



**Call 717-786-7118**

**Store Hours**  
 Monday thru Friday  
 9:00 AM 'til 5:00 PM  
 Saturday  
 9:00 AM 'til Noon

**Two Custom Framing Services You May Not Know About!**

Ever have an old picture like the one at left below that you would really like to preserve. We can make it like new without touching your original picture. Ask us about our Picture Restoration Services to preserve and display your keepsake pictures today!



**New! Digital Preview Software.**



We are really excited about being able to offer FrameVue™ our new Digital Preview Software which allows us to show you your finished Frame Job during the selection process. One of the drawbacks to selecting mats and frames has always been the inability to see your mat and frame selection surrounding your picture. Now with FrameVue™ you can. We are one of the few, if not the only, frame shop in this area to offer this FREE service that makes choosing your mats and frame so much easier. Bring your framing in today and see FrameVue™ for yourself.

**New Incense Has Arrived**



Try one of these great new scents!

- India Moon
- Cherry
- Simmering
- Cider
- Frankincense



If you've looked you know how hard it is to find toys that aren't made in China. We've recently added several items from

Maple Landmark Woodcraft in Vermont that have been a real hit.

Check out Heirloom Rattles, the Made By Me has all the components to assemble 4 vehicles or the Color Cube or Mental Aerobics Puzzle. All these great Made in the USA products made of wood and are safe for kids.

Also from Maple Landmark is our new series of kids birthday cards with cards for ages 1 to 10 in both genders.



They call them cards but they are a 48 page activity book for just \$2.99.



We've stocked FolkArt Acrylic Paint and Scribbles Dimension Paints for years, but recently the manufacturers



Discontinued Colors Just \$1.50 per bottle

have discontinued a number of colors and you'll be benefiting because all the discontinued colors are on sale for just \$1.50 per bottle.



Come in now while supplies last and stock up on your decorative acrylic paints. Of course color selections and quantities are in limited supply.

Regular **\$1.99**  
**Now Just \$1.50**  
 per Bottle

**Rainforest Cacao™ Chocolate**



- \* All-natural, roasted cacao beans
- \* Contains antioxidants flavonoids, including heart-healthy flavanols
- \* Supports a healthy heart, cholesterol levels and microcirculation
- \* Ready to eat, perfect for outdoor activities, won't melt or lose its crunch
- \* Delicious in desserts, ice cream, cereal, trail mix or right out of the box
- \* Your purchase of Rainforest Cacao™ Chocolate supports sustainable economies in the ecologically fragile Ecuadorian Amazon
- \* Vegan, non-GMO, dairy free
- \* Available with Macadamia Nuts or Raisins & Coconut

Rainforest Cacao™ Chocolate is all-natural, roasted cacao beans harvested from the Ecuadorian Amazon. These all-natural beans are treated with extreme care at the time of harvest and then undergo minimal processing to ensure they maintain their maximum nutritional values, which includes heart-healthy antioxidants.

You won't believe how delicious and healthy these great chocolate snacks are at just \$2.99.

Be sure to sure the coupon below for additional savings.

**With This Coupon Buy One**

Rainforest Cacao™ Chocolate  
**Get One FREE!**



Offer limited to quantities on hand. Quantities limited!  
 Offer expires April 30, 2008

**Computer Supplies - We Have Them**

Why run all over the place looking for supplies for your computer when we have not only have what you need but the expertise to make sure you have the correct item and know how to use it, too! Here's a partial list.

- Printer Cables
- Media - DVD & CD
- Flashdrives
- Ethernet Cables
- USB Cables - all types
- Printer Cartridges
- Computer Mice
- Card Readers
- Microphones
- Headsets
- Keyboards
- Webcams
- Modems
- UPS Backup Power Supplies
- Gender Changers
- Routers & More

## 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



## Ear Candles

Maybe you've heard about ear candles from family or friends. Did you ever wonder where to get Ear Candles. We have them here at SGMC.

Ear candling, also called ear coning or thermal-auricular therapy, is an alternative practice said to assist the natural clearing of earwax (cerumen) and removal of toxins from a person's ear by means of a hollow candle placed in the ear. It involves lighting one end of the hollow candle, and placing the other end in the ear canal.

Many people have used ear candles very successfully for years. It should be said though that ear candling is not something that you do yourself. Ear Candling is something that takes two people to do safely since in fact you are lighting and burning a hollow candle.

The person receiving the ear candling needs to be laying horizontal with the ear being candled pointing toward the ceiling. Typically the pointed tip of the ear candle is placed through the center of a paper plate. The paper plate acts to catch any debris that may come off the ear candle.

The ear candle is placed in the ear canal and lit and burned. The really nice thing about the Harmony Cone ear candles that we sell is that they now have a "Do Not Burn Past this Point" label so that you easily know when to extinguish the candle.

Ear candling is easy and has helped a lot of people. If you'd like to see an ear candling demonstration video, please go to our website at [www.solanco.com](http://www.solanco.com), select the Ear Candling from the Health/Wellness drop down at the top. Scroll to the bottom which shows the Harmony Cones website select Using Ear Candles/Videos and you're set.

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.



Women of the Cloud Forest is a Fair Trade project working with rural women in Monteverde, Costa Rica. The 70 women in the project produce jewelry made from rainforest seeds. The project allows the women to work at home at their own pace and be able to care for their families.

We are proud to be offering the Quarryville community these wonderful individually unique Seed Jewelry Earrings at just \$6.99.

## Waters Best Friend

Water has a new best friend. Introducing all-natural, organic, antioxidant rich, "fast food health food" drink mixes in convenient stick packs, designed to go by trains, planes, automobiles, canoes, gym bags, or wherever you need them to; they go where you go! Whether it's the lunch you had to forego to make that meeting or the steam you need to gather as you drag yourself into the gym, these Healthy To Go™ packets are at your side! And your water will love them (your taste buds will too)! Just pour right into a cold bottle of water and enjoy the tasty, organic, natural nutrients that your body craves. We know you're busy, but now your healthy energy can go with you. Just Rip. Pour. Go!™ Choose from three great flavors which include Go Greens, Acai Natural Energy Boost and Green Tea Energy Fusion. All are available in easy pour individual pouches or in boxes of 24 pouches each. Stop by and sample some today.



## Sooth that Late Winter Cold with Olbas®

No matter whether you pick the tea, pastillas, lozenges, salve, oil, cough syrup or inhalers

you will get soothing relief from a wonderful, time proven combination of essential oils.



You know how hard it is sometimes to get powdered drink mixes to mix thoroughly even in a shaker bottle. Well fret no more because we have the answer for you in the form of the BlenderBottle®. The BlenderBottle® is as functional and effective as it is unique. From creamy smooth nutrition shakes to pancake batter, now you can mix, pour and store all in the same container. Simple is better. No batteries or electricity means portability and dependability. Use it in the kitchen, at the office, at the gym, when you travel or on the go. Did we mention they also make a great water bottle? Now you can make great tasting drinks anytime, anywhere. Life is about to taste a whole lot better. Your BlenderBottle is a big 28 oz and comes in a variety of bright colors at just \$8.99. Get one for yourself or as a gift today.

## Neti Pot Headquarters

We stock more different Neti Pots than anyone else and in addition are now stocking the "Neti Pot Starter Kit" from Himalayan Institute. This kit contains everything you need to start using a neti pot to help restore health to your sinuses. If you have sinus problems, sinusitis or a lot of mucous and build up in your nasal passages then the Neti Pot is the perfect, safe, natural answer. Once you start using your Neti Pot, you'll wonder why you waited so long to get one. The new kit at just \$35.99 makes a great gift, too!



## Great New Crystals In Stock



We recently received a new shipment of imported Austrian Crystals in a lot of new and brilliant shapes. Crystals make great gifts and remember our great selection and pricing.