



Call 717-786-7118

Summer Store Hours
 Mon thru Fri 9:00 AM 'til 5:00 PM
 Saturday Hours during the Summer are by chance & are normally 9 to Noon. Please call ahead on Saturdays to make sure we're open.

Easily View What's on Your Computer on Your TV

We have people asking us all the time about how they can hook their laptop (or desktop, for that matter) computer to their TV so that they can view pictures or streaming video on the TV.

We have the answer with the StarTech USB2HDMI USB HDMI External Video



Adapter (Dual or Multi Monitor with Audio) turns an available USB 2.0 port into an HDMI output, with high resolution video support (up to 1920x1080) and audio.

The USB HDMI adapter can be used to mirror your primary display, showing the same image on each display, or to extend your desktop to double your workspace and increase your productivity.

This external graphics card is a cost-saving multi-monitor or dual display solution, for either laptop or desktop applications, offering the ability to connect an additional HDMI (or DVI) display to your computer setup without the hassle of opening the computer case to install a new video card.

In case you didn't understand the foregoing techno speak, here's the plain English explanation. You hook the supplied USB cable to your computer and plug an HDMI (high definition multi-media interface) cable (not supplied) in the other end and what's on your computer is now on your TV. (In some cases you may have to install the driver.) Keep in mind though that for this to work you need to have an HDMI connection on your TV which means a new flat screen TV. And since HDMI carries both audio and video you will see and hear on the TV everything from your computer.

At just \$109.99 the USB to HDMI adapter is an inexpensive solution that provides big advantages.

SGMC has the solutions to many of life's problems. Remember to save yourself time and money, simply ask us first.

Super Sea Veg®

We are now carrying Super Sea Veg® which is the only dietary FOOD supplement that consists of a blend of twelve organic edible sea plants, chosen from over 10,000 species and harvested from pristine ocean waters around the world. Super Sea Veg® contains every element and nutrient known to man and MORE, in concentrated and balanced amounts in 100% vegetable capsules. If you are looking for full spectrum organic (photo-synthetic) vitamins, trace minerals, plant sterols, amino acids and lots more, then look no further than Super Sea Veg®



Yes we have it, the Jitterbug®, the absolutely easiest cell phone to use and own and the perfect solution when you don't want a contract but you hate prepaid. The Jitterbug® is the perfect choice for seniors and with the 5Star program it's like having GM's OnStar service with you where ever you go. We listened when our customers said they wanted an easy way to stay connected to friends and family. That's why everything about the Jitterbug is designed for ease of use – from bigger buttons to a powerful speakerphone and plans starting at just \$14.99 and NO contract.

Come in and get your Jutterbug® today!



We Stock Stratocore



Did you ever have the need to make a sign for outside that is weather resistant, UV stabilized, and durable. Stratocore is an economical alternative to any kind of paper based sign board for use in the weather. It's great for outdoor signs or displays and you can easily score, fold, or cut it with a craft knife or board cutter

It's white and is made of lightweight, strong polypropylene. Vinyl letters and most inks and paints adhere well to this 4 mm thick, 100% recyclable material. It comes in 20" x30" sheets - Flute runs with 30 inch side.



Three Button Silhouette USB Optical Mice in white or black at just \$5.99.

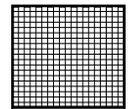


Just in time for Back to School we have the Targus TSB194US black backpack that will hold a 16" Notebook @ just \$19.99

We are experts at screen, storm window & insulated glass repair

We can do things that others can't do. We can make new screen or storm window frames. We have the expertise & the resources to get the job done!

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**Pesticide Exposure—
From Prenatal to Parkinson's**

by Brenda Watson

I often write about the widespread negative effects of chemicals and pesticides. We live in a toxic soup and the more people realize that, the more likely they will be to make changes. Ultimately, the more natural products and services you buy, the more those products and businesses will appear until one day (in my perfect world) we will be able to live without all these toxins.

Take a couple recent studies (out of many) on pesticide exposure. As it turns out, prenatal exposure to pesticides is linked to lower IQ in children at age 7. And people exposed to pesticides near the workplace are at increased risk for developing Parkinson's disease. Everywhere I look is another study to add to the mounds of evidence that the toxins we are regularly exposed to in everyday life are destroying us. Literally!

In the prenatal pesticide exposure study published in the journal Environmental Health Perspectives, for every ten-fold increase in organophosphate pesticides detected during pregnancy, the child experienced a 5.5 point decrease in IQ score by age 7. The study found a correlation with prenatal exposure specifically, suggesting that there is a critical time period to which the baby in womb is susceptible. In the Parkinson's study, researchers found that exposure to the three commonly sprayed crop pesticides—ziram, maneb and paraquat—while at work—was associated with a three-fold increase in risk of later developing Parkinson's disease. Working near a field (not necessarily in direct contact with the pesticides, as they tend to drift up to several hundred meters from the fields) was enough to increase risk. These are two small—yet significant—reasons to try to eat organic when possible, and to support your seven channels of elimination (colon, liver, lungs, lymph, kidneys, skin and blood) with regular cleansing and detoxification.

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.



We have quite a few odd sized frames that we need out of here and to this end have marked them at ridiculous prices. There are no two the same style or size and they are available on a first come first served basis. Get in early to have the best selection. Once they're gone.... they're gone!

bodyceuticals

After much searching we have decided to bring some wonderful body care products into the store from **bodyceuticals®**.

Their premier products are calendula based and are deep penetrating and soothing, this golden organic calendula oil is an extraordinary multi-tasker for all ages and skin types. Choose from oil, salve and lip balm. The calendula oil which is in all the calendula products is a raw, nutrient-rich multipurpose body oil full of vitamins, antioxidants, essential fatty acids, plant compounds and natural enzymes. It helps support skin that is dry, cracked, sensitive and has eczema or psoriasis-like symptoms.

- o Perfect for everyday use and for a variety of skin issues.
- o Pure and gentle enough for all ages
- o Highly effective, deep penetrating massage oil and lubricant
- o Use as a "clean" topical during cleansing programs
- o Being used as an adjunct treatment for radi-

continued in the next column

Nana's
Cookie Company



We are excited to be adding delicious Nana's Cookies to the store. They are moist, chewy and delicious with flavors ranging from decadent to classic and all Nana's Cookies are sweetened with natural fruit juice, never refined sugar. They come individually wrapped with every variety being vegan. We have added two standard flavors Peanut Butter and Coconut Chip and four varieties that have NO Gluten, Chocolate, chocolate Crunch, Lemon and Ginger. They range in price from \$2.09 to \$2.29 Stop in today to see which of these delicious cookies are your favorites.



ation induced dermatitis
o Trans-dermal penetration - absorbs quickly and leaves the skin feeling soft and healthy
Besides the calendula based products you will also see two of the Body Cocktails which are luscious and pure moisture for the skin in Coconut Chi Chi and Orange Creamsicle. Come in and sample all these great new products from **bodyceuticals®** you will be amazed at the quality and the results. They make great gifts, too!

CUSTOM PICTURE FRAMING
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34 Years Experience
Expertise • Price • Selection