

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 where we remind you of products and services that we've had for a while that you may have forgotten about. In this issue we'd like to remind you about **COMPUTER ACCESSORIES**.

What are **COMPUTER ACCESSORIES**? "A computer accessory is anything attached, connected to, plugged into or needed to effectively operate said computer or a peripheral." The only way we really know to do this is via a list to let you know what we have.

- Computer mouse
 - Wired & wireless
- Printer cables
- USB cables
- HDMI cables
- VGA cables
- USB Hubs
- Keyboards
- SD card readers
 - SD Cards
- Flash or Thumb drives
- Computer Headset
- Cat5 Cables
- Cat5 Splitters
- External Speakers
- and more

This listing is just some of the accessories that SGMC Quarryville has carried for years.



WHAT'S NEW?



These awesome magnetic hooks are made of carbon steel and rare earth neodymium magnet. It is the premium magnetic material in the world. They have 25lb direct pull holding power while being powerfully strong and sturdy. The hooks are finished with 3 layers of nickel coating to provide corrosion resistance! They require no maintenance and rust resistance and are suitable for both indoor and outdoor use. They are the perfect storage solution with no tools required, quick and are easy to assemble. No drilling. No holes. No mess. The hook bolt is removable, and can be replaced with other threaded parts too.

This LED Adjustable Zoom Flashlight is energy-saving Ultra-bright and durable and great to have around the home, in the car, at the campsite and more. This is a great general use flashlight with the additional features of adjustable focus and zoom. Each flashlight measures approximately 5" x 1.5" x 1.125" and requires 3 'AAA' batteries (not included).



Save space and bring convenient charging capabilities to new areas of your environment. This Xtreme Power Strip comes equipped with one grounded AC port and two 2.4 Amp USB-A ports. The strip stretches 6 feet from your in-wall outlet, utilizes a low-profile plug to fit neatly behind furniture without wasting space, and comes with an LED indicator so you can be sure that it is drawing power.



Easily sync and charge your devices with this Type-C USB cable. Charge and transfer data like never before with the speed of this USB cable. The sleek cable measures ten feet and features a mesh braided material making it the perfect choice for any of your Type-C USB needs. Choose sizes, 3', 6' and 10' in both Android and Apple.



These 5" x 7" Tracing, Drawing and Canvas Pads are just a few of many drawing pads that we offer. If you are looking for an art pad SGMC Quarryville is the place.



T AUTHORIZED RETAILER

SGMC Quarryville has a long history with cellular service and cell phones. As many of you know we were affiliated with Radio Shack for 19 years starting in 1983 and of course when cellular phones became feasible for the average person Radio Shack started selling them.

The first cell phone that we sold was a Radio Shack branded bag phone. You can see why it was called a bag phone from the picture. It was a 3 watt phone that cost \$1999.00. Yep that's right almost 2 grand.

With the plans that were available you had about a 7 county home calling area and you needed to know the access code of any one you called out side of that area. And compared to today the signal coverage wasn't that great, but at the time we thought it was awesome. The cell company that covered this area as we remember was Ameritech.

Through the years we've sold Nokia flip phones and basic candy bar phones and eventually migrated to smartphones selling phones on Cellular One, 360 Cellular, Verizon and AT&T and probably a few others we forgot.

All this brings us to today when we'd like to tell you that as of the end of April we are providing you local access to T-Mobile the Un-Carrier whose focus fits hand in glove with ours. Our focus is on you and we offer you via T-Mobile all the Simplicity, Value, Freedom and Serious Fun that cellular has to offer. With all the products and services T-Mobile has to offer plus SGMC's years of cellular expertise to boot you can't go wrong by choosing T-Mobile at SGMC Quarryville.

We are ecstatic to be able to partner with T-Mobile as a T-Mobile Authorized Retailer to offer you a truly superior product that we think is the best in the industry without having to leave the Southern End.

We offer all the products and services that T-Mobile has to offer. We encourage you to stop in to discuss your communication needs and what we can do to help.

We also have a large selection of cell phone accessories, a lot that may be familiar, and some you might not be aware of. Stop in today and we will be glad to answer your cell phone questions and get you the T-Mobile phones and plans that will fit your lifestyle so that you can experience the Un-Carrier difference for yourself.



It's Your Health

NEWS YOU CAN USE

Are You Tired of Being Tired?
How to Optimize Your Iron Levels
by QNL Staff, January 20, 2022

Do you ever feel fatigued for long periods of time or even years? It might be time to take a hard look at your daily intake of iron. Low iron levels can lead to feeling tired. Recently, Colombia University published a research article about iron anemia that suggests that we are underestimating the fact that 30% of women and children are anemic due to poor iron levels. Iron is a critical mineral for your body and requires 18 mg of iron daily (for adults), to function well. Even with a diet that has foods with adequate amounts of iron, you may still not be absorbing enough. Did you know that foods rich in natural vitamin C can contribute to how well your body absorbs iron? Maybe Popeye was onto something with all that spinach he ate? Why is iron critical?

Even if you eat meat, can you still be iron deficient? The surprising answer is "yes" because you may not be able to adequately absorb the iron in meat. Other facts can account for this such as poor quality of meat (is it grass-fed and grass-finished?) and poor digestive capacity that hinders the absorption of valuable nutrients, including iron. Do you regularly eat quality sources of iron-containing foods such as dark green leafy vegetables, raisins, apricots, and legumes? One unique plant-based form of quality iron is curry leaves, which provide complex compounds that your body needs to fully absorb and store iron.

Iron is a critical part of hemoglobin, a protein in your red blood cells that carries oxygen from your lungs to the rest of your body, helps your muscles store oxygen, and makes up many other proteins and enzymes. When levels of iron are too low, you may experience fatigue, shortness of breath, and have pale skin. Iron must be consumed regularly through your diet every day to replenish your body's iron stores, which are continually used up.

Did you say Vitamin C?

Vitamin C is famous for immune system support, but it has other talents. It can enhance the absorption of iron in your body, assisting to store the iron in a form that is more easily absorbed. Make no mistake folks! Plant-based vitamin C is the superior form (instead of synthetic ascorbic acid), which means that fruits and dark green leafy vegetables (aha - there is the spinach!) can provide vitamin C to help optimize your iron absorption. In addition, it's wise to boost your vitamin C levels with a plant-based vitamin C supplement (which offers true-source, real vitamin C).

The Bottom Line

To boost iron levels in your body, add iron-rich foods to your diet such as seafood, beans, and dark green leafy vegetables. Research also shows how curry leaf extract (as a supplement) is an outstanding source of iron. Secondly, to increase your body's uptake of iron, add vitamin C foods to your diet such as raw fruits and veggies. To ensure high-level vitamin C support, a complete, plant-based vitamin C supplement is a wise choice. Always look for a trusted, high-quality nutritional company with a sterling reputation of excellence before you purchase. So the next time you're feeling tired, reach for a true-source vitamin C supplement and some plant-based iron. Just say goodbye to feeling tired and let your "Superman" emerge!

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

- <https://tinyurl.com/ya4b79e> 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.



Screen Repair

WE Fix Screens

FAST Turnaround!
usually 24 to 48 hours

Bring in your Screens!

- Screen Repair
- Window Screens
- Patio Screens
- Sliding Glass Door Screens
- and more!

Custom Picture Framing

"a gallery of our recent work"

If a picture is worth a 1000 words here's the equivalent of 4000 words from four pictures that we recently framed for customers. Every thing from the tractor crossword puzzle, an acrylic poured work of art, a cat painting and the re-framing of a very large print are displayed here. Imagine what we can do for you. Bring us your art today!



It's that Time of Year Again!

We'd like to remind you that every year starting in May and ending in October that that we are CLOSED on Saturdays.

We remain open Tuesday thru Friday 10:00 AM til 4:00 PM and encourage you to make an appointment for times outside of those hours if you need to for product selection, pickup of complete items and custom picture framing.

To make an appointment before or after store hours weekdays or on the weekend simply call and we will do our best to accommodate you. Keep in mind that during an appointment you will have our undivided attention, no phone call interruptions or other customers to contend with. We'd like to thank you for your continued support and look forward to serving you during regular hours or during your appointment.



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.

Max B-ND™ is a Probiotic-Fermented Vitamin B Complex that contains 13 active B-vitamin forms.

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 B-ND™ offers advanced support for the liver, the brain, the immune system, adrenal glands, cardiovascular system, mood balance and energy levels.

Max B-ND™ 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, vitamin B2 in the riboflavin-5-phosphate form and more.

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

Healthful diets with adequate folate may reduce a women's risk of having a child with a brain or spinal cord defect.

ND Technology™ (Novel Micro-cultured Delivery) This premier quality formula is 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. Add professional quality PRL products to your supplement routine. They are uniquely available at SGMC Quarryville.



We accept your UPS packages here

Ship your packages Here!