

SCMC News

"an eclectic emporium"

www.solanco.com

February/March 2009

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

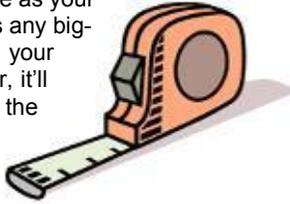
Dose of Design: The Object Of My Affliction: Mat Measuring

Have you ever felt yourself swirling around in a vortex of information overload? You're "simply" looking for the right size mat for your frames when suddenly the angel assisting you begins speaking in foreign framing tongues. Short of telepathy, is there an easier way to relay the perfect size mat? You bet!

Here are 3 easy steps to become your own matting linguist! (Be sure to keep track of these dimensions!)

What is your frame size?

This is known as your "overall mat size". You will need a mat that has an outer measurement the same size as your frame. If the mat is any bigger, it won't fit in your frame. Any smaller, it'll shift around inside the frame. So for an 11x14 frame, you'll want to get an 11x14 size mat.



What size is your print/photo?

The next measurement you need to figure out is the "opening". If the size of your photo is 8x10, then you want your mat size to be 1/4" smaller* on each of the four sides. (*This is a general rule of thumb. Use a smaller or larger length to fit your unique needs.) If the mat is the same size as your print, then it could fall right through. The smaller mat opening gives a bit of area to attach your photo with acid free tape (recommended). Your 8x10 photo will require an opening of 7 1/2 x 9 1/2.



What color mat should you choose?

Not exactly something to calculate, but a fun ruling to contemplate. Experts in the matting trade recommend a pleasant, coordinating hue that doesn't overpower the frame. To take your newly



acquired matting skill a bit further, consider adding contrast to your art display... if you are using a wider picture frame, then you should consider a slimmer mat. However, if you have a slim frame design, then you'll

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As many of you already know we pride ourselves in finding and carrying unique products that provide benefit to the customer as

well as a product that doesn't do harm to anything.

We are very excited about introducing Charlie's Soap which is made in the USA in North Carolina by a company that prides itself for its customer service and of course its soap which is like no other. Charlie's Soap is CLEAN, GREEN & SAFE and rinses residue free, non-toxic, great for stain removal, certified safe for food preparation, biodegradable and environmentally safe. It works great on Grease, Blood, Mildew Stains, Pine Sap, Grass, Red Clay, Mustard, Poop & lots more. And as they say at Charlie's, "It cleans everything from false teeth to diesel engines!"

Laundry Power

Charlie's 3 lbs. bag of laundry powder can do up to 80 full wash loads for just \$13.99, that's less than 18 cents a load.

You heard right! That's just pennies per load! Needs only 1 TABLESPOON per large

wash load - That's all!

Charlie's Soap is not an additive. Charlie's Soap is Hypoallergenic - leaves no residue and perfect for babies and those who have sensitive skin. In fact if you go to

the Charlie's Soap web site (www.charliesoap.com) you can read testimonial after testimonial about folks with sensitive skin finding Charlie's Soap after trying everything that the big companies

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want to show a larger width on your mat. Of course with over 31 years of experience we can help you with all the choices and measuring described above. We are Custom Picture Framing Professionals and we can suggest proper sizes and colors for mats and frames that will show off your art. And as a bonus with our virtual picture framing software we can show you what your finished custom framing project will look like with the selected mats and frame. Rely on us for all your Custom Picture Framing. We have the expertise and we are very competitively priced.

had to offer and finding that not only does Charlie's Soap clean just like they say but those that were sensitive to everything else can use Charlie's Soap with no problem. And in case you're wondering Charlie's Soap is Front-loader / HE compatible.

Our laundry powder is guaranteed to be the best laundry soap you've ever used! It is safe and effective for all fabrics including: silk, wool, linen, cotton and high-tech microfiber athletic and waterproof gear. It contains no dyes, phosphates, UV brighteners or perfumes and it removes entrapped odors from microfiber athletic wear and it will not fade your colors. Charlie's Laundry Powder is a revolutionary approach to laundry care. It does not cover up stains and odors with scents and brighteners - it really cleans. It is made with a unique blend of biodegradable coconut-based detergents and high-grade, completely soluble, Green River washing soda.

All Purpose Cleaner

Proven in industry and now available to the public, Charlie's Soap All-Purpose Cleaner can be used safely & effectively on a variety of surfaces. Non-toxic and completely biodegradable, gets under grease and grime, gently releasing them without harsh abrasives. Quickly, easily and safely removes pitch and tar from machinery, tools and hands. Give Charlie's Soap a little extra time as it was meant to gently remove stains - not blast them off. Charlie's All-Purpose Cleaner is a multi-surface cleaning agent developed for hands-on cleaning of industrial machinery.



\$11.99

Excellent for situations in which both effective cleaning and safety are of paramount importance, this industry-proven product is now available to the consumer. So there you have it, a soap that doesn't just cover up your dirt with perfumes and brighteners but really gets your clothes clean, it's environmentally friendly, it's made by a small family owned company in North Carolina (remember help support small business) and it's cheaper per load than what you are paying now. Why wouldn't you use this. Come in and get yours today.

Largest Selection of Cellular Accessories Around



"Best Price, Selection & Service"

It's Your Health

Eating for Your Health: The 10 Best Cleansing Foods

With every bite of food you eat, you have the power to help cleanse your body. The key is getting enough fiber and antioxidants.

Fiber -- found in fruits, vegetables, legumes and whole grains -- helps absorb and eliminate toxins from the bowel. Antioxidants neutralize free radicals (highly reactive molecules that can damage cells) and reduce oxidative stress, which has been linked to many degenerative diseases and certain types of cancer. Antioxidant vitamins and minerals are readily available in the same foods that are high in fiber and helpful phytonutrients (the disease-resistant nutrients found naturally in many plants).

Because organic food is grown without pesticides or herbicides and is fed with natural fertilizers, you should eat organic foods whenever possible. In addition, studies have shown that organic food often contains higher levels of vitamins and minerals than food grown using conventional farming methods.

The USDA recently ranked foods in order of their antioxidant properties in a report released in the Journal of Agricultural and Food Chemistry.

After investigating more than 100 different foods, the following were found to contain the highest concentration of antioxidants. They are also high in fiber.

1. Small red beans (dried)
2. Wild blueberries
3. Red kidney beans
4. Pinto beans
5. Blueberries (cultivated)
6. Cranberries
7. Artichokes (cooked)
8. Blackberries
9. Prunes
10. Raspberries

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.

DTV Conversion Now June 12th

As most of you know by now the February 17th date for DTV transition has been pushed back to June 12th although some of the TV stations in the US will transition from analog to digital broadcasting on Feb 17th. The remaining stations will transition from analog to digital broadcasting between Mar 14th and Jun 12th.

So if you receive your TV signals over the air and you have an older TV make sure that you have your converter boxes and hook them up and then make necessary adjustments to your antenna system so that you will not lose TV service when they switch to digital.

We sell the converter boxes as well as everything else you may need in the way of TV antennas, rotors, amplifiers, etc. Should you have questions, we can answer most of them as well. Remember, think SGMC first.

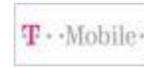
SGMC INVENTORY CLEARANCE

We have spent more than 3 weeks taking inventory in the store which of course means accounting for every single item. It also means findings things that have been around too long or things that we may only have a couple of that we can't get any more or things that are expired or any number of other things that means that we no longer want them on the shelves. So one of the immediate things that you will see as a result of our taking inventory process is a very clean new look to the store plus you will see a whole section at the rear of the store dedicated to giving you the opportunity to acquire these "Inventory Mis-fits", if you will, at incredible prices.

Obviously the selection is going to be best at the beginning so hurry in now to have the widest selection. This is our biggest Inventory Clearance ever where you are sure to find some fantastic bargains. We will be running this for several weeks and bargains are available on a first come first served basis. Don't Wait!



Sprint



NOW More Carriers, More **FREE** Phones, Great Prices, Better Service • **SGMC Raises the Bar!**



What's New



This 3-D Candy House Foam kit comes with everything that you need to assemble this large 8" house that is full of lots of bright Spring colors right in time for the upcoming Easter Holidays. -Just \$9.99

This almost 6" egg is a lot easier to decorate than a real egg. Simply glue the included foam cutouts to the foam egg and you're done. Add a strip of magnetic tape and display it on the frig. -Just \$1.49



Do you need eggs for a class project or just to decorate a tree? No matter, this pack of 12 - 5 5/8" tall colorful eggs will fill the bill. Includes 2 each of six different colors. You can't beat the price either. - Just \$3.99

Want to easily decorate for Easter? This pack of glittery various sized bunnies and eggs will do the trick! - Just \$1.99



Neti Pots

The nasal rinse is a centuries-old treatment that many of our customers have already accepted and welcomed. The Neti Pot provides an easy, effective way to do the rinse which provides quick relief and a pleasant, soothing sensation. Simply run a mild salt-water solution in one nostril and out the other. Useful to: lessen the impact of colds and flu naturally; counter environmental pollutants; offset the effects of breathing dry indoor air; aid in fresh breathing while practicing yoga and meditation.

We probably have one of the largest selections of Neti Pots and accessories around and are experienced users of Neti Pots ourselves. Ask us if you have any questions.