



Store Hours

Tues. thru Fri.
9:00 AM - 5:00 PM
Sat. 9 AM - Noon
CLOSED Sun. & Mon.

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 and or services that we have provided for a long time that you may have forgotten about. In this issue we'd like to remind you about ready-made frames. You know picture frames that are together and ready to go and are a quick and easy solution for those things

SNAPPY GRIP™
Ergonomic Handles for buckets from SGMC!!
(and just about anything else you can think of!)
SNAPPY GRIP™



Ergonomic Handles are made to last for years without deterioration from the sun or chemicals. They are designed to fit over the wire bail on buckets, to fit on rope or twine when carrying boxes or packages, to fit over the wire handles on pet cages and live animal traps, and they can even be modified for use on custom made tools and stuff. Your hands will love you!!!

Comfortable -

Have you ever carried a bucket full of tools, paint, water, dirt? Have you ever gone on a trip and had a box or some other type of heavy package wrapped with string or rope? Do you ever have to lift a pet cage or live animal trap with an angry animal in it? If you said yes to any one of these questions, then you know how bad it feels on your hands. This ergonomic handle was designed to fit comfortably in your hand! It can reduce hand fatigue by more than 50% by distributing the weight over more of the surface area of your fingers, which will reduce the possibilities of arm, back, and shoulder injuries. It will also keep you from damaging the circulation in your hands and fingers. SNAPPY GRIP™ Ergonomic Handles will actually make whatever you are carrying seem much, much lighter.

Affordable -

SNAPPY GRIP™ Ergonomic Handles can be considered permanent or disposable. At \$2.19 each they will make carrying a bucket 4 feet or traveling with a package 4000 miles a whole lot more enjoyable. Compare SNAPPY GRIP™ to ordinary bucket handles.

With over 400 million produced every year, the five gallon bucket is considered the most widely used single items in the world. It has been a standard household item since its introduction, and without a doubt, it has more uses than any other product on the market. They are used in just about every trade and often dedicated to a specific task for several years. So, why not have a handle that will make that widely used product more user friendly?

SNAPPY GRIP™ Ergonomic Handles will fit most hands comfortably. Say, GOOD BYE to numb fingers or the ache of arthritis. Whether you're a handyman, painter, plumber, fisherman, gardener, camper, homeowner, trapper, pet owner or international traveler, this product is a must!

The more you buy, the cheaper they are. Get a Snappy Grip for every bucket you own. They make great gifts too!



Beat It! All Natural Insect Repellent

Use on the whole family for natural protection from...

- mosquitoes • ticks • fleas • black flies • deer flies • yellow flies • chiggers • red bugs • bed bugs • sand fleas • yellow jackets • no-see-ums • household pests and... ALL BITING BUGS!

What's in it?

For all nature lovers and outdoor enthusiasts, BEAT IT! is a safe alternative to harsh chemical repellents. Its long lasting power comes from an essential oil combination of Lemongrass, Citronella, Lemon Eucalyptus, and Mint Oils blended with soothing Aloe Vera in a base of pure water and coconut oil. does it really work?

This formula was developed in the humid, hot, swampy, bug infested climates of Florida. It has been tested at the University of Florida for effectiveness where it outlasted common name-brand Deet products! BEAT IT! lasts up to 8 hours!

BEAT IT! not only works great, but smells wonderful and leaves your skin feeling soft and smooth. BEAT IT! is now available in a durable spray pump aluminum bottle, perfect for hiking and camping and easily recycled! Also available in bulk gallon size for refills, pest control, or horse protection.

We are currently stocking this great natural insect repellent in 2oz, 4oz and 8 oz sizes. Be sure to have some on hand for all of your outings this Summer season.

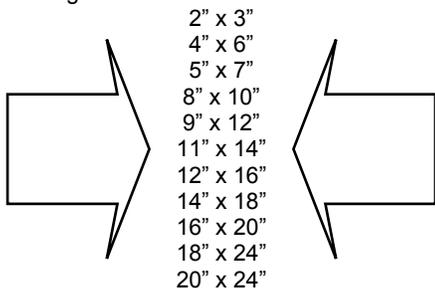
We Have Your Sign

"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**



that you need to frame quickly and easily at an affordable price and something that you can do yourself to save time and money. We have quite a variety of ready-made frames in different colors, finishes and sizes including recently arrived locally-made barn siding ready-made frames to give you that rustic look that many people are looking for. We have ready-made frames in a number of industry standard sizes which include the following:



Now keep in mind that you have several options if what you are trying to frame does not fit nicely into the available sizes. First you can pick a larger frame and use either a ready-made mat or a custom mat to take up the extra space in the frame. Or in some cases if may be necessary to have a nice looking finished frame job to select a custom frame to fit your odd size work of art. No matter what you have to frame we can help you select something that looks great and also something that fits your budget whether it be a ready-made frame or a custom frame. We can also show you options you have for glass to provide the best protection for what you are framing. And no matter what you choose we will make sure you have all the accessories and hardware so that you can complete your job.

The White Potato and the Law

Three years ago I discussed the issues of the US government banning one of the healthiest foods for humans, the white potato, in my book, *The Starch Solution*. You know, the book with a white potato on the cover.

This article from the WSJ explains how after all these years some action is being taken to correct health damaging information on potatoes.

(Please note I am not defending greasy French fries.)

This conflict over the potato shows how backwards ideas can become when money is at stake: the animal foods industries want all of the space they can buy inside of your stomach – the potato is a serious competitor with tri-tip for that real estate.

When it comes to profits there are no limits placed on lying (all is fair in love, war, and food).

Consider how industry can successfully teach doctors, dietitians, scientists, and laymen that:

1) People must eat meat and other animal foods for protein — but there has never been a case of protein deficiency reported on any natural diet (even those with no animal foods) in all of history.

2) People must consume dairy for calcium — but no cases have ever been reported of calcium deficiency on any natural diet – and most people who have lived on planet Earth have never tasted milk after weaning.

3) People must eat fish to get omega-3 fats – but only plants can make omega-3 fats, no fish or other animal can make these kinds of essential fats. Plants are loaded with omega-3 fats and they are safe to eat; whereas, fish are unhealthy to eat for many reasons, including their environmental pollution levels.

4) People should avoid white potatoes because they are fattening and empty calories — but the potato has served as the pillars of nutrition for billions of powerful, handsome people throughout history.

Therefore, it is important for consumers to understand that money is the biggest card in play even in matters of life and death for your loved ones. (This is not a conspiracy – just business at its worst.)

John McDougall, MD
Originally Published January 20, 2014

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.



AGES 7 TO ADULT • 1-8 PLAYERS

Color Clash
Race to find the correct tile as the colors clash in your mind! Each of the 36 Color Clash tiles has 3 Attributes: a Picture of different color chameleons, a Word that refers to a specific color, and a Color that the Word is written in. Your mind will be challenged to quickly recognize the color a word is written in when it spells another color, also known as the "Stroop Effect." Eight game variations are included in the rule book to mix up the fun!

AGES 5 AND UP • 2 PLAYERS

Fast Track
Fastrack is a disc-shooting speed game filled with non-stop thrills and sporty action. Using only one hand and the elastic band, the goal is to fire all 10 discs through the tiny slot to the other side of the track. Aim carefully but be fast or you'll be bombarded by your opponent's zooming discs. Ride the fine line between fast speed and accuracy to win! This all wooden dexterity game is sustainably made.



Super Genius - **First Words** :: AGES 5 AND UP • 1-6 PLAYERS

This reading matching game focuses on closed syllable and short vowel words and helps prepare early readers for more complicated language skills to come. There is always a match between any two cards. Find the pair between a word and its image, two images or two words.

Developed hand-in-hand with learning professionals, this Super Genius game was specifically created with early learners in mind.



Super Genius - **Addition** :: AGES 7 AND UP • 1-6 PLAYERS

This addition matching game focuses on building Addition skills, teaching beginners the early fundamentals of math, while building and enhancing skills for more advanced students. There is always a match between any two cards. Find the pair between an equation and its sum, two equations or two sums.

Developed hand-in-hand with learning professionals, this Super Genius game was specifically created with early learners in mind.



Super Genius - **Multiplication** :: AGES 8 AND UP • 1-6 PLAYERS

This multiplication matching game focuses on single-unit multiplication equations (from 2 to 5) and helps prepare early learners for more complicated arithmetic to come. Find the pair between an equation and its product, two equations or two products.

Developed hand-in-hand with learning professionals, this Super Genius game was specifically created with early learners in mind.



Super Genius - **Reading 1** :: AGES 6 AND UP • 1-6 PLAYERS

This reading matching game focuses on the Dolch list of the most common sight words from children's reading books, and helps prepare early readers for more complicated language skills to come. There is always a match between any two cards. Find the pair between a word and its image, two images or two words.

Developed hand-in-hand with learning professionals, this Super Genius game was specifically created with early learners in mind.



This is just a reminder to like us on Facebook to get information on the latest new products and other interesting and related SGMC stuff and also special promotions from time to time.

Muffin Trays

Muffin trays are very economical, these white plastic pans are ideal for mixing or holding up to 2oz.

Teachers use them to distribute paint in the classroom and clean-up is easy.



NEW Home Connect Batteries

We thought we'd let you know that we are now stocking the battery that goes into the cellular home phone connect devices that



allow folks to use cellular phone service with their home corded and cordless phones. The battery pack itself is similar to a cordless phone battery but has a higher 1500 mAh rating and a unique

3 pin plug that only fits these boxes. Anyhow no more running all over the place to find this battery when you need one.

Remember to check SGMC first for all your battery needs no matter what the device.

