



Call 717-786-7118

Store Hours

Tues. thru Fri.
9:00 AM - 5:00 PM
CLOSED Saturday
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!

Store Hours Change

We just want you to be aware that we are changing our store hours for the Summer.

We will be **CLOSED** on Saturdays May thru the end of August.

We realize that this may inconvenience some people and would like to offer you the ability to make an appointment outside of our regular hours for product selection, pick up and custom picture framing. Please call 717-786-7118 during regular hours to discuss your needs and to make an appointment either in the evenings or Saturdays outside of our regular hours. We will do our best to accommodate you.



This Xtreme Wireless 6 ft fabric extension cord is black and white. It features 3 outlets with safety covers in a 16 ga, 13a flat cord, a tangle free fabric cover and is 6 ft. in length with a 45 degree low profile plug that takes up less space!



This is the ideal wireless doorbell with its two receivers, 38 different tones and a range up to 50 meters (164 ft). With this doorbell you can avoid complicated installations or long cable runs. You only need a few minutes to install because the bells are plugged into an AC outlet and the battery powered (battery included) button (buzzer) is self-adhesive or attached with two small screws (included). It is recommended for houses, offices and apartments.



Listen to music in comfort! The AT&T Stereo Over Ear Headphones with Microphone (Blue) feature an adjustable headband and extra soft earpads. The in-line microphone lets you answer calls and play/pause music. This headset features high-

performance 40mm drivers with extra bass and a cable with in-line microphone & gold-plated 3.5mm connector. It also includes an adjustable headband for comfort fitting and extra-soft earpads for comfort & extended play.

Now introducing the long waited for POISON IVY- itch relief bar. For many years we have been getting suggestions to make a Poison Ivy itch relief bar and we are launching it this year! This incredible bar helps stop the spread of poison ivy, poison sumac and poison oak on the skin. Made from organic oats, pink clay and amyris essential oils to dry out the sting and burn from the poison oil to speed up healing. Safe for children and pets. Can be used on the face and body! Be sure to stock up this spring season as hikers, campers and adventurers leap into spring!



Check out this smooth white parchment-type paper which is highly transparent and accepts pencil, marker and ink. It is ideal for sketches, preliminary drawings and overlays. 25 lb. (24" x 36" x 500 sheets)



Summer is the time for face painting. Face Painting is a great way to make any party special. Kids love even the simplest designs on their face or hands. These Snazaroo face painting sticks come in a range of fun colors including black, white, red, yellow, turquoise and silver. They are great for detailed designs such



as a pirate or a superhero and those simple designs too. Snazaroo face paints are specially formulated to be gentle on the skin and are fragrance-free. All our face paints have been reviewed by an independent professor of dermatology and professional toxicologists. However, we recommend that before you start, you try a small test area on the inside of the arm. All Snazaroo face paints are manufactured using only ingredients fully compliant with EU & FDA toy and cosmetic regulations and are non-toxic. Snazaroo face paints are all water-based. Simply remove with soap and warm water; there is no need for scrubbing or harsh removers. Please remember that due to the high pigment contents some colors may stain fabric.

If you are looking for a way to preserve your photos there is no better way than these Canson Archival Photo Corners. They are quick and easy to use and they are acid-free. These corners are a great way to attach photos to all your photo albums or scrapbook pages. Simply slip the corner onto the photo and place into position. They are self-adhesive and transparent.



This Armor All 12V Car Charger has 2 DC and 4, that's right 4 USB Ports, 2 on the top and 2 between the DC outlets. It includes a 3 foot power cord and converts any DC power source into a 6-way power station. It has a Power-on LED indicator. Keep in mind that with all types of DC power outlets charge times vary by device. What a great addition to any vehicle especially older ones who don't have all the outlets that you need.

Great for artists of all skill levels, this 11 piece premium brush and palette set from Darice® includes:



- 1 Flat #6 brush
- 1 Filbert #2 brush
- 1 Round #4 brush
- 1 Wash 5/8 brush
- 1 Spotter 10/0 brush
- 2 Flat Chubby brushes
- 2 Round Chubby brushes
- 1 Angular Shader 1/4 brush
- 1 Plastic Palette measuring 6.75 x 8.75 inches

100% Handmade Hypoallergenic Skincare

SallyeAnder
Since 1982

Just like the fantastic SallyeAnder No Bite Me cream No Bite Me soap has 18 essential oils, sure to keep all those pesky bugs away for 3-4 hours after use. Safe for kids, babies and pets! As always no chemicals or DEET in our soap will keep your skin happy and with no bugs around, you will stay happy. Use it in the morning before you garden, fish, golf, or just before morning playtime. Then supplement with cream as your day moves on.



These colorful ceramic berry baskets are the perfect choice for displaying just about anything around your home.





Make 2019 your best year ever...
with Dr. King's Eight Essentials!
Dr. King's

As we (KingBio) begin our 30th year of business (2019), we invite you to join us on a journey toward your best health ever. Beginning in January, we are taking an in-depth look at all the essential parts of an optimal life – and how to bring their mighty benefits into your life.

These Essentials are from my book, *The Healing Revolution: Eight Essentials to Awaken Abundant Health, Naturally*.

The principles and techniques I share have been time-tested, proven by over 40 years of implementation with my patients!

By implementing a little of all Eight Essentials into your life, your health will soar to new heights this year.

Let me share a story with you...

At a trade show some years ago, a young woman and man appeared at our booth asking to speak to me.

When I went over to introduce myself, she made no response to take and shake my extended hand. I discovered that was because she was blind. At a previous trade show, she and her husband had gotten a signed copy of my book, and he had read it to her. It changed the course of her life.

She took the Essentials to heart and incorporated them into her life. As she used all the tools I shared, despite her blindness, she became a top athlete runner, and competed internationally. They came to our booth that day to present me with a T-shirt with words from this book that had inspired her: "Desire, Believe, Become."

She trained and competed in Chile with those words always ringing in her mind, urging her on. Join us on this journey for your health. It's just as important as any international competition. It's your life – live it to the fullest.

Here's the first article to get you started: [A New Year's Message](#)

And here's the second: [The Healing Revolution: Essential #2 – Nutrition](#)

The third one will be on our website under [Health Resources / Articles](#). Or, [follow us on Facebook](#), where we'll post each one.

To learn more about the Eight Essentials, download and listen to my podcast series. You can stream or download from iTunes, SoundCloud, UK Health Radio, or iHeart Media. Listen while you drive, travel, walk, do housework, or work out.

My vision is for The Healing Revolution® to become a worldwide movement. This book can help people in community chapters or Meetup groups, step-by-step, be successful together, supporting each other in healthy relationships. Can you picture this vision with me?

The "best of your life" can be the "rest of your life." You can begin now.

Enjoy the journey! --Dr. Frank King

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!



The lightweight and comfortable AfterShokz Trekz Titanium Mini Bone Conduction Bluetooth Stereo Headphones with Microphone are the safest alternative to traditional sport

headphones and earbuds. Bone conduction technology, an open ear design and a suite of convenient features deliver premium music play and crystal clear calling without compromise. Designed with athletes in mind, these AfterShokz Trekz Titanium Mini headphones are sweatproof and secure, and will allow you to hear your surroundings—no matter where life takes you.

Bone-conduction technology delivers music through cheekbones, ensuring ears remain completely open to hear ambient sounds. Look at the features:

- Lightweight, flexible titanium wraparound headband for durability & portability
- OpenFit™ design ensures maximum situational awareness & comfort during long-term wear
- PremiumPitch+™ guarantees premium audio experience, including wide dynamic range & rich bass
- Wireless Bluetooth® 4.1 connectivity & convenient multipoint pairing
- LeakSlayer™ technology significantly reduces natural sound leakage
- Repels sweat, dust & moisture during workouts & inclement weather (IP55)
- Up to 6 hours of continuous music & calls on a single charge
- EQ presets boost bass & reduce vibration on the go
- Dual noise-canceling microphones exclude surrounding noise, effectively enhancing speech
- Audrey Says™ voice prompts guide users through power, pair, play & talk
- 2-year warranty - includes charging cord & case

Stop by the store to give our demo pair a try for yourself.



Write and draw on paper, glass, plastic, and metal with this Sakura® 3-D-ink Glaze gel pen set. It includes 10 pens in black, blue, clear, green, orange, pink, purple, red, rose, and yellow. When the ink dries, it leaves a raised line. These Glaze gel pens can also be used to create a stained-

glass effect on clear surfaces. Get these pens and other art materials at SGMC Quarryville.

CUSTOM PICTURE FRAMING EXPERTS

Over 41 Years Experience
Expertise • Price • Selection



As mentioned in previous editions of SGMC News we are excited to be carrying the great products from Quantum Nutrition Labs (QNL). We've taken a look at the awesome Quantum Daily Multi and Quantum Vitamin D3 + K2. Let's take a look at **Quantum Melatonin Drops**. *Melatonin is a unique, complex molecule that is naturally present in virtually every cell of the body. Melatonin is considered to be the global master bioregulator of the whole body, intercoordinating many of the body's complex systems, including quality sleep • brain support • the immune system • antioxidants • cardiovascular system • neuroendocrine system • bone health. The levels of melatonin peak in one's early years, then as the body ages, the biosynthesis of melatonin begins to decline drastically.*

PFN Technology™ (Probiotic-Fermented Nutrients) The ingredients of this quantum-state formula are fermented using a unique probiotic culture which allows rapid oral delivery with superior bioenergetic properties. Many people say they can feel the effect of this product the very first time they take it.

What is melatonin? Melatonin is a unique immunomodulatory compound which supports a wide range of physiological functions. It is produced by the body's pineal gland, a master gland located in the center of your brain. The secretion of melatonin is inhibited by light and stimulated by darkness. Therefore, melatonin production naturally rises at night. However, this may be compromised in individuals who have altered circadian rhythms or sleep patterns. The use of melatonin to promote restful sleep is well documented and has received substantial publicity for its ability to promote natural sleep patterns and maintain normal circadian rhythms.

This extraordinary hormone is one of nature's most effective antioxidants, offering unsurpassed protection against a broad range of free radicals which can cause cellular damage.

Are you enjoying restful nights and radiant days? If you need more help, then Quantum Melatonin is your product of choice. Experience an industry first with probiotic-fermented melatonin that promotes deep, restful, REM sleep. You and your family will feel the QNL difference!



Keep shelves tropical with our flamingo shelf sitters. These colorful decorations come in 2 assorted styles including a flamingo wearing sunglasses and a flamingo wearing a sunhat. Measures 3.5" tall and legs measure 4" long. Great Gifts!

