

SCMC News

"an eclectic emporium"

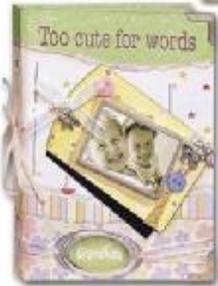
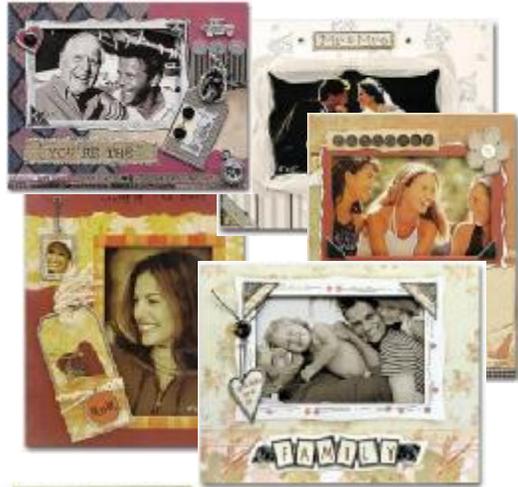
www.solanco.com

October/November 2006

Call 717-786-7118

Regular Store Hours
 Mon, Tues. & Thurs 9:00 AM 'til 5:00 PM
 Wed. & Fri 9:00 AM 'til 6:00 PM
 Saturday • 9:00 AM 'til Noon

Two New Items from Crayola



The frames above as well as the album, left all hold standard 4" x 6" photos. These unique frames are just \$16.00 and the album sells for just \$10.99.

You will be amazed at the amount of detail on these photo frames! Each frame is theme specific which starts with the background paper used to cover the frame. Then, using a combination of different embellishments such as fabric, fibers, buttons, charms, beads, text and more, each frame is embellished to accent the theme. Each frame comes in a white box with a clear acetate lid. Fabulous gift ideas for one and all.

Multi-purpose poster paint perfect for posters, banners and arts and craft projects. Use on paper, cardboard, styrofoam and papier mache'. Package contains 2 ounces each of 6 washable, non-toxic colors. Great for school, camp, church, scouts and more. Just \$5.59

The new Crayola® Erasable Markers work like a regular marker, but they erase like pencils! They erase completely from almost all types of paper. The pack includes 6 different colored markers, all with their own erasers. Colors include: Red, Yellow, Green, Blue, Violet and Black.

For Best Results: Allow marks to dry completely on paper before erasing. Crayola® Erasable markers are permanent on fabric and contain colorants that may stain other surfaces. Just \$6.99.



These wonderful sticker books come just in time for the holidays and are filled with stickers for the season. There are 4 assorted books to choose from at just \$1.99 each. Check them out now before they are sold out.

We Sell Replacement Glass!
 Fireplace or Wood Stove



Fireplace or wood stove glass is broken?

WE CAN REPLACE IT!

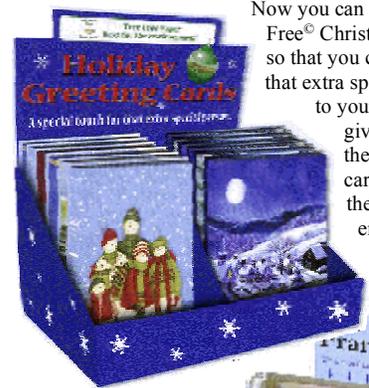


ASK THE EXPERTS!



Be ready for the **cold** weather. We can supply all your glass requirements for your fireplace or wood stove with the right heat resistant glass for your application. Call us with a size and we will be glad to give you pricing.

2 Great New Tree-Free® Products



Now you can buy Tree-Free® Christmas cards so that you can provide that extra special touch to your Holiday giving with these great cards with their stunning envelopes. They are just \$2.50.

We are offering these GIANT Tree-Free® cards which measure a whopping 11" x 14" for giving and for framing. Give the card along with a frame so that once it is enjoyed as a card it can be framed for permanent display and remembrance. Just \$4.95 each.



Bring Framing for Christmas In Now!!

We know you don't want to hear this, but if your Christmas Gift List includes Custom Framing why not, for your sake and ours, beat the rush and bring your original art, prints, cross stitch, 3D art, etc. in now.

We can then help you select the framing package that will best preserve and enhance your art and once complete you can wrap it and it will be done.

Verizon Wireless Service Provider

Remember it's not only "the network", it's also our over 25 years of experience & expertise in selling cellular! SGMC is your cellular source.



It's Your Health

Why Eat Organic?

Reprinted from Dr. Heather Fox, Ph.D., N.D., Health Education Specialist, from her July-August Newsletter

IT'S HEALTHY - On average, organic food contains higher levels of vitamin C and essential minerals such as calcium, magnesium, iron and chromium as well as cancer fighting antioxidants.

NO FOOD ADDITIVES - Organic food doesn't contain food additives, which can cause health problems such as heart disease, osteoporosis, migraines and more. You will not find additives such as hydrogenated fat (trans fats), aspartame or other artificial sweeteners and monosodium glutamate.

AVOIDS PESTICIDES - Over 400 chemical pesticides are routinely used in conventional farming practices today and residues are often present in non-organic food. In some locations high levels of pesticide residues have been detected in commonly consumed products such as baby food, spinach, dried fruit, bread, apples, celery, and chips.

NO GM - Genetically modified (GM) crops and ingredients are not allowed under organic standards.

RELIANCE ON DRUGS REMOVED - There is growing concern about the high use of antibiotics on farm animals and the possible effects on human health. Organic standards prohibit the routine use of antibiotics.

NO HIDDEN COSTS - Ironically, tax payers actually pay for chemicals to be removed from drinking water, many found as a result of the pesticides used in farming. Consider the added cost to the tax payer when these chemicals enter the water table.

HIGH STANDARDS - Organic food comes from trusted sources. All organic farms and food companies are inspected at least once a year. The standards for organic food are virtually global and entrenched in law.

CARE FOR ANIMALS - Animal welfare is taken very seriously under organic standards. The benefits of the organic approach are acknowledged by animal welfare organizations.

GOOD FOR WILDLIFE AND THE ENVIRONMENT - Organic practices are also better for wildlife. Organic practices cause lower pollution from sprays, produces less carbon dioxide - the main global warming gas - and less dangerous wastes which benefit all living things.

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.



A NEW Wild Berry Incense revolving display has arrived and it features 6 additional, easy to see incense compartments so that you can enjoy more of this great incense.

Small Parts Containers Ideal for Beads



We have two sizes of these "Aluminum Jars" with clear plastic lids for easy viewing. Choose from a 6 pack of the 1 3/4" dia x 3/4" size for just \$2.99 or choose the 6 pack of 3" dia x 1" high larger containers for just \$5.99

And if the round containers won't work for you choose from our selection of small zip-lock and open top plastic bags.



Most of the bags are packed in bags of 100. Look at all the sizes you have to choose from 1 1/2" x 1 1/2"; 2" x 1 1/2"; 2" x 3"; 3" x 3"; 3" x 6"; 4" x 6"; 3" x 4" & 3" x 9".

Decorative Bells

We have a NEW line of decorative bells that are so cute they are just flying off the shelves. The bells are in the shape of various



animals or objects and make great gifts as they are or they can be garnished with ribbon, etc. and made into a one of a kind ornament or



Suzanne's Specialties



We've recently added 3 new organic sweetening alternatives that are all plant-based and are much better choices than white sugar or artificial sweeteners.

Stop in the store to see our complete line of healthy sweetening choices.

Organic Agave Syrup is a natural sweetener extracted from the trunk of Mexico's Agave plant. Agave is high in fructose, making it an excellent natural sweetener. It is sweeter than refined sugar, yet is a low GI food with half the amount of carbohydrate calories than table sugar. Suzanne's Organic Agave Syrup has a sweet neutral flavor perfect for enhancing home brewed iced tea, fruit beverages, baked goods and various prepared foods. • per 16 oz jar

Organic Just-Like-Honey Rice Nectar is a blend of brown rice syrup and natural sweeteners specially formulated to duplicate the unique properties of honey. It contains absolutely no honey and therefore avoids the allergen problems related to bee pollen in honey. Just-Like-Honey is vegan, fat and gluten free, and hypoallergenic. It is made without the use of refined sweeteners, corn syrup, or preservatives. Just-Like-Honey is a direct replacement for honey in any recipe. • 16 oz jar

Organic Blackstrap Molasses is a traditional sweetener derived through the process of refining sugar. It is the thick, robust syrup remaining in the kettle after most of the sugar has been removed from cane juice. Molasses was the primary table sweetener during America's Colonial period.

The full-bodied taste, rich color, and unique caramelized flavor of Suzanne's Organic Blackstrap Molasses make it an excellent sweetener for cookies, candies, muffins, dark breads, cooking sauces, and all whole grain dishes. • 16 oz jar

decoration.

They are just \$2.89 ea or 2 for \$2.69 ea or 4 or more for just \$2.39 ea. Choose from cows, bees, pigs, cherries, chickens, birds, leaves, turkey, sunflower, santa, moose, acorn, snowman and an angel.

These make great package toppers and inexpensive but unique exchange gifts as well.