

# SGMC News

"an eclectic emporium"

[www.solanco.com](http://www.solanco.com)

April/May 2006

## Store Hours

Monday thru Friday  
9:00 AM 'til 5:00 PM  
Saturday  
8:00 AM 'til Noon

## WE MAKE KEYS!!



With the closing of Beldsoe's we felt that you needed another convenient,

reliable place to buy keys, so we acquired Bledsoe's key stock and their equipment and now can supply you with a wide variety of replacement keys, in most cases while you wait. When you think keys. Think of SGMC first.

## Custom Military Burial Flag Cases

We have framed many 3D items over the years from sports jerseys to baby dresses, but there is no better way to preserve a Military Burial Flag than in one of our flag cases that comes with 1" beveled glass. It's also available with a variety of metals.



## FEATURE PRODUCT

Get Great Summer Sounds & Value with the

**RCA RCD152**



LOOK AT THESE FEATURES:

- Front Load Drawer CD Player
- EQ Presets and Dynamic Digital Bass Boost
- Digital AM/FM Tuner with 20 Presets
- 6-Key Cassette Player and Recorder
- Digital Volume Control with Indicator on LCD
- Programmable 20-Track CD Memory
- Twin Bass Sound Enhancement

Ask to see this great new unit along with other options for portable listening when you are in the store.



Make a giant 36'X48" quilt in just a few hours! Knot the fringed squares together into a colorful pattern. It's so easy, then cuddle up at just \$19.99

Attract song birds with a house built for two that you paint yourself! It even has a real thatched roof! Hang it proudly in your garden!

Measure s 7" WX6" HX5.5" D. Comes with weather-proof paints, 1 paintbrush, and easy instructions. Get yours at just \$9.99



Make huge bouquets to decorate your room in all colors of the rainbow! Paper flower making is as easy as 1-2-3! Kit makes 30 giant paper flowers at just \$9.99



Decorate fabulous beads with markers! Make necklaces and cool bracelets. Over 100 paper beads in six bright colors. Get Bead Happy. Kit contains paper beads, string & needle, 5 markers and easy instructions at just \$9.99.

Loop'n Loom - Get Loopy! A traditional craft with a bright new twist. Enough loops to make 5 Pot holders. Or make coasters, purses, creatures, pillows, bracelets and more at just \$19.99



## CELEBRATE GRADUATION

SGMC can make it easy to celebrate a very big moment in a person's life, graduation. No matter whether it's high school, college, community college, trade school or whatever, let the graduate know that you are proud of them and will support them in the next chapter of their life. Show your support with balloons. Choose from a number of mylar

graduation balloons with a message and include those of your choice in a beautiful custom designed balloon bouquet along with bright latex balloons that accent and color. If you don't know what to choose, let us know your budget and we will custom design something just for you.

Choose crepe paper and crepe paper streamers along with the balloons to really make the celebration festive. We also offer a number of colors of Glass Markers which are a unique paint marker designed to be applied to glass. The paint dries quickly, it will stay on in the rain, and removes easily with a wet cloth. Glass Marker are a great way to show your support for your new graduate on your car, home or business windows. Remember if you have a graduation in your future you need to go no further then SGMC for the supplies for the celebration.



Let us custom frame the Diploma or Memorabilia from their days in school to make a great, unique and cherished graduation gift for that someone special in your life.



**cingular**  
raising the bar

**Now with Nationwide Push to Talk!**

*"We know cellular, so you will, too!"*

**It's Your Health**  
www.it'syourhealth.com

Inflammation, once linked specifically to such illnesses and conditions as arthritis and gum disease, is now seen as the foundation for a host of chronic illnesses including arteriosclerosis, diabetes, Alzheimer's and stroke. The risk of heart attack jumped 300% in women with high blood vessel inflammation, but only 40% in women with high bad-type LDL cholesterol, according to new Harvard research. This isn't the redness and tenderness of an infected wound, but long-term, low-level inflammation that doesn't show up on your radar screen without a specific blood test. An example would be C-reactive protein in the blood which raises the risk of heart disease. According to Maureen Callahan, "Cooling the Fires Within," *Alternative Medicine*, Feb 2006, "new research suggests that the typical Western diet of highly processed, sugary foods triggers the body to release these same inflammatory chemicals."

- Foods to Avoid:**
- High-Fat Diets
  - Corn, safflower and sunflower oils with omega-6 fatty acids
  - Commercial based goods with partially hydrogenated oils
  - Potential allergens such as wheat, shellfish, eggs, soy, and peanuts (check with your physician)
  - Sugary or diet sodas
  - Refined grains
  - Processed meats

- Foods to Include:**
- Leafy greens
  - Avocados
  - Beans
  - Low-Fat Dairy\*
  - Whole Grains
  - Nuts and Seed: almonds, Brazil nuts, pumpkin seeds
  - Apples
  - Broccoli
  - Red onions
  - Turmeric
  - Olive oil

\*Although the author would include Low-Fat Dairy in a diet to combat inflammation we would not recommend it because it is a potential allergen, it is mucous forming and also promotes the depletion of calcium in the body.

Maureen Callahan, "Cooling the Fires Within," *Alternative Medicine*, February 2006, pgs 41-45

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.

# Kozy Collar is here!



Large Kozy Collar  
\$39.99

Standard Kozy Collar  
\$29.99

Kozy Feet  
\$29.99

The **Kozy Collar** is a phenomenal herbal heating pack that's formed like a collar to gently embrace your neck and shoulders, while it comforts, soothes and relieves away unwanted pain. The **Kozy Collar** can be used warmed in your microwave, misted for moist heat, or cold from the freezer. Look at these features :: • Hands Free • No Messy Gels • No Cords or Plugs • Heats in Only 2 Minutes • Can be Chilled in Freezer • Deep Heat, Moist Heat or Dry Heat. Choose from any or all of the 3 styles today.



## New Products New Sizes From Fresh Wave

*"A breath of fresh air for you and the environment."*

Fresh Wave is an all-natural solution for naturally eliminating household odor. No masking fragrances. No harsh chemicals. Fresh Wave is ideal for everyday household odors found in the kitchen, basement, bathrooms, closets and garage. Plus it eliminates tobacco smoke and pet odors. Fresh Wave is non-toxic and non-hazardous. It is available in sprays, candles, pearl and continuous release crystal gel forms.

You can choose from the spray in either 2 or 8 oz. The 16 oz gel or the Fresh Wave candle.

Come in and give the tester a try and then choose the Fresh Wave product that will best fit in your home.



We have some new styles of our amazingly popular misting fountains that add some additional variety and appeal to these magnificently soothing and visually quieting fountains. They use nothing but pure water to continuously and mystically spew forth their warmth and their appeal. Choose from two tabletop and two floor models starting at \$49.99. Once you see them you'll want one of your very own.

## 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.