

Call 717-786-7118

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

7 GOOD REASONS TO FRAME MIRRORS

If you don't include mirrors in your decorating choices, you should. We've included seven good reasons to include more mirrors throughout your home.

1. Mirrors reflect light into dark spaces, such as the ends of dimly lit hallways.



- 2. Adding a large mirror to a small space opens a room up and creates the illusion of more space.
- 3. Beautifully framed mirrors can reflect a favorite piece of artwork; this will help pull more color into a room and create a sense of balance.
- 4. When renovating a bathroom, simply framing the current mirror is a cost-effective way to make a big change.
- 5. Bringing a framed mirror into a room is an easy alternative to searching for the perfect piece of art. Framed mirrors will create drama and utilize space when searching for art.
- 6. Homeowners and decorators are only limited by their imaginations when choosing framing for mirrors; the options are endless, and everything matches.

7. Think about using framed mirrors in unconventional ways. Framing small mirror tiles will add sparkle and pizzazz to any table centerpiece for parties.

Don't forget that SGMC can supply mirrors for all rooms in your home with or without a custom frame that will compliment your decor. We are mirror specialists!



No More Analog TV After February 17th

Before we know it February 17th is going to be here and the analog over-the-air TV signal that we have become accustomed to ever since they were first turned on in 1946 is going to be turned off.

That means that those of us that receive their TV signals from an antenna had better be prepared with a proper antenna system that is strong enough to provide a digital signal. Generally speaking, in our area, a rabbit ear antenna as pictured at the top of this article will **NOT**, let me repeat, will **NOT** provide a strong enough signal for you to receive a digital over the air signal.

Digital signals now being broadcast and most digital signals, once analog is turned off on February 17th are currently on and will be on the UHF band. Rabbit ear antennas are a dipole VHF antenna and thus are not optimized to receive a UHF signal. Unfortunately the advertising that most people are seeing concerning the change over shows a TV set with a rabbit ear antenna on top seeming to indicate that a rabbit ear antenna will work with a digital signal. The thing that they don't tell you is that you have to be a lot closer to the signal source than any of us are in Southern Lancaster County to use a rabbit ear antenna to receive digital. So if you currently use a rabbit ear antenna to receive your over the air signal it likely will not work after February 17th that means investigating alternatives which would include an outside antenna with a rotor and amplifier or some kind of pay TV option.

If you elect the outside antenna option we have the antennas and all the accessories and the expertise to get you up and running. Just ask us!!

Watch BATTERIES

This is just a reminder that we have one of the largest selections of batteries in the area, especially watch batteries. Not only do we have a large selection of watch batteries, we install them in most watches as well. Of course our selection of batteries is not limited to watch batteries since we can supply batteries for just about anything that might need batteries like:



cordless phones, cell phones, digital cameras, medical devices, RC cars and lots more. Be sure to check us first for all your battery needs. And thanks for supporting local businesses.



Did you ever wish that fresh fruits and vegetables would keep longer in your refrigerator so that you wouldn't have to throw out what you didn't use or maybe so that you could buy more when they're available locally in the Summer or on sale.

We have the answer and it's called **FRESHNESS EXTENDER**. We were skeptical when we first saw these so we tested them in our own refrigerators and are astonished at how long things last. Very simply, fruits and vegetables give off ethylene gas as they ripen and



the gas from one fruit or vegetable hastens the ripening of other fruits and vegetable in your refrigerator. The packets inside the egg shape freshness Extender absorb the ethylene gas that's given off and thus slows the ripening process of everything in your refrigerator completely naturally.

How much do you think you could save if you were able to eat all the fruits and

Largest Selection of Cellular Accessories Around



"Best Price, Selection & Service"

It's Your Health

Antibiotics no help for sinus infections

If you feel a sinus infection coming on, it's likely your doctor is going to tell you to not bother with antibiotics this time.

Recent studies have shown that sinus infections – and the slew of painful side effects that accompany them – last just as long for those who use antibiotics as those who don't. Even if you take antibiotics, the infection will take about two weeks to clear up, according to a study published in the Journal of the American Medical Association.

Many physicians recommend that those who are prone to the extreme nasal congestion and facial pain associated with sinus infections use a Neti nasal pot to clear the sinus passageways of debris and bacteria.

To safely and effectively flush mucus out of the sinuses, try using the Neti Nasal Pot, a teapot-like device that works as a safe, comfortable nasal irrigator when you use it with a lukewarm water and salt solution. Cleansing nasal cavities will ease breathing while eliminating the mucus that can lead to prolonged sinus infections.

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.

RESCUE TAPE

JUST STRETCH WRAP & GET RESCUED™

We are now stocking Rescue Tape which as you will see can be used for a myriad of repairs that might otherwise be impossible.

Rescue Tape is a self-fusing silicone repair product with infinite uses. First used by the US Military and now seen at consumer and industrial trade shows across America, this is the most versatile and easy-to-use emergency repair product available. You can repair leaks on plumbing and hoses in a flash, use to insulate electrical wiring or as shrink wrap, wrap tool handles, and much, much more.



Rescue Tape . . .

- Is Self-Fusing!
- Incredible 700 PSI Tensile Strength!
- Insulates 8,000 Volts per layer!
- Withstands 500° F Degrees of heat! (260° C)
- Remains flexible to -85° F! (-60° C)

Rescue Tape . . .

- Creates a Permanent Air-Tight, Water-Tight Seal in seconds!
- Never gets gummy or sticky like electrical or duct tape - No messy cleanup!
- Has an unbelievably long shelf life!
- Is extremely versatile!
- Resists Fuels, Oils, Acids, Solvents, Salt Water, Road Salt, UV Rays

GET RESCUE TAPE AT SGMC.

Cont'd from page 1.....Freshness Extenders

vegetables that you brought home instead of throwing them out. You could probably save hundreds of dollars, right? So what's Freshness Extender cost? It's just \$9.99 for a 2 pack which lasts 3 months and the refill packs give you a years worth of protection at just \$15.49 when purchased with your Freshness Extender. That's just 6 cents a day or \$.42 a week to save hundreds of dollars of wasted food. Especially in these economics times shouldn't you have Freshness Extender in your refrigerator? Of course, everyone should. Come in and get yours today!



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



Can Cleansing Really Help Me Lose Weight?

For many people the beginning of a new year means making important resolutions about health and wellness, and one of the most common goals is to lose weight and maintain a healthy body weight. The

good news is that herbal internal cleansing can help you get a head start on healthy weight loss by helping to eliminate



harmful toxins that can slow down your metabolic rate and inhibit your body's natural fat-burning ability.

Clinical research has shown that toxins are commonly stored in fat cells in the body, so the more fat cells you have, the more toxins your body will retain. As you lose weight, however, those toxins are drawn out and released into the bloodstream. There they can seriously inhibit your weight loss efforts, especially if your body's natural detoxification organs aren't functioning optimally. Once in the bloodstream, toxins can affect your ability to lose weight in three important ways:

- Toxins slow down your metabolism;
- Toxins decrease your ability to burn fat; and
- Toxins slow down satiety response time (the time it takes for you to feel full).

We have several options we recommend for people who would like to do an internal cleanse. If you are new to cleansing First Cleanse would be our choice for you and if you've cleansed before then Cleanse Start is a place to begin your cleansing followed by possibly one of the proprietary cleanses like Liver Detox. Internal cleansing is an important part of maintaining health. Stop in and we'll be glad to help.