

There are occasionally exceptions to these hours which are listed on the door and 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/or services that we've had for a while that you may have forgotten about. In this issue we'd like to remind you about glues and adhesives. SGMC stocks many different glues and adhesives for varying materials and uses and in varying forms. Let's take a look at a few of them, Quick Grip is super strong, super fast, and better than super glue – it bonds, mends, and repairs almost anything! Great for indoor and outdoor projects.



TRUEBLADE POCKET KNIFE | Lightweight, everyday carry pocket knife ready for any task with a 2.75" partially serrated, black oxidized, 420 grade stainless steel blade.
LIGHTWEIGHT STYLISH HANDLE | Handle features an orange accent and anodized aluminum plating to keep design lightweight and minimal.
COMPACT SIZE & REMOVABLE CLIP | Provides convenient carrying options, small enough for your pocket or can easily clip to belt, backpack, etc.
ONE HANDED FOLDING KNIFE | Easily fold knife with one hand for quick use and storage | **SPECS:** Length: 4.25" (Closed) 7" (Open) Width: 1.25" Depth: 0.625"
This knife is a great all purpose pocket knife and makes a great gift. It comes in a very nice gift box.



Hard-Coat Mod Podge®

The Mod Podge® formula for projects that need that added durable finish. Dries hard and clear. Can be sanded to a smooth finish. Cleans up easily while wet with soap and water.



Certified AP non-toxic; water-based.



Mod Podge® is an all in one decoupage glue, sealer and finish. Be sure to check out all the other Mod Podge® products that we stock that can help you easily finish your craft and art projects.

Mod Podge® Puzzle Saver

Crafters everywhere entrust their most treasured decoupage creations to Mod Podge®, the number one, all-in-one glue, sealer and finish! The ultimate in convenience, Mod Podge® has been loved by crafters of all ages for its flexibility, versatility and supreme ease of use since 1967. Best of all, it's water-based, making clean-up a snap. It's non-toxic too, perfect for young crafters.

This 2oz bottle of puzzle saver which comes with a foam brush is a great way to introduce yourself to Mod Podge®.

Foam Brushes

One of the essential Mod Podge® accessories are foam brushes.



Foam brushes are designed to absorb and hold all types of paints, stains, and urethanes and they work particularly well with Mod Podge®. They give a smooth streak free finish and are priced to throw away after the job is done although since Mod Podge® is water-based they can be easily washed out with soap and water and then used several times before disposal. SGMC Quarryville offers 4 convenient sizes of foam brushes. Be sure to have some on hand for all your painting needs.

Replacement Glass for Furniture



Whether it's inside furniture or outside furniture like the one we recently supplied to a customer, as shown in the picture to the left, SGMC Quarryville can

replace the glass. In this case the glass had rounded corners and was tempered safety glass and needed to fit inside the metal frame. And a lot of times when it comes to inside furniture it's not about replacement. It's about protection.

Glass table tops are a great way to protect old and new dining tables, end tables, coffee tables, dressers, bureaus and more. All table tops are custom made to a hhhperfect fit with a flat polished edge. Give us a call for your NEW table

We of course carry quite a few glues & adhesives that can be used with paper or paper products. Aleene's Tacky glue would be a good first choice. We also stock other special purpose white glues from Tacky as well. If you are looking for spray adhesive we have several including the Pro Stick brand where you can choose either a mist or web application depending on what it materials you are gluing.



The Scotch Permanent Glue Stick makes quick work of gluing paper as does Elmer's Rubber Cement where the excess glue simply rubs off with your finger. GOOP is one of the strongest, most flexible all purpose adhesives ever created! It's designed to adhere to virtually any surface so you can FIX WHAT OTHER GLUES SIMPLY CAN'T. Strongest single component adhesive available. Waterproof – bond remains secure even when exposed to water.



We want to remind you that we have a nice selection of unique greeting cards. One of greeting card lines that we offer are the popular greeting cards from Legacy. We have carried Legacy cards for quite a long time and thought we'd show some of the new cards we recently received. Remember if you need a greeting card SGMC Quarryville is the place.



Be sure to check out all of our cards when you stop into the store. Our selections offer unique options for celebrating birthdays and anniversaries or to extend a get well soon! And for extending sympathy to those grieving the loss of a loved one we have those cards too! The next time you're in the store pick up a few so you have them on hand for the next time you might need one.

Elmer's Glue all is a white PVA (polyvinyl acetate) glue. It is recommended for use on porous materials -- wood, paper, cloth, porous pottery, and nonstructural wood-to-wood bonds. It is not water resistant. Hot glue guns and glue sticks offer instant hold on a variety of materials and are permanent but do not stick well to metal or glossy surfaces but certainly have there place.

SGMC Quarryville has other glue & adhesive options as well. Check us out when you have a need for glues & adhesives and we can recommend what may work best for your particular project or application.



It's Your Health

NEWS YOU CAN USE

Multivitamins: The Foundation for Optimal Health

By Emerson Ecologics | Jan 5, 2022

Almost everyone, even those eating a healthy diet, will likely have some nutrient shortfalls. Learn how multivitamins fill in the gaps in everyone's daily diet to provide the necessary foundation for building optimal health and wellness.

Something we've become acutely aware of in recent years is the preponderance of misinformation. The reason that misinformation and myths persist despite evidence to the contrary is simple: The more times you hear something from those you trust or admire, the more likely you are to believe it, true or not. How many times have you heard "daily nutritional needs should be met by healthy eating" and "If you follow a healthy diet, you get all of the vitamins and minerals you need from food."

This is a very worthwhile goal...unfortunately, one which may not always be achievable. We already know the typical diet does not usually supply all the nutrients we need, in the amounts we need them. Case in point: vitamin D. Yet, this myth continues in mainstream medicine and medical media. Scientific study provides evidence that what most consider to be a healthy diet, is simply not enough. Here are direct excerpts from the 2015-2020 Dietary Guidelines for Americans, chapter 2, A Closer Look at Current Intakes and Recommended Shifts:

"With few exceptions, the U.S. population does not meet intake recommendations for any of the vegetable subgroups."

"Average intake of fruits is below recommendations for almost all age-sex groups."

As we also know, "healthy diet" is a very subjective term. Many people understand the concept, and believe they consume a healthy diet, but don't truly understand the details. In addition, those consuming an organic, whole food, super-healthy diet, may still enjoy their coffee drinks, sweets and alcohol, all of which deplete nutrients and increase the need for antioxidants and detoxification nutrients.

Our food supply itself is less nutritious. Highly processed food is ubiquitous and processing destroys most of the nutritional value of the food. Unless it's organic, the food in North America is generally grown on depleted soils, lacking micronutrients, picked green, long before it is ripe and ready to consume, before it has had the chance to take up additional nutrients (even those that exist in the soil). Hence, the smart trend to local, ripe, organically raised food. Unfortunately, this kind of high quality food is not available to everyone. The truth is, almost everyone, even those eating a very healthy diet, will likely have some nutrient shortfalls. Nutrients are interdependent and work together. High quality multivitamin-mineral formulas don't replace a healthy diet, but they do enhance it, and help ensure all the necessary nutrients are available to support normal physiological function. Multivitamin-mineral supplements fill in the gaps in everyone's daily diet to provide the necessary foundation for building optimal health and wellness.

This story was edited for space. If you would like to read the entire article please go to this URL - <https://tinyurl.com/yc3tv75m> 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.

WHAT'S NEW?
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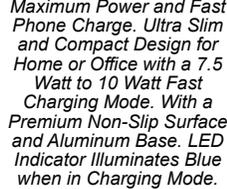
LOVE IS ALL YOU NEED



The two signs above are new and both are aged metal and have an industrial look and feel to them with the one having an opening for a photo.



Small wooden signs make Great gifts! Many more!



Maximum Power and Fast Phone Charge. Ultra Slim and Compact Design for Home or Office with a 7.5 Watt to 10 Watt Fast Charging Mode. With a Premium Non-Slip Surface and Aluminum Base. LED Indicator Illuminates Blue when in Charging Mode. Qi charging works with all phones that support wireless charging.



Charge your compatible USB Type-C device with the ChargeWorx Power Delivery USB Type-C Male Cable.

This 10' cable features a USB Type-C male connector on each end. This cable supports up to 60W power delivery.

SALLYE ANDER

SGMC Quarryville's #1 BEST selling SALLYE ANDER product is back in stock. "No-Bite-Me", the all-in-one preventative and after-bite treatment cream.

No-Bite-Me is DEET-free and safe for children (babies included), pets and horses. It's effective against black flies, mosquitoes, fleas, and ticks. Provides up to 4 hours of bug relief. And for after-bite treatment dot on the exposed bite for soothing relief.

The 2 oz jar pairs perfectly with the No-Bite-Me Soap. Wash with the soap in the morning before going outdoors, then supplement with cream after 3-4 hours. Use the soap in the shower after a day outside to relieve any bites or itches or just to make sure those pesky bugs are gone!

Active Ingredients in No-Bite-Me are Eugenol, Cedar oil, Lemongrass oil, Geranium oil, Mint oil, Thyme oil, Clove Oil, Rosemary oil. Inert Ingredients include Purified water, olive oil blend, beeswax, lecithin, rosemary. In all the years that we have been selling insect repellent we have found nothing better or safer.



This awesome framed and double matted print of a tree in the Winter measures 19" w x 32" h to the outside of the frame. It would look great on your wall.



13" Faux Fiddle Leaf Tree. No watering needed!



Heavy duty gusseted canvas carry-all bag measuring 20" x 14". Perfect for carrying just about everything.



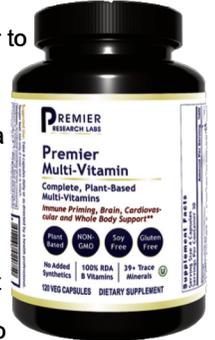
PREMIER RESEARCH LABS

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.

WELCOME TO A PREMIER INNOVATION IN YOUR DAILY VITAMINS!

Premier Multi-Vitamin has been formulated to deliver to you a fully plant-based, synthetic-free multivitamin for daily use with top use nutrients. This product is a complete, high potency, vegetarian vitamin and mineral blend offering a broad spectrum profile of potent and pure naturally occurring phytonutrients to support the ideal cell resonance of the body's organs and glands.



This gluten-free plant blend has been scientifically formulated to be 100% complete with all the key essential organic compounds including 39+ trace minerals necessary for optimal physiological functions of the body.

This live-source, vegan-friendly product is purposely made without synthetics to cover all the body's bases: Immune Primers, Energy Drivers, Cognition Factors, pH Minerals and more to transform your life so you achieve your optimal health and vitality! Premier Multi-Vitamin is manufactured without non-nutritive or compromising additives such as unwanted chemical additives, questionable preservatives, synthetic flowing agents, stearate based binders, glue-like resins and other common undesirable tagalongs.

Add a professional quality PRL product like the Premier Multi Vitamin to your supplement routine. Premier Supplements are uniquely available at SGMC Quarryville.

Screen Repair

WE Fix Screens

FAST Turnaround!

usually 24 to 48 hours

Screen Repair

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

Bring in your Screens!