

Call 717-786-7118

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

We're Ready, Are You?

We've done our homework, attended trade shows, scoured untold vendors and found some really unique products that will make perfect holiday gifts for a lots of folks on your Christmas list. Our criteria for selecting new products was that they be unique, organic and Fair Trade when possible and be a great deal dollar wise for the benefits that they offer.

This holiday season, please not only consider the gifts themselves but also consider supporting small local family businesses. They are the life blood of your community and of this economy!

Have a wonderful, healthy and happy Holiday Season from everyone here at SGMC! May it be the best holiday season you have ever experienced.



VerMints, our brand new all-natural breath mints and pastilles made with organic and natural ingredients, provide a refreshing alternative to other "not so natural" mints. Inspired by the purity of the Green Mountain State, VerMints are tasty, uniquely shaped lozenges that come in six pure, full-bodied flavors, and colorful contemporary tins. In addition to being certifiably all natural (we have mentioned that, haven't we?), VerMints have many other fine qualities:

- * Pure taste with no artificial flavoring or coloring
- * No chalky aftertaste
- * No high fructose corn syrup
- * No artificial sweeteners
- * Only 1 carbohydrate per serving
- * Totally Nut-Free
- * Absolutely no animal products (Vegans take note)
- * Gluten-Free
- * Unique lozenge shape
- * Artful tins
- * Six full-bodied flavors: PepperMint, WinterMint, GingerMint, Cinnamon, Chai, and Cafe Express



living in a world without pain. SGMC is proud to be able to offer you this wonderful product in a 2 oz tube which is great for your bag or pocket!!! Topricin® provides pain relief by improving circulation and attracting and stimulating the body's healing chemistries at the site of pain. Topricin® delivers reliable pain relief, improving quality-of-life, and providing a strong adjunct to professional care with no side effects or contraindications. Topricin® is also available in a 4 oz jar.

Remember that Topricin® is the Safest alternative to all prescription and non-prescription OTC pain relieving medication. Topricin® stimulates and supports the body's desire to "Heal the Damage that is Causing the Pain".

Topricin



You've have this pain that nothing has seemed to help. You've tried just about every topical OTC preparation available and still no relief. The problem is that most OTC pain preparations are designed to mask the symptoms which means you may get temporary relief but the actual cause of the pain is still there. Topricin is different in that it not only helps the symptoms but it's designed to help heal the cause of the pain so that it won't come back.

Topricin® is an odorless, greaseless, anti-inflammatory pain relief cream that includes eleven natural homeopathic medicines. Topricin® is used externally and locally on arthritis, carpal tunnel syndrome, repetitive motion injuries, trauma/sports sprains and strains, and lower back pain. Topricin's® 11 homeopathic medicines are proven to be safe and effective for the elder-

ly, children, pregnant women and all skin types. Pick up some Topricin® at SGMC today and experience relief for damaged muscle, tendon, ligament and nerve tissue.

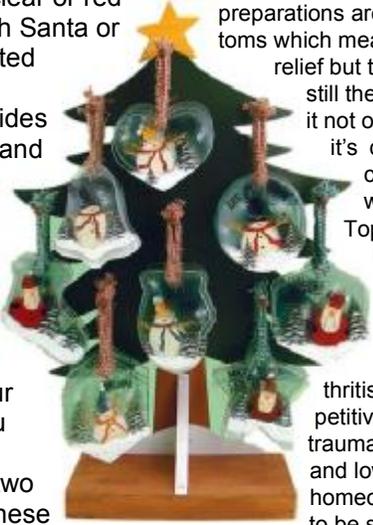
Discover why healthcare professionals and sufferers alike consider Topricin® the most effective and safe non-prescription treatment for pain and inflammation on the market today. Topical Biomedics feels that it is their obligation and their mission to help you experience the freedom and joy of



These beautiful glass ornaments are sure to create a Christmas stir! Hearts, bells and stockings are just a few of the many styles available in either clear or red

glass. Each comes with Santa or a Snowman hand painted right on the ornament! These ornaments, besides being totally unique in and of themselves, can easily be customized with a white paint marker with things like "Baby's First Christmas", "Christmas 2008", "First Christmas in Your New Home, 2008", you get the idea.

At Just \$4.19 each or two or more at just \$3.89 these ornaments are a keepsake that will decorate family Christmases through many generations.



LAYAWAY

Put your credit cards away and stop paying interest! Use our Christmas Layaway instead! **20% Down and regular payments has your merchandise paid off by Christmas!!**

Largest Selection of Cellular Accessories Around



"Best Price, Selection & Service"

It's Your Health

Why Can't We Just Stop Drinking Bottled Water?

By Sloan Barnett, Huffington Post. Posted October 20, 2008

Human beings are basically a watertight envelope filled with fluid and a few bony bits. We need water. Plus, it's great for your skin. But the main reason the bottled water industry has exploded over the last decade isn't because tap water is unsafe. It's because, with the market for soft drinks basically flat, beverage manufacturers needed a new growth industry. They piggy-backed the chic of bottled water sold in restaurants in places like Europe (where the quality of tap water can sometimes be iffy) onto health worries of all kinds and mounted large advertising campaigns, complete with pictures of snow-capped mountains, pristine streams, and healing mineral springs.

And we bought it. Big time. According to the International Council of Bottled Water Associations, in 2003, Americans spent nearly \$8 billion buying 24.5 million liters of bottled water. That's roughly 90 liters, or almost 24 gallons per person. The Earth Policy Institute says that figure has risen to more than 30 gallons in 2007 at a cost of \$9 billion."

So we are spending fortunes on bottled water that may not even be any better than tap water. And here's the crazy thing: in some cases bottled water comes from the same place as tap water -- a public water supply!

Now let's talk planet. Nearly a quarter of water bottles are shipped across borders -- in planes, in trucks, in boats -- emitting greenhouse gasses along the way. In addition to all the oil that is required for shipping, the plastic that holds the water is derived from crude oil. That's a lot of oil. In fact, Americans' demand for bottled water requires more than 17 million barrels of oil per year!

So what's wrong with us? It's not as safe, it's bad for our planet and it's clearly more expensive. It's just become a nation wide nasty habit. So let's all start today and SAY NO to bottled water. Done. Finished. Never again. The alternatives? Go buy a water filter pitcher or install a water filter in your house. Break down and buy one of those metal water bottles -- I think that you'll find it's stylish these days to carry one around.

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.

Automated Snow Globe Snowman



Here's the perfect gift, you have snow, with or without music that you don't have to shovel and that doesn't mess up driving.

Our Let it Snow Globes are not your ordinary Christmas snow globe! Our Let it

Snow Globe stand

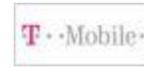
16" high, 6" wide, 6" Deep!

Just plug in your waterless electric snow globe and you have music, lights and continuously blowing snow! Comes with AC adapter.

These are a must have this Christmas and they make an excellent Christmas gift, too! At just \$39.99 they are a steal.



Sprint



NOW More Carriers, More **FREE** Phones, Great Prices, Better Service • **SGMC Raises the Bar!**



If you need a new cell phone or an upgrade you will be sorry if you don't check with us first. We now have service and phones available from the top 5 cellular carriers and VERY aggressive pricing with most phones being FREE with the standard contract commitment.

In addition you can shop for your new phone or upgrade in the store as you have always been able to do or if you like shop at home on our website at www.solanco.com (click on the pink button in the upper left portion of the main page to go to the cell phone store) and have your phone delivered directly to your door usually in 1-2 days. Or, if you like, do your research on-line, you have all the info on the phones and plans at your fingertips and then come into the store to order and pick up your phone and accessories. Now more than ever we are your Cell Phone Store. We have been selling

cellular for more than 22 years and can get the right phone, the right service and accessories all at pricing that can most of the time beat the carriers themselves.

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We have everything you are looking for:

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Virtual Framing • Selection**

Avoid the last minute rush and bring in your Christmas framing now.

In fact bring your framing in now, make a small down payment, we'll complete it and you can make regular payments between now and Christmas!

Photo Restoration

We can fix damage, enhance color and increase contrast making old photos look new. Want color added to your B & W or sepia photos? No problem we can do it. Restored photographs make great Christmas presents. Bring your old photo in today and let us make it look like new again.



We are proud to be offering what we feel is the best Noni available. It's available as a Fruit Leather and also as a lotion with or without 'heat'.

Unlike Noni juice the fruit leather is not fermented and is processed at very low temperatures which means it is raw and retains a lot more of the wonderful properties that Noni is known for.

Stop in and try our organic Noni, you will never drink Noni juice again.

Organic Fair Trade Chocolate



No one will object to having these delicious dark chocolate bars under the tree or in their stocking. 4 delicious flavors!!

Just \$3.79 ea

Wysi™ Wipes



Wysi™ Wipes are the preferred alternative to pre-moistened towelettes, facial tissue or paper towels. Simply add water and you have a moistened, bio-degradable, reusable towel. No Chemicals & artificial scents. 2 sizes available.

2 pk @ \$.50 to 100 pk @ \$11.99

Snow Globe



You don't have to shake this snow globe to make it snow, just plug it in and turn it on with or without music and watch the snow fly. These make perfect gifts and a keepsake for Christmases to come.

\$39.99 each

Stainless Steel Water Bottles



Don't buy bottled water. Use our BPA-free Stainless Steel single-wall water bottles instead. A wonderful gift!

\$17.99 ea • 2 or more \$15.99

100% Organic Cotton Tee Shirts



Certified 100 Organic

low-impact reactive dye

preshrunk

sweatshop free

no pvc's or phthalates

These are the softest tee shirts you will ever feel. Several great colors and designs to choose from for Christmas Gift giving. Great for anyone on your Christmas list!!

\$29.99 each

2 or more @ \$22.99 each

HP Printing Mailbox



Hardware & Presto Service Required

The perfect solution for those non-computer initiated individuals who would like to receive e-mails. E-mails simply print out beautifully formatted.

Just \$179.99

Artist Materials



A myriad of choices, pick individual items or make your own kits.



The Freshness Extender is a safe, organic, and completely recyclable product that extends the shelf-life of your produce by two to three times. It reduces spoilage, and saves you money!

Refills available

\$9.99 • 2 pk



Puzzled™

High grade 3mm wood puzzles come individually shrink-wrapped w/instructions & sandpaper included. Pop out the pieces and go! Painted or left as natural wood, it's a challenging, educational and creative activity for all ages. Start your collection today! A large selection of great subjects available!

From \$1.19 to \$19.99

Most are less than \$10.00

Bach Pastilles



De-stress the holidays with New Bach Rescue™ Pastilles which have been especially formulated using the Original Bach Flower Remedy™

formula for use by the whole family, including pets and animals. An Appreciated gift.

\$6.99 per tin

MegaFun Marble Games



4 classic games to choose from ... Tic Tac Toe, Quick Chinese

Checkers, 9 Man's Morris & Pyramid Solitaire. Boxed with wooden playing surface and marbles.

\$9.99 each

SGMC Gift Certificates

Gift Certificates are the perfect choice when you just don't know what to get. With an SGMC Gift Certificate your recipient can use it on any products in the store which gives them a wide variety of products to choose from. SGMC makes it easy since you pick the even dollar amount that you would like to give.

Remember when you give a gift to give the very best

Jigsaw Puzzles



500 piece puzzles that will delight anyone who receives one! Lot of colorful images available at a great Christmas price!

\$9.99 EACH

VerMints



Choose from 6 delicious flavors of these made in Vermont Mints in color colorful tins.

Just \$2.99 per tin



Choose from themany colors of the Original reusable, in a pouch Chico Bag with its own clip. Give as is or use as a gift bag.

\$5.00 each

Buy 4, Get 1 Free

New for Christmas 2008 is the Chico Bag's big brother the Vita Bag. Big means shoulder length straps and 40 pound capacity.



\$8.00 each

Glass Christmas Ornaments



These hand-painted glass ornaments are available in a variety of designs in clear and red glass and can be easily personalize with a white paint pen.

\$4.19 ea • 2 or more \$3.89 ea

Large Foam Letters

There is no better gift than your name spelled out in these 5" 3-D letters. Decorate and customize them!



\$1.99 ea.



Various colors available, peel and stick dots included on each letter.

Art Kits

Budding Artists on your list (kids or adults) would love one on these great kits available in a wide variety of media.



Prices range from \$9.99 to \$19.99

Cordless Phones



No matter what the feature we have a cordless phone that will put a smile of the face of that special person this Christmas. Choose from Uniden, AT&T, GE & Vtech all with a one year manufacturer's warranty.

Prices starting at \$24.99

Neti Pots

There would be no better gift for Christmas than a clear sinus so give everyone on your list a Neti Pot. The easy natural solution to ease congested nasal passages and clogged sinuses.



From \$13.99



Each of these hand-made Fair Trade Baskets is truly unique and will be treasured for a lifetime!



\$14.99 to \$32.99