

SCMC News

"an eclectic emporium"

www.solanco.com

March 2007



A lot of the local dentists are sending folks into our store to get our XyliChew™ which is a deliciously fresh-tasting, low carb, low cal gum sweetened 100% with all natural, birch tree source xylitol in mouthwatering, all natural Peppermint, Spearmint, Fruit, Chocolate and Cinnamon flavors. Sugar-free XyliChew™ Gum refreshes the mouth without promoting tooth decay. XyliChew™ Gum contains no chemicals, no sorbitol, no maltitol, and leaves only a clean, fresh sensation in the mouth—no aftertaste.

Xylitol has been proven to reduce dental cavities by as much as 80 percent, and childhood earaches by as much as 40 percent, when used regularly. Research has also shown it to cut off dental acid attacks and decrease plaque formation and adhesion. XyliChew™ gum base is 100 percent plant-sourced. No petroleum products are used. XyliChew™ Gum provides great flavor, low carbs and dental benefits in five sassy flavors.

Xylitol occurs naturally in many fruits and vegetables and is even produced by the human body during normal metabolism. It is a white, odorless crystalline powder with a pleasant, sweet taste. Produced commercially from plants such as birch and other hardwood trees and fibrous vegetation, Xylitol has been used as a sweetening agent in human food since the 60s.

It continues to gain acceptance as an alternative sweetener due to its scientifically proven role in reducing the development of dental caries (cavities) as much as 80%. Other health benefits include the remineralization of existing cavities, the hardening of tooth enamel and repair of small emerging cavities, the cessation or retardation of plaque formation, and the increase of saliva secretion to aid in the repair of damaged tooth enamel.

Xylitol has been proven to reduce dental cavities by as much as 80 percent!

Emergency Pendant Telephone



Affordably Priced at Just \$129.99

We are excited to offer this excellent solution for those that live alone. This phone is a user friendly big button phone with emergency call feature, especially designed for senior citizens and people living alone. It allows independence with peace-of-mind. Look at the features:

When the red key on the wireless emergency pendant is pressed, the telephone will:

1. Activate a loud local alarm for 15 seconds to get immediate help within the house.
2. If no help arrives, the phone dials in sequential mode the emergency numbers from the phone book (up to 30 records)
3. Play a pre-recorded or user recorded emergency message
4. If the other party receives the call and presses 0 key, a 3 minute speakerphone conversation will be activated
5. After 3 minutes the phone will dial the next emergency number from the phone book unless the receiving party presses digits 1 and 2 to continue the conversation and deactivates the emergency feature

Additional Features:

- * Easy to Use
- * Easy to Hear
- * Voice Guided Programming
- * Talking Keypad
- * Memory Keypad
- * Talking Caller ID
- * Talking Phonebook
- * Recordable Emergency Message
- * Emergency Pendant
- * High Sensitivity Speakerphone
- * Phone Answer from Remote
- * SOS Key on the Telephone

Call 717-786-7118

Regular 9:00 AM 'til 5:00 PM
 Mon thru Fri
 Saturday 9:00 AM 'til Noon
 Other hours by appointment

KRYLON® Preserve It

We are now stocking KRYLON® Preserve It! Sprays in both gloss and matte in an 11 oz. size. They are a digital photo and paper protectant that more than doubles the life of digital prints. UV protection against fading. Moisture resistant, acid-free and archival-safe. KRYLON® Preserve It resists smudges and stains, reduces damage that occurs from handling photo/prints and protects against humid environments and accidental spills. Choose either finish at just \$10.99.



SCMC Customer Rewards

This year we are celebrating our 30th Anniversary and as a way of showing our appreciation for your past and continued patronage we are initiating the SGMC Customer Rewards Program. This program is designed to reward you for your continued business by automatically crediting 10% of your purchase to your account for use on a future purchase. Take a look at all the features and get signed up today.*

• It's FREE! :: That's right it costs you Nada, Zip, Zero, so why wouldn't you participate.

• It takes about 5 seconds to get signed up :: All we need to do is get or verify your name, address and phone number.

• What do I need to do to get my reward? :: You don't do anything, no card to scan, no card to punch. Once you're signed up it's automatic.

• How does it work? :: Once signed up every time you make a purchase 10% of that purchase less the tax is applied to your personal account as a credit.

• How do I use my credit :: Every time you make a purchase at the end of the sale our computer system will prompt us with the amount of credit that you are due. You may use the credit or save it for a future purchase. • Ask us to get signed up today!

*This program will last for an indeterminate amount of time. We reserve the right to cancel it without notice at any time.

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 smart cellular source.



It's Your Health

Five Foods For A Healthy Digestive System

By Dr. Ben Kim on September 24, 2005

The following is a list of five foods that contain an abundance of nutrients that can significantly improve the health of your digestive tract and your ability to break down and absorb nutrients.

1. Red beets and beet greens :: If you have a problem with constipation, red beets and their green tops should be a regular part of your diet. Both contain significant amounts of fibre that can help to keep waste materials moving through your small and large intestines at a healthy pace.

Red beets contain large amounts of potassium and magnesium, while beet greens are an excellent source of beta-carotene, iron, and calcium.

2. Yukon gold potatoes and sweet potatoes :: If prepared and eaten with their skins Yukon gold potatoes and sweet potatoes are an excellent source of dietary fibre. They also provide complex carbohydrates, vitamin B6, vitamin C, and manganese. I consider Yukon gold potatoes and sweet potatoes to be critical in the treatment of peptic ulcers, duodenal ulcers, and some stages of inflammatory bowel disease.

3. Avocados :: One medium sized avocado contains a whopping 15 grams of fibre, making it one of the most fibre-rich fruits around. Avocados are extremely easy to digest and contain plenty of healthy, raw fat, most of it monounsaturated. I cannot think of another fruit or vegetable that contains as much healthy, raw fat in its whole food state.

4. Oats :: Not only do whole oats contain plenty of soluble-fibre, they also provide significant amounts of selenium, thiamin, phosphorus, and manganese, and smaller amounts of copper, folate, vitamin E, and zinc. Of all the varieties of oats on the market, the best choice is steel-cut oats, which are whole oat groats that have been cut into small pieces. No heat is used in making steel-cut oats, which leads to better nutrient preservation than other processing techniques that produce rolled oats or quick oats.

5. Cod liver oil :: Cod liver oil provides plenty of natural vitamin A, which we've already mentioned as being essential to the lining of your digestive tract. It also provides natural vitamin D, which we know is an extremely powerful immune system modulator, with research indicating that vitamin D may be critically important in preventing the development of autoimmune conditions, including those of the GI tract.

If you want to build and maintain a healthy digestive tract for the long term, you really have to take a holistic approach and address several areas of your life: your food choices, eating habits, exercise habits, resting habits, and emotional health. But within the realm of your food choices, including red beets and their green tops, Yukon gold and sweet potatoes, avocados, oats, and cod liver oil in your diet are simple and concrete steps that you can take right away to begin your journey to your best health.

For the full-text of this article go to Dr Ben Kim's website at <http://drbenkim.com/articles-foods-good-digestion.htm>

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.



We have carried balloons and associated supplies for a long time but are excited to tell you that we are expanding the services that we offer regarding balloons and can now supply balloons and balloon bouquets, columns, arches, etc. for any occasion. Balloons and balloon arrangements always make an event special and no matter whether it's a family event



like a wedding, birthday, anniversary, sweet sixteen party or retirement or a business or corporate function like an anniversary, promotion or retirement or getting that special contract we can supply just the right balloon and balloon creations in the color scheme of your event and within your budget as well.

We offer FREE consultation and quotes as well as on-site delivery, set-up and strike service, if required. No matter what the event call us first and let us do the work to make your event special and all that it can be. And remember, too, if you want to do it yourself we can supply everything that you need. No matter whether you do it or you have us do it, remember to call SGMC first for pricing and service that can't be beat. Be sure to check out our website for more information on the services that we offer in regards to balloons. Go to www.solanco.com and the Products drop-down menu.

Lots of Things that are NEW for Spring!



Spring is always a time for renewal and it's closer than we think with daylight savings time coming March 11th this year. Spring is also a time at SGMC that we revamp displays and the pastels take over for the dark colors of Winter. We have new

Spring wreaths and flowers in stock along with some wonderful new ready-made frames.



Do you have a business, church or civic organization that needs a website?

•• We can help!! ••

We can provide you with everything you could possibly need to have your own web presence. Look at this partial list



- Domain Registration
- Transfers
- Hosting
- Parking
- E-mail

We offer complete design services including logo & web design from start to finish.

Check out our site at www.solanco.com

SGMC WebDesign

"an eclectic emporium"

717-786-7118

21 E State Street, Quarryville PA 17566

Be sure to stop in the store often to see all that's new or you can check our website at www.solanco.com as an alternate way of keeping up to date.