



Printed on 100% recycled paper

Green Tip



If the bugs are bugging you why don't you give the Don't Bite Me patches a try. These patches work by reducing human odors attractive to insects. The patches are simple to use and apply directly to the skin and provide total body coverage without using smelly, sticky sprays or lotions.

The transparent, waterproof patches are almost invisible and last up to 36 hours. They are safe for children. You get 5 Patches per box at just \$5.49.



We can't wait for you to see these brand new cards from JQ Greetings. There's a JQ card for just about every occasion and they will all put a smile on your face as well as that of your recipient. These colorful, funny cards come with equally colorful envelopes and are exceptionally priced at just \$2.79. Come and get your JQ cards today!

Hit the Habitat Trail Game

Learn about animals and their environments with this great new game, as you follow the stone trail through the world's habitats. Draw a "Wisdom & Consequence"



Just \$32.99

card to learn about environmental hazards and to discover ways in which you can help improve the environment. With every correct answer to an animal or habitat question on the "Knowledge" cards, you collect one "Habitat" card. Collect two cards from each habitat to become an "Earth Steward" and win the game. It's a fun expedition around the world for family and friends when you "HIT THE HABITAT TRAIL!" Learning while playing a fun game couldn't be any easier.

The U.S. publishes over 24 billion newspapers every year, and that's not the only place that newsprint turns up. People use it to wrap packaging, to print junk mail fliers, and to create coupons. All told, that is tons and tons of paper waste every single year. Recycling paper is a great way to put a dent in this waste, but paper recycling is far from an ideal solution. It's inefficient, and each time you recycle paper, you're really downcycling it into an inferior product. Even if you don't get a paper at your house you can still end up with your fair share of newsprint somehow. Sometimes, a fragile thrift store or yard sale find comes wrapped in newspaper. Other times, we get junk mail printed on newsprint. No matter how newsprint manages to creep into your life, we're guessing that you cringe at the thought of wasting it, too. Rather than toss all of that paper in the recycle bin, you can reuse old newspaper around your home and in the garden!

1. Clean windows or glass.
2. Burn it up.
3. Make a weed barrier.
4. Wrap some gifts.
5. Pack it up.
6. As origami paper.
7. In the fridge.
8. For ripening fruit.
9. Shine on.
10. Compost it.

Call 717-786-7118

Fall Store Hours
 Mon thru Fri
 9:00 AM 'til 5:00 PM
 Saturday Hours during the Summer are by chance & are normally 9 to Noon. Please call ahead on Saturdays to make sure we're are open.

We Have Kendamas



"A kendama is a traditional Japanese toy which consists of a wooden, hammer-like object with a ball connected to it by a string. In English, kendama may be referred to as ring and pin and bears similarities to the classic cup-and-ball game, known in the Latin American world as balero. The principle of these toys are the same: catching one object with another, where both are joined by a string."

"To play with a kendama, one grips the toy and using one hand only, jerks the ball so that it may be caught in one of the cups or impaled on the spike. More advanced tricks are sequential balances, juggles, and catches. Benefits? You betcha! Kendama helps build hand-eye coordination besides the fact that it's loads of fun. A great gift for young and old at just \$19.99. No batteries required.

If you are looking for a nutritious bar that has just 2 ingredients and you like coconut here's the bar for you. Enjoy only coconut and rice syrup at just \$1.29. YUM!



Halloween Chico Bags

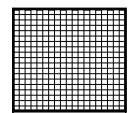


Be sure to get your reusable Chico Halloween bags now. Halloween will be here before you know it. Choose black or orange and teach your kids to be eco-friendly.

We are experts at screen, storm window & insulated glass repair

We can do things that others can't do. We can make new screen or storm window frames. We have the expertise & the resources to get the job done!

Paw Proof Screen is the SOLUTION to the problem with pets & screens.



- Screens • Storm Windows • Insulated Glass •
- Vehicle Mirror Repair • Vanity Mirrors •
- Desk/Table Tops • Glass Shelves •
- Acrylic • Laminated & Tempered Safety Glass •

**Pesticide Exposure—
From Prenatal to Parkinson's**

by Brenda Watson

I often write about the widespread negative effects of chemicals and pesticides. We live in a toxic soup and the more people realize that, the more likely they will be to make changes. Ultimately, the more natural products and services you buy, the more those products and businesses will appear until one day (in my perfect world) we will be able to live without all these toxins.

Take a couple recent studies (out of many) on pesticide exposure. As it turns out, prenatal exposure to pesticides is linked to lower IQ in children at age 7. And people exposed to pesticides near the workplace are at increased risk for developing Parkinson's disease. Everywhere I look is another study to add to the mounds of evidence that the toxins we are regularly exposed to in everyday life are destroying us. Literally!

In the prenatal pesticide exposure study published in the journal Environmental Health Perspectives, for every ten-fold increase in organophosphate pesticides detected during pregnancy, the child experienced a 5.5 point decrease in IQ score by age 7. The study found a correlation with prenatal exposure specifically, suggesting that there is a critical time period to which the baby in womb is susceptible.

In the Parkinson's study, researchers found that exposure to the three commonly sprayed crop pesticides—ziram, maneb and paraquat—while at work — was associated with a three-fold increase in risk of later developing Parkinson's disease. Working near a field (not necessarily in direct contact with the pesticides, as they tend to drift up to several hundred meters from the fields) was enough to increase risk. These are two small—yet significant—reasons to try to eat organic when possible, and to support your seven channels of elimination (colon, liver, lungs, lymph, kidneys, skin and blood) with regular cleansing and detoxification.

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.



NanoRelief is an all natural and quick absorbing pain relief gel that can be used for arthritis, strains/sprains, back pain, sore muscles, and joints. Even bruises are no match for NanoRelief's uncanny ability to quickly alleviate pain! Compared to the leading pain relief gel, NanoRelief

lasts longer by penetrating deeper into the skin for more relief from aches and pains than ever before!

NanoRelief was developed without the use of animal testing and is free of artificial preservatives, fragrance, coloring or any diluting agents. It is the best of nature's remedies from plant extracts that have been used for centuries to relieve pain and you can get it at SGMC for just \$12.99. Give it a try!!



For all you Perler Bead fans or would be fans we'd like to make you aware of an awesome website where you can turn your own picture into a Perler Bead pattern.

Upload your picture or use one of theirs, choose the size you want to make your picture and presto your pattern appears on the screen. You can now change any of your bead colors individually. Once you're happy with your pattern you print it out, get the beads you need from your inventory or stop by our store to get any that you might be out of and start creating your beautiful picture.

Here's where you need to go to get started - www.perlersnapshots.com

This natural vegetable based soap acts four ways to improve blemished skin. First it softens the hard shell of acne blemishes (keratolytic action). Then it helps dissolve and remove blackheads and washes away excess oils which may cause blackheads. And it freshens skin by its thorough cleansing action. This 3.25 ounce bar at just \$5.59 will go a long way to help control your acne. Give it a try today!!



These are great easy to make kits that require no glue and make no mess and they dry in minutes. Each contains enough supplies to make two projects.



Look for the entire line of Foamies® Marshmallow™ Clay Kits like the Dragonfly, Snail, Flower, Monster, Bee, Fish &



more. Kits are just \$2.99. They make great gifts and are good for parties, too!

ACACIA CREATIONS



You will fall in love with this line of jewelry from Acacia Creations. Check out the the Healing Heart necklace and 4 strand bracelet or the recycled glass stretch bangle bracelets and matching earrings. Or choose from among the many colors of stackable, stretch recycled paper bracelets. All this jewelry is hand-made in Kenya and Fair Trade Federation certified. Prices range from \$3.49 to \$17.99. Come in to see this line of wonderfully colorful and creative jewelry. And it's not too early to start picking that special piece for all those on your gift list.

NutriBiotic
Where Science Works Naturally

We're excited about the new products from Nutribiotics that are now in stock. Nutribiotics is known for their grapefruit seed extract products which you will see along with organic rice proteins. Give them a try!!

CUSTOM PICTURE FRAMING
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