

Call 717-786-7118

Fall Store Hours
 Mon thru Fri 9:00 AM 'til 5:00 PM
 Saturday 9 - Noon

Ghana Bolgatanga Market Baskets Woven in Northern Ghana

We are very happy to be offering these one of a kind African market baskets that are exclusively woven by the indigenous Frafra people of a historical town in Northern Ghana called Bolgatanga.

Bolga is known as the crafts center of northern Ghana, with a large central market. Weaving has been a traditional skill of these people over the years. The geographical land area of Bolgatanga is not fertile enough for extensive agricultural activities. Coupled with an erratic rainfall pattern and generally harsh weather conditions, handicraft activities such as market basket weaving, leather work and pottery are undertaken mostly by the women to supplement their incomes from the subsistence of farming activities.

The weaving group has a mission: to assist the poor rural women of Northern Ghana in earning decent incomes from the fruits of their labors in order to care for their children. We believe when the woman can create an income, the trickle-down effect puts food into the bowl of a child, and is a way of promoting self-esteem for the women, children and village.



Market Basket

'Baby' Market Basket



Oval Shopper

The Basket Creation Process:

- * Veta vera grass straw is collected from the tops of the stalk, then each piece is split in half vertically by biting through it.
- * Each half of the split straw is then twisted tightly by rolling it against a weaver's leg to give it strength.
- * The straw is put in bunches and dyed in boiling water. For bright colors the straw is dyed yellow first, then the color.
- * The weaver carefully selects appropriate straw for the base, sides and handle. The selection of the proper grass for the proper parts of the basket is critical to good weaving.
- * Weaving starts at the base and works up to the rim. The rims are generally finished flat, or wrapped with straw to form a tube like edge.
- * There are a variety of different handles, but all are made with a sturdy wrapping technique around a grass core.
- * Remaining bits of straw that are sticking out of the basket are carefully trimmed off. The trimming is important because it determines how the basket feels to the touch.
- * Leather handles are usually applied by local leather workers. A medium market basket takes 3 days.

These wonderful, handmade one-of-a-kind baskets have always been a hit. Each of these Fair Trade African baskets are one-of-a-kind, uniquely handwoven. So when you see a basket you like in our store, you know that you have the only one like it. These Fair Trade baskets will make a perfect gift and will fit nicely into your home or office decor.

There are three styles: the market basket, the 'baby' market basket and oval shopper. Stop in to see all the fabulous colors and to get yours today for yourself and for gift giving as well.



Our unique Wireless Wipes™ are the only known sanitizer designed specifically to clean mobile phones, PDA's (personal digital assistants) and laptop computer screens. They are fast drying to prevent moisture damage, non-streaking and non-corrosive with a pleasant green tea-cucumber scent. Wireless Wipes™ comes in 10-count re-sealable pouches which can fit neatly in a shirt or jacket pocket.

Everyday, everywhere, billions of people worldwide use their cell phones, PDA's, and computers unaware of their bacterial risk from airborne germs and shared devices. Wireless Wipes are a highly absorbent alcohol based sanitizer that eliminates or dramatically reduces your exposure to potentially harmful germs.

Just \$2.99



These delightful earrings combine 3 lightweight metal layers decorated with touches of paint and tiny stones. The result is a cool new dimension to SGMC's holiday collection. Choose from 6 assorted styles at just \$3.29 a pair.

Hand Held Massagers



These are the fun way to massage away aches & tension. Great for back, shoulder & arms.

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MacroLife Naturals

Miracle Reds® Super Fruit Anti-Aging Blend provides a full spectrum of antioxidant protection. It contains key compounds that help mop up unstable free radicals that damage healthy cells and cause premature aging.



Macro Greens™ is a non-allergenic nutrient-rich super food supplement that optimizes pH for stimulant-free health and surpasses the nutrition of five servings of fruits and vegetables without the calories or carbohydrates.

100% DELICIOUS, Berri Berri Bars are made with Organic, Fresh, Whole Food ingredients. Each functional food bar is fortified with Miracle Reds®



Q-ville Tunnel Print at SGMC



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This poignant photographic rendition, only available at SGMC, of the tunnel that passed under the former Enola Low Grade rail line on route 222 measures 20" x 12" and is available for only \$49.99 and is the perfect gift for anyone currently living in the Southern End or those who formerly lived here and can remember the elegantly classic entrance to Quarryville that is no more. This print, which is certain to be a collector's item, is available now. Get yours today for holiday giving.

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It's Your Health

Good Bacteria to the Rescue

Probiotics Boost Immunity during Peak Seasons ••

Staying healthy—and keeping your family healthy—throughout the year isn't always easy, especially during peak seasons when your immunity is put to the test. But this season, instead of waiting for a minor sneeze or sniffle to escalate into an even bigger problem, it's time to put the power of probiotics on your side.

Just What Are Probiotics?

Probiotics are the beneficial bacteria in your gut proven to help crowd out harmful microorganisms that can contribute to poor health and disease. In fact, these health-promoting powerhouses make up more than 70 percent of the body's immune defenses, so it's no wonder that more and more health practitioners are recommending daily probiotic supplements as a safe, effective and natural way to enhance immune function.

Keep in mind that factors such as diet, stress, and exposure to illness can diminish the number of healthy bacteria in the digestive tract and upset an otherwise balanced intestinal environment. Repeated antibiotic use may also be detrimental; although their intended purpose is to destroy bad bacteria, antibiotics typically wipe out existing good bacteria as well. This allows unhealthy microbes to flourish and may lead to intestinal issues such as diarrhea and constipation.

Tiny Bacteria, Total-body Benefits ••

In addition to their role in supporting healthy immune function, probiotics offer countless benefits for the whole body. Because of their prevalence in a healthy digestive tract, research indicates that they may help relieve digestive disorders and promote regularity. For women, specific strains of microflora may help support vaginal and urinary tract health and prevent the discomfort of a yeast or urinary tract infection.

Infants and young children may also benefit from taking a daily probiotic supplement to help boost immune defenses and enhance digestive health. Supplying additional good bacteria throughout the early years may also help prevent the onset of allergies in children and adolescents, since they have been shown to help support the intestinal lining by prohibiting allergens from entering the digestive tract.

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.

New Stuff !!!

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18 pc package

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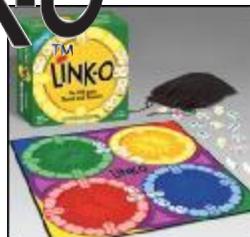


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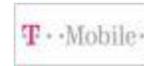


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OVER AND OUT



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Magnetic Wire Bangles • \$10.99

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