



Call 717-786-7118

Spring  
**Store Hours**

Mon thru Fri  
9:00 AM 'til 5:00 PM  
Saturday  
9 - Noon

## Shadow Box Framing

Displaying memorabilia in a frame enjoys tremendous popularity. Sports objects, collector's plates, medals, tap shoes and clothing pieces are just a few



*A father had us frame his adult daughter's tap shoes from when she took lessons as a child. Won't that bring back memories?*

of the huge number of objects regularly displayed in a shadow box. Shadow box frames often require odd shapes and sizes, and the depth necessary may be anything from a fraction of an inch to several inches.

As a custom frame shop, SGMC can design a shadow box to your requirements. Shadow box frames can take those treasured articles out of a drawer or box and put them on a wall or table to be admired every day.

Customized frames, both in size and depth, can be made to frame anything from a baby's rattle to a full size baseball bat, complete with the uniform.

Bring your item or items in today and we will work with you to design just the right combination of frame, matting and glass so that you can give a sure to be treasured unique gift that will have meaning for a lifetime. Or we can help you take that special something that has been collecting dust and make it a focal point of your room by putting it on display for everyone to see.

We'll bring your artifact to life so that you and others can enjoy and appreciate it everyday.

We have been supplying superior custom picture framing services for 34 years which means we have the experience, selection and price to create something special just for you. Remember, they don't call it **CUSTOM** framing for nothing

## Green Tip

### Some Habits That Matter More Than Recycling

So, like every person trying to do your part to reduce your personal carbon emissions and make the most of the natural resources we all consume, you recycle right? The average US citizen recycles only about one third of the waste they produce, preventing about 1600 pounds of carbon from being released into the atmosphere. That's a good thing, but do you want to do even more? Here are a few things you can do which reduce your emissions as much or more than recycling:

#### Drink Less Bottled Water

You've probably heard it dozens of times, you really should be avoiding bottled water. It uses figurative tons of resources to bottle and ship to you, and much of the time (at least in the developed world) is no more pure than the water coming out of your tap. Even if you regularly drink tap water there's probably some time when you've forgotten your water bottle, or the tap water isn't exactly palatable, whatever. So you reluctantly buy a bottle of water. But oh how fast those emissions add up! Even if you only do this once per month, over the year you've just emitted 2.6 tons of CO2 into the atmosphere. Twice as much as you've saved by recycling. So, really make the effort and reduce your bottled water consumption.

#### Go Vegetarian (or Vegan)

Did you know that reducing meat consumption or cutting meat out of your diet entirely has a large impact on your lifestyle carbon emissions and can lower your food bill by 20 percent to boot! The emissions and resources needed to raise animals for food are so much higher than for raising vegetables that by eating a lacto-ovo vegetarian diet you can save about one ton of carbon emissions each year compared to your carnivorous friends. Cut out eggs and cheese and save two tons per year.

#### Wash Your Clothes in Cold Water & Air Dry Them

Another perennial favorite suggestion

that really works: Wash in cold water with Charlie's Soap and air dry. There are plenty of detergents now that work as well in cold water (like Charlie's Soap) as they do in hot, and even in the middle of winter shirts dry in a couple of hours on an indoor drying rack. How much will you save by a very slight tweak in your laundering routine? You guessed it: As much as recycling your paper, plastic and metal for an



## Science Fair Display Boards

**We can't do your project for you but we can certainly help you present the best project display**

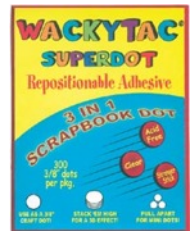
We have always stocked a large selection of Project Display Boards not only in white but also a myriad of colors including red, yellow, green, blue and black. Depending on your project the colored boards can really show off your work and set you apart which after all is exactly what your display is all about. Add to your choice of display board a matching or contrasting color header and a pack of Science Project Titles and you're good to go. Keep in mind too that these inexpensive display boards have many other uses besides being used for school science fairs.

We have a lot of people buying these display boards to display family photographs at family gatherings like reunions, weddings, birthdays and funerals. These photo displays are usually a focal point at many family events. Keep in mind we have a selection of different



ways to easily mount photos and other materials which include the clear acid free photo corners, photo sticker squares and Wackytac®

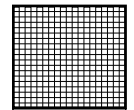
Superdot Repositionable adhesive all of which make attaching photos a breeze. These display boards are also a great way to make a presentation at work or at local gathering or fair.



## 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 •

## The Extraordinary Function of Enzymes

Enzymes are energized protein molecules that play an important role in the chemical processes that take place within cells; they are vital for the digestion of food, brain stimulation, and assimilation of nutrients. Nutrients and enzymes work synergistically, acting as catalysts for every chemical reaction that takes place within the body. You caught that right where it said EVERY chemical reaction that takes place in the body.

The human body cannot absorb nutrients from foods unless digestive enzymes first break them down. The body is capable of producing digestive enzymes and secretes them along the GI tract to break down food and for nutrient absorption and assimilation. However, obtaining digestive enzymes from our diets, mostly from raw foods, is important in securing and preserving the body's enzyme storage. The fewer enzymes the body needs to produce for digestion leaves more enzymes available to repair and rebuild tissue and to maintain a strong immune system. Many contributing factors in our world today may impair and deplete the body's enzyme stores, as well as making it very difficult to acquire enzymes from our diets. These factors include the consumption of cooked and processed foods, pollution, poor soil, pesticides, pasteurization, illness, and stress.

There are several important things that you can do to make sure that you have enough enzymes to make your body work properly. First and foremost eat more raw food. All raw food contains the enzymes that the body needs to digest them and extract the nutrients to benefit the body. When foods are heated above 118 degrees (depending on who you ask it varies a few degrees) all the enzymes are killed which means the food is dead and the body has to come up with enzymes to digest them. One of the things everyone should do is to take a supplemental digestive enzyme with every meal. This will provide the enzymes that the body needs to get the nutrients out of the food you eat so that your body can use them. We have several wonderful digestive enzymes we can recommend. Stop in the store and we will be glad to answer any questions that you may have.

*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.*

## Orange Guard®



We know it's still early and the bugs aren't here quite yet but we thought we'd let you know about a SAFE & EF-

FECTIVE way to take care of all the critters that end up where they're not wanted. Orange Guard® is one of few, if not the only product of it's kind that may be used around food, humans and pets. Orange Guard® is classified as a broad spectrum contact insecticide and will work on most crawling insects including stink bugs and bed bugs. Additional application information besides what's on the label can be found on the Orange Guard® website.

### Digestive Enzymes

*Enzymes are biological catalysts.*

*(A catalyst changes the speed of a reaction while remaining unchanged itself.)*

*Digestive enzymes change the food you eat by breaking down large food molecules into smaller ones which can be absorbed into the blood.*

*Each type of enzyme needs a different enzyme to break it down.*

Enzyme	Breaks down...	To
Amylase	Starch (carbohydrate)	Glucose
Lipase	Fats	Fatty Acids & Glycerol
Protease	Protein	Amino Acids

is found in products such as fruit cakes, cleaners, degreasers, air fresheners and pet shampoos. Orange Guard is 100% biodegradable and water-soluble. Orange Guard is listed by the Organic Materials Review Institute.

The inspiration for Orange Guard came from Tor McPartland's desire to find an alternative to these insecticides which have the potential of long-term health and environmental dangers.

In 1984, McPartland read an article in Science News, where someone had taken citrus hand cleaner and poured it down a fire ant hill. Every ant was killed. "If you ever look at oranges, you'll notice that the peels are never bitten into by anything," says McPartland. "Orange peel is a natural repellent."

McPartland spent 14 years formulating this great product which we have had available for years. It's one of our long time products that is worth reminding you about from time to time. You can't ask more of a product than to do what it's designed to do and to also be safe for your family and the environment. Get your very own 32 oz container with trigger sprayer for just \$12.49.

## CUSTOM PICTURE FRAMING

# EXPERTS

34 Years Experience

Expertise • Price • Selection

## Do You Need an Inverter?



At first glance you might think the picture at left is a DC powered, heated coffee cup, but you'd be wrong. It's actually an ingeniously designed inverter. "What's an inverter?"

you ask. Simply put, an inverter converts

the 12V DC coming out of your cigarette lighter plug into 110V AC so that you can power devices that typically wouldn't run in your car. This particular inverter will power devices that require up to 200 watts to operate. You say "Watts"? What's this watt thing all about? On your electrical device somewhere it will tell you the voltage usually 110V and the amps usually shown something like this – 1.2A. So to determine the number of watts that your device uses multiply the voltage times the amps to get watts. In our example multiply 110 x 1.2 = 132 watts. Whatever this device is will work fine with this inverter. If your math yields a solution that exceeds 200 it means that this particular inverter is not suited to your application and you need to select a larger inverter. So you're saying, "Why do I need to do the math to determine my inverter needs?" The reason is that if your device draws more watts than your inverter is rated for the inverter will simply shut off to protect your device and itself.

Another neat feature of most inverters is that if your vehicle is not running and the inverter detects that the incoming voltage has dropped below 10V DC the inverter will shut off so that you will still have enough juice in the battery for the car to start.

This featured inverter features two 110v outlets and one 5v USB outlet for charging all your portable devices like MP3 players, cell phones and more. Plus unlike other inverters that are rectangular this one is cup shaped and fits right into your cup holder all for just \$41.99.