



www.solanco.com

December 2009



Call 717-786-7118

Winter Store Hours

Mon thru Fri
9:00 AM 'til 5:00 PM
Saturday
9 - Noon

The Most Unique Gift!



There is nothing more special as a gift than framing that unique piece of memorabilia, photo or document that rekindles the memory of an important event in ones life. That event could relate to education, recreation, work and or family.

SGMC offers a myriad of ways for you to preserve and display that special moment that meant so much.

SGMC has been offering Custom Picture Framing for more than 30 years at a regular price which is usually less than the Big Guys half off price. We are experts at preservation and display. By combining our large selection of frames, mats, glass and mounting choices we can fabricate a finished design that will be that Unique Gift that you are seeking. In addition, with our Virtual Framing we can show you what the completed project will look like during the selection process. Keep in mind though that



as each day passes and we get closer to Christmas the options available and the possibility of a custom framed design being delivered diminishes somewhat. We have never let anyone down when it comes to Christmas framing, but if you are considering it, sooner is always better than later. And if push really comes to shove an SGMC Gift Certificate is always a good choice. A gift certificate allows the recipient the chance to come in after Christmas to choose exactly the framing package they have in mind. If you are a D-I-Y kind of person we offer a wide selection of ready made frames and mats that you can combine to create the perfect gift. We will provide whatever components that you do not feel comfortable creating yourself, i.e. a custom mat, regular, non-glare, conservation or museum glass, custom mounting, etc. Although do-it-yourself is just that, we can offer some guidance to make your end project the best it can be.

A one-of-a-kind framed object is the Perfect Gift.

It is only with your continued support that we are here to wish you another Happy, Healthy Holiday! From everyone at SGMC may you experience the Joy and Hope that this season has to offer with your family and friends! And may the New Year bring abundance to all things in our lives.



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Check Off Your Christmas List at SGMC



This time of year more than ever lists are an important way of making sure that we don't miss anything whether it be gifts for everyone on your list or decorations or anything related to the holiday season. SGMC can help you check a lot of things off your list. Take a look at SOME examples below. Browse the store or our website for lots more.

Decorations

Lights

- Indoor & Outdoor
- Rice & miniature lights
- Battery powered
- Automatic shut-off
- Green & Brown Cords

Ribbon

- Velvet
- Wired
- Satin
- Custom Bows

Wreaths

- All types pine wreaths
- Styrofoam rings
- Green wire wreaths
- Pine garland

Decorations

- Ornaments
 - Glass
 - Felt
 - Home-spun country
 - Fair-Trade
- Various Berry Garlands

Gifts

Popular Electronics

- Audio/Video Accessories
 - Headsets
 - Cables
- Computer Accessories
 - Flashdrives

Natural Products

- Cleaning
 - Charlie's Soap
 - Powdered Laundry
 - All Purpose
 - Natural Dish Washer Detergent

Neti Pots

- Ceramic
- Eco plastic
- Kits

Games

- Doodle Dice, Linko, Over & Under, more

Puzzled wood kits



The Truth about Toxins
 By Brenda Watson , Renew Life

Hidden Contaminants May Contribute to Poor Health. Our modern world is more toxic than ever before. Experts tell us that in North America alone, more than 6 billion pounds of pollutants are released into the environment every year, with over 200 million pounds of chemicals dumped directly into our waterways and more than 2 billion pounds of chemical emissions released into the air.

But it's not just giant factories belching out smoke that we need to be concerned about—some of the most dangerous contaminants are lurking right inside our own homes. You may not realize it, but many household cleaners and personal care products contain harsh chemicals and toxic metals that can build up in the body and contribute to everything from weight gain, brain fog and fatigue to digestive problems, headaches, skin problems and more.

Simple Ways to Reduce Your Exposure
 Although exposure to harmful contaminants may be unavoidable in today's increasingly toxic world, there are simple things you can do every day to take back control of your body and your health. Begin by making gradual changes such as replacing everyday cleaning and personal care products with safe, natural alternatives (such as hypoallergenic, aluminum-free deodorant and body wash), installing air and water filters in your home, and opting for pesticide-free organic foods whenever possible.

Regular cleansing and detoxification are also an essential part of fighting back against the onslaught of daily toxins. Natural supplements made with quality herbs, nutraceuticals and other traditionally used ingredients provide powerful support for the organs and organ systems responsible for filtering and eliminating toxins from the body and restoring vibrant health and energy—mainly the lungs, liver, lymphatic system, kidneys, skin, blood and bowel (or colon).

Experts recommend a general total-body cleanse at least twice yearly, combined with targeted detoxification support as needed. Upon completing a general cleanse, a targeted detox formula may be helpful to focus on issues such as healthy liver function. Finally, specially formulated microbial cleanses may help address parasites and yeast as they work to help maintain a healthy balance of intestinal bacteria.

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.

"If you don't have a copy of our Holiday Shopping Guide ask for it when you come into the store or take a look at it on our website."



New Stuff !!!



Crochet and Knitting Activity Kit

Knit a colorful hat with a pom-pom, a scarf with a fringe or a handbag! Then crochet flowers to accessorize them all. Simple to follow instructions makes it so easy.

Oodles of colorful yarn to create easy fashion fun! The kit contains: 300 yards of yarn in 6 bright colors, 2 wooden needles, 1 crochet needle, 1 plastic needle and easy instructions. A great kit at just \$27.99.



Fold & Cut Paper Activity Kit

Combine the unique art forms of Japanese paper folding and cutting to create colorful paper designs with over 200 sheets of origami paper and stickers. Easy Instructions. Ages 7+. Hours of folding fun at just \$17.99



Knot-A-Quilt

Create a super soft 42" x 54" quilt. No needles! No Stitching! No stuffing! Just knotting! Contains: 48 - 9" squares of fleece in 6 awesome colors. A super kit at just \$26.99.

Mixed Drawing Media

If drawing is what you want to do then the 13 drawing tools included in this great starter kit is the way to go. This set includes a bonus all-art sharpener & kneaded eraser. Ready... Set... Draw for just \$11.99.



Paper Plane Activity Kit

Make a high-flying airplane fleet using colorful paper and stickers. Keep your edges crisp with the included folding tool! Add stickers to design your own fleet. Makes 18 airplanes for just \$9.99.



Uniden Dect 6.0 Expandable Cordless Telephone With Dual Key Pad, Digital Answering



This Uniden DECT 6.0 cordless phone is full of great features. Check out the 30-name and number call waiting/caller ID (activation required) And the digital answering machine

with microchip technology ensures clearer recordings. This phone has a 70-number advanced phonebook memory with personalized ringers and 4-way conferencing, intercom and call transfer between handsets. It has a 20-number call blocking and do not disturb function, voice mail waiting light on handset, handset speakerphone, last 10-number redial, 7-day standby, it's WiFi® friendly, expandable up to 6-handsets to 1 base. Add copy phonebook from handsets and tri-lingual language support - English, Spanish, French and you have the perfect cordless phone for yourself or anyone on your list.

Q-ville Tunnel Print at SGMC



This poignant photographic rendition, only available at SGMC, of the tunnel that passed under the former Enola Low Grade rail line on route 222 measures 20" x 12" and is available for only \$49.99 and is the perfect gift for anyone currently living in the Southern End or those who formerly lived here and can remember the elegantly classic entrance to Quarryville that is no more. This print, which is certain to be a collector's item, is available now. Get yours today for holiday giving.