

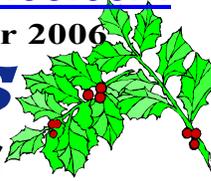


www.solanco.com

December 2006

News

Christmas Gift Headquarters



These baskets are GREAT! They're large (16"-18" diameter), strong, durable, colorful, and every one is unique, being entirely hand-made in Africa.



What makes them even better is that these baskets are Fair Trade baskets which means that the men and women who painstakingly make these baskets are paid a fair and equitable price for the work that they do, so that they can buy the necessities of life. By purchasing fair trade items you are assuring that native peoples are fairly compensated for their work and that they are not taken advantage of in any way in regards to their labors. At just \$31.99 for these one of a kind baskets, get one for yourself, and a few as gifts. They make great gifts by themselves or filled with food, personal care, home care, artist materials, craft supplies and lots more.

Gift Certificates

Gift certificates take a lot of stress out of the holidays. And a Gift Certificate from SGMC is an easy and practical way to give those on your list exactly what they want. With our wide variety of products and services anyone can find something that they will treasure for a long time to come. The great thing too is that no matter what you have to spend you can get a gift certificate since they are available in the amount of your choice. Get your shopping done today with SGMC Gift Certificates, the perfect choice for Holiday Gifting

We'd have to publish a bound edition of this newsletter to include all that we have to offer in the way of both decorations and gifts for this holiday season. Our goal is to try to take the stress out of your holiday shopping by offering a large selection of unique products and services with lots of convenient parking and a friendly helpful staff. We have been doing this for 30 years now and have it down pat. Just to help you along we will try to nudge your memory with a very brief listing of some of the things that you will find here. Of course the best thing to do is to come into the store and see for yourself. All of us here at SGMC wish you the Happiest & Healthiest Holiday Season ever.

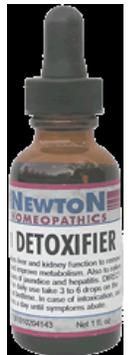
- Custom Framing • Ready-made frames
- Art Materials • Crafts • Wreaths
- Garland • MP3 Players • Cell Phones
- Portable Audio • Wooden 3D Puzzles
- Games • Digital Voice Recorders
- Tape Recorders • Flash Drives •
- Network/Ethernet Cables • USB Cables
- Computer Mice • Computer Paper
- Ribbon & Custom Bows • Paints
- Glues & Spray Adhesives • Styrofoam
- Mirrors - Framed & Unframed • Clay
- Country • Rusty Metal Items • Cards
- Foamboard • Construction Paper
- Toys • Spray Finishes • Cellophane
- Christmas Trees • Headphones • Stars
- Burt's Bee Personal Care Products
- Bells • Headphones • Craft wood items
- Cordless & Corded Phones • Jewelry
- Brushes • Canvases • Jewelry • Gimp
- Magnetic Therapy • Scrapbooking

Call 717-786-7118

Regular Store Hours
 Mon, Tues. & Thurs 9:00 AM 'til 5:00 PM
 Wed. & Fri 9:00 AM 'til 6:00 PM
 Saturday • 9:00 AM 'til Noon



We are proud to announce that we have added yet another option when it comes to alternative health care and specifically another homeopathic option in the form of liquid complexes from Newton Labs. Newton Laboratories is a family-owned business established in 1987. In 15 short years they have grown to become a leader in the field of Clinical Homeopathy. Newton Laboratories' foundation is built upon the expertise of Belgian-born Dr. Luc Chaltin, a homeopathic practitioner for over 40 years. They as are we are dedicated to education in the field of natural healing and homeopathy. We believe that your choice for health care is a fundamental freedom. Newton educational materials are available free of charge with purchase.



Ask us about these great new Homeopathic Remedies when you come into the store.

SGMC Gift Certificate

Pay to the Order of _____ Date _____

For _____ \$ _____

From _____ Expires _____

SGMC Solanco General Merchandise Co.
 Solanco Glass & Mirror Co.
 Solanco Gentle Massage Co.

21 E State St, Quarryville PA 17556

"An eclectic emporium"

Authorized Signature _____

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Verizon Wireless Service Provider

Remember it's not only "the network", it's also our over 25 years of experience & expertise in selling cellular! SGMC is your cellular source.



It's Your Health

A note from the Doctor

By Robert Lawrence, DC, M.Ed., DACBN

Use your head. It is not going to be realistic to try to lose weight during the upcoming holidays (the typical American gains five pounds between Thanksgiving and New Year's). Focus instead on maintaining your weight. Here are a few simple guidelines for healthy holiday eating from the Duke Diet and Fitness Center:

- Don't try to diet. Your goal should be to maintain weight, not lose it.
- Avoid indulging in high-fat fast food when your days become hectic, pre-plan several quick, healthy meals and have them readily available for reheating.
- Don't try to cut out high-fat holiday favorites like eggnog and candied sweet potatoes. Instead, choose small portions and fill your plate with lower fat choices, such as apples, cranberry dishes, baked squash, pumpkin, breads, and pastas.
- Eat something before going to an event with alcohol. The effects of alcohol are felt much more quickly on an empty stomach and can lead to overeating and overdrinking. Also try to drink one glass of water before each glass of an alcoholic beverage.
- Center entertainment around non-food events such as ice skating, renting a holiday movie, or singing carols.
- Offer to bring a favorite low-calorie dish to holiday parties, so you know there will be at least one "safe" item available. Arrive fashionably late and stand far away from buffets so you're not tempted to nibble constantly. Instead, indulge in conversation.
- Make the effort to continue a regular exercise program, even in the midst of holiday bustle. It's your key to maintaining good health and a healthy weight.

This information is neither a recommendation nor diagnosis for disease. We make no health claims regarding the information presented here. This information is a starting point in your interest to be a better informed consumer of natural health products. We look forward to being a resource for you.

You Clean Your House Don't You?

So why wouldn't you clean your most important home, your body. It's now easier



then ever with Garden of Life's New **Perfect Cleanse** at just \$29.99. In just 10 days this gentle cleanse can clean and remove toxins from your body that have been accumulating over time. We also carry a complete line of cleanses from Renew Life as well. The point is to choose a cleanse and clean house on a routine basis.

Perfect Cleanse offers all the following advantages:

- * Natural and easy-to-use, 10 day internal cleanse system for use in the evening - does not require fasting and will not disrupt everyday activities.

- * Three easy steps that gently work in synergy with the body's own internal detoxification system to cleanse, capture, and remove toxins from the body.

- * Comprehensive, self-contained kit that provides triple action benefits through three individual, all natural product components.

- * Includes a comprehensive and informal instruction booklet.

- * Includes a free, easy to follow instructional CD featuring Garden of Life founder Jordan Rubin and Dr. Joseph Brasco discussing "A Whole New Way To Cleanse" using Perfect Cleanse.

- * Free of gluten and other potential allergens such as nuts, soy, eggs and milk.

- * Contains no stimulant laxatives.

The 3 components of Perfect Cleanse offer the following:

Purify: Natural botanicals that support the liver's natural cleansing function to assist normal detoxification.

Capture: A unique organic fiber blend that traps and binds toxins secreted through the bile for transport from the body.

Remove: Contains a digestive botanical blend that gently sweeps the colon of accumulated waste to move toxins through the GI tract and out the body.

Uniden Digital Camera "An excellent value"



Uniden, the company that you have come to know for scanners, cordless phones and CB Radios has now released its first impressive digital camera at just \$219.99. As you can see from specs listed below it is no slouch in the features department, either. It makes a great gift for yourself or anyone on your list. We have it in stock for your Christmas giving.

- High Density Digital Images (5MP) - Suitable for printing 16" by 20" pictures

- High Quality 3x Optical Zoom - 38-114mm (35mm equivalent) lens for incredibly sharp, clear images plus a 4x digital zoom for a total zoom of 12x

- 2.5" TFT LCD Monitor - Large viewing area makes taking shots and reviewing images easy

- Records High Quality Video - Can capture VGA (640x480) video at 30 frames per second as a QuickTime Motion Jpeg(mov). The length of the clip is limited only by available memory. Can also capture video in smaller file sizes suitable for email.

- PICTBRIDGE™ Compatible - Use the included USB cable to connect to any PictBridge™ enabled printer. Images can be printed directly from the camera.

- Automated Shooting Modes - Set the camera to take pictures in 15 different modes so you can get the best results. Supported modes include Auto, sports, portrait, anti-shake, flower, night portrait, fireworks, lamp, B/W, sepia, face chaser, photo with audio, snow and beach, and vivid.

- USB 2.0 Supported - Use the included USB cable to easily connect your camera to your PC

- Built-In Flash with Red Eye Reduction - Use the flash for indoor/nighttime photography. Special flash reduces the occurrence of "Red Eye".

- 23 MB Internal Memory - Additional space for extra photographs. Holds up to 15 5MP images.

- SD Memory Card Slot

- Included Accessories (UDC5M) - 2 AA Alkaline Batteries, USB Cable, Video cable, Owner's Manual, Wriststrap