

Call 717-786-7118
Winter Store Hours
 Mon thru Fri 9:00 AM 'til 5:00 PM
 Saturday Hours are 9 - Noon
 There are occasionally exceptions to these hours which are listed on our website or are also on our answering machine. If in doubt check first.

HAPPY HOLIDAYS

This is the 35th time that we at SGMC have had the opportunity to wish all of our customers and friends a very Happy Holiday Season. It is also an opportunity for us to remind you that shopping at SGMC is an opportunity to reduce your stress during the holidays because with our wide variety of unique goods and services it is likely that you will find that special something for everyone on your list. And if you are not quite sure, an SGMC Gift Card in whatever amount you choose is a great choice. They can be used on any goods and services that we provide. Remember too that we have plenty of FREE off street parking and the expertise to answer any questions you may have. Thank you for all your past support and Thank you in advance for your future support as well. May your holiday season be filled with family and fun and may compassion be your guide in all of life's choices. **Have A Most Happy & Joyous Holiday Season!!**



We have carried the great 3D wooden puzzles from Puzzled® for many years now and we are always adding new models to the ones that we already carry.

In case you are not familiar with these great gifts they are made of high grade 3mm wood and come individually shrink-wrapped with instructions & sandpaper included. Pop out the pieces and assemble them into a true 3D marvel! Paint them or leave them as natural wood. They are a challenging, educational and creative activity for all ages and are a great project for a child and adult to tackle together.

We have actual full size models on display of everything that we carry and considering that they start at less than \$4.00 you can't really beat the value. And once you starting giving Puzzled® 3D Wood Puzzles you will find that the next holiday or birthday is easy because they just want you to buy them more.

So get them started on their very own collection this holiday season. Come in today and make your selections while we have plenty of stock.

Holiday Decorating

You'll find lights, trees, wreaths, garland, picks, ribbon, hangers and all the other things that you need and some things you may not expect to make it look and feel like the holidays.



For those of you who have used any of the Simply Simmons brushes you know that they are a quality brush all at the very reasonable price point of \$4.30 ea. The Simply Simmons brushes are quality brushes for students, amateurs and professionals made by Daler-Rowney.

When we originally brought these brushes into the store they were to replace Royal brushes which are no longer available to us. People really like the Simply Simmons brushes and that's why we decided to bring in the display pictured above which holds 36 styles of these great Simply Simmons brushes.

You can choose from Filbert, Round, Flat (shader), Angler Shader, Fan and Comb brushes all in a variety of sizes to meet your specific painting requirements.

We also have all the other paints and accessories that you may need for all your art projects whether you're a student, amateur or professional artist. Remember too that art materials make a great Christmas present for any artist. Unsure, give a gift card.



For those of you who have tried any of the delicious flavors of Greens 8000 you already know how delicious and nutritious they are and you know why Greens 8000 is repeatedly voted the best tasting green drink on the market. Not to mention that Greens 8000 contains over 50 different Super Foods plus probiotics for better digestion and they all have 8000+ ORAC units per serving. Now in addition to Original, Berry and the ever popular Chocolate you can choose delicious Mocha Cafe. The Chocolate and Mocha Cafe are especially delicious in a plant-based milk. Pick a flavor and give it a try today!



Top 10 herbs and spices for strengthening your immune system
by Aurora Geib

(NaturalNews) Of the many systems working within the human body, the immune system is an excellent example of complex efficiency. A network of participating cells and organs, it synchronizes its responses when defending the body from infection and disease.

The body's defense system is only as dependable as the support it gets. Some people are just blessed with a good set of genes that ensure a strong immune system. For others who are not as lucky, they must work for immunity by observing proper nutrition, sufficient rest, a healthy active lifestyle, plenty of sun and reduced stress. Recent studies have shown that getting enough of these while cutting down on unhealthy habits and avoiding processed foods restores the immune system to peak performance.

Observing proper sanitation also plays a vital role in keeping the immune system working. Antibiotics and vaccination as remedies to assist the body's defenses against disease have now been debunked by recent findings. Of late, antibiotics have been shown to attack beneficial bacteria in the stomach and suppress immune functions. Foods that boost the body's immune system can offer a lot of healthy options for those who wish to be more conscious in what they take in. Below are some herbs that help support the immune system and ones that you may want to consider.

1. **Echinacea** - Echinacea is a popular herb that has been identified to boost immunity.
2. **Ginseng** - This herb has been proven to have anti-inflammatory and anti-cancer properties.
3. **Garlic** - This spice has had a long history of medicinal value.
4. **Bell peppers**- This pepper is sweet and crunchy and contains the carotenoid lycopene which lowers the risk of cancer.
5. **Ginger** - This herb has been shown to reduce inflammation, cardiovascular conditions, blood clots and cholesterol.
6. **Turmeric**- This spice contains curcumin, which has notable antioxidant properties. It also has antibacterial, anti-inflammatory and stomach soothing benefits.
7. **Ginkgo Biloba**- Ginkgo biloba's leaves contain antioxidant compounds called bilobalides and ginkgolides that protect the body from damage caused by free radicals.
8. **Ganoderma**- This is a bitter mushroom also known as reishi. It has long been a popular herb in Chinese medicine attributed to assisting in longevity and health.
9. **Astragalus** - Also from China, this herb stimulates the immune system and aids in digestion and adrenal gland functions.
10. **Cat's claw** - This herb from Peru is becoming known as an exceptional immune response stimulator that helps the body to fight off infections and degenerative diseases.

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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.

It's Not TOO Late!!

If you're one of those people who procrastinate and you were planning to get something Custom Framed for holiday giving, as the headline above states, **it's NOT TOO LATE**. We of course would have preferred that you brought your item in sooner but don't worry, there is still time to get that one-of-a-kind item custom framed.

We have been providing quality custom framing services for 35 years and unlike other places have never imposed a deadline for having custom framing done for holiday giving. If at all possible we will get it done.

(That doesn't mean bringing 10 items in the day before Christmas and expecting them to be done the next day either.) The caveat though is that the closer



to December 25th that you bring your item in to be framed the fewer choices you have. We do stock quite a few ready-made frames and a lot of mats as well, but most custom framing jobs are just that, CUSTOM, which means that the frame, mats and other components of the framing package are not standard sizes and the components need to be fabricated. That's why our normal turnaround is about two weeks. It takes that much time to customize, gather and assemble all the components.

So the take away here is that we will do our best to meet your schedule, but bringing custom framing in sooner is ALWAYS better than later.

2012 SHOPPING GUIDE

As we have for the past number of years we have put together a 2012 Shopping Guide for the Christmas holiday that puts together in one place many of the eclectic and unique products that you can give this Christmas. Copies of the guide are available in the store and on our website, too!

For BIG SAVINGS check out the clearance table for big markdowns. Also check out other items marked down 50% throughout the store.

If you have stockings to fill this Christmas this BIG STOCKING is our way of reminding you that there is no better place to find those unique, inexpensive items that people of all ages love to find in their stockings than right here. Your choices are almost endless and no matter, male or female, young or old we have something within your budget that's sure to put a smile on their face. And when their hand emerges from the depths of their stocking gripping a wonderfully entertaining wind up dog that flips or maybe a pair of headphones that they need for their iPod or MP3 players or that cable that makes everything work their smile gets bigger. If all else fails an SGMC Gift Card is the perfect thing to stuff any stocking this Christmas.



We Sell Replacement Glass!



Fireplace or Wood Stove



Fireplace or wood stove glass is broken?

WE CAN REPLACE IT!

ASK THE EXPERTS!

It's not too early, call today!!

APARTMENT FOR RENT

Very Large - Very Nice 2 bedroom apartment for rent. Lots of storage & includes all major appliances plus garbage disposal, dishwasher, stack washer/dryer & in-wall air conditioner.

- Off-Street Parking •

Rent includes Water/Sewer & Trash To see the unit, arrange an interview, or get an application, see us or go to www.solanco.com & click on the FOR RENT sign for an apartment info sheet, application & pictures.

SGMC, 21 E State St, Quarryville PA 17566

717-786-7118

E-mail: phil@solanco.com