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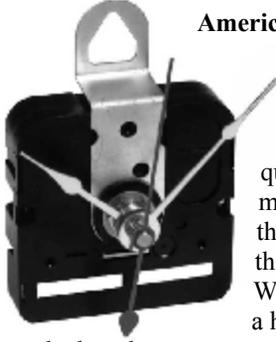
# News

Call 717-786-7118

Summer *Mon thru Fri*  
 9:00 AM 'til 5:00 PM  
**Store Hours** *Saturday Hours are*  
 9 -Noon by chance

Please call ahead on Saturdays during the Summer!

## American Made Mini Quartz Clock Movements



Our new mini-quartz clock movements are the standard in the industry. Whether you are a hobbyist or serious clock maker, our movements will fit your needs. They run on one "AA" battery and are accurate to within two minutes a year. To choose the proper shaft length, carefully measure the thickness of the material the movement shaft will go through. We have the largest selection of clock movements around and are currently stocking the following .lengths 3/16", 5/16", 7/16", 9/16" & 13"/16" plus minute/hour hands, sweep hands and more. Remember to check SGMC first for all your clock parts.

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## Graduation Headquarters

SGMC is the place to get everything you need for celebrating one of the greatest achievements in life, GRADUATION. Decorations make the party or celebration and SGMC can help when it comes to all sorts of decorations.

BALLOONS - BALLOONS - BALLOONS and more balloons. We have a large selection of both latex and mylar balloons that give you endless combinations of colors, shapes and sizes to choose from. We inflate them or you can do it.

Crepe paper streamers, glass markers, confetti, frames for pictures or that diploma and all sorts of things to make favors, centerpieces and more. Check SGMC First.

## NEW Rescue Remedy Pastilles - for relief of occasional stress.



For years people have been using homeopathically prepared Rescue Remedy in either the dropper bottle or spray top and now there is another option, the new Rescue Remedy Pastilles in a convenient metal tin for just \$5.99.

Rescue Remedy is a combination of flower essences that is used in emergency situations to stabilize trauma situations. It eases fear and restores one's state of calm and confidence no matter what the situation. If you have never tried it you should. It is something that those who have used it carry with them all the time.

Stop in and try the new Rescue Remedy pastilles along with our other lines of homeopathic remedies.

Active Ingredients: 5x dilution of Helianthemum nummularium HPUS, Clematis vitalba HPUS, Impatiens glandulifera HPUS, Prunus cerasifera HPUS, Ornithogalum umbellatum HPUS

Inactive Ingredients: Sugar substitute (sorbitol, isomalt), gelling agent (gum arabic), natural flavour (elderflower, orange), vegetable oil, glazing agent (vegetable oil, beeswax), sweetener (thaumatin)

Warnings: Keep out of reach of children. If pregnant or breastfeeding, ask a health professional before use. Excessive consumption may induce mild laxative effects. May contain traces of gluten.

## LEANIN' TREE.

Whoever said a dollar doesn't buy much anymore hasn't seen this cheerful collection of greeting cards. New Bridges™ is a fun way to stay connected for just pennies. The colorful and clever designs are sure to add a smile to anyone's day.

You will see the display pictured to the right in the store. These cards truly offer phenomenal value at just \$.99. We are happy to bring you these wonderful cards at this great price.



Did you know that we give a 10% discount for cash (or check) to Girl Scouts, Boy Scouts and church groups who buy craft supplies from SGMC. That's right in addition to not paying PA Sales tax, if you tell us that you are purchasing your supplies for scouts or a church group (and we have you sales tax exempt #) we will make sure you get the discount. In addition you don't have to pay any shipping like you would if you order supplies over the internet. So shop local and buy your crafting supplies at SGMC.

## Loud Outdoor Phone Bell



Are you missing phone calls because you can't hear the phone ring when you're outside. We have a solution! Hook up this loud dual 4" gong mechanical outside phone bell for just \$49.99 and never miss a call again.

## 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 smart cellular source.



## It's Your Health

### Wildcrafting Rhus Tox:

Turning nature's irritants into a popular remedy  
by Kate Shunney

Since Summer is peeking through this month, you're probably already planning projects in your yard and garden. While it may seem too early to worry about poison ivy, WHP (Washington Homeopaths) has already started making Poison Ivy Pills.

We have been making the popular Poison Ivy Pills since the 1920's, and the remedy is not only a favorite for home gardeners, but for construction workers, landscapers, utility workers, farmers and lots of other outdoor professionals. The pills boast the power to both treat and prevent the itching and blisters of exposure to poison ivy. Last year, WHP produced nearly 22,000 bottles of Rhus Tox 4X. Production of this year's batch of Poison Ivy Pills started last year, when WHP owner Joe Lillard went out on his farm to search for the shiny-leaf plant that we all try to avoid. Protected by gloves and long sleeves, he hand-picks up to nine pounds of poison ivy leaves each year which will yield nearly 1.5 gallons of Rhus Tox tincture (1X).

Joe harvests the wild plants when they start to show berries, usually in June. He picks plants away from the road, since the leaves for a tincture have to be organic and free of chemicals. When he's collected enough of the wild plant, his itchy harvest goes into the (also gloved) hands of WHP herbalist Brenda Mason, who prepares a liquid tincture of the poison ivy leaves.

Brenda makes the tincture according to the Homeopathic Pharmacopoeia of the United States (HPUS) – the pharmacy guide to preparing all homeopathic medicines. She must weigh the poison ivy leaves twice to determine the moisture content of the plant material. Brenda then chops the leaves up and puts them in a glass vessel with the proper amount of alcohol and distilled water. The mixture is stirred every day for 30 days. Brenda then strains the liquid and squeezes the plant material through a hydraulic tincture press. Once she verifies the alcohol content of the final tincture, Brenda filters it three times, bottles and labels the finished product. With a fresh supply of Rhus Tox 1X, a new batch of Poison Ivy Pills is only a few steps away.

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.



This unique cream was developed by a homeopath who was looking for a way to facilitate the healing process with topical preparation while avoiding aggressive suppression which is what most mainstream & pharmaceutical topical applications do.

This cream, while excellent as a moisturizer, protective barrier cream, and infection preventer, was also designed to be a promoter of healing for damaged skin. It is therefore very useful for injuries and burns as well as eczema/dermatitis type conditions and fungal infections. It is also being used cosmetically for its moisturizing effect by some. It started off as a therapeutic cream for use by physicians but more and more it is being bought by lay people who are finding all sorts of interesting uses for it, from gardener's hands to mosquito bites and lots more. For testimonials go to their website at [www.natural-skin-health.com/7Cream.html](http://www.natural-skin-health.com/7Cream.html)

The unique aspects of the formula are in the combination of ingredients. Many homeopaths use Calendula cream for example. 7 Cream contains as much Calendula extract (and a very high potency one) but also has the added benefit of the other 6 active ingredients: aloe, manuka honey, shea butter, almond, coconut & neem. Each oil has its own unique properties but they are proving to work very well together too.

The other thing that needs to be said to is that "7 Cream" contains NO parabens, mineral oil, fragrances, lanolin, propylene glycol. The unavoidable preservative and stabilizers are food grade and chosen for their gentleness and non-toxicity. We are proud to be able to offer this wonderful healing cream to our customers at just \$19.99 for a 2 oz container. If you have skin problems you owe it to yourself to give it a try.

## New Magnetic Bracelets



We are excited to tell you about our brand new magnetic bracelets. As many of you are aware we have carried the bangle bracelets as well as the hematite bracelets, necklaces and anklets for some time. All of these have been very popular. The new bracelets have a magnet in each link and come in a variety of styles most of which combine stainless steel with gold and silver. Each individual magnet is rated at 3000 gauss. The bracelets sell for between \$29.99 & \$34.99 depending on the style. Stop in today to get yours. According to recent scientific studies 75 to 95% (depending on the condition) of those who try magnet therapy benefit. It is estimated that over 120 million people worldwide use magnet therapy. It's possible to look good and heal at the same time.

## New Xylitol Items in Stock

We have some new Xylitol products in stock that we want you to know about. We know a



lot of you have been using the Xylichem gum on recommendation of your dentist and these products go right along with the gum. Consider these other great Xylitol products.

## Quartz Movement Belt Watches

These watches are for those who don't want to wear a watch on their wrist or for those who can't due to safety concerns. They snap over your belt and flip down so that you can easily read the time while the watch is still attached to your belt.



Watch sits on desk or table for easy viewing.

They also work great as a pocket watch since the face is protected.

In addition they will sit up so that you can use them on your desk or table.

They are available in a variety of colors. Stop in to see these great new watches only available at SGMC.



Watches attach to belt and flip down for viewing.