



Summer	Mon thru Fri 9:00 AM 'til 5:00 PM
<b>Store Hours</b>	Saturday 9 - Noon

## What is DECT 6.0?

We have seen a lot of changes since the first consumer cordless phone was introduced in 1980 at around \$300 and at just 27 MHz it gave them a range of about 100 ft. Then cordless phones progressed through the frequency spectrum to 47-49 Mhz, then 900 Mhz in 1980.



Improvements continued with the introduction of 2.4 Ghz in 1998 and then we got 5.8 Ghz 2001.



Then in 2005 the FCC cleared the way for DECT (1.9 GHz), the international standard originally called Digital European Cordless Telephone now

known as **Digital Enhanced Cordless Telecommunication** to come to the US. DECT 6.0 is a relatively new protocol and frequency for cordless phones to operate on in the US although it's been used for a long time in Europe, and it provides many benefits over 2.4 GHz and 5.8 GHz systems. A few of those benefits are:

- **No More Interference** - unlike 2.4 Ghz cordless, DECT 6.0 phones are virtually immune to household interference, and vice versa. If you have a wireless computer network in your home, DECT 6.0 won't disrupt your internet use.
- **Security** - Encryption is a layer of security that standard cordless phones just don't have. As information and identity theft is on the rise, DECT encryption helps keep your personal communications safe.
- **Call Quality** - Extra security isn't just for safety, it gives you clearer calls without crossover traffic.
- **Easy Expansion** - Extra handsets are easy to bring into a DECT system, and you can even make internal calls to other handsets (on some models) in the house!
- **Battery Life** - A DECT phone will last as much as 30% longer than a 5.8 GHz phone.

Here at SGMC we are bringing in more and more DECT 6.0 phones that offer you the features you are looking for and the clearest and best cordless phone communication you have ever experienced.

Even when it's not Christmas time, strings of lights are a fun way to brighten any decor and are a great addition to a special celebration like a shower, wedding or birthday party. SGMC has a great selection of miniature lighting alternatives all year long for year round use, both indoors and out.

You can choose from 20, 35 & 100 count miniature white lights with green or brown cords that are AC and we have 10 light sets that use batteries. We also have Rice lights which are really tiny white lights in a 35 bulb string and 20 bulb string sets in color.

We also offer dotstrand™ 40 light string energy efficient LED lights in 5 colors. So if it's lights you need SGMC is the place that has them at very competitive prices.



Wind ups are back! These are great animated windup toys at just \$1.99 ea. All the popular ones are back along with the NEW penguin! Kids and adults love them! They make great gifts or party favors.



## 48 Page Activity Books/ Cards



If you're looking for the perfect gift for that precious 3 to 10 year-old boy or girl in your life, these 48-page activity books are filled with age appropriate exercises like math, matching, spelling, and more. Compare the \$2.95 cost of these great card/activity books to regular birthday cards, envelopes are included, too! So the next time you need a special gift/card for your special toddler to pre-teen shop SGMC.

## Q-ville Tunnel Print Being Offered



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This poignant photographic rendition, only available at SGMC, of the tunnel that passed under the former Enola Low Grade rail line on route 222 measures 20" x 12" and is available for only \$49.99 and is the perfect gift for anyone currently living in the Southern End or those who formerly lived here and can remember the elegantly classic entrance to Quarryville that is no more.

This print which is certain to be a collector's item is available until September 30th at a special introductory price of **just \$39.99**. Get yours today.

## Largest Selection of Cellular Accessories Around



"Best Price, Selection & Service"

**It's Your Health**

Republished with permission from Patrick Massey MD, PhD, Daily Herald Columnist, June 1, 2009

"Those who think they have no time for healthy eating will sooner or later have to find time for illness" (Edward Stanley, English politician and author, 1826-1893).

These words, written over a century ago, ring so true today. There is increasing medical research to support the idea that many of our chronic medical conditions are not solely the result of bad luck, aging or part of our genetic destiny. Chronic disease is, in great measure, the result of our nutritionally poor diet. Every year, more research shows that a truly nutritious diet may prevent a number of serious medical conditions, including Alzheimer's disease. Alzheimer's disease is now the most common form of dementia in the US. It may be that Alzheimer's is incurable; however, medical research strongly suggests that it may be preventable with simple lifestyle changes. Regular exercise of the body and mind as well as a diet rich in fruits, vegetables and omega-3 fats all seem to reduce the risk of developing Alzheimer's disease.

Now we can add resveratrol to that list. Resveratrol is a compound produced by plants and protects them from bacteria and fungi. It is found in many foods including grapes, peanuts and even red wine. Research has demonstrated that resveratrol has antifungal as well as anti-cancer properties. Some data indicate that, in some animals, resveratrol can prolong life. How it works is unknown but it seems to make cells function better.

Although much of the medical news on chronic disease seems to focus on new and better drugs, the more we look, the more we discover that Mother Nature has provided much of what we need for life-long health.

Sometimes, the solution may be as close as your garden or grocery store.

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.

## New Stuff !!!



2.2# Berry or Natural Flavor

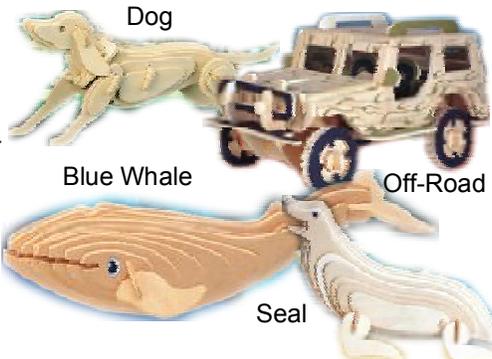
**\$44.99**

These large 4" clear colored balls are filled with glitter and when shaken or bounced, that's right **BOUNCED** they look just like a snow globe.

**Just \$7.99**



The wooden 3D puzzles from Puzzled™ continue to be very popular and we've recently added four new ones that are sure to be big hits not only for those looking for additional subjects to add to their collection but also to those just getting started with this great past time. Great as gifts, too!



## Unique "Silly-Type" Putty for Adults



Discover Thinking Putty for yourself or as a gift for family and friends. It comes in a great metal tin & you just can't keep your hands off of it. Go Ahead. Stretch It! Bounce It! Shape It! Tear It! Shatter It! Lots of cool colors!!



Sprint



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



## Point-of-Sale Software



Maybe you're starting a business that would benefit from point-of-sale software or maybe the software you are now running doesn't do what you need to do. In either case SGMC can help, we sell the best, full featured POS system software around from Positive software. Want more information or a demo, just ask. We'll be glad to show you all that it can do. It's what we're running to operate our business.

## Colorful Snap-Together Track

This colorful snap together track can be configured into multiple layouts easily and quickly and it includes a battery powered car that zooms along the track, a scenic bridge, trees, signs and light posts all for only \$9.99



## Cross-Country 4X4 Play Set



This great cross-country track set is the perfect setting for the included battery powered car to zoom along the straight ways, loop and elevated sections of the track.

Easily assembled with parental help. A great gift at just \$12.99.

## Flip Over Cars & Trucks

Flip the switch on these crazy vehicles and nothing stops them! They never get stuck because they flip, turn and roll and keep on going. Choose from a car or truck and be entertained for hours watching their crazy antics. Get lots of them for gifts at just \$3.99



## Burt's Bees Clearance



All of our in stock Burt's Bees are being cleared out to make way for another product line. Get them while they last!

## Buy One Get one FREE

Choose a regular priced Burt's Bees item & receive another Burt's Bee item of equal or lesser value FREE!