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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 Scribbles Dimensional Paints from Duncan. Dimensional paint allows you to create a raised, 3D design on any project by using the precision tip that comes on each bottle. Scribbles Dimensional Paint is beautiful and durable on fabric, wood, paper,



baskets, metal, and almost every other craft surface.

Scribbles Dimensional paints are permanent, water based colors that are machine washable on fabric after 72 hours. They come in a 1 ounce squeeze bottle with an easy-to-use precision tip for drawing fine lines or you can use a brush.

Scribbles comes in almost 100 colors that have properties like Shiny, Iridescent, Glittering, Neon, Glow and Crystal. Add a bit of sparkle to your project with this fun paint. It's ideal for beginners, family crafts, school projects and more. This nontoxic paint dries with an ultra-shimmery finish and enables you to create beauty that lasts.

At just \$1.99 it's a great paint for all your crafting needs. Try some today for your next project!



This Milan Touch Ergo Triangle Soft Grip Pencil Set of 10 Colored pencils with an

innovative ergonomic shape is patented by MILAN: Ergo Grip. This new shape allows you to place the pencil in different positions with a comfortable grip. Smooth lead with a wide diameter (3.5 mm), enables you to color in a greater surface area in comparison with a traditional pencil. Includes 10 ERGO colored pencils and a MAXI sharpener.



This set contains 4 discs of fluorescent colors and 8 discs of metallic colors 30 mm in size and it includes a Series 101 school paintbrush especially designed for watercolors. The colors can be mixed in the small mixing wells in the cover of the case. MILAN watercolor paints are presented in compact, round discs. The colors are obtained from innocuous, light-resistant pigments. They can be easily washed out of the majority

7ft 18AWG 60/40 Solder in Dispenser Tube >



This 12-Volt Power Outlet with 2 USB Ports has 4A Output. The 12-Volt Socket is

powered by a 10 Amp Fused 2-Wire Power Cord. The 2 USB Ports have 3.4 Amp combined power output. There are blue LED power indicators. And there is a self adhesive

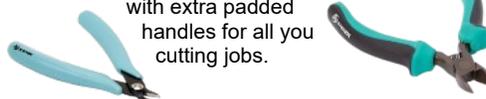


< Soldering Iron Metal Stand Holder



This item is the ideal helper for electronics, model making, soldering jewelry, etc. It features adjustable joints for versatile movement in all directions. It comes with a 2.5" 3X magnifying glass and a heavy cast-iron base for added stability. Once you use one you'll wonder what you ever did

Check out these 5" (12.5 cm) professional micro-cutting pliers with conic head or these 4.5" (11.25 cm) diagonal cutting pliers with extra padded handles for all your cutting jobs.



This 2 in 1 out adapter allows you to plug 2 HDMI devices into 1 spot with 2 HDMI inputs, 1 HDMI output. It has gold-plated HDMI connectors for smooth, corrosion-free connections and can handle up to 12 bits per channel (36-bit total) giving you deep color & digital audio, including DTS Digital, DTS HD Master Audio & Dolby TrueHD. A great solution if you don't have enough connections.



These battery holders are an easy way to get the exact voltage that you need using easily available alkaline AA 1.5v batteries. Choose from one that either holds 2 or 4 AA batteries.

Both battery holders connect via a 9V snap connector.



With this silicone gun you can carry out school work or crafts with the quality you need. Its size and power provide a better distribution of hot glue, improving the performance of the bond between the parts to be joined.

It uses glue with a diameter of 10 mm and its nozzle is designed for greater precision in the work you do. It incorporates a base that allows you to place the gun vertically while you are not using it and pick it up comfortably and safely when you need it. Don't forget we stock the glue sticks too!



If you are looking for event security at a very reasonable cost there is no better way than a portable metal detector. There is a sensitivity adjustment with audible alarm and LED indicator that's all powered by a 9V Battery which is not included.

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Here's Why You Need A Vitamin D Supplement For Good Mental Health

Two recent studies into Vitamin D intake in both the young and old appear to show the link between the deficiency with schizophrenia in newborns and depression in older adults. This provides evidence that taking a Vitamin D supplement for good health has many benefits, both cognitively and emotionally.

The studies' results indicate that vitamin D intake over a lifetime contributes to the healthy aging process, in both cognitive and physical functions.

The first study, published in JAMDA, carried out in Trinity College Dublin, found that Vitamin D-deficient patients had a 75% increased depression risk, over a four year follow-up period.

Previously, the college research showed that one in eight older adults are deficient in summer months, with one in four during the winter. More importantly, only 8% of older Irish adults report taking a Vitamin D supplement.

What The Vitamin D And Depression Study Shows
In the study, 4000 community-dwelling people aged 50+ were studied to assess their relationship with Vitamin D levels at baseline (wave 1), incident depression at 2- and 4-year follow-ups (wave 2 and 3). The findings revealed the deficiency's link to a 75% increase in the risk of developing depression by four years – with the results remaining robust after controlling for a wide range of relevant factors. This included depressive symptoms, chronic disease burden, physical activity and cardiovascular disease. It was also found that excluding participants taking anti-depressant medications and Vitamin D supplements from analyses did not alter the teams' findings. There are now plans to ascertain whether taking a Vitamin D supplement can benefit depression and if this should be considered by government health services.

Vitamin D Deficiency And Schizophrenia Risk
A Danish study from Aarhus University published in Science Reports found that newborns with Vitamin D deficiency had a 44% increased risk of being diagnosed with schizophrenia as adults, as compared to those with normal Vitamin D levels.

Professor John McGrath who conducted the study, found that pregnant women with adequate levels of Vitamin D may result in the prevention of schizophrenia cases. He compares it to, "The role folate supplementation has played in the prevention of spina bifida."

By drawing of the findings of over 2602 individuals, it was suggested that neonatal Vitamin D deficiency could possibly account for 8% of schizophrenia cases in Denmark.

Low levels of Vitamin D have been linked with a lack of sun exposure during winter months, while the association between Vitamin D deficiency and the risk of schizophrenia is still being investigated.

Researchers say that more clinical trials on Vitamin D are needed to determine the impact on child brain development and the risk of neurodevelopment disorders such as autism and schizophrenia. For all of the above reasons, it is becoming obvious that taking a Vitamin D supplement is highly recommended for best emotional and mental well being. However, for maximum absorption, it is Vitamin D3 that should be considered as studies show this form is more efficient at raising blood levels of Vitamin D.

This article is by Robert Redfern on naturallyhealthnews.com

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.



All the HDMI Accessories That You Will Ever Need!

HDMI (High Definition Multi-Media Interface) cables have become the new standard for transmitting audio & video between today's devices. And not only do we carry many different lengths of HDMI cables themselves we also carry most of the HDMI accessories that you might need to get older devices that are not HDMI ready to talk to HDMI. Let's take a look at a few.

Mini Display ports are showing up on especially on newer laptops. This 3 in 1 VGA/DVI/HDMI/ Mini Display port adapter with a 5.9 inch cable will not only convert the HDMI but also to VGA & DVI as well.



This adapter goes from Mini DisplayPort directly to HDMI only. So if you won't ever need DVI or VGA that the adapter above has this is the adapter for you.



Connect any monitor or VGA projector to HDMI devices with this adapter which supports full HD 1080p resolution and includes a 3.5 mm output for connecting speakers or an audio amplifier. It's compact in size and simple installation makes it an easy solution.



Amplified Cordless Answering System with Big Buttons & Display

With features that make calls easy to dial and hear, the new VTech SN5127 Amplified Cordless Answering System with Big Buttons and Display is a senior-friendly phone system boasting big buttons, 50 dB audio assist and caller ID announce. The built-in digital answering system records up to 22 minutes of messages and is easy to set up thanks to an audible guide that walks you through the steps. An extra-loud 90 dB ringer makes it easy to hear incoming calls throughout the home. Plus, a light on the top of the senior-friendly handset and base unit flashes when the telephone rings, signaling an incoming call.

This phone has DECT 6.0 technology with a 1,000 name & number smart call block and 50 dB It has four directory audio assist big buttons, and a large photo dial display. This phone has



As mentioned in the last edition of SGMC News we are excited to be carrying the great products from Quantum Nutrition Labs (QNL). We took a look at the awesome Quantum Daily Multi in that issue. Let's take a look at **Quantum Vitamin D3 + K2** in this issue.

Welcome to our pure, plant-source product, Quantum Vitamin D3+K2. This formula has been designed to feature plant-source vitamin D3 in addition to plant-source vitamin K2 in vegetable capsules -- without undesirable chemical tagalongs.

At a hefty 5,000 IU of D3 and 180 mcg. of K2 per capsule, Quantum Vitamin D3+K2 contains an exclusive 100% vegan/vegetarian friendly formula with both vitamin D3 and K2 present in clinically established dosages that promote cardiovascular and bone health. This supplement is the perfect choice for those who wish to significantly increase their vitamin D3 and vitamin K2 intake without consuming animal byproducts.

To perfect this one-of-a-kind vegan blend of vitamin D3 with K2 so that a higher clinical dosage would be incorporated all into one capsule, our team of scientists at Quantum Nutrition Labs joined forces with independent expert laboratories and developed a reliable way to do this.

We will share more information on all the great Quantum products that we stock in future editions of the SGMC News. Stay Tuned!



Here's a great way to get your digital audio to play on your none digital equipped car radio. This FM transmitter allows audio input from USB memory sticks (it plays both MP3 and WMA audio files) as well as any portable device that has a headphone jack (think MP3 player or smart phone). Simply connect any USB drive or smart device via the auxiliary cord (included) and enjoy your favorite music while driving. This transmitter is powered via the integrated 12v cig plug and transmits between 87.5 - 107.9 MHz to your car radio. It features a remote control, auxiliary input jack, FM frequency output selector and LCD screen. Plug it in, select your output frequency, tune that frequency on your radio, attached you music source and enjoy. It's that simple.



Caller ID announce which means it speaks the name or number of the caller. It has Caller ID/call waiting that stores 50 calls. It is table & wall mountable and is expandable up to 4 handsets with only one phone jack. This is the perfect phone for seniors. Check it out for mom and/or dad.