



Call 717-786-7118

Holiday Store Hours
 Mon thru Fri 9:00 AM 'til 5:00 PM
 Saturday 9:00 AM 'til Noon
 For all Special Holiday Hours check the SGMC website



Since this great line of plant-based, vegan cleaners had just arrived as the last newsletter was going to press we included just a teaser while promising that we would tell you more.

The people at Better LIFE pose this question, *What if you didn't need a CHILD-PROOF CABINET or CAP?* and feel that people are our most valuable resource. Why would anybody make a product that isn't safe for us? Better Life blends highly specialized surfactants made from sugar, starch, and amino acids - all safe stuff. You'll never see sulfates, ethoxylates, fragrances, dyes, or volatile organic compounds (VOCs) such as glycol ethers and alcohols in our products. VOCs vaporize, entering the air we breathe. They're triggers for respiratory problems, nausea, headaches, and skin irritation, and contribute to many more ailments.

So in a nutshell that's the philosophy that is behind this fantastic cleaning product line. We are carrying 7 of the Better LIFE products and to give you a better feel for each have decided to feature them individually in successive issue of the newsletter. So here we go with the first one.

Take a look at EINSHINE

SURFACES: Safely cleans and polishes stainless steel appliances: refrigerator, dishwasher, oven, cooktop, and range hood. Also great on chrome, nickel, titanium, and other fine metal surfaces.

DIRECTIONS: Shake, give a spritz, and wipe with a clean, dry cloth. Buff for a long-lasting brilliant shine.

SCENT: Naturally scented using only essential oils of Lavender & Chamomile.

Kids and pets. Yep, those dirty little hands and wet noses can quickly turn a clean refrigerator door into a wasteland of smudges. Einshine cuts through the grease and dirt and incorporates a unique protective barrier system which is resistant to the daily 'fridge raids.

Streaks, Smudges, Dullness? Tired of your stainless appliances looking dull, splotchy, streaky, smudgy or all of the above? We were too. After using Einshine, your appliances will actually look like a sparkly magazine ad.

Consistent Shine. Einshine delivers a consistent clean shine (without that oily film). Our resident mad skilled scientist and co-founder, Kevin Tibbs, solved this problem with his own equation: E = Brilliant Shine².

Safe & Natural. Rest assured Einshine meets the same safety standards of all BETTER LIFE products and is free of silicones, aerosols, petroleum oils and waxes. Your stainless steel finish and your health will thank you. Get your to today at \$6.99.



Custom Design For Your Photos

Most of you know by now that we do Custom Picture Framing but did you know that we do custom design as well?

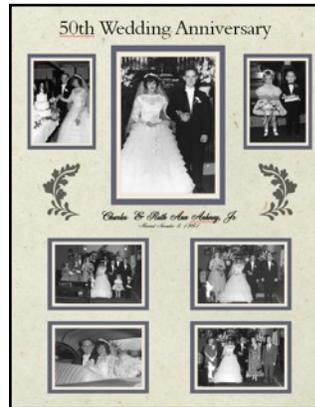
To give you a better idea of what we mean when we say custom design let's give you an example. Suppose your parents wedding anniversary is coming up and you'd like to give them something really special. You have pictures from their wedding that you'd like to get framed and you'd also like to give some copies to other family members as well. Here's where we come in. We can scan the pictures and combine them artistically into a larger poster like the one here that can be framed for your parents and you can get as many additional copies as you need for other family members. The other thing that

we do is provide a legend so that everyone knows who is in all the pictures. Think weddings, anniversaries, birthday, retirements and other family and business functions where a custom one of a kind memento would mean so much.

SGMC is unique in that we can provide you beginning to end service on a project like this where you may have

otherwise had to go to a designer then to a shop to process your work and finally to a framer to have it mounted and framed.

We do this all in house and provide you proofs to approve along the way. Looking for a unique gift? This is it.



Gifts for the Geeks



Want to keep your Smartphone, iPad, iPhone, Kindle, Nook or Tablet dry... Dry Case® is the solution. This vacuum sealed case has been tested to 100' water depth and will keep your device safe and dry and you can use it, too! If you know anyone who skis, snowmobiles, skates, snowshoes or does anything else outside in the Winter or Summer a Dry Case® is the perfect gift.



GLIDER gloves

If you have a touch-screen device you know you can't use it with gloves on right? That touch-screen relies on the capacitance from your fingers to function that is blocked by conventional gloves. But Glider Gloves are built to be used with touch-screens and keep your hands warm and allow you to use your

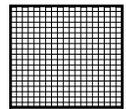
touch screen device too! They make a great gift for you & others, too!



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!

Paw Proof Screen is the SOLUTION to the problem with pets & screens.



- Screens • Storm Windows • Insulated Glass •
- Vehicle Mirror Repair • Vanity Mirrors •
- Desk/Table Tops • Glass Shelves •
- Acrylic • Laminated & Tempered Safety Glass •

MSG by Any Other Name

If you're trying to avoid MSG (Monosodium Glutamate) in processed food, you should be. It goes without saying that you shouldn't add it to food you make at home either. (Accent is the most popular brand name that you can buy in the seasoning section of the grocery store). As you read ingredients lists, keep in mind that any ingredient with the word 'glutamate before, after or in it is suspect, yeast extract, yeast food, yeast nutrient, anything 'hydrolyzed as in hydrolyzed proteins and autolyzed proteins are all hidden forms of MSG, containing "free glutamate." A lot of even the well known so called natural brands use MSG in their products. Don't assume that you don't need to read the label when you see natural on the label or that if it's a well known natural brand that you don't need to read the label. Always read the label and look for MSG and all it's aliases. Reading the labels for MSG can be tricky. It is important to know that there are many ways for food manufacturers to hide the presence of MSG in their products. You can find a list of MSG aliases that you may want to compare to ingredients in your favorite products at <http://www.truthinlabeling.org/hiddensources.html>.

Many people are highly sensitive to MSG and may experience migraines, diarrhea, asthma and other health issues from consuming this substance. Additionally, MSG causes lesions on the hypothalamus, which can result in abnormal development, problems with sexual reproduction and obesity. Become an educated grocery shopper -- know the ingredients listed on your favorite products. Choose processed food not only based on whether they contain dairy or gluten, but with an awareness of the impact of industrial ingredients such as MSG on the food you serve your family.

This article was edited from an article that originally appeared on naturalnews.com where you can find lots of additional information on MSG and the negative effects that it can have on your body. Be an educated consumer and don't buy products that contain MSG.

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.

Unique Christmas Gift Ideas



Chicobags™ continue to be a great gift anytime of the year and we have seven different Chicobag™ products to choose from including the new Micro Keychain Tote and the Designer and Blossom Vita bags are brand new this year, too! And don't forget that Chicobags make great gift bags as well. We'll show you how

the store or check out the video page on our website to see a demo. Also remember that we have an ongoing deal on Chicobags™, buy four of the same kind of bags and get the fifth one FREE.

Chicobags™ are a great, appreciated eco-gift for everyone on your list.

Shop LOCAL this Holiday Season



We'd like to thank you for shopping local this holiday season, not only at SGMC but at all the other local Quarryville businesses as well.

Now it is more important than ever to shop local since you are essentially voting with your dollars to either keep a local business open or not. If you want a business to stay they need your support and your dollars.

Got the Flu ... Get Influenzinum

A great way to both reduce the frequency and severity of flu symptoms is with the homeopathic remedy Influenzinum. We have carried this remedy for quite a few years and people continue to use it successfully with no side-effects.. only relief at just \$9.39



The Pook™ Toque (French for 'hat') is the most fashionable and unique Winter toque (hat) you will find anywhere and coupled with the Pook™ Dukes (mittens) you won't even know Winter arrives.

Both the hat and the mittens are lined inside with warm soft fleece to keep you warm and cozy all Winter long. The hats and mittens come in pink or red and one size fits all. There are also Pookie™ Toquies which fit the kids. Either one or the combo makes a most unique gift that you won't find anywhere else.



bamboobottle company™

The Bamboo Bottle is the perfect synergy of glass & bamboo that keeps your 17 oz. beverage hot or cold. The bottle completely disassembles for easy cleaning . Bamboo Bottles are the perfect gift for you and those special someone's on your shopping list at just \$24.99

