



Spring Store Hours

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



We are continuing our product by product introduction of the Better LIFE very Green, veg-an cleaning products which we started in the December 2011 Newsletter where we gave you details about *Einshine*, their metal polish and cleaner. Then in January we talked about *what -EVER*, their great all purpose cleaner. Then in the February/March Issue we told you about *I Can See Clearly.. WOW*, the amazing glass cleaner. If you missed any of the preceding info you can always go to the newsletter archive on the website to get a copy of any issues that you missed.

The people at Better LIFE pose this question, *What if you didn't need a CHILDPROOF CABINET or CAP* and they whole-heartedly 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 issues of the newsletter. So here we go with #4.

**Simply FLOORED!**

Natural Floor Cleaner 32 oz Ready To Use. No Rinsing

**SURFACES:** Cleans and restores a brilliant shine to: hardwood, tile, marble, bamboo, vinyl, laminate and other sealed floors.

**DIRECTIONS:** Great for cleaning daily spills or the entire floor. Squirt directly from bottle to floor, then mop. May also be used with dry mops, such as microfiber or terry cloth mops.

**SCENT:** Naturally scented using only essential oils of citrus & mint.

This comment from a *Simply Floored* user tells it all -

"This is my favorite Better for Life product. With a young child and dogs, my floors get dirty easily. I've tried lots of wood cleaners and this is the one I'm willing to go to great lengths to buy. It works really well, has a pleasant scent, and is safe around kids and pets. My floors look so beautiful. Thanks!"



We have carried Grandpa's Pine Tar Bar Soap for a while now and people are getting great results with a myriad of skin issues that nothing else seems to help.

We are definitely not attempting to diagnose disease here, that's your doctor's job, we are just relating what we are hearing from customers. [Think poison oak and ivy, psoriasis, eczema, pupps and more.]

So we wanted to let you know that we are now carrying both Grandpa's Pine Tar Shampoo and Grandpa's Bath and Shower Gel.

Grandpa's Pine Tar Shampoo helps remove flakes of dandruff, seborrhea and psoriasis.

And it's safe and effective on all hair types. It's one of the world's great shampoos!



Grandpa's Pine Tar Bath and Shower Gel has the same great natural moisturizing action as the bar but is for those who prefer a liquid. It lathers white, rinses clean. It's a bar in a bottle.

So, remember, if you have issues with your skin it's worth considering trying Grandpa's Pine Tar Soap bars, Shampoo or Bath and Shower Gel. We have them all.

**Cassette Players**



We wanted to let you know that although cassette tapes have been on the way out for a while now. We still have a few vendors with a few models of cassette players that we continue to stock. So let family and friends that are looking for cassette players know that they can find them at SGMC.

**OVALS**



For 35 years we have had oval frames in our bag of tricks for making your custom framing look the best it can be. But recently we have made a quantum leap forward so that we can provide you an even greater selection of oval frames and oval convex glass for all your framing needs.

No matter whether it's a cherished old family portrait or valued newer art that would look perfect in an oval frame you can now choose from 20 magnificent oval frame samples hanging on our wall of frames.

These mouldings come in a myriad of standard sizes and if needed can be made into a custom size oval to perfectly fit your art.

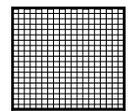
Of course an oval frame wouldn't be complete without the correct glass and no matter whether it needs to be a convex oval to accommodate the old convex sepia portraits, conservation glass which protects with it's ability to filter 99% + of the UV light that can damage art work or the ultimate glass choice for custom framing, Museum Glass which offers the knock'em dead combo of UV protection and glare free viewing, we can provide them all.

Remember that we offer you custom framing expertise, extremely competitive pricing and service that can't be beat.

**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 •

**Many processed foods are made with a coal tar derivative chemical that causes hyperactivity in children**

by Mike Adams, the Health Ranger, NaturalNews Editor

(NaturalNews) Would you knowingly feed your children an ingredient derived from coal tar? That's exactly what you may be doing, if you let them eat any orange or yellow artificially-colored products including sodas, cheese-flavored products, flavored chips, pickles or a myriad of other foods and beverages. The industrial waste-derived coloring chemical tartrazine is a common ingredient in all these foods, underscoring the need to read food labels religiously. (Why would anyone put artificial colors into pickles? Read the labels, and you'll see!) Tartrazine, also known as E102 or Yellow #5, was one of the colorings linked to childhood hyperactivity in a landmark 2007 study conducted by the United Kingdom's Food Standards Agency. As a consequence, products containing it must carry a warning label anywhere in the European Union.

Not surprisingly, the United States has no such law -- even though the coloring has been linked to asthma, migraines and cancer. But since when does the FDA ever bother warning the public about dangerous chemicals in their food anyway? After all, aspartame, MSG and sodium nitrite are all legal -- so why not add a little food coloring poison to the cocktail and call it "nutrition?" Source: 25 Amazing Facts About Food, authored by Mike Adams and David Guiterrez. This report reveals surprising things about where your food comes from and what's really in it! Download the full report (FREE) by going to NaturalNews.com. Inside, you'll learn 24 more amazing but true facts about foods, beverages and food ingredients. Instant download of the complete PDF. All 25 facts are documented and true.

*Additional Sources:*

- [http://www.naturalnews.com/029886\\_industrial\\_waste\\_pickle.html](http://www.naturalnews.com/029886_industrial_waste_pickle.html)
- [http://www.naturalnews.com/030293\\_artificial\\_colors\\_hyperactivity.html](http://www.naturalnews.com/030293_artificial_colors_hyperactivity.html)
- <http://en.wikipedia.org/wiki/Tartrazine>
- <http://www.additivesinfood.info/codes/102/>

*The above information is from the website www.healinglifestyles.com and originally from the blog hybridrastamama.blogspot.com*

*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 often get asked, "If I could take just one supplement which one would you recommend?" The

first thing that we would tell you is that there have been a lot of great products over the years and manufacturer's continually change and reformulate their products.

In our opinion if you ask us today which one we would recommend it would without a doubt be the Greens Pak from Trace Minerals. There is nothing that we know of on the market that compares. Take a look at some of the things it features.

- Green Foods
- Vegetables
- Fruits
- Super Fruits
- Fiber
- Antioxidants
- Enzymes
- Probiotics
- Lecithin
- ConcenTrace®

- Contains over 50 different super foods!
- Contains certified organic foods!
- Certified Vegan
- Sweetened with Stevia
- No preservatives, Wheat, or MSG
- 6000+ ORAC Units Per Serving

Add to that, Greens Pak is a great-tasting, easy-to-mix phyto-nutrient powder that is loaded with energy-packed whole foods, super fruits, antioxidant foods, vegetables, enzymes, probiotics, fiber and plant extracts to help energize your body. These "Super-Foods" are the foods we should eat daily for optimum health and wellness. However, most of us don't get them in our standard diet.

The organic green plants, healthy herbs and spices, natural food concentrates, and antioxidant rich fruits and vegetables in Greens Pak provide the necessary nutrients your body needs to help fight against roaming free radicals and to balance out a diet that is typically missing these key nutrients.

Greens Pak is a super blend of completely natural vitamins, ConcenTrace® ionic trace minerals, enzymes, phyto-nutrients and symbiotic intestinal flora helps to provide your body with added energy, increased metabolism, efficient digestion and detoxification, and helps strengthen your body's natural defenses for heightened rejuvenation and longevity. Take Greens Pak every day and your body will love you!

Greens Pak come packaged 30 packets per box or you can buy the packets individually as well to sample them or to share with friends. Greens Pak is the perfect choice to help support a healthy body.



## Screen Repairs

We have been doing screen repairs for 35 years and still we get people coming in not knowing that we repair screens.

So this is an attempt to either remind you or if you're reading this

for the first time to tell you that we repair screens and we're really good at it too!

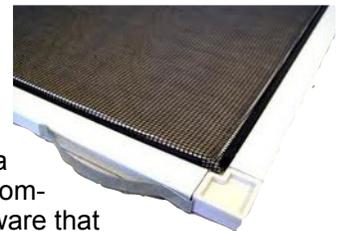
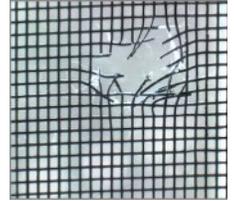
We use charcoal aluminum almost exclusively as well

as providing those with pets the option of using Paw-Proof screen that holds up exceptionally well with animals.

Not only do we install new screen wire but we can also make a variety of new screen frames to replace broken or missing screens around your home or business or so that you can get new screens made so that you can open windows

that never had screens in the first place.

We stock a lot of the common hardware that is used on contemporary screen frames we can either replace missing hardware on your existing screens or install it on your new screens.



Yes we do patio door screens and most of time we can replace damaged or broken rollers as well.

We know that when you have a damaged screen you want it back in

the window or door as soon as possible so our goal is to repair your screen in the most timely manner possible.

So the take away here is that if you have a screen that needs repaired SGMC is the place to bring it. We have the expertise, the equipment and the hardware to do your job right. Beat the bugs and bring your screen in today!!