



Call 717-786-7118

Summer Store Hours Mon thru Fri 9:00 AM 'til 5:00 PM
Saturday Hours are 9 - Noon by chance

Please call ahead on Saturdays during the Summer or check the website for exceptions to our reg. Hours



Installation #5

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. And then in the April/May issue we featured *Simply FLOORED!* 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 their 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 #5.

2am MIRACLE™

16 OZ NATURAL NURSERY CLEANER
NO RINSING. NO RESIDUE.

SURFACES: Finally, a safe nursery cleaner made for cribs, changing tables, changing pads, car seats, high-chairs, diaper pails, toys, walls, doors, floors, and mattresses.

DIRECTIONS: Turn nozzle to 'ON' position. Spray and wipe. Go back to sleep.

SCENT: Pure essential oils of lavender and chamomile help you and baby relax.

These comments from *2am Miracle* users tell it all

"I am glad to have a cleaning product that I feel safe using with my newborn. Awesome stuff!"

"Thanks for an awesome product. So glad to know its safe for my baby and cat."



Biodegradable Laundry Booster & Hard Water Treatment



If you aren't using Charlie's Laundry Powder you should be. We have been selling it for 3 years and it has been an astounding success because it does

what it says and is gentle on your body and the planet with only a tablespoon per load. There are times, however, when hard water keeps Charlie's (or any other detergent for that matter) from working the way it should. Want to beat hard water and keep your clothes clean and protect the environment? Use Charlie's booster when you have trouble with hard water or difficult stains. Keep your clothes and the environment clean. Do your wash as you normally do with Charlie's Soap and add 1/2 Tablespoon of the Laundry Booster & Hard Water Treatment for each dose of Charlie's Soap. As with all laundry additives, you should probably test first. Charlie's Soap Laundry Booster & Hard Water Treatment uses a biodegradable phosphate that leaves no residue on your clothes while softening your wash water. Certain phosphates can safely eliminate these problems and be environmentally friendly. They're only a problem with overuse. If hard water has you down give Charlie's Laundry Booster a try today!!

Graduate Celebration Source

If you are celebrating with a graduate at any stage of their educational career don't forget that SGMC can make your celebration easier. Think message specific mylar and latex individual balloons and

balloon bouquets and crepe paper streamers for the party. Need the perfect gift? Frame their diploma or give an SGMC Gift Card toward the framing of their diploma. You get the idea.... Think SGMC first for your graduate.



ABOUT SIMPLY SIMMONS

The Robert Simmons' Simply Simmons brush line was created to provide the artist with a versatile range of short handled brushes, made with traditional Simmons craftsmanship and offered at ONE LOW PRICE.

Based on a single thickness, dark-tipped synthetic filament, these brushes will come to a precise point and sharp edge every time, and provide the performance required for even the most demanding projects. The Simply Simmons brushes offer you a step up quality brush that will give you years of service.

HANDMADE QUALITY

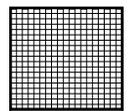
Like all Robert Simmons brushes, the Simply Simmons range is handmade in our own manufacturing facility, by skilled craftsmen using the same techniques and strict standards as all Robert Simmons artist brushes. Artist quality materials are used exclusively including the single thickness dark-tipped synthetic filament, seamless brass and aluminum ferrules and kiln-dried and lacquer dipped birch wood handles. All heads are resin bonded and crimped to handles to insure a permanent fit that won't loosen up with repeated use. For PERFORMANCE, DEPENDABILITY and VALUE, It's Simply Simmons at SGMC.



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 •

Natural Supplements Help Kids Become Healthy Adults

By Brenda Watson, Renew Life

Teaching kids about the benefits of a properly functioning digestive system is about as easy as getting them to choose lima beans over lollipops. But the truth is that good digestion is the key to helping them stay healthy during the early years as well as into adulthood.

When our bodies are able to completely digest the foods we eat, we can then absorb the nutrients we need to stay fit and active. Not only that, but the digestive tract is home to more than 70% of our natural immune defenses.

The Fantastic Three: Fiber, Probiotics and Enzymes

So where should parents start when it comes to choosing the right nutritional supplements for kids? Begin with the basics—fiber, probiotics, and enzymes. Together, these three essential supplements help to establish and maintain a solid foundation of optimum digestion and overall well being.

Fiber: The Powerhouse

Healthy bowel elimination is just as important for kids as it is for adults, and fiber provides the bulk necessary for regular, well-formed stools. Fiber-rich foods also support healthy blood sugar, which helps manage your child's hunger and prevent unhealthy snacking during the day. And according to the American Heart Association, raising kids on a high-fiber diet promotes heart health in adulthood.

Probiotics: The Immune Booster

The digestive tract is home to trillions of bacteria, including beneficial microbes called probiotics that help to crowd out harmful microorganisms and promote healthy digestive and immune function. Daily supplementation with a natural probiotic formula helps maintain a balanced intestinal environment and keep kids healthy, especially during peak seasons.

Enzymes: The Digestive Defender

Enzymes are natural substances found in raw, whole foods that help to break down our food and make it easier for the body to absorb its valuable nutrients. Because cooking and processing destroys these natural digestion helpers, children's health and nutrition experts recommend taking an enzyme supplement with every meal to boost digestive function.

By providing kids with the nutritional support they need to look and feel their best every day, parents can become role models for healthy living. Talk to your kids about the benefits of a properly functioning digestive system. Put them on the path toward better digestion and health 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.

Clean your pets and livestock safely!

It's not just clothes, things and people that can get dirty and filthy. Through usually no fault of their own, animals can get themselves coated in anything and everything: from food and waste, to mud and even oil. Animals need to be cleaned safely and effectively, and cheaply if possible. While not originally developed for washing critters of the 2 or 4 legged variety, Charlie's Soap Indoor/Outdoor Formula can tackle even this job. A little goes a long, long way. Charlie's Soap is safe for use on pretty much any animal. It works very well on blood, mud, skunk spray or heavy oil such as from a spill. And, the longer you allow Charlie's Soap to sit, the better it cleans.

GREEN: 97% biodegradable in just a month. (Japan Food Research Labs) Rated safe for use around lakes, streams and oceans. Charlie's APC is Non-Toxic.
CLEAN: Targets the stains, not the animal. No gloves or masks required. Safe for you and your animals' skin. Rinses away completely. (Clemson University School of Textiles)

GUARANTEED: Charlie's believes in only making products that work well. Use as directed and your animals will be clean and happy.

If washing in a bath/basin: Use Charlie's Soap APC Indoor/Outdoor Formula full strength.

1. Mix ¼ cup of Indoor/Outdoor per 5 gal of water.
2. Stand animal in bath and lather up fur or feathers.
3. Avoid contact with eyes as it will sting but cause no harm.
4. Rinse thoroughly. *Please keep in mind that Charlie's Soap will remove most natural oils from aquatic animals' fur or feathers. Keep them from water until their bodies regenerate the oil, lest they have trouble swimming.*

For hand washing: Use Charlie's Soap Indoor/Outdoor Formula half to full strength.

1. Wet hands (or paws, or hooves).
2. Apply Indoor/Outdoor to animal conservatively.
3. Scrub animal to lather up hands (or paws, or hooves).
4. Avoid contact with eyes as it will sting but cause no harm.
5. Rinse thoroughly. *Please keep in mind that Charlie's Soap will remove most natural oils from aquatic animals' fur or feathers. Keep them from water until their bodies regenerate the oil, lest they have trouble swimming.*



Some New Stuff



2 New styles of Mood rings, 1 with patterns, the other with a double band.

Just \$3.49

This 4-section silicone caterpillar lights up when played with. It's a great fun gift or party favor.



Just \$2.49

Just \$9.99

Consider the hydrated Redmond First Aid clay for anything related to the skin. Especially good for insect bites and poison ivy.



Over 20 servings of fruits & vegetables in every serving. 3 delicious flavors!



Looking for the perfect natural toothpaste Try Redmond Earthpaste in different flavors..

Just \$7.99



Just \$29.99

Enjoy this delicious rice protein in original or vanilla..



Just \$18.99

An herbally enhanced nasal spray that helps you feel better.



Just \$9.99

Choose from 2 sizes of real rock cairn fountains or side by side rock cairns. Either makes a great addition to your home



Just \$99.99

Lots of other new things continue to arrive in the store almost daily!