



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 flat yellow handle light duty knife is adjustable, so you can adjust the length of the blade by releasing the nut. But make sure it is tight before cutting. You can use both ends of the blade. Used for cutting boxes, wood, leather and foam. A great economical alternative.



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 Incrediwear which is truly as its name implies.... INCREDIBLE.

What if there was a revolutionary therapeutic fabric that's infused with scientifically proven circulation enhancing active elements. These elements are

activated by your body heat and dramatically increase blood flow to your skin and muscles. And then in turn it's proven to increase circulation, reducing pain, stiffness, swelling & fatigue. That's Incrediwear



This Incrediwear fabric activates almost as soon as it comes in contact with your skin, increasing your circulation within minutes. It's not uncommon for long term sufferers to feel relief almost instantly, while most wearers

begin to notice benefits within 20 minutes.

There are Incrediwear braces and garments for just about any place on your body where you may experience joint pain, arthritis & tendonitis, sports injuries, tired & aching muscles and sprains.



Certainly Incrediwear is an all natural, non-pharmaceutical, non-surgical solution worth trying if you experience pain or stiffness and it will help increase circulation that speeds healing.



Get both silver and gold opaque metallic permanent ink that is fade and water resistant, quick-drying, and AP certified non-toxic in this Sharpie set.

If you are looking for a really cool surface for a banner consider Foamies® white big foam roll measuring 36 x 60 inches and 2mm thick. Now in stock.

In addition to grass for your school project diorama we are now stocking 2 sizes of trees which will really enhance your project. Choose 3 1/4" or 1" life-like foliage.

If the battery in your cell phone or tablet just doesn't seem to last long enough and there's no outlet in sight, the power bank is what you need. Charge up the lithium battery with the included USB cable and when your device needs some juice simply plug in the power bank. We have several sizes and price points available.



Nanopro vegan is a detox and recovery superfood with vegan protein and vitamin D3.

The formulation of nanopro vegan is unlike any other vegan protein shake and takes vegan protein to a new level.



Nanogreens offers a refreshing green apple flavor. A complete spectrum of organic, non-GMO superfood vegetables and fruits. Nanogreens provides the antioxidant protection of 10 servings of vegetables and fruits per scoop. It is much easier to take super green foods daily in almost any circumstance when all you need is water!



Milan Artist Eraser and Blending Combo Blister Pack contains a 5mm Blending Stomp. Blending Stomps are used for shading or spreading graphite or charcoal and create gradual or mixed tones.

They can also be used as drawing instruments. The kneadable eraser included is an unvulcanized rubber eraser with great adsorption power and is suitable for fine arts and for removing charcoal and pastel chalk strokes. The extra soft white plastic eraser erases without leaving shavings and is recommended for erasing strokes of soft pencils.



Master Gum erasers are a soft synthetic rubber eraser which is ideal for charcoal and graphite drawings. It erases easily without exerting any pressure on the paper's surface, forming soft crumbs. It can also be used to blur charcoal strokes. We sell them in bulk or in the new 2 pack shown here.

"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**

What You Need to Know About Mercury Dental Fillings

I was disappointed when I read the recent news about a group of FDA officials who rejected a proposal that would have advised dentists to not use mercury fillings in pregnant women, nursing mothers, children under six, and people with mercury allergies, kidney diseases, or neurological problems. The proposal was originally approved in 2011 but for some reason was never released.

A cost-benefit analysis by officials at the Department of Health and Human Services is behind the rejection, concluding that the out-of-pocket cost of alternative fillings would triple for people with dental insurance, placing a burden on low-income Americans who might choose to not treat decaying teeth.

My question is, what about the cost of the health conditions that result from all the toxic mercury put into the mouths of unknowing millions?

What's in Your Silver Fillings? Dentists across the country filled cavities in over 180 million people between 2001 and 2004, most using mercury fillings. Usually called "silver fillings," dental amalgams (as they are called by dentists) contain about 50 percent mercury blended with other metal alloys including silver. Low levels of mercury vapor are released over time, especially during chewing or vigorous brushing.

The FDA has long sided with dental products manufacturers who say that mercury fillings are not harmful, citing a lack of scientific studies showing otherwise. But the lack of studies is part of the problem. The FDA has never required clinical testing to prove the safety of mercury fillings. They were simply grandfathered in back in 1930.

In 2011, a risk assessment by Health Canada estimated that 122 million Americans have ingested higher doses of mercury than the safety threshold under California's environmental laws. Most of this exposure is thought to come from mercury fillings. Yet lawmakers are not heeding these findings.

What to Do if You Have Mercury Fillings.

Until this country's regulators get it together, we'll have to take matters into our own hands. If you have silver fillings in your teeth, I recommend that you find a dentist who has experience removing these fillings safely. Not all dentists are alike. Find a dentist who uses a rubber dam around the tooth as well as proper ventilation for the procedure.

Countless patients report health improvements after the removal of mercury fillings. "I've seen infertile women make a whole family, chronic high blood pressure return to normal, and multiple sclerosis victims totally recover," stated David Kennedy, DDS, past president of the International Academy of Oral Medicine and Toxicology.

I have been talking about the dangers of mercury for decades. Mercury fillings are particularly troublesome because they can be found in the mouths of so many people. Continual exposure to this toxin can be an underlying contributor to so many chronic health conditions. If dentists must dispose of mercury as hazardous waste, why is it okay that they put this toxic product into our mouths—and into the mouths of our children, no less? Don't fall for it. Yours in mercury-free 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.

What's New! **Cont'd**



This is the perfect toothpaste for kids. It's fluoride & SLS-free, naturally sweetened Kid tested & kid approved. Choose either Orange or Bubblegum Splash.



The Race Is On! Supercharged pull-back scurries off like its nemesis the hare! Choose from Green Sea turtles,

Leatherback Blue turtles, and Hawkbill Brown turtles.



These 7" planes go together in a snap and fly almost like the real thing. They are made of a non-breakable ridge foamy type materials that won't damage or mar any surface that it might hit. They come in 3 designs & are perfect for inside or out.



NEW



Bobo's Oat Bars have a moist and delicious home-

made taste unlike any other snack bar on the market. The bars are made with NON-GMO, natural and organic ingredients. Bobo's Oat Bars are the go-to snack for parents, athletes, professionals and foodies who want to embrace good health without feeling confused about ingredients or drained in the purse. With Bobo's Oat Bars there's no need to worry about artificial anything, including no additives, sweeteners and other harsh chemicals. Bobo's Oat Bars are for people who want to eat intelligently, without feeling deprived. SGMC offers something different, something better with Bobo's Oat Bars. So join us for smart snacking and portable deliciousness. At SGMC, we help you live well, by eating well.



Dr. Bronner's All-One Toothpaste low-foaming formula reduces plaque, whitens teeth and freshens breath—yielding a tingling clean feeling unlike any other. Made with 70% organic ingredients, including Fair Trade and organic coconut flour and coconut oil which aid as a mild abrasive, Dr. Bronner's All-

One Toothpaste is vegan, fluoride-free, non-GMO certified, NSF certified, and contains no synthetic foaming detergents or synthetic flavors. SGMC is stocking the Peppermint & Cinnamon flavors which come packaged in 100% recyclable boxes and tubes.

Since 1839, Kirk's Original Coco Castile Soap has provided the consumer a high quality, natural soap at an affordable price. "Castile" originally referred to the highly-purified vegetable based soap produced in Castile, Spain. For centuries this soap was considered "the soap of royalty" because of its luxurious lather and gentleness to the skin. Today, "Castile" refers to any vegetable based soap. Kirk's Castile soap contains no animal by-products, is never tested on animals, is hypoallergenic, biodegradable, and contains no synthetic detergents. Choose from Kirk's Original Coco Castile Bar, Kirk's Aloe Vera Castile Bar soap or Kirk's Fragrance Free Castile Bar Soap which are now in stock.



Small & Speedy wins the race! These trucks are so full of zip & zoom, you won't believe that they can still fit in your pocket! They can change a frown to a smile in 2 seconds flat. Pull them back and watch out! Choose from a fire truck, police car, dump truck & more.

