



## FEATURED PRODUCT

This is the column where we re-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 speciality glass.

SGMC has been a supplier of HIGH TEMPERATURE CERAMIC GLASS for WOOD, COAL and PELLET STOVES, and TEMPERED GLASS for FIREPLACE DOORS for many years now. In response to inquiries, we are happy to announce that we are now suppliers of industrial glass products used in most every major industry.

Examples include:

HIGH TEMPERATURE CERAMIC GLASS available in 3/16" and 1/8" thick TEMPERED GLASS from 1" in diameter, thickness from 1/8" single lite; prototype and production quantities available.

BOROFLOAT / PYREX (borosilicate) rods, tubes and flat to 2.25" thick; available tempered if necessary FUSED QUARTZ in rods, tubes and flat.

SURFACE GRINDING, POLISHING, SANDBLASTING and WATERJET accurate cut shapes and holes in single prototype and production quantities available

Call us at 717-786-7118 with your RESIDENTIAL & INDUSTRIAL GLASS needs, questions and quote requests.



This digital sport stopwatch sports alarm functions, clock and date. Use it in sports competitions, experiments, during camp, among other activities. The 1.5" display allows you to view the readings with ease and thanks to the neck strap you can have it at your fingertips at all times. You can record split times and return to watch even with the stopwatch running. It is resistant to water splashes or rain. Note: not water proof (cannot be submersed in water).

No matter whether you need clear glass marbles for floral arrangements, crafting, jewelry making or whatever we have them.



Creating your own aromatherapy blends? Our 1 oz. blue glass dropper bottles (in a 2 pack) are the perfect choice. Blue glass keeps oils protected from light and the droppers themselves have glass pipettes. These are just one of the many types of empty bottles we offer for making your own essential oil recipes or for whatever use you may have for empty bottles.



Call 717-786-7118

## Store Hours

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

Printed on 100% recycled paper

This LCD digital thermometer shows the temperature inside and outside of your home or office. You can set it to issue an alarm to be activated when the temperature detected is higher or lower than the programmed temperature. It requires 1 "AAA" battery and has 5.9 ft. sensor cable. Its interior temperature range is -10 to 50 ° C 14-122 ° F) and exterior temperature range is 50 to 70 ° C (58-158 ° F).

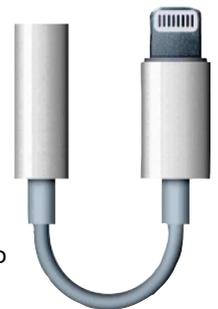
This LCD digital thermometer couldn't be easier to install and makes a great gift too!



## Apples Accessories

In case you didn't already know it you don't have to look any further for Apple or Android cell phone accessories than SGMC.

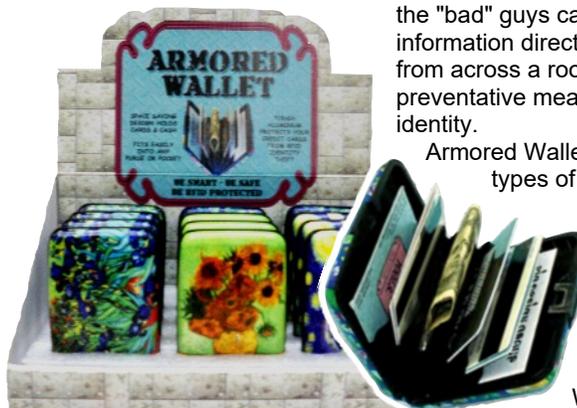
As an example if you thought you had to go to the Apple Store for the 8-pin lightning to 1/8" stereo phone jack adapter (pictured here) that allows you to plug a wired headphone into your latest Apple product that no longer has a headphone jack you would be wrong. Check SGMC first for all those cables, connectors and cell phone accessories that you need.



RFID scanning technology has advanced to the point that your credit cards and other information can now be read from long distances. Unfortunately, this means that

the "bad" guys can also read your credit card information directly through purses, wallets, and clothing from across a room. Consumers need to take preventative measures to protect their credit and identity.

Armored Wallets have been designed to thwart all types of RFID scanners with a variety of patented technologies. Armored Wallets protect your credit cards and identity from thieves who would like to steal and use this information. Choose from multiple colorful designs. BE SMART - BE SAFE - BE RFID PROTECTED WITH ARMORED WALLETS.



**We Sell Replacement Glass!**

Fireplace or Wood Stove

Fireplace or wood stove glass is broken?

**WE CAN REPLACE IT!**

**ASK THE EXPERTS!**

**15 Chlorella Health Benefits That Can Help You Make Big Healthy Changes**  
by: Michael Rosenbaum, MD

**Chlorella is a superfood**

It's amazing what 15 little green pills can do to make your life sing!

And here's the truly amazing thing . . . In a sense, each of those 15 pills may be helping your body in a different, unique way. Chlorella can help you stay healthy in not just one or two different ways . . . Chlorella can help you stay healthy in 15 different ways!

As a doctor who has practiced for over three decades, I continue to be amazed at the broad spectrum and rich nutrition this little alga offers us! If you're eager to make some healthy changes in your life, chlorella is an unbeatable deal and an indispensable tool.

Here are 15 different ways this nutritional powerhouse can help you stay healthy:

- #1: Get Rid Of Toxins
- #2: Keep Your Immune System Strong
- #3: Boost Your Brain Power
- #4: Keep Your Heart Pumping
- #5: Goodbye Aches And Pains
- #6: Energize Your Days
- #7: Stay Feeling Young
- #8: Get Glowing, Beautiful Skin
- #9: Eagle Eyes
- #10: Have A Healthy Baby
- #11: Easy Digestion
- #12: No More Constipation
- #13: Love Your Liver
- #14: Clean Teeth And Gums
- #15: Healthy Blood Sugar

Want 15 ways to get healthier this year? Why not do it the easy way! Improve your health in 15 different ways by taking one simple step –Make chlorella a regular part of your day. While there are dozens of things you can do to improve your health, few single actions can yield this many glorious changes.

Chlorella may be tiny and green. But it can do more for you than most foods on the planet. By taking it every day, you can enjoy easy digestion, a strong immune system, glowing skin, a healthy heart, sharp eyes and much, much more.

"This information is proudly provided by Sun Chlorella. For more information visit <https://www.sunchlorellausa.com/>."

*This article was edited and condensed from its original version for space. Please read the awesome entire article by clicking this link <https://goo.gl/aA8LFr> or inputting the link into your browser.*

*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.*



**Activated Charcoal Toothpaste for Whitening**



**My Magic Mud**

Whitening Toothpaste is the first toothpaste to combine activated coconut shell charcoal and bentonite clay. It is made with smart and wholesome ingredients and is completely fluoride-free and non-GMO.

Activated charcoal removes plaque, toxins that cause bad breath, and teeth stains through a process called adsorption where these unwanted elements adhere to the porous surface of the charcoal. The result is a dentist-like clean, and a brighter and whiter smile!

My Magic Mud® Activated Charcoal Toothpaste for Whitening & Detoxifying is one of the greatest modern advancements in natural oral care. Made with the finest ingredients, this gentle toothpaste has the power to beautifully polish, detox, and deeply clean your teeth and gums. Fluoride-Free; Non-GMO; No SLS; No Glycerin.

Dr. Hana's Nasopure is the Most Comfortable Nose Wash in the World! Designed to be much more comfortable than the neti pot, Nasopure is actually the only nose wash comfortable for ages 2 and up! Nasopure is great for managing and relieving symptoms associated with Allergies, Colds, Flus, Sinus Infections, Rhinitis, and more!



Many users prefer the Nasopure bottle over gravity-dependent systems like the neti pot because they can control pressure of the solution, adding to both comfort and effectiveness.

"Let us make your Custom Sign in our Sign Shop – Yard Sale Signs, Banners, Lettering for your business building or vehicle, registration numbers for boats and trailers and lots more."

**CUSTOM SIGNS  
MADE TO ORDER**

This is the definitive resource for the holistic art of essential oils that everyone should have as a reference book. Essential oils are powerful, safe, and toxin-free tools for healing the body, mind, and spirit that have been around for centuries. Now, offering specific, easy-to-follow recipes to prevent illness, reduce stress, enhance physical and mental health, boost energy, and even revitalize appearance, *The Essential Guide to Essential Oils* (previously published as *Aromatherapy*) gives readers all the information they need to tap into this healing art and take charge of their health, including:

An extensive A-to-Z list of common conditions and their essential oils remedies  
The basic principles of using essential oils, as well as the history, effects, and correct application of the most powerful healing recipes

Techniques and tools for using plant essences and oils—from atomizers and baths to compresses and inhalants  
Unique beauty-care treatments for rejuvenating skin, hair, and body  
The *Essential Guide to Essential Oils* teaches a healthier, more balanced, and sustainable lifestyle, helping readers start using essential oils in their daily lives—whether they've been doing so for years, or are just starting out.

SGMC has the largest selection of 100% pure essential oil around at a great price, too!

**Sakura Solid Markers**

The tough marker for tough jobs. This Solid Marker is solidified paint in a marker stick. It marks through oil, grease, rust, mud, snow - inside or outside. Dries within minutes, and is permanent once dry. Solid Markers won't fade or wash off like chalk. The special stay fresh twist mechanism keeps paint fresh and ready to use. Ideal for use on wood, cloth & canvas, plastic, steel & iron, rubber, cardboard, glass, fiberglass & concrete. Solid marker features a tough, broad stroke, is quick-drying and virtually odorless. Widely used in commercial and industrial applications.

Alcohol based cleaners will remove ink from non-porous surfaces.

