

There are occasionally exceptions to these hours which are listed on the door, on our website & are also on our auto attendant if you call when we are closed. If in doubt always check first!

[CLOSED Saturdays May thru October]

FEATURED PRODUCT

This is the column in which we remind you about a product(s) or service that we have provided for a long time that you may have forgotten about.

SGMC Quarryville is the premier place to find all those Art Materials and Supplies that you need for your creative projects whether you're a beginner, student, novice, artist or professional.

SGMC has a complete, great selection of all the popular mediums including but not limited to pastels, pencils (with multi-hardness drawing pencils and colored pencils) oils, acrylics (both craft and professional quality in both soft and hard body types), watercolors and more. In addition to the actual mediums themselves SGMC stocks all the ancillary products that you need to use them, too. Think drawing pads, paper, brushes smudge sticks, paint palettes, mixing trays, mediums of all types.

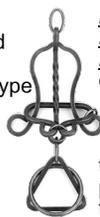
If it's **ART MATERIALS** like *Liquitex, Windsor Newton, Grumbacher, Bienfang, Decoart, Pigma, Prismacolor, Polycolor, Scribbles, Sharpie, Simply Simmons, Royal, Canson, Strathmore, Krylon* and more that you need, SGMC Quarryville is the place.



Tavern Puzzles

confuse and amuse and are reproductions of a type of puzzle traditionally forged by blacksmiths to amuse their friends at country taverns and inns. All the puzzles are handcrafted and individually assembled. Each puzzle is mechanical in nature;

removal of the object piece does not rely on force or trickery. There are many different puzzles available other than those displayed here. Puzzles come in a cloth bag perfect for giving. Be sure to add a display stand, too!



Optional stand available

Block Assembly Toy Sets

You can't go wrong with these 50+ piece building block (Lego-like) dinosaur and construction equipment sets that make for many hours of fun building and playing. Choose multiple sets for even greater fun. Perfect for all the kids on your shopping list Great for birthdays. Inexpensive enough to buy a set for everyone at the birthday party. They'll have loads of fun assembling them together.

Gloves in a Bottle

Looking for a dry Winter Skin Solution that really works? *Gloves in a Bottle* from SGMC Quarryville is it.

Dry Skin Starts on the Outside -The outer, protective layer of skin consists of dead cells. These cells need to stay moisturized in order to perform the function of protecting the deeper layers of skin. To keep the skin's natural moisture from leaving the outer layer of skin, the skin produces natural oils. These oils also help keep irritants away from the deeper, more delicate layers of skin. Modern living strips these natural oils. **What Happens When Your Natural Oil Is Stripped Away?** When the natural oils are stripped away from the outer layer of skin, the skin's own moisture quickly leaves resulting in dry, irritated or itchy skin.

Furthermore the deeper layers of skin are left exposed to a host of damaging elements. The result is skin that is more dry, irritated, or itchy and more susceptible to becoming cracked and further damaged.

How is *Gloves In A Bottle* Different From Other Lotions?

While conventional moisturizers, lotions and skin creams coat your skin with petroleum or wax-based substances that inhibit the skin's ability to breathe and perspire, *Gloves In A Bottle* functions so well that the skin breathes and perspires naturally. Because it literally becomes part of the outer layer of skin, it does not wash off like other lotions, but comes off naturally as your skin exfoliates. For continued protection against irritants and toxins, simply reapply in 4 — 12 hours.

This allows the epidermis to protect the inner skin cell layers. Stop in to get *Gloves in a Bottle* for everyone in your family that has dry Winter skin.



One definition of change is "the act or instance of making or becoming different" or better or more relevant or in the case of a retail store staying relevant in a changing retail environment. In the case of a retail and service business like SGMC Quarryville change is normal and necessary. If we hadn't changed over the last 44+ years we wouldn't be here today. It's amazing when we look back on all the things that we did and all the products that we sold that are no longer available or relevant.

Over the years we have lost a lot of our vendors including Radio Shack. And during the pandemic we continued to lose vendors. We lost some vendors that supplied entire product lines that we sold. The good news is that we have also added a few new vendors that we are really excited about and whose products you will see in the store in the coming weeks and months. These vendors will allow us to continue offering products and services that you are used to and you will also see new products and services throughout 2022 as well.

We're excited about what 2022 has to offer as SGMC Quarryville continues to change and adapt to the ever changing retail climate. Thanks for your continued support.

In case of Inclement Weather



With the Winter season upon us we thought we'd let you know that during inclement weather that we do our best to have SGMC Quarryville open but if roads are questionable or unsafe or schools are closed it is very likely that SGMC will have either a late opening, an early closing or not be open at all. If in doubt you can call to see if we are open or check our Facebook page at www.facebook.com/solanco for current information and hours.

We will try to monitor any message that you leave on our system along with any text messages that you text to 717-983-8020 and call or text you back if that's appropriate. Thanks for your understanding and your business.

It's Your Health

NEWS YOU CAN USE

What is Seasonal Affective Disorder? Do You Have It?

by QNL Staff, December 9th, 2021

As temperatures continue to fall and the sun sets earlier than warmer months, you may notice yourself feeling more lethargic and sadder than usual. A type of depression, known as Seasonal Affective Disorder (or SAD), can cause mood changes beginning in the fall and winter and lasting until spring or early summer. More than just "winter blues," these symptoms can feel overwhelming and may interfere with your day-to-day functioning. SAD may be caused by a number of factors. The decrease in daily sunlight can cause a disruption to your body's internal clock, leading to circadian rhythm disruptions and feelings of depression. Reduced sunlight can also cause a drop in serotonin (the key hormone that stabilizes mood, feelings of well-being, and happiness). Melatonin, a sleep-regulating hormone, may also be disrupted by reduced sunlight, making it more difficult to fall asleep. Lower melatonin levels may also cause mood disruptions. Symptoms of Seasonal Affective Disorder can vary from mild to severe and encompass a wide range of symptoms, including:

- Feelings of sadness or depression
- Loss of interest in activities once enjoyed
- Appetite changes (usually eating more and craving carbohydrates)
- Sleep disruptions
- Lack of energy or increased fatigue
- Difficulty thinking, concentrating, or making decisions

More severe symptoms of SAD may include:

- Feeling worthless or guilty
- Thoughts of death or suicide

Luckily, SAD can be effectively treated. One of the most common treatments for SAD can include phototherapy, a form of light therapy in which a person is exposed to bright natural or artificial lighting for a period of time each day (such as one hour) in order to improve symptoms and elevate mood. Specific light bulbs or light fixtures may be used to increase exposure to light (especially on the face), which can help reset your body's internal clock and alleviate some symptoms. Other ways to help manage Seasonal Affective Disorder include:

- Take a plant-based multi-vitamin daily.
- Take B12 and Omega-3s
- Speak with a nutrition-oriented practitioner
- Carve out time for mood-boosting activities
- Head outside
- Stick to a schedule
- Prioritize physical activity
- Open those windows

This story was edited for space. If you would like to read the entire article please go to this URL

- <https://tinyurl.com/4p2vwvyp6> or scan this QR code with your phone.

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.



Sign Designs Printing & Framing

We are starting off 2022 by offering you access to our years of in-house design and graphics expertise. We have been producing our own publications, signs, etc. even before desktop publishing even existed, when we had to "paste-up" print content for our various publications. Our design expertise and experience spans decades. We can design printed materials, business cards, logos, signs, banners, yard signs, business signs, apparel and much more, providing proofs along the design process for your input and approval. Let SGMC Quarryville be your print partner in 2022 and beyond, helping promote and grow your business or your organization. Check SGMC Quarryville first for all your graphics and printing needs and requirements. Call us today with your graphics requirements to see what we can do for you. We are here to make your life easier, give us a call today at 717-786-7118.

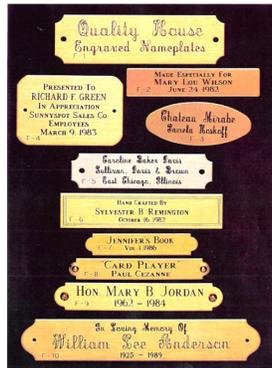
Custom Engraved Brass Plates

SGMC Quarryville is your source for Custom Engraved Brass Plates. We have included a number of images here that give you an idea of some of the things that you might see on a brass plate. Of course these are just examples and we can design and fabricate a BRASS PLATE with anything that you might want on it. You can also choose multiple finishes including gold or silver satin or bright. You also have a choice of how your plate will be fastened to the surface where you intend to install it. You can choose screws or nails for wood surfaces or self-stick adhesive or imitation nail heads with self-stick adhesive for all other smooth surfaces.

Our primary use for Custom Engraved Brass Plates is with Custom Framing where we will use a

Custom Engraved Brass Plate attached to the frame or the mat to, for instance, to identify the name and artist for a painting or the location and date of a photograph or to identify the people in a photograph or to name a building and location in a photograph, you get the idea.

The reason to include that kind of information is so that people looking at the framed item in the future have information on what they are viewing. If you need a Custom Engraved Brass Plate SGMC Quarryville is the place.



PREMIER RESEARCH LABS

SGMC is excited to be offering you the exceptional professional products from Premier Nutrition Labs (PRL), the world leader in cellular resonant formulations. In this issue we will be taking an in depth look at PRL's exceptional products including why you should be considering them exclusively to improve your health and longevity.

Are you getting enough of the mineral magnesium, in your diets every day? Since magnesium deficiencies are common in the U.S., supplementing with magnesium can be a wise choice to increase magnesium levels. Premier Magnesium features highly absorbable magnesium in the preferred form of magnesium lactate. Simply add this powder to juice or water for a revitalizing, magnesium-rich drink. It has a refreshing watermelon flavor (no MSG) without added sugar.

Here's what you need to know about Magnesium. Magnesium is an important mineral that supports a wide range of functions in the body. It supports heart health, bone and teeth mineralization, a healthy alkaline body pH balance and serves as a building block for cell membranes. In fact, magnesium functions as a co-factor in hundreds of complex enzyme systems in the body. In addition, magnesium helps in the utilization of vitamin B complex and vitamins A and C. SGMC Quarryville is proud to offer Premium Research Labs products. They produce PROFESSIONAL Superior Quality vitamins and supplements that are among the highest quality you can buy. Consider adding them to your daily regimen.

