

# SCMC News

"an eclectic emporium"

[www.solanco.com](http://www.solanco.com)  
October/November 2008

Call 717-786-7118

**Store Hours**  
Mon thru Fri  
9:00 AM 'til 5:00 PM  
Saturday Hours are  
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**ORGANIC LOTIONS**  
Our new and improved Organic LOTIONS, based on Organic Jojoba, Coconut, Avocado and Hemp Oils moisturize dry skin exceptionally well without being greasy, keeping skin smooth and supple.

MOISTURIZE WITH A CLEAN CONSCIENCE

Dr. Bronner's lotions are certified to National Organic Standards and they are based on pure organic oils free of petrochemically modified ingredients and preservatives. Organic jojoba oil moisturizes dry skin exceptionally well due to its unique similarity to the skin's natural oil. Organic coconut oil assists absorption while organic hemp and avocado oils help keep skin smooth and supple. Organic grain alcohol (ethanol) is used as a natural preservative at a level that helps absorption without being drying. Only the finest organic essential oils are used for fragrance. Lavender Coconut, Orange Lavender, Patchouli Lime & Peppermint are sold in an 8 oz. Bottle for just \$10.99 and are the best lotions you will ever use. Give them a try for yourself or as a gift.



## Corded Big Button Telephone With Speaker Phone

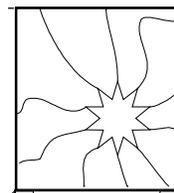
We've recently added this GE phone that has features that everyone is looking for. Check it out! It has large, high-contrast buttons, 3 emergency 1-touch buttons, audio boost for amplified volume, enhanced visual ringer, extra-large handset with extra-loud ringer and it's hearing aid compatible. At just \$59.99, a great price, you get a full-featured, easy to use phone.

## Say NO to Flu Shots.

Each year, the drug companies distribute a new flu vaccine, and, each year, Washington Homeopathic Products uses this vaccine to prepare a homeopathic remedy - influenza. INFLUENZINUM, taken one day a month, has been shown to be effective in flu prevention. So try it. There are no lines to wait in and there's never a shortage. And at just \$8.99 you can treat your whole family for the entire flu season.



## It's time to think about closing things up for Winter. We are experts at storm window & insulated glass repair.



For 31 years we have been providing the local community with fast, cost effective glass repair. Why go anywhere else when we're right here. Today more than ever time & gas are money. Shop & Save Local

**Don't forget we can fix those screens now so that they'll be ready when you need them in the Spring!**



## The Only Place you Need to Know for CUSTOM PICTURE FRAMING

We have everything you are looking for:  
**Expertise • Great Pricing  
Virtual Framing • Selection**  
Avoid the last minute rush and bring in your Christmas framing now.  
*In fact bring your framing in now, make a small down payment, we'll complete it and you can make regular payments between now and Christmas!*

## Photo Restoration

We can fix damage, enhance color and increase contrast making old photos look new. Want color added to your B & W or sepia photos? No problem we can do it. Restored photographs make great Christmas presents. Bring your old photo in today and let us make it look like new again.



**Largest Selection of Cellular Accessories Around**



"Best Price, Selection & Service"

**It's Your Health**

**Wanted--Mystery Vitamin High in Antioxidants That Supports Immune Function**

by Jordan Rubin • Garden of Life

Vitamin E, also known as alpha tocopherol, is a primary antioxidant that protects red blood cells and is essential in cellular respiration of all muscles. This makes it possible for muscles and their nerves to function with less oxygen, which can increase endurance and stamina.

A fat-soluble vitamin, vitamin E exists in eight different forms and each form serves its individual biological activity—which is a measurement of its potency or functional use in the body. Alpha-tocopherol (a-tocopherol) is the most active form of vitamin E in humans. From the intestines, vitamin E is absorbed into the lymph and transported in the bloodstream as tocopherol to the liver, where high concentrations are stored. It is also stored in the fatty tissues, heart, muscles, blood, adrenal and pituitary glands.

The antioxidants in vitamin E help protect cells against free radicals, which may be implicated in the development of cardiovascular disease and cancer. Vitamin E can also play a role in supporting immune function, DNA repair, as well as other metabolic processes.

Vitamin E supplements, however, are usually sold as alpha-tocopheryl acetate, a form of alpha-tocopherol that helps keep intact its ability to function as an antioxidant. The synthetic form of vitamin E is labeled as "D,L" but the natural form is labeled "D." The U.S. Department of Agriculture (USDA) National Nutrient Database for Standard Reference, however, indicates that the synthetic form of vitamin E is only half as active as the natural form.

Vitamin E is mainly found in the oily portions of foods, and while many people may be concerned with their levels of fat intake, moderate intakes of healthy foods that contain vitamin E can deliver on recommended daily intakes of vitamin E. Some of those foods include:

- **Wheat germ oil** (one tablespoon delivers 100 percent of the daily value or DV of alpha-tocopherol)
- **Almonds** (one ounce delivers 40 percent of the DV of alpha-tocopherol)
- **Sunflower seed kernels** (one ounce delivers 30 percent of the DV of alpha-tocopherol)
- **Peanut butter** (2 tablespoons deliver 20 percent of the DV of alpha-tocopherol)
- **Avocados** (one avocado delivers 15 percent of the DV of alpha-tocopherol).

What a tasty way to get this antioxidant-packed vitamin.

*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.*

**3-D Foam LETTERS**

We are excited about being able to offer these brand new 3-D Foamie® Letters . These Fun Foamies® letters are 1" thick and come in assorted colors.

Decorate them with stickers, ribbon, pins, paper, sequins, felt pens, etc. They are thick enough so they will stand on their own or glue them to whatever to spell names or words. Each 5" foam letter comes with double-sided tape dots and sells for just \$1.99 each.

These large light weight letters are ideal for personalizing any number of unique craft projects. Fun and easy to use. Get yours today!



**Collectabells**

We are again excited about offering a brand new series of these darling collectable bell characters. They are great as holiday ornaments for your home or as unique gifts and come with an integrated hook which makes them easy to hang on a tree or wreath.

We have just received a whole new collection, just some of which we have included here. They are all \$2.99 ea except the Princess which is \$3.99.

And there are quantity discounts for 2 and 4 or more

so that you can get them for everyone on your gift list. Make your selections early since quantities are limited and we can't guarantee stock beyond what's on hand.

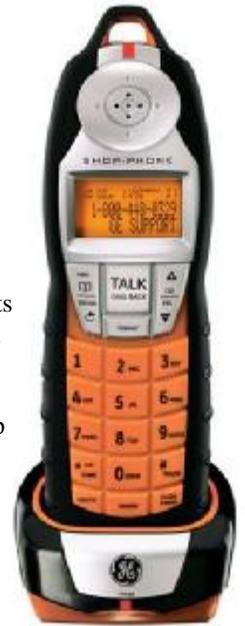


Although at first glance you would think this phone is made by Black & Decker because of its color alone this is in fact electronic innovation from GE.

They call this a shop phone and it certainly qualifies with its rugged design and hanger on top that you could put a carabineer clip in and hook it

anywhere, but what truly makes this phone unique is what GE calls "No Jack Technology". What that means is that you have a cordless phone that sits in a charging base that's plugged into AC but has no place to plug it into the phone line. By now you are probably scratching your head saying how can you use the phone if it's not connected to a phone line? The genius of this phone! It comes with a module that plugs into AC and that is connected to a phone line. That module transmits the phone signal over your AC wiring to the charging base that then transmits the phone signal to the phone wirelessly.

So you can locate this phone ANYWHERE since it doesn't have to be plugged into a phone jack. It's a great phone at a great price of just \$49.99 with features that are exclusive. This is the only phone presently that has the "No Jack Technology" and look at the other great features it has also: Rugged Design, "No Slip" Grip, Easy Clean Keypad, Peg Hookable, Call Waiting Caller ID, Remote Base Allows Cordless Handsets to be Placed Anywhere, Backlit LCD, No Jack Technology, Big Buttons, 10 Number Memory, Handset Volume Control, Line in Use Indicator, Flash Function, One-Touch Redial, 2.4 GHz Technology, Enhanced Visual Ringer, One Year Limited Warranty.



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