



Call 717-786-7118
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 the door, on our website & are also on our answering machine if you call when we are closed. If in doubt check first.

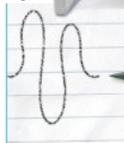
FEATURED PRODUCT



This is the column where we re-introduce you to those great products that we have carried for a long time that you may have forgotten about. Today it's Stress Balls and who doesn't have stress? Isoflex Stress Balls have a unique soothing irresistible feel because they are filled with Micro Beads and once you pick them up you just want to squeeze them and you can't put them down.

Only Isoflex Stress Balls are triple lined for extra durability. Isoflex Stress Balls provide high quality protection against leakage and breakage. Isoflex Stress Balls are a great way to help relieve stress and tension. Isoflex Stress Balls are also a great way to assist in rehabilitating forearms and wrists from injury. Keep Isoflex Stress Balls at your workplace, in your car, or in your purse to use anytime you need to relieve some stress or just fidget with your hands! They are 2.5" diameter, colors may vary. They make great anytime gifts for everyone at just \$6.99.

We recently brought in 20 of the most popular colors of the Decoart Americana Satin paints in the 8 oz. size which is the way to go for your larger projects and for groups.



We have really beefed up our selection of calligraphy pens with a full color selection of Calligraphy Duos which are two for one calligraphy markers. They are double ended calligraphy markers with a 2.0 mm chisel tip on one end and a 3.5 mm chisel tip on the other. The durable fiber tip keeps its shape longer. They are also great for rubber stamping. It's an ideal tool for creating creative lettering and we are stocking them in eight different colors.

We also stock a nice selection of different sizes of Elegant Writers that are calligraphy markers that have crisp, chisel nibs that make forming beautiful calligraphic letters easy. Free flowing ink is AP non-toxic and acid free. These are sold individually and in kits with multiple colors as well. So the take away here is that if it's calligraphy supplies that you need SGMC is the place to come.



We've added to the options that you have for doing body painting with DecoArt People Paint Markers which make face and body painting fun & easy. They're perfect for parties, sporting events, festivals, holidays, & more. People Paint Markers allow for greater control than traditional face paint applied with brushes. Be sure to check out all of our body painting options in the store.



Think of how cool it would be to turn any painted surface into a chalkboard. Now you can with Clear Chalkboard Coating. Apply Americana Clear Chalkboard Coating directly over your existing wall color or painted surface to turn them into a chalkboard or memo board for writing and drawing.

In addition to this Clear Chalkboard coating we also carry Krylon Chalkboard Paint which creates a durable chalkboard finish in 15 minutes or less.



Calligraphy Duo



The Stabilo pencil is a unique colored and graphite pencil for almost all surfaces. They write brilliantly on glass, plastic, metal. Stabilo leads are made from the highest-quality pigments and finest graphite. Lead quality and strong colors guarantee your highest satisfaction. The Stabilo pencils are a great choice and will satisfy even the most unusual circumstances and they are currently available in red and yellow.



Release Those Toxins and Cleanse!!

As 2014 gets into full swing, it's a great time to think about choosing a full body cleanse. To me, the New Year is the perfect time to detox!

Over the holidays something most of us don't even think about is additional exposure to toxins. Believe it or not, toxins abound in fake trees, plastic ornaments, scented candles, and in many of the new items we receive each year as gifts. Not to mention the exposure to who-knows-what as we travel in airplanes and on the road. In our lives today, toxins are everywhere!

And during those wonderful family celebrations, many of us find we've had a few too many carbs, whether in the form of cookies or perhaps glasses of wine.

Did you gain a few pounds in 2013 that you'd like to release? Have you started on your new diet only to find that the pounds seem to be stuck on like glue? Very possibly it's due to toxins.

Toxins actually cause your body to hold onto weight. Detoxing (also known as cleansing) can help reduce bloating, water retention, and might just be the ticket to help release those stubborn pounds easily.

Additionally, so many of us find ourselves with New Year's resolutions that will take more energy to complete. Working out more is the one that comes first to mind. But no one wants to exercise if they're feeling sluggish and achy—both signs that you're probably toxic and that a cleanse would be a great idea. Cleansing/detoxing is one of the fastest ways you can help your body reclaim its natural energy.

Personally, I like to cleanse at least twice a year (and more often if I feel the symptoms I mentioned above) to flush out toxins and waste. There are many pure ingredient internal cleanses available to fit your goals and particular lifestyle.

Enjoy [the rest] of 2014 with a fresh, new perspective. Cleansing offers you that. You'll be glad you did.

Yours in Great Health!

Brenda Watson

Owner & Founder of RenewLife

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.



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Ginger Wow Cough Spray- a soothing formula



that reduces throat pain, makes coughs more productive & helps clear the lungs & bronchial tract of congestion & expels lingering mucus. Ginger increases circulation & warms the body. Osha is helpful for lung & throat infections, will stimulate the macrophages (white blood cells of lungs) & assists in expectoration. Wild Cherry Bark calms the respiratory nerves & will reduce the severity of a cough. Licorice loosens & thins phlegm & allows the body to expel mucus. Ginger Wow Cough Spray is helpful for coughs, colds, flu, asthma, smokers' lung & bronchitis. It will increase oxygen uptake & is indicated for athletes, altitude sickness, oxygen depleted individuals & asthmatics.

SILVER BLASTER

1 oz Silver Blaster Oral Spray Plus Oregano

"Get Blasted" – Silver Blaster from L.A. Naturals. From the company that has brought you the highly effective Cold and Sinus Blaster comes another great "Blaster" formula. We all know how effective Silver is. And we all know the effects of Oregano (or you should). Silver Blaster combines these 2 nutrients into a convenient spray. But, hold on tightly. When you combine the Oregano with the Silver you have a highly "volatile" (in a good way) formula and we mean it when we call it "Blaster". L.A. Naturals - Feel, Experience, Believe



"Let us make your Custom Sign in our Sign Shop – Yard Sale Signs, Banners, Lettering for your business building or vehicle, registration numbers for boats and trailers and lots more."

**CUSTOM SIGNS
MADE TO ORDER**

POWER ON THE GO

If you are looking for a way to charge your mobile device



when you're away from an outlet the Juicebar "Power Tube" Mobile Charger is the answer. The Juicebar "Power Tube" Mobile Charger has a durable, anodized aluminum casing with a high Capacity 2200 mAh lithium battery fully that juices-Up a smart phone with a single charge! It holds a charge for 30 days so power is available when you need it! The LED light is red during charging and then turns blue when the charge is complete. It has built-in USB and Micro-USB ports and includes a USB cable and 3 adapter tips (Micro USB, Mini USB and Nokia) to fit the most common device. And of course if you have a power cord for your device that has a standard USB adapter on one end, you can plug right into the Juicebar. It's compact size (only 3.5" x .8" – weighs just 3 ounces) makes it a must have on-the-go accessory. Various colors are available.

Hyland's Baby Tiny Cold Tablets

Whether your baby is 6 months or 3 years old, a nasty cold doesn't care. Sniffles and coughs barge into a healthy baby's system as fast as a sneeze and a bless you! Hyland's Tiny Cold Tablets are just as pushy. They pull up the welcome mat fast and shoo away



runny noses and congestion. Relief comes in and insists that the cold germs take a hike. No need for artificial anything. Just an all natural cold medicine that knows its place and does its job. A completely safe and effective homeopathic alternative to synthetic pharmaceuticals.