



Store Hours Mon thru Fri 9:00 AM 'til 5:00 PM
Saturday 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. In if 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.

We have carried telephones both corded and cordless forever so we wanted to remind you that when you need a new phone that there is no better place to come than SGMC.

You have may noticed that other stores have all but eliminated corded phones but we continue to stock more than 20 different corded phones ranging from simple trimline to full featured phones including two line phones and phones with built-in digital answering systems. There are many times that a corded phone is the better choice. A lot of our corded phones are line powered or take batteries instead of requiring AC power as well.



We also stock 20 different models of cordless phones ranging from basic no frills models to multiple handsets, corded bases with a cordless handset, cordless phones with built-in digital answering systems and specialty phones for hearing and sight impaired and the Careline Home Safety Phone.



We feature phones from RCA, vtech, Panasonic, Clarity, Uniden and AT&T that offer a full one year manufacturer warranty.

So the message here is that if it is a phone you need and the information and accessories to hook it up SGMC is the place to come. We can explain the features and get you into a phone that meets your needs at a very competitive price and send you home with the phone assembled and ready to use. There is no other place that we know of that can provide the selection, price and service that SGMC can provide you when you need a telephone.



This is just a reminder that if you want to keep up to date on all that's new at SGMC you need to like us on facebook. Just search **SGMC Quarryville** to find us or go directly to our facebook page at www.facebook.com/solanco

It's important that you like us for two reasons first we try to post on Facebook at least once a week, sometimes more so you will be up-to-date on what's new as well as any special promotions we might be having. And equally important by liking us you help us to get the word out to all your facebook friends about our awesome store.

If your friends are local they can then come in and see for themselves or order from our on-line store. So thanks in advance for your likes on facebook.

If you are looking for an awesomely small blue tooth speaker for your device look no further than the Bluetooth® Wireless Technology Enabled portable speakers from Gear Head. They have built-in lithium rechargeable batteries, a durable aluminum body and a convenient volume control. Simply charge up the speaker, turn it on and then turn blue tooth on on your device. Your device will find the speaker and then confirm that you want to pair the speaker to your device and you're good to go. And the awesome thing is that even if you don't have a device that has blue tooth you can still use this speaker with the included cable that allow a direct connect between your headphone jack and the speaker.



Heavy-Duty Zippack

This heavy duty zippack backpack will accommodate notebook computers up to 15.6" and has a top-loading main cargo compartment that features a padded computer sleeve. It's made of heavy-duty moisture-resistant material and has a top mounted cargo pocket ideally suited for pens, business cards and other small items. Add to that the front facing over size zip closure cargo pocket and the side mounted cargo pocket for carrying mobile devices and you have the perfect back pack at an awesome price of just \$49.99.



We are stocking two favorite handheld electronic games for those who prefer a dedicate game device. Either one will keep you occupied for hours.

If you need crafty type Duct Tape you need not look any further than SGMC. Duct Tape is still crazy hot and if you are just getting started a kit might be the answer and if not any of the individual rolls of the great 3M Duct Tape would be the perfect choice.



If you are looking for a way to easily play music from one of your devices through your car stereo system we have a variety of FM Transmitters to do the job. Simply plug the FM Transmitter into your cigarette lighter and the 1/8" stereo plug into your headphone jack. Then set FM frequency on the FM Transmitter and match it on your radio and you're good to go. It's really that easy and of course we will be glad to help.



Take a 3" high bounce rubber ball designed for ages 4 and up and add glitter and light it up when it bounces and provide a choice of either red, pink, green and blue and you have the ideal kids toy for just \$3.99

We Have Your Sign

"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**

Artificial Sweeteners: Bad for Your Gut, Bad for Your Waistline

We need to have a talk about your diet soda. Or more specifically, about the artificial sweeteners inside your diet soda that you've been told will help you lose weight. The truth is they're not helping at all.

Recent studies have found that both sugar-sweetened beverages and artificially sweetened beverages are associated with a higher risk of obesity and diabetes. Not only do they lead to an increased appetite and preference for sweets, but artificial sweeteners have been found to increase insulin levels in the same way as sugar—the very thing you are trying to avoid.

Which brings me to a new study published this month in the journal Nature.

Scientists in Israel analyzed both mice and human subjects and found that regular consumption of artificial sweeteners altered metabolic function and caused a significant increase in blood sugar—primarily because the chemicals found in sweeteners such as saccharin, sucralose and aspartame altered the beneficial bacteria in the gut. And as for the negative effects, study authors believe it has to do with inflammation.

When changes in our gut microbial populations occur, it can trigger an inflammatory response, which then disrupts glucose metabolism. In both the animal and human studies, regular consumption of artificial sweeteners was associated with glucose intolerance, as well as large numbers of certain bacteria that have been linked to obesity and diabetes. And even in subjects who were not regular consumers, once artificial sweeteners were introduced into the diet the same negative effects were seen.

It's true that each of us has a unique collection of gut bacteria, much like a fingerprint, that differentiates us from everyone else, and because of that we may be more susceptible than others to the effects of artificial sweeteners—but I say why chance it? There is no place in a healthy diet for artificial sweeteners, especially when the health of your gut (where up to 80% of your immune system is found) is concerned. The next time you're thirsty opt for purified water or herbal teas, and add a splash of lemon or lime juice for flavor. If you miss the fizz, try carbonated water. It's better for your health and your waistline! Yours in Vibrant Health,

Branda Watson

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.



No matter what you have in mind headphones SGMC has them in of prices starting at just \$3.99 all the and everywhere in between. No matter what you are looking for we have something that will do the trick. Here are three of the most unique options that you should know about.

Two options from Maxell's Pure™ Fitness line are worth mentioning. The Pure™ Fitness Earbuds with mic feature a secure behind the ear wire design along with being sweat resistant along with having soft silicone ear tips for comfort at just \$14.99. The Pure™ Fitness headbuds with mic offer a light weight behind the head design and a flexible and durable neckband along with soft silicone ear tips for comfort, a single entry cored and inline mic and for just \$17.99.

We also have the exceptionally innovative Aftershokz™ mobile bone conduction headphones that give great sound while not blocking the ear canal and offering what they call "situational awareness" which means that you can still hear what is going on around you so that you can walk or run safely outside. In addition it's sweat resistant and it will play for 12 hours fully charged and comes with a two year manufacturer's warranty.

It also comes with a hard zippered case and a USB to microUSB charging cable that can be charged from any USB port or wall adapter with a USB port. At just \$59.99 it's a practical, safe solution for enjoying your music while doing any activity.

Dish It Out - the Latest Addition from BetterLife

Natural Dish Liquid 22 oz
Easy Rinsing. pH Balanced.
Sulfate-Free. Tough on grease,



gentle on hands.
No more dry, irritated hands from doing dishes.



Quirky believes the best ideas in the world aren't actually in the world... they're locked inside people's heads. They exist to solve that problem. We are currently stocking some of Quirky's great solutions. Stop in to see what they are all about. You'll be delighted.



If you need to breathe deeply in any environment and during seasonal changes, the solution is NOW® Solutions Chest Rub Relief. It combines soothing natural oils with menthol aroma for breathing comfort and well-being. Suggested Usage - Apply a liberal amount to chest

area as needed, or dab a small amount above upper lip, to help open up airways for easier breathing. Discontinue use if irritation occurs. Not recommended for children under the age of 2.

Ingredients: Helianthus Annuus (Sunflower) Seed Oil, Beeswax, Olea Europaea (Olive) Fruit Oil (Extra Virgin), Cocos Nucifera (Coconut) Oil, Camphor, Menthol, Eucalyptus Globulus Leaf Oil, Cetearyl Alcohol & Cetearyl Glucoside, Thymus Vulgaris (Thyme) Flower/Leaf Oil, Abies Sibirica (Fir Needle) Oil, Melaleuca Alternifolia (Tea Tree) Leaf Oil, Rosmarinus Officinalis (Rosemary) Leaf Extract, Myristica Fragrans (Nutmeg) Kernel Oil. Gluten-Free



Claim your own space in the sky with one of our flying copters. With their special indoor design they offer hours of fun and entertainment for all ages. They offer three way precision controllers, adjustable trim control and a rechargeable li-poly battery. No matter whether you choose the quad copter or the conventional copter you are in for a treat.



No matter if you are a professional artist or you just dabble you probably use some type of palette to put your paints out on and to mix them as well. You could choose a paper palette which you simply peel off and throw away when you're done for the day or you can use a myriad of the plastic palettes which when you are done you need to remove the paint and then either wash off acrylic paint with water or in the case of oil base paint, use the appropriate solvent to clean your palette.

Now we have a great solution. With the advent of "Peel Off" palettes there is no more washing and scrubbing, you just peel off the dried paint to clean the palette. When the paint dries peel it off. No more scrubbing plus the palette lips restrain paint overflow. The palettes are sturdy, strong and break resistant and are designed for use by right or left handed artists and are excellent for acrylic or oil based paints.

Two New Great Puzzled Designs



The dolphin and the osprey are the two latest additions to our extensive selection of these awesome 3D wood puzzles that continue to be very popular. Stop in to see all the great models.