



News

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FEATURED PRODUCT



SCRYBE



This is the column where we 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 our **Professional Custom Picture Framing**. We have been providing Custom Picture Framing services for over 42 years and over the years have framed just about anything that you can think of. We have framed a rope halter from an award winning steer (along with pictures and other memorabilia), a child size violin, a Masonic apron, military medals, a papal proclamation and medal, an athletic cup protector, tap shoes, a Civil War sword, a 50th Anniversary floral arrangement and a huge wall mural to name a few. You get the idea.

If you are looking for the perfect gift for everyone on your list The Scribe is it. The SCRIBE is a trusty pen, ruler, touchscreen stylus, bubble level and has 2 micro screwdrivers. The body of the pen has inch and centimeter rulers, as well as a bubble level for quick measurements. Remove the cap to reveal a micro driver with a double-sided bit. Its all-metal construction is a durable, elegant design that delivers a smooth writing experience with its high-quality German ink. The Scribe has pocket clip and textured grip and is made of anodized aluminum and chromium-plated copper and comes with 3 extra ink refills in a gift box ready for wrapping with just a bow for giving.



We are innovative, experienced professional framers. What we mean by that is that we can find solutions and have alternatives that other framers may not be able to offer. And we can frame just about anything.

Just in case you have forgotten we have been doing Custom Picture Framing in-house for more than 42 years. We offer unparalleled expert help and guidance in choosing materials that not only protect your item but also display it so that it can be enjoyed. Your item NEVER leaves our shop. The reason that we mention this is that some big box stores sub-contract out their custom picture framing which means that your item may not remain in the store where you took it and is not completed by the person that helped you design your framing package.

In addition to offering the latest conservation methods and materials, we offer unsurpassed, selection and price.

We offer our best pricing every day and do NOT play the big box pricing games EVER. Customers constantly tell us that our everyday pricing is less than the big box stores 50% to 70% off with their so-called sales.

If you want the **best** Custom Picture Framing at the **best** price, SGMC is the place. We are open Tuesday thru Friday 9 AM til 5 PM; Saturday 9 AM til Noon and we are closed Sunday and Monday.

Bring your holiday framing in now so that you will be sure to have it for your holiday giving.

Call 717-786-7118

Store Hours
Tues. thru Fri. 9:00 AM - 5:00 PM
Saturday 9:00 AM til 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!
CLOSED Saturdays May Thru October!

Actually clean water, micro-filtered.

SGMC Quarryville is proud to offer the absolute best table top water purification system from Mitsubishi Cleansui. This gravity filtration pitcher delivers safe, reliable water through a unique, state of the art, filtration system. Each filter combines the standard activated Carbon method with a Hollow Fiber Membrane that is added to the end of each filter. Its revolutionary state of the art Hollow Fiber Membrane micro-filtration system completely removes

particles from tap water as little as 0.2 micrometers including: solid lead, bacteria, algae, fungi, micro-organisms, cysts, parasites, rust and even micro plastics.



Unlike common other pitchers whose brand names start with B, P & Z that filter out a dozen impurities at most, Cleansui's updated filter can take out up to 60 toxic contaminants. (We will be glad to supply additional documentation as to the contaminants that are removed by this patented filter system.)

The pitcher has a filter capacity of 9.3 cups and is designed to last three months or is designed to filter about 42 gallons of water per filter depending on how contaminated the water is that you are filtering.

There is a reminder calendar built in to the pitcher so that you will know how long the existing filter has been installed as well as potentially when it needs replaced.

SGMC Quarryville stocks The Cleansui 9.3 cups pitchers along with the replacement filters that are easily swapped at the end of their usable life. Clean water makes a GREAT gift!

Revolution Motion Sensing COB LED Spotlight 3- Pack



You're headed to the back corner of your basement looking for your sewing machine. The overhead light doesn't cut it, so shed some more light on your path with these handy motion sensing spotlights. They rotate 360 degrees to direct light wherever you need it most. Detach light from base to use as a hand-held flashlight. Great in closets, under the sink, in the basement, etc. Each revolution light requires 3 AAA batteries that are included. They mount virtually anywhere with included magnetic base, peel & stick tabs and hanging keyhole slot and operate in Manual On/Off, & Automatic Motion Sensing modes. We're betting you can think of many places these lights would really help. These lights also make a great gift for anyone on your list.



**Safety in Personal Care Products:
12 Ingredients to Know & Avoid
By Lisa Bronner**

You all are beautiful.

Before I launch into a discussion of safety of body care ingredients, let's get that straight: you are beautiful already.

Furthermore, the most important things you can do to take care of your body are not for sale.

They don't come in a bottle. You can't put them on your shopping list. Sleep, healthy food, drinking water, exercise, de-stressing and smiling. If you don't have these, no potion or cream will fully substitute for the lack.

Why Bother Reading Ingredients

Our society is facing many troubling unanswered questions. Among them, why are rates of cancer, infertility, hormone imbalance, and behavioral disorders skyrocketing? While undoubtedly there are many contributing causes, it might not be coincidental that 1 in 13 women are exposed daily to known or probable human carcinogens, or that 1 in 24 women are exposed to known or probable reproductive and developmental toxins through their personal care products. Our skin is semi-permeable, and so even though we don't eat our cosmetics, in a way, our skin might.

Legal Oversight (or Lack of Oversight)

Two laws regulate personal care products: The Fair Packaging and Labeling Act of 1967 and the Federal Food, Drug, and Cosmetic Act of 1938. The parts relevant to cosmetics focus on misbranding and adulteration, and not on the safety of the ingredients. You can put anything in the product you want, so long as you say on the label what you've put in it. (Color additives are an exception which I'll save for another day.) The safety of products is the manufacturer's responsibility.

However, although there have been red flags through the years about certain ingredients, manufacturers have the choice on whether or not to respond.

Total Exposure – My biggest concern

Long-term, cumulative exposure is what concerns me most. Many ingredients have a threshold at which they are "generally regarded as safe" (GRAS). A single product will have less than that threshold. But what if that ingredient is in four of your daily, leave-on products? What if you don't do a super thorough job of washing it off each day? How does all that exposure add up when studies are showing that above the GRAS levels, problems arise?

Ingredients to Avoid - Parabens, Methylisothiazolinone, Octinoxate Oxybenzone, Retinyl Palmitate, Fragrance, Phthalates, Quaternium-15, Formaldehyde, Ureas, Cetareth, laureth, steareth, other -eths, Diethanolamine (DEA), Triethanolamine (TEA)

What To Do - My hope here is to empower and not to overwhelm. There are many good products out there made with alternative ingredients. Manufacturers have started to respond to consumer concern. Analyze one product at a time and replace, if needed.

Please Note: This article was published on the "Going Green with a Bronner Mom" website on 10/15/19 and was edited for space. We strongly suggest reading the full article which has a lot more specific information at <https://tinyurl.com/y5zvbrfa>

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.



Holiday Variety Lip Balm



These creamy, smooth and delightfully decadent, holiday lip balms will have you licking your lips for seconds!

Available flavors include Sugar Cookie (its rich, buttery flavor will moisturize lips while leaving behind a tantalizing sweetness), Pumpkin Spice (infused with hints of cinnamon, nutmeg and clove, this fall-time favorite lip balm is reminiscent of a warm pumpkin spice latte) and Candy Cane (invigorating sweet peppermint which leaves a tingling sensation and warming vanilla to comfort and soothe dry lips).

These lip balms are made with nourishing organic coconut oil, beeswax and a touch of stevia, they taste great and effectively nourish dry lips. Savor the sweetness for the holidays!

Festive flavors, perfect for the holidays

Moisturizing, nourishing and protecting

Nothing artificial - no fragrance, colorants or petroleum

Add a Holiday Lip Balm to each stocking or as a package topper on all your packages. Everyone will love them.



As the only vegan, keto low sugar protein cookie, NuGo had to make sure things were perfect! They started with what they wanted:

10g protein and <1-2g sugar. Then they made the ingredients certified vegan, certified gluten free, Non-GMO verified and OU Pareve. They perfected the taste for the ultimate keto friendly indulgence, so

those who eat low carb or follow the keto diet can enjoy these delicious soft-baked cookies without interrupting ketosis. See why we had no issues calling it the NuGo® Perfect Cookie! SGMC Quarryville is offering these cookies at the reduced cost of just \$1.99 (while they last) each instead of their suggested \$2.49.

Share the great taste of these cookies with family and friends this holiday season. What a great gift that everyone would love, too!

Great PRICE on Alkaline Batteries

If it seems like everything takes batteries that's because everything does take batteries.

We have these 24 packs of either "AA" or "AAA" batteries at just \$9.99. It's always good to have batteries on hand but it's essential to have them during the holidays. Grab a few packs when you are shopping at SGMC Quarryville.



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 QNL products like the Quantum Daily Multi, Quantum Vitamin D3 + K2, Quantum Melatonin Drops, Quantum Green Tree Extract and Quantum Sleep. Let's take a look at **Max Stress B Liquid**.

Do you feel fatigue or occasional stress from time to time? In this era of "more is more", many tasks can vie for your attention and pull you in different directions all too often. An overly busy lifestyle can actually be at the core of some health concerns. During times of stress, your body's capacity to adapt may be reduced without sufficient nutritional support.

Supporting the system with Max Stress B™ offers advanced support for the liver, the brain, the immune system, adrenal glands, cardiovascular system, mood balance and energy levels.

Max Stress B™ is a nutritional industry first - with never before available probiotic-fermented B vitamins. This product contains a high-energy B vitamin complex that delivers premier nutritional support. Each 1/2 tsp. supplies high energy vitamin B forms including B5 as pantothenic acid and more.

This B vitamin-rich formula offers advanced support for the liver, the brain, the immune system, adrenal glands, cardiovascular system, mood balance and energy levels.

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

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



Sleepy Puppy Essential Oil Diffuser

With this Sleepy Puppy Diffuser you can send your little ones off to sleep with the soothing sights, sounds and scents of nature.

This BPA-free diffuser doesn't utilize heat, so there's no risk of burns. All you need is tap water and your favorite essential oils to create a soothing environment that's ideal for a good night's sleep. With three projection templates, ultrasonic misting and restful nature sounds, the diffuser includes 3 interchangeable projection templates: Flowers, Night Sky, Clouds & Kites. The diffuser has restful nature sounds that include Birds Chirping, River Water, Forest Sounds and Soft Wind. The misting modes are continuous and off. The light modes are warm white/colored lights and the run time is up to 12 hours. A great gift for children or grand kids.

