

# SGMC News

Late Fall 2005

## How Do I Go About Selecting The Best Mat for My Artwork?

### Part 3 of 3

In a continuing effort to answer that age old question, we will endeavor, concluding with this issue of the newsletter to explore some of the things that you need to consider.



**-How do you want people to perceive the art?** Because white rag mats are the norm for art in museums or high-end art galleries, there is a common perception that art in white mats is art of good quality. You can use neutral mats to upgrade the look of an inexpensive print because they will make it look for upscale.

**-Will the art hang with other things?** If your customer intends to hang a variety of things in a wall grouping, the presentation can become very disjointed if all the mats are varied. In this case, it might be best to find one or two neutrals that work with everything.

**-What color is the moulding in relationship to the mat color?** Unusually mouldings aren't chosen until the mat color has been determined. However, there are times when a customer wants to use a particular frame and it becomes necessary to work in reverse. Depending on the style of the art and the degree of contrast in it, you will look either for mats that blend with the frame or contrast with it.

**-Which method of mat selection works best for the art?** If you take one piece of art and go through all these ways of determining a good mat color, it's likely you will find conflicting results. For example, a mat color that blends into the background may be the same color as the focal point. That color may not be appropriate to the art's era or to something else in the piece. Then you need to decide which factors carry more weight. Be aware that there are a variety of things that can go into color choice and it is up to you to work with your customer to make a smart decision.

Of course your best resource for choosing the right mat for your artwork is the experienced framing technicians here at SGMC, we have the expertise and are here to help.

**Now  
Accepting  
Custom  
Framing  
for the  
Holidays!**

**Give us time to give your project the time it deserves.  
Bring it in now!**



Games & Puzzles of all kinds



Surge Protectors



XM Radio & Accessories



**We are your headquarters for all your Satellite requirements!**

**Store Hours**  
Monday thru Friday  
9:00 AM 'til 5:00 PM  
Saturday  
8:00 AM 'til Noon  
Other hours by Appointment

# Gifts for All



MP3 Players - iPod Shuffles, RCA Lyra and more.



Scanners



Ready-made picture frames



Jewelry, Key chains & More



Computer Printers & Accessories



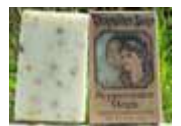
Everything to decorate for Christmas



Personal Care



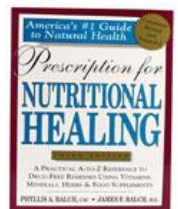
Incense Burners & Incense



Soaps



Art Materials  
Paints, Pads, Pallets,  
Paper & More



Books



**cingular**  
raising the bar  
**Great Plans, Great Rates**  
"We know cellular, so you will, too!"

## The Nutritional Tidbit

### Cut Down on Common Colds with Vitamin C

By Kimberly Beauchamp, ND

The common cold is a kind of upper respiratory tract infection that may be caused by a number of different viruses. While most colds tend to pass in about a week, the coughing, runny nose, fever, body aches, and sore throat may linger longer, sometimes giving way to other infections such as bronchitis or sinusitis. Most colds are spread by direct contact with an object that an infected person has handled, or by being in close proximity to the sneezes and coughs of a person with a cold.

Vitamin C is necessary for proper immune function. It also aids in wound healing and acts as an antioxidant, protecting against heart disease and other conditions related to damaging free radicals. Rich food sources of vitamin C include broccoli, red peppers, strawberries, and citrus fruits.

To further evaluate the relationship between vitamin C intake and the frequency, severity, and duration of the common cold, 244 people, aged 40 to 69 years, completed a five-year study.

Supplementing with 500 mg of vitamin C per day significantly reduced the frequency of the common cold. People in the high-dose vitamin C group were about 70% less likely to catch one or more colds per year than were members of the low-dose group. There were no significant differences between the groups with respect to the severity of symptoms or the duration of the cold episodes. These results should be interpreted with caution, however, as the number of participants who developed colds was small and, therefore, the results were difficult to analyze statistically. In addition, most of the studies that showed a reduction in the duration of colds used larger vitamin C doses, such as 1,500 to 4,000 mg per day.

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.

## Your Fan's Name Here



There is no better gift for the sports enthusiast than their name associated with their team and their sport's heroes. Since that seldom actually happens in real life, we have the perfect, affordable solution. Pick their favorite team and have their name (limited to 12 letters) emblazoned on the back of their team's jersey hanging along side three of the prominent players from the team in the team locker room. Simply choose a team from one of the following sports - NFL (National Football League), MLB (Major Baseball League), NHL (National Hockey League), NCAA College Teams. More are being added all the time, so ask if you're not sure. MVP PICS brings together sports teams, players and fans in a locker room print that creates the fantasy of rubbing shoulders with the stars of the teams.

• **8" x 10" prints are \$32.00**

• **12" x 15" prints are \$36.00**

Order prints in the store or check our website for direct ordering that will be available soon. The deadline for Christmas Delivery is December 12th.

*Q - Can I use more than 12 characters on the jersey?*

*A - Not at this time.*

*Q - Why aren't all the professional players available?*

*A - The league license sometimes prevents the use of some players. It is stated on the drop-down box if that is the case.*

*Q - Why can't any jersey number be used?*

*A - Active players numbers cannot be used and those numbers will show as unavailable.*

*Q - What college football teams are available?*

*A - The current offering is listed in the drop down box. New teams will be added as the licenses become available.*

*Q - Do you have the NBA or college basketball?*

*A - Not at this time, but all team sports are being considered.*



## Kid's Personalized CDs Now Available

SGMC is now offering you the opportunity to give one of the most unique gifts that you can give a small child -- a personalized child's CD. Look at what you get.

- Choose from one of 3 different CDs
- Your child's name included in the lyrics
- 97.5% of the kids names are now available.
- Makes a great gift for the holidays, birthdays or any special occasion.
- CDs are personalized with the child's name and 3 lines from you.
- Hear samples before you buy.

Kids Personalized Music CD is a mix of tempos teaching your child rhyme and verse. They are a fun way to teach children speech and music. The CDs build your child's self esteem through the affirming lyrics.

Each CD is personalized with your child's name throughout the lyrics. To further personalize the CD, your child's name is printed on the CD label, together with a three-line message of your choosing. You can create a birthday message, Christmas message or something as simple as "You're So Special" on each CD label. Mediak Kids Personalized Music CDs are great gift ideas for sons and daughters, grandchildren, nieces, nephews and your friends' children.

Order your custom Kid's CD either in the store or on our website at:

where you can also hear samples of the different tracks with the kid's

Go to [solanco.com](http://solanco.com), choose Our Products and then Custom CDs & follow the prompts\*

\* although high-speed internet access is not required it is highly desirable since you are downloading MP3 files that will play in your media player to sample the various tracks.