



New as of 04/06
Store Hours
 Tues. & Wed. :: 9:00 AM til 6:00 PM
 Thurs. & Fri. :: 9:00 AM til 5:00 PM
 Sat. 9:00 AM - Noon
 Sun. & Mon. :: CLOSED

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



RCA Big Button Corded/Cordless Combo with Digital Answering System

This RCA corded/cordless combo is full of great features. Take a look: Call-Waiting /Caller ID, Digital Answering System -30 Min Record Time, Large Adjustable Tilt Display, Backlit LCD Display, Large Keypad Buttons, Caller ID Log Base Speakerphone & 3 One-Touch Speed Dial Buttons. On the Cordless Handset you'll find -Speakerphone -Backlit Display & Keypad. It's expandable up to 4 Handsets (sold separately) It's desk or wall mountable & hearing aid compatible and come with a 1 Year Limited Warranty.

If you are looking for an easy to read rain gauge with bold, easy-to-read measured graphics is the one for you. It comes with a bracket for mounting and a ground stake and is made from high-impact plastic construction for outdoor durability.



If you have dry, cracked or chapped skin in need of moisture, especially on tougher areas such as the elbows, knees and feet. The solution is Shea Butter which has a rich, luxurious texture that penetrates deep to condition and moisturize every type of skin. Shea Butter is derived from the tree nuts of the karite trees that grow in Western and Central Africa. It is a wonderful emollient that's perfect for daily use. It can also be used as a scalp moisturizer. Suggested Use: Gently apply as desired, paying close attention to dry or chapped areas. Reapply as needed.

This product is naturally hard and color/texture will vary depending on temperature. This product will melt when warmed above body temperature and become solid again when cool. This is natural and may affect the appearance, but will not harm the quality of the product. This warming and cooling may produce fat crystals affecting the color/texture making it appear grainy or uneven. If hard, shea butter can be softened by placing in a pan of hot water (e.g. 100 F or warmer) for 30 minutes or microwave until soft. Caution for Microwaving: These jars contain a foil seal. Do not place this jar directly in microwave. Before microwaving, scoop out desired amount and place in a microwave-safe container. Allow time to cool before applying. The organic shea butter is guaranteed to be Pure and Certified Organic. Hexane-Free. Certified Organic by quality Assurance International.

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 that we have replacement clock movements. These American made clock movements are a great choice to replace

movements in clocks that have stopped working. Why discard the clock when all it needs is a new mechanism.

All of these movements are identical except for the length of the shaft which is dependent on the thickness of the face of the clock itself.

We stock 6 different sizes of clock movements with shafts from 5/16" to 15/16" and over a dozen different styles and lengths of hands to accommodate most any clock that needs a new movement.

Either remove the movement from your clock and bring it in and we can help you select a new movement that will work for you, or if you don't feel comfortable dis-assembling your clock bring it in and we will install the new movement for you.

Sometimes if the hands on your old movement are of the correct design they can be used on the new movement if not one of the many that we have in stock will most likely work. It should be mentioned also that all of these movements do support a second hand if your clock needs one.

An easy solution to get your clock working again.

If you're looking to join the selfie craze we have just the item. Get the extendable selfie handheld stick monopod with adjustable phone holder and bluetooth wireless remote shutter.

Photograph and video yourself anywhere with the selfie stick that has a flip lock system to hold your phone, extendable aluminum tubes to keep it light weight and it offers a portable design and is easy to operate.



Mobile Spec Chords Headphones with Inline Mic

So if you want to listen to music on your portable device and want it to sound like your in a concert hall these headphones will take you there and with the convenient built-in in-line microphone on the cord you can take a call without ever removing them from your ears. Keep in mind that part of the reason these headphones sound so great is that they cover your ears so they do block out outside noise so you shouldn't wear them in situations where hearing traffic or other hazards may not be prudent. They feature a deluxe cushioned adjustable headband and soft ear pads, 40mm dynamic drivers and a 4-ft. tangle proof flat cord with 3.5mm plug. They come in two color combinations: black with white trim or white with black trim. No matter which one you choose you'll be happy.

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**

The Hazards of High-Fructose Corn Syrup: New Study

Do your 2015 health goals include cutting back on sugar ? Good for you! Our obsession with the sweet stuff is one of the major reasons why obesity, diabetes and heart disease are major health challenges in the United States. And, while your body is better off avoiding sugar in all its forms, a new study warns us to steer clear of high-fructose corn syrup in particular.

High-fructose corn syrup (HFCS) is a sweetener made from corn syrup that has been chemically altered by a process that increases the amount of fructose in the sweetener. It is widely used in processed snack foods, packaged baked goods, soft drinks and other beverages, but this research may raise a red flag for millions of Americans.

Using mice, a team from the University of Utah recently examined the effects of a diet high in HFCS. According to lead author Wayne Potts, the fructose-glucose mix found in HFCS is significantly more toxic than sucrose (table sugar) and may pose a significant health risk. Unlike sucrose, HFCS is absorbed more quickly (due to the extra fructose), and the fructose travels directly to the liver where it contributes to a number of metabolic imbalances such as increased triglycerides and insulin resistance.

Potts and his team analyzed two groups of mice, each receiving one-quarter of their calories from either HFCS or sucrose—an amount similar to human consumption. Those in the HFCS group saw reduced reproduction (specifically 26.4% fewer offspring) as well as higher death rates among females.

“This is the most robust study showing there is a difference between high-fructose corn syrup and table sugar at human-relevant doses,” said Potts. The team points out the link between the introduction of HFCS into the American diet in the 1970s and the corresponding rise in obesity and diabetes. Their advice? Reduce added sugars in the diet and avoid products made with HFCS. I think that’s an excellent health goal for the new year! Yours in Vibrant Health,

Brenda 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.



One of the product areas in the store that is constantly growing is our selection of art materials. As you can see we’ve recently added two great art kits, a water color and a drawing kit both of which are housed in wonderful wooden storage cases with carrying handles.

These kits make great gifts for burgeoning artists of any age. We’ve added a lot of brush sets lately. We now carry over 10 different sets of Simply Simmons brushes and have recently added the three you see above. Brush sets are a great value and are a great choice when you’re not quite sure what type of brush you might need or want to try something new. The Royal palette knife sets are a great economical choice. They are all flexible and allow easy mixing of paint. Choose a set that’s all flat, a set that’s all bent or a combo set where you have flat and bent. No matter what your preference there is a set for you.

Wow, the wonders of the magical Coconut. It can be used for just about anything and its oil has a high smoke point (approximately 375°) and a slew of benefits. It just might be the world’s most perfect oil and spread. And now NOW FOODS has fused the rich taste of coconut with bold, inspiring flavors to create Ellyndale Organics™ Coconut Oil Infusions. Perfect for adding a little zest to your dishes and snacks or as a delightful spread. Ellyndale Organics™ Butter infused Coconut Oil has a pleasant, robust, buttery flavor that’s perfect on popcorn or as a spread. Plus it gives an extra boost of flavor when baking or frying chicken, fish, vegetables and more. Use Ellyndale Organics™ Butter infused Coconut Oil to cook your favorite dish and drizzle a little oil on top when done for the perfect combination of coconut and creamy butter.

The Garlic infused Coconut Oil has a striking, savory, garlic flavor that’s perfect on popcorn or as a spread. It’s also a surprising extra boost of flavor for baking, frying, and sautéing your favorite meats, fish and vegetables. Drizzle a little oil on top when done for the perfect combination of coconut and garlic that will make you say wow!

BTW both of these NEW coconut infusions are organic & vegan. The butter infused coconut oil is natural butter flavor and contains no dairy. Give these great new coconut oils a try. Shop SGMC in-store or on-line and thanks for supporting a local family owned business.