamburger BBQ, Chips & Cup Of Soup ..... \$5.95

2-6-17 thru 2-10-17  
Roast Beef & Cheese Club w/Chips ..... \$5.95

Every Tuesday: RIVEL SOUP  
Every Friday: NEW ENGLAND CLAM CHOWDER

Follow Us On Facebook  
3rd Street Café

Visa/MC/Discover Accepted 610.562.0370 TAKEOUT AVAILABLE  
Hours: Mon.-Sat. 6 am to 2 pm; Sun. 7 am to 2 pm

**STRAUSSTOWN ROD & GUN CLUB**

Friday, Feb. 3  
8:00 PM to 11:00 PM

**Music's**  
by **"THE ROCKERS"**

Cover Charge \$3.00 For Nonmembers Only  
Nonmembers Must Be Accompanied by A Member

**Kitchen Open 3:00 PM to 9:00 PM**

**Port Clinton Fish & Game**  
Established - 1949

**FOX & COYOTE HUNT**  
February 11-18, 2017  
Final Registration Date: February 10, 2017  
5:30 to 8:00 pm at the club

For registration call 610.562.4310

Also online at  
www.portclintonfishandgame.com  
16 Clinton St., Port Clinton, PA 19549

**DEUTSCH ECK (DUTCH CORNER)**

Sandwiches  
Platters  
Homemade Desserts  
The-Eck.com

LENHARTSVILLE, PA • 610-562-8520

**THIS WEEK** Feb. 1, 2 & 3 **Shepherd's Pie**  
**NEXT WEEK** Feb. 8, 9 & 10 **Chicken Pot Pie**  
Feb. 15, 16 & 17 **Pork Mit Kraut**  
Feb. 22, 23 & 24 **Pig Stomach**

Seconds On Us, While Quantities Last!

**ADULT TOY BINGO!**

**SAT., FEB. 11**

**SHARTLESVILLE FIRE CO. BANQUET HALL**

Doors Open 6:00 PM Games Start 7:00 PM  
**\$25.00 For 26 Games**  
B.Y.O.B. • Must be 21 to attend.  
FOR RESERVATIONS CALL 484.955.9149  
**Come Out For A Night Of Fun!**  
All proceeds benefit  
Shartlesville Fire Co. Equipment Fund.

**HAMBURG GAME ASSOC. SPORTSMAN'S CLUB**

Check Our Facebook Page For Weekly Menu Items

**Saturday, February 4 TRAP SHOOT**  
Sign up 9:00 a.m.

**Monday, February 6 MONTHLY MEETING**  
7:00 p.m.

**Friday, February 10 MUSIC**  
8:00 p.m. to 10:00 p.m.  
**COLE BIXLER**  
Kitchen Will Be Open

**Sunday, February 12 BREAKFAST**  
7:00 a.m.

**2017 MEMBERSHIPS**  
MUST BE PICKED UP BY TUESDAY, FEBRUARY 28

**PLEASE FOLLOW US ON FACEBOOK**  
www.facebook.com/hamburggame

935 N. FIFTH ST., HAMBURG • 610-562-3532  
CLUB HOURS: MON. thru THURS. 10 am to 2 am  
Fri. 10 am to 3 am; Sat. 10 am to 3 am; Sun. 10 am to ?

**DINNER ELVIS In Concert**  
Tribute With Jeff Krick!  
at St. John's Gernant's Church  
Leesport, PA

Corner of Gernant's Church Road & Ontelaunee Dr., 1 mi. E. of Leesport

**SAT., FEBRUARY 4, 2017**  
\$25.00 per ticket (ticket includes meal and show)  
Doors Open at 4:30 p.m.  
Dinner Served from 5 to 6 p.m.  
Show Time 6 p.m. to 8 p.m.  
No outside food allowed.

**For more info. please call Sam Reimert at 484-269-4205**



## OUT ON THE TOWN

**There's No Better Place To Watch  
The Falcons vs The Patriots  
Than With Your Cousins!**

**BIG GAME SPECIALS**  
Join Us For Nachos,  
Wings, Pizza, Beer & More!

**GATHER WITH US FOR THE BIG GAME!**  
*Super Food & Drink Features*  
**Enter To Win a Philadelphia Eagles Jersey.**

**SUPER CARRY-OUT FEATURES**  
Carry-out - Sunday, Feb. 5 Only

Large 2 Topping Pizzas .....	<b>\$10</b>
Large Pizza & 1 Dozen Wings .....	<b>\$15</b>
<b>SUPER FEATURE</b>	
50 Wings .....	<b>\$30</b>

Bring This Coupon For A  
**FREE**  
2 Liter Soda

Good only at Cousin's Pub with food purchase.  
Good only Sunday, Feb. 5, 2017. WP

**BE A FAN! Follow Us On Facebook**

**PERRY PLAZA -**  
1360 Pottsville Pike, Rt. 61, Shoemakersville, PA  
**610-562-5202**  
For Carryout - 610-562-1733  
*"A UNIQUE STOP FOR FOOD & SPIRITS!"*



## UNDER NEW OWNERSHIP

Shoey Diner is now...

# Dee Dee's Diner

Route 61, Shoemakersville - Located next to Sheetz

Offering  
*Pennsylvania  
Dutch  
Cooking*

Make Your  
Reservations  
For  
Valentine's  
Day



**610-562-0700**  
Open Sunday to Thursday 6 a.m. to 8 p.m. • Friday & Saturday 6 a.m. to 9 p.m.

**Michael and Amanda Welcome You**

We accept all major credit cards.

## WAGNER-GOOD POST 216 VFW

Fourth and State Streets, Hamburg, PA 19526 • 610-562-2311

<p><b>2017 Membership Cards</b> Must Be Picked Up By February 28, 2017</p>	<p><b>February Breakfast</b> February 5 &amp; February 19 Eat-In or Takeout 6:00 am to 11:00 am</p> 	<p><b>Karaoke by Ka-MOTION KARAOKE</b> February 25 9:30 pm to 12:30 am</p>
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\*\*\*\*\*

## BIG GAME BAR-B-QUE

sponsored by UNION FIRE COMPANY #1 OF LEESPORT

**For Information & Tickets**  
Call: 610.926.1251  
or 610.926.2039

**MENU:**  
1/2 Chicken  
Baked Potato  
Beverage  
Applesauce

**OTHER ITEMS AVAILABLE:**  
Homemade Baked Goods  
Coleslaw • Pepper Cabbage  
Baked Beans



**February 5, 2017**  
Time: 10 am to 3 pm  
Price: \$7.00

**Location:**  
Social Qtrs.  
(follow signs)

Proceeds Benefit:  
**THE FIREFIGHTERS FUND**

"Donations Appreciated"

**Please Help Us So We Can Help You!**

## BLUE MOUNTAIN

Family Restaurant & Banquet Facilities

• ROADSIDE DRIVE, SHARTLESVILLE - EXIT 23, I-78 610-488-0353

OPEN 6:30 A.M. to 10:00 P.M.  
Serving Cocktails  
• Beer • Wine  
• BANQUETS WELCOME  
• GIFT CERTIFICATES A GREAT IDEA

~ WEEKEND SPECIALS ~

**12 oz. Choice-Cut New York Strip Steak  
Roast Local Turkey Over Filling  
Flounder Stuffed With Crabmeat  
Roast Loin Of Pork Over Filling With Gravy  
Chargrilled Smoky Mountain Chicken**  
Smothered With Caramelized Onions, Peppers With BBQ Sauce

**SPECIAL MENU  
VALENTINE'S WEEK**  
Make Your  
Reservations Today!

~ 1ST SUNDAY OF EVERY MONTH ~  
**GRAND BREAKFAST BUFFET**  
Sunday, February 5  
8 am to 12:30 pm

Breakfast Specials All Week  
**FRESH BANANA OR  
BLUEBERRY PANCAKES**  
**FRESH VEGETABLE  
OMELETTE w/CHEDDAR CHEESE**

EVERY THURSDAY  
**Land & Sea  
BUFFET**  
**\$13.95**  
With Salad Bar & Dessert

Follow Us On

## PAPPY T'S PUB

Gift Certificates Available • [www.pappyts.com](http://www.pappyts.com) • Delicious Pub-fare • Check Out Our New Menu! • 12 Beers on Tap • Your Favorite Cocktails

~ CHAD'S PAPPY T'S CHEF SPECIALS ~  
Served Thurs., February 2 to Wed., February 8, 2017

- HOMEMADE MANHATTAN SEAFOOD CHOWDER**  
(with Clams and Swordfish)
- HOMEMADE BEER QUESO DIP**  
(Sautéed Onions & Tomatoes Cooked Down w/Lager Beer & Combined w/Melted Velveeta & Jalapenos) served w/Soft Pretzel Bites & Fresh Fried Tortilla Chips
- HAND BREADED CLAM STRIP PO BOY & FF**  
(Hand-Shucked Surf Clams, Lightly Breaded & Served w/Philly Sub Roll w/Lettuce, Tomato, Mayo & Drizzled w/Hot Sauce) served w/our Fresh-Cut Seasoned Peanut Oil Fries & Garlic Dill Pickles on the side
- GRILLED CHICKEN CORDON BLUE**  
(2 Marinated Grilled Chicken Breasts topped w/Ham, Swiss Cheese & Baked til perfection, finished with Hollandaise Sauce) served w/your choice of 2 Sides & Homemade Soup or Garden Salad)
- SHRIMP SCAMPI**  
(Large Shrimp sauteed w/Extra Virgin Olive Oil, Fresh Garlic, Butter, White Wine & Fresh-Squeezed Lemon all Tossed w/Linguine Pasta) served w/Garlic Bread & a Garden Salad
- PETITE BISTRO FILET MIGNON w/BROWN BUTTER**  
(3 Hand-Cut Choice Shoulder Filets, Lightly Seasoned & Pan Seared, topped w/Golden Brown Butter) served w/your choice of 2 Sides & Homemade Soup or Garden Salad

DESSERTS: \$4.99 each - BING CHERRY COGNAC PIE - BANANA CREAM CHOCOLATE GANACHE PIE - KAHUA CHOCOLATE CHEESECAKE

**HAPPY HOUR:** Monday thru Friday 5:00 pm to 7:00 pm  
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Kitchen: Sun. 11 AM till 10 PM; Mon. thru Thurs. 3 PM till 10 PM; Fri. & Sat. 11 AM till 10 PM

**BIKER FRIENDLY BAR**



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**WEEKLY FOOD SPECIALS**

**DAILY DRINK SPECIALS**  
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**10% OFF  
Food Purchase**  
PAPPY T'S PUB  
Meals Only. Beverages Not Included.  
Not to be combined with any other discount.  
Coupon good Thurs., Feb. 2 - Wed., Feb. 8, 2017 WP

**ENTERTAINMENT**

WED., FEB. 1: 9:00 pm-12:00 am  
**BIG SHOW KARAOKE w/JIM**

THURS., FEB. 2: 8:00 pm-11:00 pm  
**OPEN MIC w/CHIP**

FRI., FEB. 3: 9:30 pm-12:30 am  
**"MISBEHAVIN"**

TUES., FEB. 7: 7:30 pm-???  
**FREE TEXAS HOLD'EM POKER**

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Every Day

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**SHRIMP NIGHT, MUSIC & BINGO**  
ALL OPEN TO PUBLIC - SMOKE-FREE

**12 Beers on Tap**  
Your Favorite Cocktails

**ALL-YOU-CAN-EAT BREAKFAST**  
SATURDAY, FEB. 4, 7:30 to 10:30 am  
**\$8.00**, Children 6-12: \$4.50, 5&under: FREE  
**This Will Be Our Last Breakfast Buffet  
At The Fire Company. Thank You To  
Everyone That Has Supported Us Over The Years.**

FRIDAY, FEB. 10, 8:00 TO 10:00 PM  
**LINE DANCING** in the Banquet Hall  
Doors open at 6 pm, Kitchen Open • 21 & Over - ID Required

**NEXT WING NIGHT**  
TUESDAY, FEB. 14- 5:30 TO 10:00 PM  
Members Only

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**SUNDAY AFTERNOON BINGO**  
Doors Open 12 Noon, BINGO STARTS: 2 PM  
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**2017 DUES ARE NOW PAYABLE**  
Check Out Our Website: [www.shoeyfire.com](http://www.shoeyfire.com) For All Events



# OUT ON THE TOWN

**BREAKFAST**



Mackerel, Ham, Sausage, Pancakes, Eggs, Home Fries, Scrapple, S.O.S., Bacon & French Toast

**SUNDAY**  
**FEB. 5, 2017**  
7:00 a.m. to 12 noon

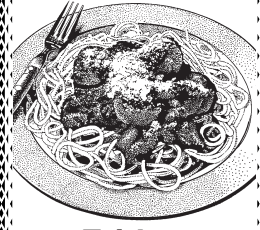
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Doors open at 5:00,  
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\*proceeds benefit Rajah Shrine and are not deductible as charitable donations  
Manager - W. Trautman

**Kempton Fire Co.**



Friday,  
**Feb. 3, 2017**  
6 to 8:30 pm

**SPAGHETTI SUPPER BUFFET**

**THE HAMBURG LIONS CLUB PROUDLY PRESENTS**

*The Fabulous*  
**Greaseband®**  
America's Party Band



**Valentine's Dance**  
**SAT., FEB. 11, 2017**  
7:30 p.m. to 11:00 p.m.  
Doors open at 6:30 p.m.

Get Your Tickets Early. Reserved Seating Only!

**HAMBURG FIRE CO. FIELD HOUSE**  
Tickets \$20.00  
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**For Tickets Call: 610.562.4440**  
Send remittance & SASE to:  
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Includes: Soda, Set Ups & Snacks, BYOB  
Please Drink Responsibly. This is a nonsmoking venue, NO REFUNDS.  
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**THE WINDSOR PRESS, Inc.**  
**6 N Third St., Hamburg, PA 19526**

**NORTHERN BERKS Merchandiser COMMUNITY CALENDAR**

Any nonprofit organization within our circulation area may send us notification of your upcoming events. We will publish this information in the Northern Berks Merchandiser free of charge.

Community Calendar listings are strictly limited to 35 words or less and 1 to 2 weeks prior to the event. The Windsor Press, Inc. will not edit your copy. If your copy is longer than the maximum 35 words, your listing will not appear. We must have this information no later than the Thursday prior to publication date. Mail information to The Windsor Press, Inc. Northern Berks Community Calendar, 6 N. Third St., P.O. Box 465, Hamburg, PA 19526-0465, or EMAIL it to: classifieds@windsorpress.com or FAX: 610.562.2770.

- 2/7/17, Widow and widowers lunch 12 noon at Blue Mt. Restaurant, Shartlesville. All widow and widowers welcome.
- 2/4/17, Shoemakersville FC Breakfast Buffet, 7:30am-10:30am. 300 Church Ave.
- 2/5/17, Ontelaunee Community Grange Breakfast. 8am-1pm. 284 White Oak Lane, Leesport. Ham, Sausage, Creamed Chipped Dry Beef, Pancakes, French Toast, Eggs, Home Fries. Public Invited.
- 2/8/17, Hamburg Senior Citizens. Keith Brintzenhoff performing PA German and Country songs along with humor. Meeting starts 2pm. In the Hamburg Middle School Cafeteria.
- 2/12/17, Trexlertown FC Breakfast, 8am-12:30pm. Social Qtrs. 7723 Hamilton Blvd. Pancakes, eggs, dutch fries, toast, choice of 2 meats. Adults \$7, children 5-8 \$4. Support our volunteers!
- 2/12/17, Strausstown FC Breakfast, Sunday, at FC's Community Campus, 50 East Ave, Strausstown: 8am to 12 noon. Full breakfast menu; proceeds benefit the Apparatus Fund.
- 2/3/17, Shartlesville Grange: Couples line dance. 7:30 -10:30 p.m., N. 4th St. Shartlesville, Food available 6:30-8:30. Cost \$6, benefits Shartlesville Lions outreach programs. 610-488-1984. Everyone welcome.
- 2/10/17, Mt. Zion Lutheran Church Cabin Fever Family Game Night, 6:30-9pm. 1345 Long Lane Road, Krumsville. Join us for fun and fellowship for all ages! Light refreshments will be provided.
- 2/4/17, Jacob's Church Wing Night, 8373 Kings Hwy., New Tripoli (Leaser Lake) serving 4-7pm, meals include: Wings and/or Boneless Wings, Fresh cut Fries, Celery/ Bleu Cheese, Dessert/ Beverage; Info: 610-698-6637.
- 2/4/17, Bluegrass Gospel music concert at the Reinholds FC. banquet hall 138 W. Main St.(Rte. 897) Reinholds, "Summit Hill" along with "Canaan's Land". 2 bands - 4 sets of music. Doors open at 5', music at 6'. Great food available. Info: Scott 610-573-0797.
- 2/4/17, Maiden creek Church Music, Dancing, Food Fun, Fundraiser. Saturday 6-10pm. Oley Fairgrounds Hall, Oley. Doors open 6pm. Music 7-10pm.
- 2/4/17, St. Thomas Church Chicken Pot Pie Dinner, 4:30-7:30p.m., 536 N. Main St., Bernville. \$10 adults, \$6 ages 3-10. Benefits the 2017 Mission Trip. Take outs and bake sale also available. Information: 610-488-6702.

**ANNOUNCEMENTS**

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**CPR/ AED FIRST AID Training Open to Community. Held on February 25<sup>th</sup>. 9am-1pm. Cash/check. Cost \$30 per person. 610-562-0971 to pre Register. Class located at 11 South 3<sup>rd</sup> St, Hamburg. KRE SECURITY LLC.**

Got Knee Pain? Back Pain? Shoulder Pain? Get a pain-relieving brace -little or NO cost to you. Medicare Patients Call Health Hotline Now! 1- 800-419-3684 (\*178647).

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**AUTOMOBILES/ TRUCKS**

1992 Eldorado, runs, body is good, pwr options, 128,000 mi, engine needs some attention. Black exterior/ interior leather, \$900. 484-637-3457.

68 Mustang Coupe, Ivy Gold, black vinyl top, 289 auto, factory colors, #'s match, Rally wheels, fresh restoration, \$14,500. Must see. 610-769-2085.

**BUYING VEHICLES: 2002 through 2012, Reasonable Pay Offs Made or Fair trade in Price paid, Nice condition, or not running. Will pay accordingly. Call for Quote before 8pm. 570-449-4094. Jay & T's, Cressona.**

**CARS/ TRUCKS WANTED!** All Makes/Models 2002-2016! Any Condition. Running or Not. Competitive Offer! Free Towing! We're Nationwide! Call Now: 1-888-368-1016 (\*190650)

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**GMC DUMP TRUCK: top-kick, medium duty, 2595 GVW, C7500 Duramax Diesel. No CDL required. A/C and air-ride seat. Excellent Condition. 39,000 miles. \$42,500.00. Call 484-955-6317.**

**I Pay For Cars: I'll buy your used car, truck or classic. Licensed dealer pays cash. Don't sign a blank title, FREE PennDOT notary service + pickup. www.ipay4cars.com Maxatawny Auto Sales, 15320 Kutztown Rd. Kutztown 610-683-0480.**

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**MOTORCYCLES/ATV'S**

2013 R&R Aluminum motorcycle trailer with stone guard, 15" tires, chrome wheels, spare tire, LED lights, condor pit stop wheel chock, weighs 420 lbs. Can tow with small car. excellent shape, \$1700 obo, 610-845-0031.

**MISCELLANEOUS**

**5' Pecan Armoire \$100 obo; Christmas Tree Pattern service for 8 dinner ware with globe candle center piece \$100; 610-641-0258 call after 4pm.**

Acorn Stairlifts. Buy local and save call 610-796-4737 for free quote and consultation. Limited time \$200 off Stairlift purchase. (\*174061).

**DUMP SITES NEEDED for the 2017 paving season. Must be able to accommodate 10 or more tri-axle loads of excess fill from excavated driveways and parking lots. Call Ronnie C. Folk Paving, Inc. at 610-562-3550 or email us at folkpaving@comcast.net**

FOR SALE: Cast Iron Radiators. 32" wide x 38" high \$150. Call 610-562-0314, evenings.

**Immediate Cash Paid For Your Vehicle running or not, 484-221-2278.**

PINK AND WHITE Little Tikes Large Toy Box, Asking \$45: 484-505-8981.

**MISCELLANEOUS**

FOR SALE: Two LED Shop lights 4' long, new still in box \$50 ea. Firm. One rolling tool cabinet and box \$200 firm. One 9" angle grinder \$75 with 6 wheels. Nuts and bolts. Call 610-468-8708 for appt.

Glass Studio Equipment and Supplies for sale. Kilns, band saws, belt sanders, slumping molds, casting molds, enameling paints and details, glass and glass cutting equipment, too much to mention. Approx. \$5000 in equipment, \$1500 Firm. Must pack and take all. Serious inquiries only. Selling due to poor health. 610-401-7702.

Graphic Designers and Photographers will love learning tips, tricks, and techniques with Adobe InDesign, InCopy, Bridge, and Photoshop in this one day of learning. March 17, 2017. Wyndham Gettysburg, 95 Presidential Circle, Gettysburg, PA Only \$125 for the whole day. Lunch included. Use the Promo Code LEARN to save \$45. Training begins at 9:30a.m. Go to http://bit.ly/kevinslimp2017 (\*195264)

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

Metal Roofing- A real roof for your house, garage, barn. Roof, ceiling, siding. Closeout deals. Low prices. Fast delivery. Huge inventory in stock. slateroadsupply.com 717-445-5222 (\*191064)

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Single 60 y.o. gentleman, employed, on limited income, looking for quiet furnished room or eff. apt. in the Fleetwood, Mertztown area. Very clean and quiet. Handy with repairs if need be. Please leave a message. Thank you. 610-823-1549.

**MISCELLANEOUS**

Proform Treadmill, Free; lift Chair for sale \$100 obo. 610-926-0374.

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

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FOR SALE: EFM COAL/ OIL FURNACE, Excellent condition, serviced annually. Must Sell. Call 570-386-5038.

For Sale: Hand sewn pieced or embroidered quilts for full size beds. Never used. \$600 each. Various color schemes. Call 610-929-4898.

PIANO Wurlitzer Model #2745 Spinnet, excellent condition with matching bench. Call 610-987-3103 for appointment to see, \$400.

Samsung 32" Smart TV, Brand New in unopened Box \$190; Call 610-823-1426, leave message.

**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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2017

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**FOR RENT**

For Rent: Lenhartsville 2 bedroom apartment. Off street parking. Heat, water, sewer, trash included. \$750/month. W/D hook up. No pets or smokers. Security deposit 484-788-2935.

Home Near Hamburg Center: Kitchen, living room, 2 BR, large family room, office, 1 1/2 Baths, enclosed sun porch, deck, refrigerator, stove, washer, dryer hook up. \$795/mo. Plus utilities. 610-562-8551, 610-562-4271.

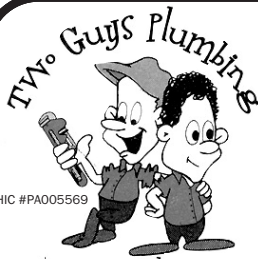
VACATION VILLA For Rent: 1 week at any RCI Time Share, you choose location, you pick date, fully equipped, enough points for 2 BR, 2 bathrooms, \$750. \$300 more due to RCI for insurance when you book. Expires 8/18. 484-225-5144, leave message. Questions welcome.

**FOR RENT**

FOR RENT: 2 Bedroom, 1 Bath, 2 Story apartment in Mertztown. Modern kitchen with dishwasher and tile floor. Water and sewer, snow removal & yard maintenance included. NO SMOKING & NO PETS. 850/mnth. Contact vagarimproperties@gmail.com or 484-274-4481

For Rent: Lenhartsville Apt., 2 bedroom. Water, sewer, Trash, heat, included. No pets. \$750/mo. Call Jim 610-972-7572.

FOR RENT: Small 2 room efficiency. Has kitchen and private bath. 2nd floor. Rte. 222 and Richmond Rd. near Fleetwood. One occupant. One vehicle. No pets. \$475 per month plus electric. Rent includes water, sewer, trash. Sec. dep. & references required. 610-944-7696.



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Receiving Dates: Feb. 22 & 23, Wed. & Thurs. 8 am to 6 pm & Fri., Feb. 24, 8 am - 4 pm.

Auction By: D&J CONSIGNMENT AUCTION

Auctrs: CLARENCE SHIRK AU3757L

& ERIC ZETTLEMOYER AU005210

Call David Nolt: 610-914-1248 or

Jason Martin: 610-223-8510

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For Rent: 2 BR House in Orwigsburg, small yard, no pets, Blue Mtn. Schools, \$600/mo. Plus security, 570-640-4766.

**FOR RENT**

APARTMENT AVAILABLE Downtown Hamburg: 2 bedrooms, 1 full bathroom. 3rd floor. Move in ready! \$825/ month Rent includes Heat, Water/ Sewer, Trash, off street parking. Coin Operated Laundry located on 2nd floor of same building. No Pets. Call 610-562-7823 to see the apartment.

**FOR RENT**

Apt for rent in Hamburg 2 br, LR kitchen with big breakfast counter seats 6, lots of cabinet space, central air/heat. Available March 1st. ABSOLUTELY No pets. 610-562-2929 ask for Sal.

APT FOR RENT: 2<sup>nd</sup> floor 2 BR's, 510 Main St., Shoemakersville, \$600/mo. Plus utilities, No pets, Call 610-682-2722.

**FOR RENT**

Commercial space for rent multiple use, central air/heat. Available anytime. Lots of parking spaces. High traffic area. 610-562-2929 ask for Sal.

Efficiency Apartment For Rent in Shoemakersville. Includes water, sewer, trash, lawn care and snow removal \$450/mo. 484-529-9169.

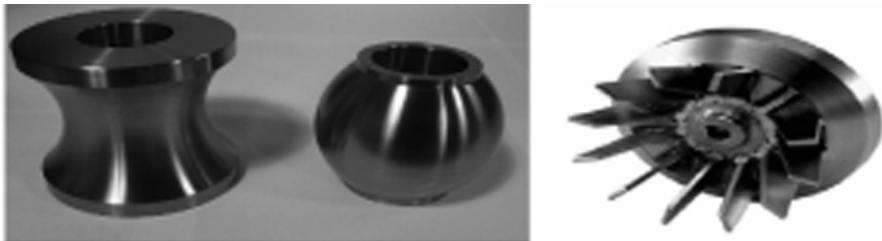
Fleetwood large 1BR apt. 2<sup>nd</sup> floor, includes water sewer, off street parking, no smoking, application required. \$800/mo, 610-741-3076.

Fleetwood Newly Renovated, 1 1/2 story house, 2 BR, bath, living room, kitchen including stove and refrigerator, laundry. No pets, no smoking. Rent \$750/mo. \$750 security deposit required. Call 717-355-2480.

FOR RENT: 2 Bedroom Home on 1 acre lot on Rt. 61 in Shoemakersville. \$1075 per month plus utilities, security deposit and references required. Call 610-562-5128.

I Have Rooms For Rent: in the Hamburg Area. \$400. Also have rooms with board \$1800 to \$2500 a month. Nicely furnished or you may furnish 24 hr. Also Hiring for Staffing in Well Established Business in Leesport Area. Phone 610-916-8833.

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