



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 system 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 Oxygen Bleach from Charlie's Soap.

We have carried Charlie's Oxygen Bleach along with Charlie's Laundry Powder for many years now. So why would you choose Charlie's Soap Oxygen Bleach?

First of all it's concentrated 2x power works with as little as 2 tablespoons per wash. It whitens whites and tackles stains and odors. Charlie's Oxygen Bleach contains non-chlorine bleach that is safer for the environment. It's also non-toxic and clean rinsing and contains zero fillers.

It's safe for all your laundry which means color safe. (Be sure to follow garment care instructions)

Here are the ingredients. Charlie's Soap Oxygen Bleach naturally releases safe peroxide and oxygen to provide that deep-down Charlie's Soap clean you have come to expect. No perfumes, no chlorine and no residues left in your laundry at all! Charlie's Soap delivers the good old-fashioned sweet smell of clean with sodium percarbonate and sodium carbonate.

Smiles for Miles

Smiles for Miles is a new uplifting aromatherapy blend with the following ingredients: Orange Oil, Bergamot Oil, Grapefruit Oil, Lime Oil, Lemon Oil, Natural Vanilla (in Jojoba Oil), Cinnamon Bark Oil, Nutmeg Oil, Ginger Oil. It's aroma is that of mild citrus with warm spice notes and its attributes are uplifting, refreshing, energizing. Choose this or any of our other great essential oils.



If you need to see something close up we have multiple solutions with a number of hand held options several of which are lighted as well. Or choose the dual lens flip-in head magnifier to work and see hands free.



Hevert Trauma is a homeopathic medicine for the temporary relief of minor aches and pains, such as: muscle pain, stiffness, bruising, and swelling. With Hevert Trauma Relief you can choose a proven homeopathic medicine. Its active ingredients are generally well tolerated and provide effective relief of minor aches and pains. This medicine is also suitable for children age 6 years and over and comes in a convenient roll on.



It's that time of year again when Fall is approaching and the focus moves from the outside to inside the home and the upcoming holiday season. One of the most unique things you can do for a gift is to take someone's cherished item whether it be a diploma, concert tickets, celebrity autograph, a sign baseball or jersey (you get the idea) and have it custom framed.

The custom picture framing allows the item to be viewed and enjoyed. And since we use acid-free conservation framing methods framing also preserves this item for years to come. Don't wait bring your framing in now.

For all those "puzzled" fans out there we've added 4 new 3-D wooden puzzles to our collection. Choose from a crab, water plane, polar bear or the Eiffel tower or any of the myriad of puzzles that are in stock and on display in the store. If you haven't seen these great puzzles, ask us to show them to you when you come in. They make great gifts!!

CUSTOM PICTURE FRAMING EXPERTS
39 Years Experience
Expertise • Price • Selection

6 Tips For An Easy Detox Daily
Part 4

By: Brandi Black, RHN

Here's my favorite detox vitamin water recipe:

- 1 bunch organic mint
- the juice of ½ lemon
- 24 organic raspberries
- 1 serving Sun Wakasa Honey
- water to fill ice cube tray

Chop mint into small pieces and add alongside raspberries into an empty ice cube tray. Top ice cube tray with water and lemon juice, adding Sun Wakasa Honey last. Freeze and place in water as desired.

2. Add Apple Cider Vinegar to Dressings and Drinks

Apple cider vinegar has become more popular in the recent years because of its many uses from household cleaning to natural fertilizers to breath freshener, a metabolism booster and even aftershave. But one of the benefits of apple cider vinegar (ACV) you hear the most, is its ability to promote digestion and provide good bacteria to the gut. Both of these properties make it an ideal food to consume while trying to promote detoxification.

You can add apple cider vinegar to any recipe you'd like. It has a bit of a tangy taste, but is fairly versatile, especially when added to salad dressings. Some even like using apple cider vinegar in their lemon chicken recipes. Adding apple cider vinegar to drinks is another way to enjoy it in a more concentrated dose.

By blending 1 tsp of apple cider vinegar with lemon, Sun Wakasa Honey, water and cinnamon, you can create the perfect liver-supportive tonic in your kitchen in under thirty seconds.

3. Spice Up Your Recipes

Spices are an underrated way to help support the body's natural detoxification process. Spices such as turmeric, ginger, cumin, cinnamon, cardamom and cayenne pepper, when combined with wholesome, natural ingredients, can help aid the body's natural detoxification process. For example, cinnamon on rich desserts will likely be outweighed by the negative effects of white sugar and flour. Instead, enjoy it on an apple with some almond butter.

Spices such as cardamom are also said to help diminish bad bacteria from the gut, making it an ideal spice for detoxification.

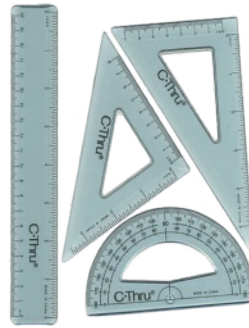
[End of Part 4]

"This information is proudly provided by Sun Chlorella. For more information visit <https://www.sunchlorella.com/>." Check the next issue for Part 5

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.



In addition to all of our other eraser options we've recently added eraser caps. If you need an eraser SGMC is the place to come.

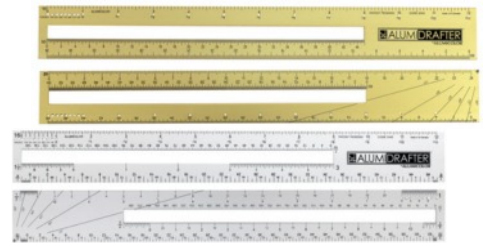


8" Ruler Combo Set - Features a 8"/20cm ruler with inch/metric calibrations, 180° 4-3/4" protractor, calibrated inch/metric triangles: 30°/60° 6" and 45°/90° 4"; packaged in a peggable plastic pouch.

If you are looking for an easy way for kids or adults to take probiotics look no further than NOW®



BerryDophilus™ in two strengths with 4 probiotic strains. NOW® BerryDophilus™ is a combination of probiotic bacterial strains designed to support gastrointestinal health and healthy immune system function. Healthy intestinal flora also helps to create a favorable environment for the absorption of nutrients. BerryDophilus™ is sweetened with Xylitol, thus won't harm teeth and it tastes great.



The Alumidrafters are uniquely designed 3 in 1 drawing and drafting tools with one designed for architectural drawing and the other for engineering. You can measure and scale drawings, draw circles and arcs and angles and triangles with these simple tools. These are great simple aids to anyone doing scaled drawings. Make drawing easier with Alumidrafters.



This assorted bag of approximately a ½ board foot of balsa wood will come in handy with a lot of your craft projects. Balsa is a very soft wood that is easily cut into any shape you need.



If it's microphones, mic cables, mic stands, connectors, adaptors and more that you need we have them in stock. There is no need to go anywhere else. SGMC Can help!

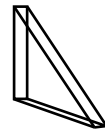
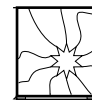
STENCILS

The stencils pictured here are just a few of the letter stencils that we have in stock to help you letter faster and easier with a terrific end result. Choose from plastic letter stencils like these or card stock



type stencils with individual letters and numbers from 1" to 6"

Call us first for all your glass needs?



We can help with . . .

- Repairing broken storm windows
- Repairing or replacing screens
- Replacing broken or failed insulated glass
- Replacing tempered glass
- New Glass table tops
- New Mirrors
- And lots more...



We are excited to announce X-ACTO's first fully retractable, safe #1 Knife. You can easily change the blade as you would with any X-ACTO #1 Knife. The soft, triangle shape comfort grip provides extra control. The knife is perfect for delicate, precision cutting and trimming of paper, plastic, balsa, thin metal, cloth, and film. The anti-roll handle keeps the knife from rolling off your work surface. You'll find this new retractable knife along with our other great X-ACTO products.