



**Call 717-786-7118**

**Store Hours**

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

**FEATURED PRODUCT**

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 SGMC Quarryville's Full Service Glass Shop. As the weather starts to cool down and we want to open the windows to let in the refreshing breezes SGMC Quarryville can fix all those broken and torn screens to let the breezes in and keep the bugs out. And if you get your screens fixed now they will be ready for use in the Spring. Our normal turnaround on screen repairs is normally 24 to 48 hours.

It's important to repair all those broken windows, storm windows and insulated glass



before the cold winds of Winter blow. Keep in mind that if your repair requires custom insulated or tempered components that

lead times this time of year can be 3 to 4 weeks. So the sooner we get your repair the sooner we can get it back to you.

Remember we can repair almost all types of broken insulated glass that you can bring into our glass shop. Simply bring the sash in and if you need it back to close up your opening we'll measure the length, width and height of the insulated unit and give you the sash back to close your opening while it's being manufactured. Once we receive your replacement insulated glass we'll let you know and you can bring your sash in and have it back the same day. Easy peasy!

And of course if you have broken glass in your wood, coal or pellet stove we can supply a number of different heat resistant glasses like tempered, pyceram and tempax.



The take away here is that no matter what you need in the way of screens or glass for the upcoming seasonal change SGMC Quarryville here to help.



We have several new items from Ollois to share with you here but first we want to let you know that now all Ollois homeopathic remedies are not only **Lactose and Gluten FREE** but they are also **Organic and vegan**. This make Ollois Homeopathic Remedies the only remedies giving you all these pluses. We are now stocking



Ollois Ollolpain Arnica Cream is the Natural Way to Better Health. Ollolpain Cream is strong enough for the athlete yet gentle enough for the weekend warrior or massages. Stop pain the better way. Feel better with Ollolpain Arnica Cream alone or Ollolpain with Ollois Arnica pellets. Do not let pain stop you in your tracks.

Ollolpain Arnica pain cream is Scent Free and fast absorbing, non-greasy, unscented, paraben free and great for sore muscles and massage.

Get an **OLLOIS First Aid Kit** to have at home or with you when you need it and it makes a great gift too! The kit comes in a zippered case that holds four tubes of Ollois remedies and contains:

*1 tube of Arnica 12C: traditionally used for Pain from trauma, bruises, stiffness, muscle soreness.*

*1 tube of Hypericum Perforatum 30C: traditionally used for Nerve pain after surgery or injury.*

*1 tube of Ruta Graveolens 30C: traditionally used for Sprains & tendonitis - strains.*

*1 tube of Staphysagria 30C: traditionally used for Cuts & surgical wounds.*

And if you need some way to carry your own remedies we are now carrying the OLLOIS Travel case.

When on the go you can keep your remedies with you in this convenient easy to carry case which can hold up to 4 tubes!\*



SGMC QUARRYVILLE FOR HOLIDAY CUSTOM FRAMING

**CUSTOM PICTURE FRAMING EXPERTS**  
Over 41 Years Experience  
Expertise • Price • Selection

**BRING YOUR FRAMING IN TODAY!!**

Many of you have been using Charlie's Soap products ever since we started selling them a decade ago.



Charlie's Soap containers have gone through a number of variations over the years and what you see here are some newly styled containers with bright colorful graphics on familiar products like the gallon and 32 oz. sprayer of the Indoor & Outdoor Surface Cleaner.

We also now stock the 50 load bag of Charlie's Laundry Soap and the 32 oz. sprayer of Kitchen & Bath ready-to-use cleaner.

If you aren't familiar with Charlie's Laundry Powder please stop into the store for your FREE samples. Charlie's Laundry Powder doesn't require the use of any fabric softener and only requires a tablespoon for a full load of laundry. And once you buy your first bag you can bring it back to refill it at a \$4.00 savings.

Charlie's Soap products are made in the USA with natural ingredients that you can pronounce. Give Charlie's Soap a try today. You will wonder why you waited so long.

The RCA 25201RE1 2-Line Corded Speakerphone

gives you all of the features you need at an affordable price.



It is simple to install, easy to use and offers advanced features specifically designed for your business needs. The full performance speakerphone allows the user to talk without picking up the handset. The easy to read LCD display with jog control and forward/reverse call review-clearly displays caller's phone number or name and number, date and time of call and call sequence number. The call conferencing permits multiple parties to be linked together for conference calls. Other features include caller ID/call waiting, 3 station speed dial, integrated keypad and call timer. Look at these features:

- Caller ID/Call Waiting
- Trilingual display (Eng/Sp/Fr)
- Speakerphone
- Adjustable screen contrast
- 3-way conferencing
- 70-station phone directory/dialer
- 3-station speed dial
- Handset/ringer volume control
- Wall mountable
- Redial & flash functionality
- Tone/pulse dialing
- Hold
- Mute
- Pause
- Line status indicator
- Call timer
- Integrated keypad
- Hearing aid compatible
- Requires 4 AA batteries



**What is CBD?**

CBD's popularity is exploding, but confusion still surrounds this natural compound.

*What is CBD & How Does it Work?* This is one of the first questions people ask about CBD. CBD (cannabidiol) is a type of compound naturally found in plants like hemp. It is not intoxicating and not addictive. CBD works with your body's endocannabinoid system (ECS). Your ECS helps your body with inflammation, appetite, energy, stress levels, sleep schedule, and other processes that are central to your well-being.

The endocannabinoid system (ECS) is an extensive biological system that is comprised of specialized cannabinoid receptors, endogenous lipid-based endocannabinoids, and enzymes responsible for synthesizing and metabolizing the endocannabinoids to maintain a regular supply. All combined, research has now demonstrated this highly sophisticated self-regulatory system affects a wide variety of tissues and functions in the human body. Phytocannabinoids, derived from plants like Cannabis sativa, stimulate the same cannabinoid receptors, eliciting therapeutic effects like pain modulation and relaxation. How the ECS functions is still not completely understood, but as research races to keep up with a burgeoning cannabis industry, scientists are rapidly unraveling the mysteries of this powerful system.

Discovered in the 1990s, the ECS is thought to be one of the most vital and vast receptor systems for sustaining good health. It affects many of our biological processes. Not just for humans, but also for all vertebrate animals, and some invertebrate too. The system contains cannabinoid receptors, the "locks" and a group of diverse chemical compounds called cannabinoids, the "keys." The body produces its endogenous cannabinoids, most notably anandamide and 2-arachidonoylglycerol (2-AG). Endocannabinoids are found in the immune system, the central nervous system, the brain, organs, connective tissue, and glands.

So, where does hemp fit into the picture? There's a reason why hemp works so well with the ECS. It has a set of keys to the kingdom! Hemp contains elevated levels of Cannabidiol (CBD), an active phytocannabinoid that works synergistically with other secondary phytocannabinoids and compounds like terpenes and flavonoids.

*How Do I Choose a CBD Product?* Picking the right CBD product sometimes requires taking into consideration your lifestyle and preferences. If you like to keep it simple then most people tend to go for the oils. To use them, you place a drop under your tongue and hold it there for 30 seconds before swallowing. These broad-spectrum oils come in a range of concentrations to let anyone find the right serving of CBD for their body. These oils are made with hemp-derived cannabinoid extracts, meaning they contain a range of compounds natural to hemp. The "full spectrum" of a hemp plant may legally have up to 0.3 percent THC. Most CBD manufacturers reduce THC even lower to non-detectable levels, hence the use of the term "broad spectrum."

Creams and balms feature a pharmaceutical-grade base with essential oils, natural extracts, and CBD. Tubes are easy to toss in their day bag, bike basket, gym bag or purse. They deliver "on-the-spot" support wherever you need it.

Beyond delivery system options, you want top-quality CBD supplements from a trusted brand. Always chose CBD products from a retailer you know and trust.

*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.*



A fluid additive specially formulated to enable paint to flow easily across a surface. It thins paint to the ideal consistency, creates



cell effects, and reduces cracking and crazing. It will not slow down the drying time, alter the color, or lessen the adhesion of paint. Mix with Americana Acrylics to create stunning effects on canvas, wood, or other art surfaces. Ratios can be adjusted for a variety of effects. It's water-based and non-yellowing.



Now's Beard Balm gives your beard conditioning and a nourishing light woody scent. This amazing balm helps to control unruly facial hair, while providing deep conditioning to soften and protect, leaving you with a mild

woody scent. Say goodbye to an itchy, scratchy beard!

To use place a pea-sized amount of beard balm in the palm of your hand, and using your fingertips, gently massage evenly into your skin and facial hair. Comb or brush through to style. Apply daily to keep your beard healthy and strong. Check out SGMC Quarryville for unique quality products.

Ingredients: Cocos Nucifera (Coconut) Oil, Butyrospermum Parkii (Shea) Butter (tree nut)\*, Beeswax, Simmondsia Chinensis (Jojoba) Seed Oil, Persea Gratissima (Avocado) Oil, Cedrus Atlantica (Cedarwood Atlas) Oil, Argania Spinosa (Argan) Kernel Oil (tree nut)\*, Santalum Album (Sandalwood) Oil, Cupressus Sempervirens (Cypress) Leaf/Stem Oil, Tocopherol (Vitamin E) (soy), Vanilla Planifolia Fruit Extract. \*Certified Organic



**Skin Repair** is food for your skin. The nutrient rich blend of aloe vera and vitamin E oil nourishes and improves your skin's appearance. Great for after sun care and soothing minor burns.

**Dry Skin** is a whole body daily moisturizer. A high concentration of Calendula flowers plus five other actively healing herbs provide natural head-to-toe relief. This homeopathic herbal infusion helps to alleviate symptoms associated with chronic skin conditions.



Green Goo **First Aid** salve is a power packed homeopathic formula that helps aid the body's own healing abilities. Replacing over 20 traditionally used first aid items, our salve is your first defense for cuts, scrapes, blisters, sunburns, chafing, poison ivy and cracked hands & feet.

The Arnica flowers in **Pain Relief** are picked at their peak and infused with Olive Oil to create strong, soothing, homeopathic salve for bruises, sore muscles, sprains, strains, joint pain, and inflammation.



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 and Quantum Green Tree Extract. Let's take a look at **Quantum Sleep**. Introducing Quantum Sleep a quantum lifestyle product from Quantum Nutrition Labs. Quantum Sleep supports overall relaxation, mental tranquility, calm mood and mental focus throughout the day.

In our experience, nothing works quite like Quantum Sleep. It features a comprehensive, multi-botanical blend formula that showcases the legendary botanicals, magnolia and jujube. These two specific herbs have been used traditionally in Oriental Healthcare since ancient times. Quantum Sleep features these two herbs as a unique patented herbal combination with magnolia bark and jujube seed extracts. This dynamic combination has been shown to help the body maintain a calm central nervous system and thus, help in managing an overactive mind as well as encouraging relaxation for a deep, restful sleep. The ingredients in Quantum Sleep offer a class of distinctly active compounds that deliver the selective ability to moderate the central nervous system, which in turn, helps promote a healthy response to occasional stress. Recent research has demonstrated that these two patented herbal powerhouses, when used together, help create a relaxing effect for the mind as well as promoting deep sleep. This formula also features Sleep Pro Blend, a full spectrum support blend that supplies a complex phytochemical profile for superior nutritional support.



Quantum Sleep may be the perfect answer for those experiencing the occasional stress that comes with aging or the increasing demands of everyday life as well as those who want support in helping to manage an overactive mind. Quantum Sleep has become one of our top products of choice because it offers an excellent solution to support rest and relaxation as well as promoting restful sleep. Consider adding Melatonin Drops as the perfect complement to Tranquilol® for your very best sleep support program. Experience an industry first with Melatonin Drops, a unique probiotic-fermented melatonin that promotes the deep, restful, REM sleep you are looking for. This product naturally supports a wide range of needs:

- restful sleep
- brain • immune system
- antioxidant
- cardiovascular
- neuroendocrine
- bone health

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

