

Gigantic Clearance

January is the time for Clearance Sales and we are having a doozy of a January clearance going on. Not only must we clear out all the leftover Christmas items that we have in stock. We have also scoured the store for slow moving items, items that we only have one or two of that we are not reordering, shop worn items or items that have been on the shelf too long that we need to move. You will find the pricing on all clearance items drastically reduced and ready to go out the door.

It's a great time to shop for next Christmas and to find those one of a kind gifts or decorations at drastically reduced prices.

You'll find items from practically all areas of our store that are marked for clearance. Items will be gathered together in two areas of the store: Immediately across from the counter you will see a selection of the smaller items and the rest will be gathered in the corner where we had our Winter Wonderland Christmas display.

Everything is one-of-a-kind and restricted to stock on hand and is available on a first-come first-served basis. It is understood that clearance items are not returnable and they are purchased as is with no expressed or implied warranties except what may be offered by the manufacturer.

You won't want to miss this once a year opportunity to take advantage of these great discounts and values. Shop early and often.

Green Tip

One of the ways to be green and to save money is to find additional uses for something that you already have around the house, like toothpaste.

Toothpaste: it whitens, brightens, deodorizes, removes stains, and restores and protects enamel. But toothpaste's cleaning capabilities work wonders on many things besides our teeth. The same ingredients that help polish our pearly whites can also soothe some common ailments, make household items sparkle, and even get rid of stains and pungent smells. Try out some of these tricks with a natural, non-fluoride toothpaste like NOW's



Xyliwhite Toothpaste.

Soothe a stinging burn. For minor burns that don't involve an open wound, toothpaste can deliver temporary cooling relief. Apply it delicately to the affected area immediately after a burn develops; it temporarily relieves the sting and prevents the wound from weeping or opening.

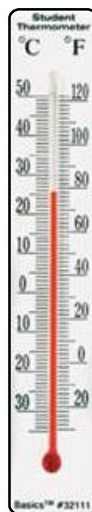
Clean up your fingernails. Our teeth are made of enamel, and toothpaste is good for them, so it stands to reason that toothpaste would also be good for our fingernails. For cleaner, shinier, and stronger nails, simply scrub the underneath and tops of fingernails with a toothbrush and toothpaste.

Scrub away stinky smells. Garlic, fish, onion, and other pungent foods can permeate the skin cells on our hands. Scrubbing hands and fingertips briefly with toothpaste removes all traces of smelly odors.

Spruce up dirty shoes. This tactic works great on running shoes or scuffed-up leather shoes. As with carpet stains, apply toothpaste directly to the dirty or scuffed area, then scrub with a brush and wipe clean.

Remove crayon stains on painted walls. Rub a damp cloth with toothpaste gently on the marked-up wall and watch the Crayola marks disappear.

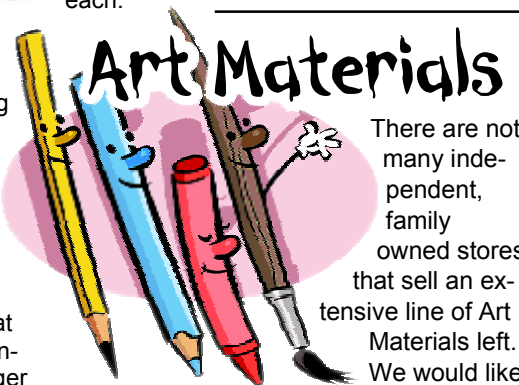
Conventional Thermometers



We haven't seen conventional mercury-looking (they contain NO mercury) thermometers for quite a while and when we found them we brought them into the store.

These thermometers offer a quick and inexpensive way to check temperatures wherever you need to. They are also a great way to teach and compare Celsius and Fahrenheit scales. The durable plastic back measures 1" x 6" and the thermometers are individually calibrated for accuracy and again these thermometers contain no mercury. Mounting the thermometers is easy with two small pieces of double-faced tape (not

included). These thermometers measure temperature ranges from -20°F to 120°F and -30°C to 50°C and are only \$2.99 each.



Art Materials

There are not many independent, family owned stores that sell an extensive line of Art Materials left. We would like

to remind you though that SGMC has a very extensive selection of Art Materials for the beginner to the pro. So no matter what your needs are for Art Materials we can help.

Choose both soft and hard body acrylics, oils, water colors, decorative acrylics, brushes, palettes, pads and lots more.

We also will be more than happy to special order any art material items that we don't stock and stock them if you use them on an ongoing basis.

Remember for ART Materials, it's SGMC.



The Five-Percent Rule

When it comes to New Year's resolutions, think small and work to remain consistent. Someone said a long time ago that if you can change any area of your life by a consistent five percent, the effects will be remarkable. The truth of this is mirrored in the reality of global warming. Even changes of a single degree can change everything. Just a few years ago what was imperceptible even to scientists was altering the landscape of our collective future. This 5% rule applies to our personal ecosystems as well. The smallest of changes in how we communicate in, show up for, and think about our relationships, our everyday choices and most everything else in our lives can and does alter our course and cumulatively the course of humanity as well. Bad things happen fast, good things take time. This is the caveat about how the five percent rule works. Accidents, illnesses, forces of nature like hurricanes or tornadoes arrive in a moment, often with no warning. Personal catastrophes like divorces and things that happen as the result of life-long poor choices can fall into the middle of your world like a tidal wave. How is it possible that we could not see these things coming? Life in general is a fragile eco-system and just as in the aftermath of a storm, rebuilding and recuperation from poor choices is a process which takes time and patience and needs to be worked on daily.

The five percent rule is a good resolution to take on no matter what your life situation or what you are trying to improve upon. Another way of thinking about it is the continuous improvement plan, where we agree to remain vigilant to our own attitude and willingness to participate. It acknowledges that we aren't going to be perfect or expect perfection, but rather with realistic intentions, we strive to be just a bit better than yesterday. It respects the time that it takes for small, seemingly imperceptible changes to be felt and experienced. Making a resolution to live with a five percent improvement plan is a heroic act. Not only do you courageously embrace the unpredictable and certain falling apart that happens in every life, but you simultaneously hold your heart open to try to make the small acts of living softer and more bearable for the people you love. It is a resolution that you can keep because it commits you to a process rather than an outcome and gives you the freedom to miss the mark some days.

So go ahead, resolve to get better at whatever you choose – or what the heck, just resolve to get better in your whole life, but just go for five percent at a time. You'll be amazed.

Original article with the 5% Percent Rule Idea by Wendy Strgar posted to Care2.com on 12/29. Author's original idea was edited and expanded upon here.

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.



Perler beads are back! They've never really been gone but there is definitely a renewed interest in these colorful beads. And with the renewed interest come new offerings both from the manufacturer and SGMC.

Perler beads are really not beads in the conventional sense, they are round and they do have a hole in them, but the hole is not used for stringing them. Perler Beads are really short sections of colorful plastic tubing that are placed on a design grid following a provided design or your free form design. They are then fused front and back by an adult with an iron set at medium heat using the recommended protective iron paper over the beads and moving the iron in circular motion for about 10 seconds on each side. Once fused, Perler Beads are colorful three-dimensional pieces of art work. They are available in kits which include the grid, the beads and instructions on completing the design or you can buy the grids separately as well as the beads and be your creative self. The bulk grids and beads are great for class projects with an adult obviously wielding the iron. Consider Perler Beads from SGMC the next time for a Fun, Creative, Colorful activity.



Wings n Tails Perler Bead Kit • \$9.99



Big Perler Bead Pegboard • \$6.99



Clear Perler Beads Pegboards • \$4.99

Gloves in a Bottle

If you are looking for a solution to Winter dry skin, give Gloves in a Bottle a try.



So how does Gloves in a Bottle work? The outer layer of your skin consists of dead skin cells - it's a protective layer designed to protect the delicate living cells of the deeper layers of skin. This layer of skin needs to stay moisturized to protect the deeper layers of skin. In order to keep the moisture (water) from leaving the outer layer of skin, the skin produces natural oils. These oils also help keep irritants away from the deeper layers of skin. Regular washing with soap or exposure to chemicals can remove these natural oils.

This results in more dry, irritated, and itchy skin that becomes chapped, cracked and damaged. Hand and skin lotions only replace natural oils with artificial ones. These offer temporary relief that does little to heal the skin. Regular use of lotions can actually cause the skin to produce fewer natural oils.

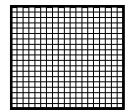
Gloves In A Bottle is a shielding lotion – it bonds with the outer layer of your skin and helps lock in your natural oils and moisture – the reason why dermatologists recommend Gloves as an effective dry skin treatment.

We have been selling Gloves in a Bottle for years and people continue to tell us what great results they have with this incredible product when nothing else seemed to work. At just \$14.99 for 8 oz using a pea sized drop a recommended. Give our Store tester a try!!

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