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Call 717-786-7118

<b>Summer Store Hours</b>	Mon thru Fri 9:00 AM 'til 5:00 PM
	Saturday Hours are 9 - Noon by chance
Please call ahead on Saturdays during the Summer!	

## Your Choice of Bags is No Small Thing

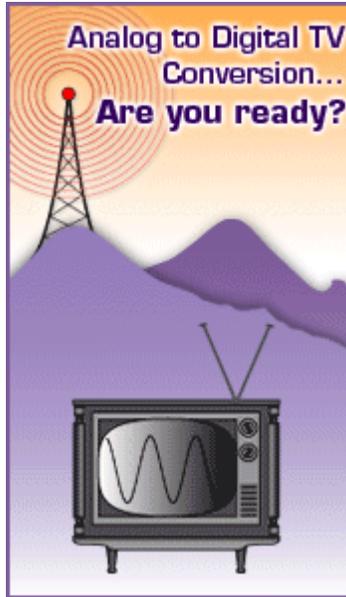
Each of us must do our part to save Mother Earth and that means making changes in the way we do things. If we continue to do things the same way we have in the past we, aren't going to leave a very nice place for our children and grandchildren or for ourselves that matter.



Small things done by many yield big rewards! One of those small things that you can do immediately is to no longer use single-use bags. Simply bring your own bag, if your purchase is small carry it in your hand or use a re-usable bag. Many of you already know that since last fall we have carried the incredibly versatile Chico Bag (named Chico because they are made in Chico CA) which is small, stores in it's own sewn-in pouch, holds up to 20 lbs, has a carabineer to clip on your purse, key ring, etc. and comes in a multitude of colors all at the great price of just \$5.00. If you haven't seen these great bags ask to see them and get some for you and your friends. They make great gifts too, and they are a great convenient way to have a bag with you when you need one. To help you spread the "bag" so to speak, if you buy 4 Chico Bags you get one FREE. One of the other changes that we have made internally is that the only bags that we are now providing you for your purchases (if you don't bring your own bag and you need one) are paper and Bio-degradable Plastic bags that will break down in the landfill or your compost pile. You may still



see some regular plastic T-shirt bags here and there since we re-use those bags that one of our suppliers use for shipping. The long and short here is **DO YOUR PART**. It's one very easy change you can make NOW to help the planet.



The upcoming conversion from analog to digital TV signals reminds us a lot of Chicken Little running around saying the sky is falling. The media seems to be in a frenzy and reminds us what seems like every two seconds about the switch. Enough already!! **DO NOT PANIC!**

First of all, the switch over does not take place until next February, actually at midnight February 17, 2009 so you have plenty of time. Second, those of you who have cable or satellite service are NOT affected by this change. The cable and satellite service providers will handle the change over for you and you should not have to do a thing.

If you are a cable or satellite subscriber and have questions, call your provider. Third, if you are among the 12% of the US population that gets your TV signal from an antenna, you will need to either buy a new TV or a Digital to Analog converter box before February 17th to allow your current TVs to continue to function. You will need one converter box for each TV in the house.

## The Insects are Coming!

The familiar fellows to the right are just two of many insects that you want to keep out of the house this Summer.



SGMC can help of course by repairing those

torn and broken screens with either charcoal aluminum screen wire or pet proof screen in the case of screen damaged by your pet. Remember too that we can also custom fabricate new screen frames to replace broken frames or place in windows where you do not currently have screens now.

Bring your screens in today for fast, expert service at a competitive price. Make SGMC your Screen Store today!

To help with the cost of the converter boxes the US government is providing two \$40 coupons to households that request them. The coupons expire 90 days from the date that they are issued. SGMC is authorized to redeem those \$40 coupons towards the converter boxes that we sell.

In order for you to find all the information that you need we have included links to all the information that you need on our website at [www.solanco.com](http://www.solanco.com). You'll see the same graphic on our homepage that you see at the top of this article. Simply click on the graphic and it will take you to an entire page that has all the information that

you need to have on the analog to digital conversion. Obviously we here at SGMC are also a resource for you during this conversion. Let us help!



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

## Five Reasons to Get a Massage Today

Massage offers real health benefits, so much so that some conventional hospitals are making them a standard therapy for surgery patients and others.



A recent CNN article details many of these benefits (including some that may surprise you). Along with promoting relaxation and improving your sense of well-being, getting a massage has been shown to:

- \* Relieve pain (from migraines, labor, fibromyalgia and even cancer)
- \* Boost your level of alertness and attention
- \* Increase your body's natural killer cells, which help your immune system to defend against illness
- \* Reduce stress, anxiety and depression, and ease insomnia
- \* Decrease symptoms of PMS

If you would like to experience some of these benefits, call us today to make an appointment with our certified massage therapist who is also an American Naturopathic Board Certified Naturopathic Physician.

Massage is just one of the things that you can do to improve your health and well being. Remember it's only the body that heals and you need to support the body nutritionally by making good food choices and by proper supplementation to support its innate healing process.

There is no synthetic drug that you can take to heal your body and there is no individual that can improve your health except YOU!

SGMC offers natural options for maintaining and achieving health and wellness. Just ask us when you come in the store or call to schedule an appointment.

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.

CACAO POWER™



Chocolate is one of those foods that most people really love and much to everyone's delight, chocolate is actually good for you. As with most things though, you need to choose the right chocolate to derive the nutritional benefits that it has to offer. Manufacturers have added things to chocolate like sugar and milk products that "don't do a body good" as they say. So you need to read the label and choose 100%



Organic Raw Cacao (pronounced caw-cow).

'Food of the Gods,' is the literal translation of the name aptly given to everyone's favorite food, chocolate! A treasure of vitamins, minerals, beta-carotene, zinc, chromium and magnesium, raw chocolate is a delight for the senses and food for the mind. New research has shown cacao contains more antioxidant flavonoids than blueberries, red wine and green tea. SGMC is now stocking 100% Organic Raw Cacao nibs from Navitas who uses only the premium Criollo variety of cacao. You can choose from the 4oz, 8 oz and 16 oz sizes of this wonderful gift of nature. If you haven't tried raw chocolate nibs, you don't know what you're missing. Get a pack the next time you're in the store.



We are proud to bring the Kiss My Face® line of sun care products into the store for this Summer season.

You will see up to 12 Kiss My Face® items in the display pictured to the right. In addition to SPF suntan lotions with no parabens you will also see Deet-free SPF insect repellents, Face & Lip Care, Instant Sunless Tanner and After Sun Care products.

Remember your skin is your largest organ and it matters what you put on it. Give these Kiss My Face® products a try!



## GRADUATION TIME

One of the things that always arrives with late Spring and early Summer is Graduation. It can be graduation from High School, College, Grade School or Junior High.

No matter what the occasion SGMC has just the right gift for that special graduate.

The most appreciated gift is being able to preserve and display that diploma that they worked so hard to earn.

You can either bring their diploma to us for Custom Framing or give them a gift certificate to have their diploma Custom Framed. Custom Framing is a wonderful gift that literally lasts a lifetime.

In addition to custom framing we also have a variety of speciality Graduation ready-made frames from which to choose.

In addition to custom framing we have

a myriad of other gifts items that any graduate would appreciate and of course if you are uncertain as to

what they like an SGMC Gift Certificate is always the right gift. Choose your gift certificate amount, and you're done!

Graduations usually include parties where family and friends gather to celebrate the auspicious occasion.

Remember that SGMC has the mylar and latex balloons, along with the crepe

paper streamers to help create the perfect party atmosphere.

Come in and pick your balloons, or call and we will help you decide on what you need for your party and then we'll have all the balloons inflated and ready to go when you tell us.

Let SGMC help make Graduation Time a fun and easy time for you and your graduate.

