



# Health, Mind & Spirit Guide

In This Week's Issue

## EAST PENN VALLEY



Eyes Contest Winner Is In This Issue!

# Merchandiser

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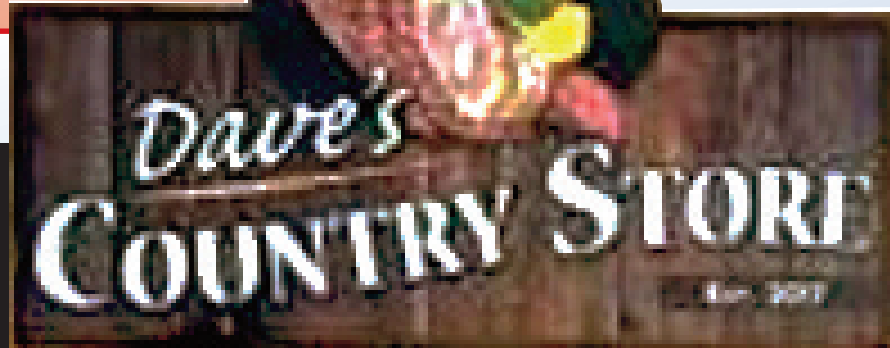
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The eyes were located on page 2 in the East Penn Valley and page 5 in the Northern Berks January 25th Merchandiser issue!  
**A huge "Thank You" to everyone who played the game.**

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

**Reader's Recipe**

**FRENCH FRIED SKUNK**

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

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

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

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



**HASENPFEFFER**

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

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

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

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# HEALTH, MIND & BODY GUIDE 2023

JUST IN TIME FOR

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### Foods That Can Positively Affect Mood

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

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

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

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

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

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

- **Dark chocolate:** Chocolate lovers may be happy to learn that dark chocolate can improve mood. A study published in the Journal of Proteome Research found that dark chocolate helped to reduce levels of the hormone cortisol, which has been linked to stress. Hackensack Meridian Health notes that, when consumed in moderation, dark chocolate made of at least 70 percent cocoa can help people relax.

Various foods can have a beneficial effect on mood, potentially helping people to stay positive when doing so proves challenging.



### Amazing Facts About Honey

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

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

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

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

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

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

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

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

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

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

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

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



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### HEALTHY HEART WORD FIND

Find the hidden words in this puzzle:

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BEAT	HEART	PUMP
BLOOD	MUSCLE	RHYTHM
CHEST	OXYGEN	VEINS

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R T Z C V W A T O L L F  
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A U R D E R M E B N D L  
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610.683.5312 (Phone)  
610.683.3207 (Fax)

- Metal Roofing & Siding
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- Standard and Specialty Trim

**Featuring Everlast Roofing's New OMNI panel...manufactured for**

- Superior strength
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- Weathertight sidelaps
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Sat. by Appointment

**Topton's Hometown Real Estate Office**

### AMF Real Estate Services

610-641-0444  
108 W. Franklin St., Topton, PA  
Call Direct: 610-914-9509  
E-mail: alane.falcone@gmail.com  
www.amfres.com

Professional Real Estate Services  
SERVING ALL OF BERKS and Beyond

Alane Falcone, Realtor

Now is the time to talk to me about getting ready to buy or sell for the spring market.

**Call For A Free Market Analysis.**

**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).

**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**

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

**MISCELLANEOUS**

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

**Two Guys Plumbing**

Specializing in All Types of Plumbing, Heating, Cooling, Electrical Service

Heating & Cooling, Inc.

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Call Today For An Appointment and Free Estimate!!

**Sales and Service of Most Types of Flooring**

**FOR RENT**

APARTMENTS FOR RENT W/W Carpet, Total Electric, 1 yr lease, No Pets \$650-\$725 mo. Plus Security. All 1 bedroom. Free Internet, near Crystal Cave. Call 610-737-8306.

**FOR RENT**

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

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

**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.

**PETS & ANIMALS**

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

**MISCELLANEOUS**

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

**kids' corner**

**HEALTH FACT:**

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

ANSWER: WHALES

### What's the Difference?

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

**A**

**B**

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

**THIS DAY IN... HISTORY**

**FEB 2**

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

**New Word**

**MURMUR**

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

## WE PRINT MENUS!

•Takeout •Dine In •Disposables

**The Windsor Press** SINCE 1958

6 N Third St., P.O. Box 465, Hamburg, PA 19526-0465  
610.562.2267 or 1.800.562.5521  
FAX: 610.562.2770  
ryan@windsorpress.com  
www.windsorpress.com

*How they SAY that in...*

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

**Did You Know?**

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

**HEART MONTH**

**GET THE PICTURE?**

Can you guess what the bigger picture is?

ANSWER: STETHOSCOPE

# CAR CARE SERVICE GUIDE

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

**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  
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- complete auto repair brakes, shocks, exhaust
- now offering towing

Complete Auto Service

**PA State & Emissions Inspection.. \$36<sup>95</sup>**  
Includes Both Stickers & MCI Fee, Pass & Fail. Expires 3/3/23.

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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

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New Tripoli, PA 18066-2619

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Myiauto.com

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400 Kohler Hill Road, Hamburg, PA 19526  
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610.562.4332

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

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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  
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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

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**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)

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ESTABLISHED 1953

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**USED AUTO PARTS**  
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53 Walnuttown Road, Fleetwood, PA 19522

**NORTHERN BERKS Merchandiser AND EAST PENN VALLEY Merchandiser**  
Available Online Editions.  
PUBLISHED EVERY WEDNESDAY BY

**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

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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

Find Us On Facebook.

MACPA Mid-Atlantic Community Papers Association

**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** INCORPORATED

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

**HELP WANTED**

Local screen printing business looking for t-shirt press operators, shirt catchers/ folders, and shipping/ receiving clerks for immediate hire. No experience necessary; willing to train the right person with a good attitude. Great hours; accepting part-time or full-time workers, 7am-3:30pm, Monday-Friday. No nights or weekends required. Join a great atmosphere working with an energetic team on creative projects-- printing garments, posters, and other merchandise for music artists, bands, festivals, events, as well as local and national businesses. Pay starts at \$15/hr, depending on experience, with potential pay raise after 90 days. Contact Kathleen today at 610-562-4939, or apply in person at: Hi-Line Merchandising 392 Five Locks Road, Suite 5 Shoemakersville, PA 19555.

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

**MISCELLANEOUS**

Internet & WiFi Starts at \$49 Call us Today to Get Started. Find High Speed Internet with Fiber Optic Technology No Credit Check, No SSN Required. Call us Today! 866-396-0515 (\*233231).

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)

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)

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).

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).  
www.windsorpress.com

# DESIGN BUILT CONSTRUCTION

New Homes • House Additions


- Renovations
- Kitchens & Baths



Contact John Scully

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14558 Kutztown Road / Fleetwood, PA 19522  
 Phone: 610.683.6120 Fax: 610.683.9132  
 www.mccbuild.com  
 HIC Registration # PA 8177



61 Kempsville Rd. Kutztown, PA 19530  
 HOURS: Mon.-Thurs. 8a.m.-5p.m.; Fri. 8a.m.-5p.m.; Sat. 8a.m.-4 p.m. 610.683.6055

**Discount Groceries And Product Overruns**  
 • Fresh Produce • Bulk Foods • Milk • Lunch Meats & Cheese • Frozen Foods  
**Specials Effective February 2 to February 8, 2023**

- Turkey Hill Ice Cream Mystery Flavor ..... 48 oz. \$1.99
- Fajita Blend ..... 32 oz. \$3.19
- Turkey Kielbasa ..... 13 oz. \$9.99
- Kraft Sliced White Sharp Cheddar ..... 5 lb. \$10.95
- LOL Salted Butter ..... 1 lb. \$2.99
- Shredded Cheese Blend - Monterey Jack & Cheddar . 5 lb. \$12.95
- Rolo Dark Salted Caramels ..... 10.1 oz. \$1.89
- Strawberry Cream Frosted Shredded Wheat ..... 16.3 oz. \$1.29
- Campbell's Tomato Soup ..... 14.3 oz. \$1.49
- Sun Maid Raisin Medley ..... 12 oz. \$1.79
- Field Harvest Mandarin Oranges In Lite Syrup ..... 11 oz. \$9.99
- Deli:** JF Martin Buffalo Chicken Breast ..... lb. \$3.79
- JF Martin Tavern Ham ..... lb. \$4.49
- Produce:**
- Romaine Hearts ..... 3 pk. \$1.99

# UNDERKOFFLER COAL DELIVERY SERVICE

WILLIAMSTOWN, PA  
 (Formerly Carl & Smith Coal Hauling)

ALL SIZES AVAILABLE  
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**Sno-Pro** **BRI-MAR**  
 The Leader in Trailers™

Now Selling NOW-PRO & BRI-MAR Trailers

**GIVLER'S AUTO CLINIC & Trailer Sales**

162 N. Centre Ave., P.O. Box 365, Leesport, PA 19533  
 Shop: 610-926-8826 • Cell: 484-955-3487  
 Mon., Tues., Thurs. & Fri. 9 - 5; Wed. 9 - 7; Sat. Hours - please call

Trailer Inspections & Repairs Available

## 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.



## FUNERAL HOMES, INC.

"A Family's Friend in Funeral Service"

65 S. Fourth Street Hamburg, PA 19526 610-562-7823  
 Donna Leibensperger Parr, Supervisor

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

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

### MISCELLANEOUS

White Front loading Max Capacity dryer, Frigidaire \$400 in good condition; Medical equipment, walker and wheel chair \$150; nursing scrubs 25 sets if not more \$25 each, solid pants and print tops in very good condition, or entire lot \$250; Black and white checkered items; Curtains, 6 chair cushions, pillows, throws, knick knacks, napkins, place mats, mugs and much more \$400; Cherry red counter appliances, large kitchen aide mixer, Kuerig coffee pot, electric can opener and toaster \$500/ negotiable. 610-739-7440.

### MISCELLANEOUS

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 (\*236592).

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

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

**EMAIL** in your advertisement  
 display@windsorpress.com



## 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** INCORPORATED

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 


## 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

## THE Merchandiser CLASSIFIED AD FORM:

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

(This information is for our records only)

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

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

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




**STEP #3 ENTER YOUR AD EXACTLY AS YOU WANT IT TO APPEAR (Please print legibly...Please use punctuation...One word per box, please)**

1.	2.	3.	4.	5.
6.	7.	8.	9.	10.
11.	12.	13.	14.	15.
16.	17.	18.	19.	20.
21.	22.	23.	24.	25.
26.	27.	28.	29.	30.
31.	32.	33.	34.	35.
36.	37.	38.	39.	40.

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




- East Penn Valley Merchandiser
- Northern Berks Merchandiser
- Both (Cost Would Be Double)

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

**STEP #6 CHOOSE METHOD OF PAYMENT (PAYMENT MUST ACCOMPANY AD)**  
 We Accept Cash, Check, Money Order,    (3% Credit Card Convenience Fee)

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

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

Please have your    account number and expiration date available.

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

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

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

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

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

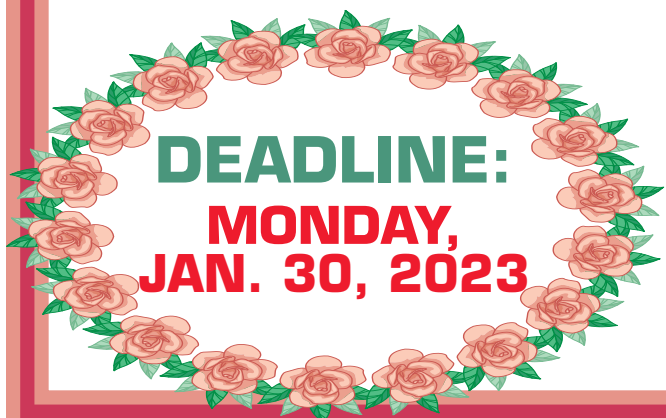


To learn more about a customized advertising strategy to help your business stand out, we invite you to chat with our Display Department!

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

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

Full Page: <b>\$760</b>	1/2 Page: <b>\$380</b>	1/4 Page: <b>\$190</b>	1/8 Page: <b>\$95</b>
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6 N. Third Street, P.O. Box 465  
Hamburg, PA 19526-0465  
610.562.2267  
display@windsorpress.com  
www.windsorpress.com





# Radcliffe

**Great Valu Markets**

Visit us at [www.greatvalu.com](http://www.greatvalu.com)

**VALUE YOU CAN count on!**

**FRESH BEEF & PORK CUT DAILY!**



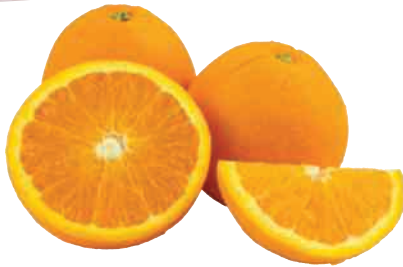
**Boneless Eye Round Roast**  
USDA Choice Beef  
**4.49** lb.



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



**Hatfield Pork Tenderloin**  
Fresh  
**2.99** lb.



**Navel Oranges**  
Large  
8 lb. bag  
**7.99**



**Jumbo Cherries**  
**2.99** lb.

**Green Giant Red Or Yellow Potatoes**  
5 lb. bag  
**2.99**



*Wake Up to Savings!*



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



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



**Sweet Blueberries**  
Fresh pint  
**2.99**

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



**Wish-Bone Salad Dressing**  
Selected Varieties  
15 oz. btl.  
**2/\$5**



**Hellmann's Mayonnaise**  
Selected Varieties  
15-30 oz. jar Or 20 oz. squeeze btl.  
**5.49**



**Kellogg's Town House Crackers**  
Selected Varieties - 9-13.8 oz. box  
**2/\$6**



**Post Cereals, Shake ups! Or Snack Crisps**  
Selected Varieties - 6-14.75 oz. box  
**2/\$6**

**BIG VALUE**



**Chicken of the Sea Chunk Light Tuna Or Sardines**  
Selected Varieties  
2.5 oz. pouch Or 3.75-5 oz. can  
**10/\$10**



**Breyers Ice Cream**  
Selected Varieties  
48 oz. ctn.  
**2/\$7**



**DiGiorno 12 Inch Pizza**  
Selected Varieties  
18.7-31.4 oz. box  
**7.99**



**Essential Everyday Waffles**  
Selected Varieties  
12.3 oz. box  
**1.99**



**Birds Eye Poly Or Steamfresh Vegetables**  
Selected Varieties - 10-10.8 oz. bag  
**4/\$5**



**Chobani Flip Or Zero Sugar Yogurt**  
Selected Varieties - 4.5-5.3 oz. pkg.  
**4/\$5**



**Sunny D Drinks**  
Selected Varieties  
128 oz. jug  
**2/\$6**

**Pick 5 for \$19.99**  
MIX OR MATCH!



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

**PRICES GOOD JAN. 29 - FEB. 4, 2023**

**GREAT SCHOLARSHIPS for Great Students**

**Pick up your application today at Customer Service.**  
The deadline for submission is March 1, 2023

# Meat



**85% Lean Ground Round**  
Fresh

**4.99** lb.



**Boneless New York Strip Steaks**  
USDA Select Beef

**8.99** lb.



**Pork Spare Ribs**  
Fresh

**2.59** lb.



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

**2.19**



**Bar S Beef Jumbo Franks**  
16 oz. pkg.

**6.49**



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

**6.49**



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

**9.99**



**Impossible Burger**  
12 oz. pkg.

**6.99**



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

**3.69**



**Curly's Pulled Pork Or Chicken**  
16 oz. tub

**5.99**



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

**8.99**



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

**9.99**



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

**6.99**



**Bella Farms Chicken Wings**  
IQF  
5 lb. bag

**11.99**



**Wright Smoked Bacon**  
Applewood Or Hickory  
24 oz. pkg.

**9.99**



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

**4.99**



**Hatfield Boneless Ham Steaks**  
Selected Varieties  
8 oz. pkg.

**2.89**



**Essential Everyday Pepperoni**  
Original  
6 oz. pkg.

**2.99**



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

**5.29**

# Seafood



**Legasea Shrimp Entrees**  
Selected Varieties - 26 oz. pkg.

**10.99**



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

**8.49** lb.



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

**11.99**



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

**3.49**

# Bakery



**8 Inch Cherry Pie**  
**5.99**



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

**4.99**



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

**3.99**



**Maple Donut Glazed Donuts**  
27 oz. pkg.

**5.99**



**Vanilla Or Anise Pizzelles**  
5.25 oz. pkg.

**2.99**



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

**3.49**



**Stonefire Naan Bread**  
8.8 oz. pkg., Selected Varieties

**2.49**



**Buttermilk Biscuits**  
6 ct. pkg., Bakery Fresh

**3.99**



**Club Rolls**  
6 ct. pkg., Bakery Fresh

**2.99**

# Deli



**Wunderbar Bologna**  
Deli Fresh  
**3.99** lb.



**Hatfield Ham**  
Deli Fresh  
Honey Cured Or Virginia

**6.99** lb.



**Cooper Sharp American Cheese**  
Deli Fresh,  
White Or Low Fat

**5.99** lb.



**Berks Roast Beef**  
Deli Fresh  
Top Round Or Italian

**9.99** lb.



**Signature Pepper Jack Cheese**  
Deli Fresh

**5.99** lb.



**Stella Shredded Parmesan Cheese**  
5 oz. ct.,  
Selected Varieties

**2.99**



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

**13.99**



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

**5.99** each



**Reser's Potato Salad**  
Deli Fresh Egg Or  
Devised Egg

**2.99** lb.

# Cheese, Please!



**Cabot Bar Cheese**  
Selected Varieties  
8 oz. pkg.

**2.69**



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

**3.99**



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

**3.29**



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

**8.49**



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

**3.29**



**Essential Everyday Mozzarella String Cheese**  
10 oz. pkg.

**3.49**



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

**2.19**



**Crystal Farms Cream Cheese**  
Selected Varieties  
8 oz. box

**2/\$5**

# Grocery



**Hawaiian Punch Juice Drinks**  
Selected Varieties  
128 oz. jug

**2.99**



**Hanover Beans Or Chick Peas**  
Selected Varieties  
15.5 oz. can

**4/\$5**

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

**2/\$4**



**Hint Flavored Water**  
Selected Varieties  
16 oz. btl.

**2/\$3**



**Propel Water Singles**  
Selected Varieties  
24 oz. btl.

**4/\$5**



**Tampico Citrus Punch**  
128 oz. jug

**2/\$5**



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

**4.49**



**Post Cereal**  
Selected Varieties  
13-25 oz. box

**2/\$8**



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

**2/\$3**



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

**3.49**



**Filippo Berio Olive Oil**  
Selected Varieties  
25.3 oz. btl.

**8.99**



**Zatarain's Rice**  
Selected Varieties  
6.9 oz. box

**1.39**



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

**2.19**



**Furmano's Tomatoes**  
Selected Varieties  
28 oz. can

**3/\$5**



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

**2/\$3**



**Heinz Mustard**  
Yellow Or Spicy Brown  
14 oz. btl.

**1.79**



**Armour Vienna Sausage**  
Original  
4.6 oz. can

**1.09**



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

**2.99**



**Cholula Hot Sauce**  
Selected Varieties  
5 oz. btl.

**2/\$7**



**Kauai Coffee**  
Selected Varieties  
10 oz. bag

**6.99**



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

**6.49**



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

**1.59**



**McCormick Pure Ground Black Pepper**  
3 oz. can

**4.49**



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

**2.29**



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

**1.89**



**Lipton Tea Bags**  
100 ct. box

**3.99**

# Dairy



**Gold Peak Tea**  
Selected Varieties  
52 oz. btl.

**2/\$4**



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

**7.49**



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

**2/\$9**



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

**2.39**



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

**1.69**



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

**5.49**



**La Yogurt Probiotic Yogurt**  
Selected Varieties  
6 oz. ctn.

**3/\$2**



**Lactaid Lactose Free Milk**  
52-64 oz. ctn.

**2/\$8**

# Frozen



**Boston Market Dinners**  
Selected Varieties  
13-15 oz. box

**3.99**



**Hot Pockets**  
Selected Varieties  
12 ct. 54 oz. box

**12.99**



**Poppy's Pierogies**  
Selected Varieties  
13 oz. bag

**3/\$5**



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

**3.99**



**Essential Everyday Vegetables**  
Selected Varieties  
32 oz. bag

**3.69**



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

**2/\$7**



**Prairie Farms Sherbet**  
Selected Varieties  
32 oz. ctn.

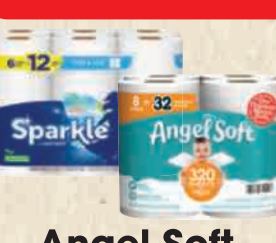
**2/\$5**



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

**3.49**

# Household



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

**6.99**



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

**6.99**



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

**8.99**



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

**8.49**



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

**2/\$5**



**Finish Powerball Quantum Dishwasher Detergent**  
15 ct. pkg.

**5.49**



**Finish Powerball Quantum Dishwasher Detergent**  
37 ct. pkg.

**11.49**



**Listerine Mouthwash**  
Selected Varieties  
33.8 oz. btl.

**6.99**

1.29.23 PAND-3

*Save a Bundle on Breakfast!*



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

**2/\$6**



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

**2/\$6**



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

**3.49**



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

**3.29**



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

**2/\$6**



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

**4.99**



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

**2/\$8**



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

**2/\$6**

GOOD ONLY AT **Great Valu Markets**

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

**Save \$300**

When You Purchase Any 5 \*Participating Quaker® Products.

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

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



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



**Green Giant Whole Carrots** .89  
 1 lb. bag



**Dole Sleeved Celery** 1.69 each



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



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



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



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



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



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

**Produce**



**Red Ripe Strawberries** 2.79  
 1 lb. ctn.



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



**Beefsteak Tomatoes** 1.49 lb.  
 Red Ripe



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



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



**Red Or Green Seedless Grapes** 2.49 lb.



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



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



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



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



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



**Green Giant Yellow Onions** 1.99  
 3 lb. bag



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



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

**Snack Center**



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



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



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



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



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



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



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



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



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



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

**NATURAL SPECIALTY**



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



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



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



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



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



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



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

**Watch for our new facebook page coming soon**  
**COMMUNITY CALENDAR**

**St. Peters Union Church 7863 St. Peters Road, Macungie, PA 18062**  
**2023 Chicken Pot Pie Sale**  
 Saturday, February 11, 2023 Pick Up Time: 9-11 AM  
 Sunday, February 12, 2023 10-11:30 AM  
**Snow Date (Pick-up Only)** Sunday, February 12, 2023 10-11:30 AM  
**Homemade Soups- Take Out Only, Sold by Quarts and Pints**  
**PRE-ORDER:** To ensure that you get your favorite soup, with Your Name, Phone Number, Type and Quantity by Sunday, February 3, 2023. No orders after this date.  
 Or mail an order blank to the church. • Limited quantities may be available without pre-order.  
 Call Deb (610)367-8307 Evenings or Ron (610)845-2525 days.  
 \$12 Quart Homemade Chicken Pot Pie (MADE FRESH - NOT FROZEN) • \$10 Quart Homemade Pepper Cabbage Pints Available; Additional quantities may be available for sale- but first come first serve. All are Welcome!

Visit us on the web [www.greatvalu.com](http://www.greatvalu.com)

**Great Valu Markets**  
 Locally Owned & Operated

**PRICES GOOD JAN. 29 - FEB. 4**

**Store Hours:**  
 Mon.-Fri. 8 am - 8 pm  
 Sat. 8 am - 7 pm  
 Sun. 8 am - 5 pm

**WE GLADLY ACCEPT**  
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WE can all make a difference. Please recycle.