



Green Tip

Stop Using Single Use Bags!!

If you want to be Green one of the easiest things that you can do today is to stop using single use bags. The average person in the US uses between 300 & 700 petroleum based single use bags a year and that doesn't include single use paper bags. In a not so recent year we used 10 million grocery bags in the US that equates to 14 million trees being cut. Most of these bags go in to landfills or are littering the landscape everywhere.

Get started today by owning and using **ONLY** reusable bags. Raise awareness by giving your friends reusable bags. Refuse a bag when you can easily carry your purchase and encourage your family members and friends to do the same.

And if you're looking for the perfect reusable bag that you can have with you in any store when you need it, consider Chico bags. They store in their own sewn-in pouch and hold up to 40 pounds and come with a carabineer clip that easily attaches to your purse or key chain so they are always handy. Let us show you Chico bags the next time you're in the store.



Blender Bottle

When you see your first Blender bottle you'll say to yourself, "Why didn't I think of that!". These 28 oz BPA free plastic bottles come with a screw-on flip-top lid and include a unique ball whisk which helps thoroughly mix powdered drink mixes and lots more. They are great for:

- Nutrition Drinks
- Salad Dressings
- Pancake Batter
- Yogurt Smoothies
- Lump-Free Gravy
- French Toast Batter
- Scrambled Eggs
- Tempura Batter
- Sauces and Marinades
- Pudding
- Water Bottle
- Food Storage (nuts, syrup, etc.)



And if you slide your Blender Bottle into one of the new neoprene slings that not only adds insulation but also a great carry handle, you have the perfect functional, stylish portable drink solution.

Both the Blender Bottle at just \$8.99 and the slings at \$6.99 are available in a variety of colors.

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 are open.



This very bright 27 LED lamp has a built-in magnet which allows you to stick it up anywhere. And if there is

no metal around you can use the built-in hook. This compact light is ideal for garages, sheds, camping and emergencies. It requires 3 AAA batteries which are included and you can choose from either yellow or blue at just \$7.99. Makes a great gift, too!



4.25 oz.

"The Original" Wonder Pine Tar Soap

Excellent for bathing, showering, shaving and shampooing. Many loyal users have been talking for generations about how "wonder"ful Pine Tar Soap cleans, moisturizes and deodorizes. Many people find that Pine Tar Soap is helpful in removing scales of Psoriasis, Dandruff and Eczema as well as relieving the itching of many other skin irritations, too! With no added colors or fragrances Pine Tar Soap is the perfect natural solution to not only clean but possibly help other conditions as well.



ONE WORLD Lip Balms

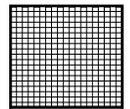


Eco Lips ONE WORLD® lip balms fuse Fair Trade Certified™ Cocoa Butter, USDA Organic Certified ingredients and exotic oils from around the globe to bring you beautifully crafted lip balms with amazing properties packaged in large 0.25 oz tubes made with 40% recycled material. Choose from the Orange Spice - *Renew*, the Coconut Ginger - *Restore* or the Lavendar Lemon - *Relax* all at just \$5.99. Choose several for yourself or as gifts.

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So SAD...

by Brenda Watson

The Standard American Diet (aptly named SAD), also known as the Western diet, is full of processed and fried foods, refined carbohydrates and sugars, and saturated and trans fats. It is low in fiber, fruits and vegetables, whole grains, lean proteins and beneficial fats (like omega-3s). This diet has been blamed (and rightfully so) for so many different health conditions, most notably, heart disease and diabetes.

But cheer up! A change in diet and increase in exercise can reverse both these conditions.

Another recent study links another condition to SAD. Attention-deficit hyperactivity disorder (ADHD, or as it used to be known ADD) is one of the most common childhood disorders, and may continue into adulthood. It involves difficulty staying focused, difficulty controlling behavior and hyperactivity.

In adolescents, consumption of a Standard American Diet was found to more than double the risk of being diagnosed with ADHD when compared to a diet low in the foods found in the SAD diet. The suggested reasons for this difference were:

SAD diet has a less optimal fatty acid profile (too much omega-6 and not enough omega-3).

SAD diet may not provide essential micro-nutrients needed for brain function.

SAD diet contains more artificial colors, flavors and additives linked to ADHD symptoms.

More studies need to be done to figure out which came first, but I simply can't wait that long to get the word out about how detrimental the SAD diet is to our children's health.

I know that children and adolescents are picky eaters, but it is essential that they get all the nutrients they need for the best start in life – one that will carry them through the years. The earlier they begin eating well, the more likely they will eat that way for life.

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.

Genuine Barnwood Frames

We are excited to be offering a new selection of locally made barnwood frames. We are stocking several standard size ready-made barnwood frames and can also provide custom sizes as well.

So the next time you have something that would be enhanced by the look of genuine barnwood we have just the frame options for you.

Mod Podge Offers New Options

We've carried Mod Podge® from Plaid for over 25 years and we are excited to let you know that they



have introduced two new products that are now in stock at SGMC. They are sure to be a hit just as regular Mod Podge® has been all these years.

Mod Podge® Brushstroke creates a highly textured finish that resembles hand painting. Apply over posters, prints or to decoupage canvas projects for an artistic look that's an affordable alternative to genuine painted wall art. Non-yellowing, dries clear. Certified AP non-toxic; waterbase and it comes in both a matte or gloss finish in an 8 oz container.

Mod Podge® Hard Coat is quick-drying for multiple coat build up and dries clear. Perfect for wood, paper, fabric and other porous surfaces, such as terra cotta, plastic foam, and candles, it's quick and easy to use. As a glue, it dries clear and holds tight. Non-toxic with a soap and water clean up makes it great for kids. As a sealer it protects acrylic paints, stains, decoupage and fabric. Leaves a soft finish. No crafter should be without it. Hard Coat 8 oz- Mod Podge is quick-drying for multiple coat build up. Can be sanded to a smooth finish.

Two New Vegan Candy Bars



We have two great new candy bars that, yes they still contain calories, but they are devoid of all the things that wise people are trying to avoid like hydrogenated oil and HFCS and they contain no animal products. They also contain no gluten containing ingredients, but they are manufactured in a shared facility thus they could contain a trace amount of gluten.

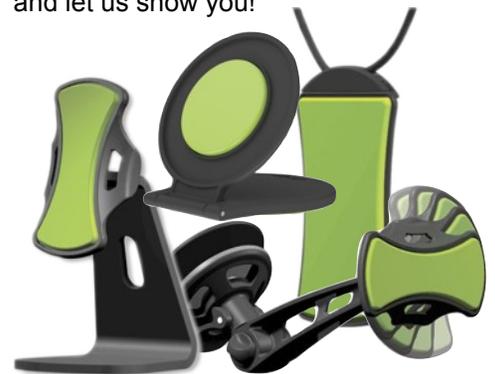
Imagine a rice-milk chocolaty coating cuddling the creamiest, dreamiest, peanut butter filling ever and you have Cleo's™ peanut butter cups.



If you take whole a lotta toasty, crunchy, crisped rice and jam it into a hunk of rice-milk chocolaty goodness you have some idea of what you will be biting into when you try the new SNAP!™

Try any of the 6 great bars from Go Max at just \$2.50 each.

The more electronic gadgets that you have the more problem it is trying to mount them so that you can actually use them to their max. If you're looking for mounting solutions there is no better solution than Clingo™. Stop in and let us show you!



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