



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 electronics. The reason that we are reminding you about electronics is that we have sold consumer electronics for over 34 years and with the recent SECOND and FINAL bankruptcy of Radio Shack and the closure of ALL of their stores SGMC is the only full service place around to get all those consumer electronics that you used to go to Radio Shack for or have been depending upon us for all these years. For those of you who don't know or don't remember, in the past we sold Radio Shack products for 19 years via the Radio Shack Dealer program. It's hard to believe that it's been 15 years since we decided to stop selling Radio Shack products knowing that we could better serve our customers with a wider range of products from our many other electronics vendors. SGMC continues to be the place to go for all those hard to find cables and connectors that you need for all your equipment and devices or that equipment and those devices themselves. Here's a reminder of just some of the things that you will find in our electronics department --

- Huge Selection of Corded & Cordless Telephones and All the Things that Go With Them.
- Huge Selection of Button Cell and All Types of Batteries Including Watch Batteries (which we install).
- Huge Assortment of Audio & Video Connectors & Cables.
- Huge Selection of Computer & Network Cables and Accessories.
- PA Accessories Including Microphones, Cables, Connectors & More.
- Home Audio Including MP3, Cassette and DVD Players.
- All Types of Cell Phone Accessories for both Apple and Android Phones.

And of course there are many other things that don't fit neatly into the categories that we have listed here. We should also remind you that we are constantly special ordering items that we don't stock for our customers and that they can't find anywhere else. SGMC is your one stop ELECTRONIC STORE. Remember to check SGMC FIRST!!



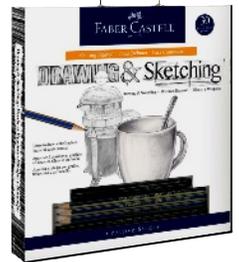
WHAT IS ROOTOLOGY AND HOW DOES IT WORK?

If you are looking for a natural allergy/hay fever remedy

that works... this is the one! Rootology's Breathe Free is made of 13 powerful herbal extracts that provide fast-acting, non-drowsy, year-round, natural nasal and sinus relief, no matter the cause of discomfort. With extracts ranging from 8:1 to 5:1 concentrate and including such well known herbs as magnolia and angelica, to lesser known as schiznopeneta, the unique formulation goes to work immediately for congestion, sinus pressure and pain, runny nose and eyes, itchy nose and eyes, and post nasal drip. While it is used often for allergies, many users find it very helpful for all manner of nasal and sinus issues, whether acute or chronic.



This is a great kit for a budding artist. It includes 4 graphite pencils; 2 charcoal pencils; blending torchon; pencil sharpener; dust-free eraser; watercolor pad; and 24-page, illustrated instruction booklet.



This is the latest addition to our Diffuser lineup. It's the AromaPod™ Portable Misting Diffuser. This "Darth Vader" look-a-like is simple: No

chemicals, no heat. Simply add water and the AromaPod™ produces consistent humidification. Add a few drops of pure essential oil to enhance the mist and create instant aromatherapy. It operates continuously for approximately 4 hours & then automatically shuts itself off when water level gets too low.

C. Crane Observer Wind-up Radio with Solar Panel

If you are looking for the BEST choice in an emergency radio the C. Crane Observer is without a



doubt the one & only one. Look at the features:

- Crank-rechargeable power
- Improved AM reception
- Built-in solar charging panel
- Includes cell phone charger adapters
- FM and Weather band
- No batteries or power adapter necessary
- Features three bands: AM, FM and WEATHER
- Three Built-in LED flashlight consisting of three bright LEDs
- Cell Phone charging adapters included
- Compact size for easy transport

Makes a great gift for everyone!



CleanWell hand sanitizers kill germs with a patented formulation of thyme. This natural formulation leaves skin feeling soft and it won't sting cuts.

- A Better Way To Clean Hands
- Naturally Antibacterial
- Kills germs
- Alcohol-free
- Gentle on sensitive skin
- Benzalkonium Chloride free
- Readily Biodegradable
- No harsh chemicals
- Fresh pleasant scent
- Kid safe formula
- Never tested on animals
- No gloppy gels
- Won't sting cuts
- 4x more uses per oz. than alcohol gels
- Leaves skin soft
- Choose from spray, pump foam & wipes.

For surface cleaning use the Botanical Disinfecting Wipes or spray.



5 Ways You Might Be Weakening Your Immunity

By Brenda Watson

I'm focused on immunity this month because if we wait until cold and flu season hits to work on building up our immune systems, it might be too late. The best way to fortify your immunity is to identify the ways you might be weakening your immune system in the first place. Then you can make changes to reverse those patterns and get healthy. Here are five areas to pay attention to.

1. You're Often Stressed – Stress is okay in small doses. Unfortunately, most of us are under chronic stress, which wreaks havoc on your immunity. Your body gets so busy trying to handle whatever stress you're dealing with at the moment that it can't funnel its energy to fight germs and keep you from getting ill. If you get sick on a regular basis and are also under a ton of stress, your first step will be to get control of the circumstances that put you under stress. Next, implement stress management techniques like relaxation, massage, meditation, deep breathing, or therapy. And find extra time to do things you enjoy. Supplements can also help.

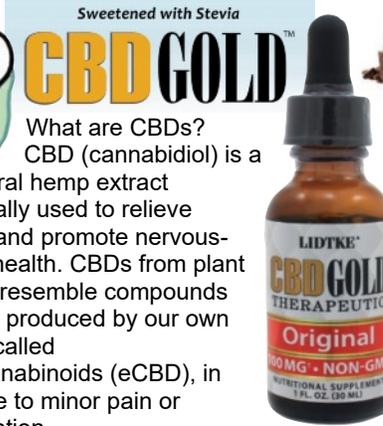
2. You Don't Get Enough Sleep – It's likely that if you are under a lot of stress, you are also not getting enough sleep. But even if stress isn't a factor, lack of sleep will leave you feeling run down and chasing your next caffeine fix to get you through the day. Your body regenerates when you sleep. If you don't sleep enough, your body won't build up enough reserves to fight off illness. This negative cycle will catch up to you, if not now then soon. So shut off your television and devices early, settle into bed on time, and rearrange your schedule to ensure that you're getting the recommended 7–9 hours of sleep each night.

3. Your Diet Is Unhealthy – If vegetables are a stranger to your plate and carb-laden treats like cookies and chips are more your style, your immune system is suffering. Even if you pop a multivitamin/mineral supplement, your body is not getting the nutrients it needs. Fill your plate with colorful, non-starchy fruits and vegetables, healthy proteins, and beneficial fats at every meal and snack to fortify your immune system so that it's better equipped to do its job.

4. Your Social Life Is Not Very Social – Unless you're still in school, you've probably noticed that it's not easy to make new friends. And yet, a robust social life helps to keep you healthy. People who lack social engagement are more likely to get sick. If you tend to stay home and avoid social situations, your health may be suffering. Find a local event to attend, and put yourself out there. Your health depends on it.

5. You Don't Exercise Much – You probably knew that I wouldn't get to the end of this list without suggesting that a lack of exercise might be making you sick. It's true. Exercise is vital to your health. If your idea of exercise is more like lifting the remote, or moving your arm from the bag of chips to your mouth, your immune system needs a boost! Start easy by taking a walk every day. Work your way up so that the exercise feels attainable. You're more likely to stick to the exercise if you build up slowly rather than go all in at once.

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 are CBDs?
CBD (cannabidiol) is a natural hemp extract

traditionally used to relieve nausea and promote nervous-system health. CBDs from plant extracts resemble compounds naturally produced by our own bodies, called endocannabinoids (eCBD), in response to minor pain or inflammation.

This specialized hemp cultivar, grown specifically for CBD Gold, is non-GMO, 100% natural and is cultivated without the use of pesticides, herbicides, or chemical fertilizers. CBD GOLD is the most convenient and pleasant way to add CBD to your daily routine.



Can't decide if you want something salty or sweet? What's better than a chocolate covered pretzel to satisfy those cravings? The crisp combination of delicious Real Dark Chocolate and crunchy pretzels sprinkled with sea salt will please your senses. Each NuGo Dark bar has 10g protein and contains no dairy ingredients.

This round wooden basket filled with chunks of Himalayan salt is the latest addition to our selection of salt lamps that not only add ambiance to your home but also clean your air via ionization. Remember Salt Lamps make great gifts, too!



Buy individual packets, 10 or 25 packs of Herbal Zap which is an instantly dissolving Immune Support drink mix. Herbal Zap provides

powerful immune support in a zesty and delicious instantly dissolving Ayurvedic beverage. It was developed by Doctors, using a combination of 14 powerful herbal extracts and is • Non-GMO Verified • Vegan • Gluten-Free • Kosher. Herbal Zap is 100% safe and natural and contains no fillers or artificial ingredients. They use only the very best, sustainably and ethically grown herbs. Herbal Zap is produced in an FDA-registered and certified, state-of-the-art facility, with strict adherence to good manufacturing practices (GMPs). It is third party tested to ensure the ingredients are safe and pure.

Herbal Zap works by aiding digestion and promotes elimination of natural toxins and thus supports both digestion and elimination. It boosts immune function and supports the respiratory system.

Herbal Zap has been clinically tested and been shown to help balance and support the body's natural, immune processes for overall health and wellness.



Loctite® General Purpose Spray Adhesive is a premium quality adhesive with superior bonding strength. It dries clear quickly and works on a variety of porous and nonporous materials. It's ideal for a wide variety of crafts, household repairs, and even automotive projects. Each can holds 13.5 ounces.

The Perfect GIRL Gift is in Stock

Make rings, bracelets and necklaces, adorn hair, decorate bags, apparel and more! No connectors, tools or loom needed.



Ty tooth is rounded to generate a zip sound, but will break away with just a tug! The kit includes two sizes of Tiny Tys to design necklaces and bracelets, then add charms and buckles to personalize. This 8.5 x 8.5 x 1.75 inch package contains a 300 piece kit of fifty-six Tiny Tys, sixteen Bangle Toys, six straight hangers, six T-hangers, eight charms, fourteen pendants, two buckles and sparkle stickers. **WARNING: Choking Hazard.** Not for children under four years. Made in USA.