

Summer Store Hours	Mon, Tues. & Thurs	9:00 AM 'til 5:00 PM
	Wed. & Fri	9:00 AM 'til 7:00 PM
	1st Saturday of each month	8:00 AM 'til Noon

Six Tips For Framing Children's Art



As with every framing project, there are special tips and tricks you will want to keep in mind when have children's art

framed. Greg Perkins, CPF, of Larson-Juhl, shares these six tips:

1) Just like other types of art, children's art can be framed in many different ways - with ornate, wood tone or brightly colored frames, for example. Look at the subject matter and the style of the art and then choose frames accordingly.

2) When selecting color, look for options that allow the art to remain the central focus. The frames generally should not be brighter than the art.

3) There's a wonderful opportunity for fun, whimsical framing with children's art. For example, you could stack a brightly colored fillet inside of a wood frame and then repeat the same color finish on a fillet inside the mat.

4) Children's art can often include less stable materials, such as newspaper or construction paper. It may be a good idea to use conservation acrylic both for safety and to add to the life of the artwork.

5) Often, you'll see children's art in narrower frames or even larger pieces that maybe aren't as stable. Remember, you can design a frame package using wide mouldings to support the weight and size of the larger art.

Let the **Framing Professionals** at SGMC assist you in choosing the best framing package to both preserve and show off your child's art no matter the age or the project.

New Summer Store Hours are Now In Effect

We were excited to begin our Summer hours the beginning of May. We have provided for everyone by adding evening hours till 7 PM Wednesday and Friday and we will still be open the 1st Saturday of the month from 8 til noon. What that means obviously is that we will be **CLOSED** the 2nd, 3rd & 4th Saturdays of the month.

'The current Summer Hours are listed all together in the upper right hand corner of this page directly above this article which makes them easy to clip out and post where you can reference them. Also, if you call and we are closed, the answering machine will give you our current hours. If you have comments on our new hours, favorable or unfavorable, please let us know.



Scrapbooking

• Memory Book Supplies •

We have always had scrapbooking supplies but with our rearranging we have consolidated the scrapbooking supplies in one place so that they are easier for you to find.

Also with the additional space we continue to bring in additional supplies and accessories to make your scrapbooking fun and easy. As with everything that we sell, we are happy to special order items that we may not have in stock. Just ask us if you don't see what you are looking for and if our suppliers have it, we will be glad to get it for you.

Key Supplies

A lot of people have already taken advantage of the fact that we can duplicate keys for home, business and automotive, but did you know that we also have accessories for your keys as well?

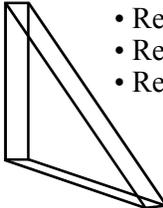
That's right we have the split rings, carabiners, key caps, mini coils, key tags, key tags racks and more.

Don't forget, when you needs keys or key accessories think SGMC FIRST!

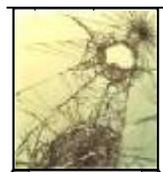


Call us first for all your glass repair needs?

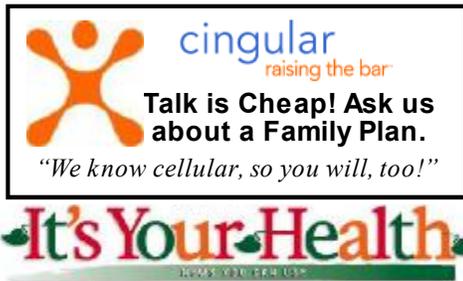
We can help with



- Repairing broken storm windows
- Repairing or replacing screens
- Replacing broken or failed insulated glass



Don't forget we are the EXPERTS with over 30 years experience servicing and providing residential and light commercial customers with all their glass needs. **CALL US FIRST!!!**



The Importance of the Alimentary Canal

Editor's Note: This article was excerpted from an article by Jayson Kroner, C.S.N. Entitled Seven Supplements for Dilemma-Free Digestion

If you were to ask ten different people what the most important system in the body is, you would most likely get ten different answers. Sadly, few would tell you that it was the digestive system. Truth be told, the digestive system is no less important than your heart, brain, or lungs. In fact, many experts will waste little time in telling you that this complex network of tubes, tunnels and digestive juices can make or break good health faster than any other system in the body.

Under the best of conditions, food is consumed, digested, and travels in uninterrupted fashion throughout the body, receiving all the nutrition it needs to stay energized, healthy and strong. The reality is much different, however. Today's fast paced, on the go lifestyle has made it difficult for many to eat fresh, healthy, well-balanced meals. We're more stressed. We sleep less. We don't drink enough water, and are exposed to more toxins than at any time in recorded history. These factors, coupled with the intense complexity of the digestive system can take a huge toll on virtually every aspect of digestion. And when even *one* stage in the process becomes compromised, things have a way of snowballing in a manner that can impact the functional integrity of other systems throughout the body.

Of course, this is not to imply that we're all gastrointestinally doomed. There are measures that can be taken to restore and support a healthy digestive tract, beginning with making the necessary diet and lifestyle adjustments. To help complement the process, there are a number of dietary supplements available today to help support healthy digestion.

We will be glad to talk to you about lifestyle changes that can promote the maximum health of your digestive system. Just ask us!

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.

Cleansing Your Way to Health

Digestive health is something that should just happen if we are making all the correct food decisions and we only had things to choose from that were actually food instead of all the processed dead non-food that is in the typical super market that we have been lead to believe is food and consequently is meant to be put in the human body. But even if we are making good food choices it is still imperative to be proactive when it comes to digestive health. We carry products from various vendors that are designed to help clean and detoxify the different elimination channels in the body. We will be glad to make recommendations so that you can best achieve optimal health through cleansing.



More Poster Frame Sizes In Stock

We have always stocked poster frames. They offer a quick, easy, inexpensive solution to framing posters and we have typically stocked poster sizes up to 24" x 36". They provide a corrugated backing with hanger, a thin acrylic sheet to protect your art and a clip on, pressure fit frame in either black, gold or silver. The exciting thing is that we have now added smaller sizes that allow you to quickly and economically frame smaller items. Choose now from 8" x 10", 11" x 14", 16" x 24" and 18" x 24". Ask us to show you these great options for framing the next time you are in the store.



40" Mylar Balloons

Want to give an impressive gift for that special birthday, anniversary or graduation? Choose these great colorful mylar balloons that are available in numerals 0 - 9. Choose a '5' and a '0' for that fiftieth birthday and add other mylar or latex balloons to make them into a festive balloon bouquet that will blow them away. Just tell us what the occasion is and our balloon artists will design a wonderful unique gift that will last for several weeks. When you think BALLOONS, think SGMC.



Really we're not trying to push the season, we're only trying to give you plenty of time to get ready and to tell you about the craft instruction sheets, like the instructions for the reindeer and snowman above using paper mache pots that are on our website. We will continue to provide you with ideas in this manner and of course you can see the actual samples when you stop in the store. Go to www.solanco.com and go to the instruction page to download your copy of the instructions. We'd also like to see your creations as well so that we can share them with others.

HELP WANTED

We are looking for an outgoing, friendly individual who likes helping people and who is willing to learn our products so that they can service our customers in all areas of the store. The work is fun & challenging at the same time. The hours would be part-time and scheduling would be flexible. This is a year round position. If the person we are describing is you or someone that you know, please contact any of us here in the store for an application.