



Green Tip

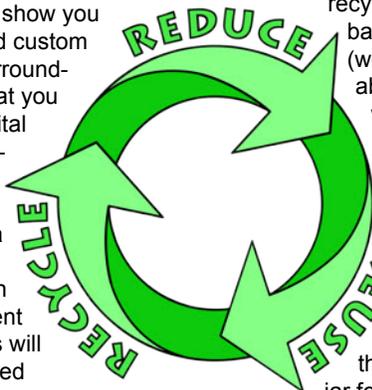
Our Mats are Updated

Mats are an integral part of most custom framing jobs. Choosing the correct mat is oft times as important if not more important than your choice of a frame. The mat is what is next to the art work and a correct color choice will lead your eyes to what ever it is you're framing and an with an incorrect choice of mat color your eye will see the mat first which is not the result that you want. One of the things that we are very good at is helping you select the mat that will show off your art work and it is, of course, through using the mat sample corners that this selection process is accomplished. The next time you come in with a framing job you will see our brand new selection of 4" wide mat samples. All the new mat samples are what are considered conservation quality which means that they are non-acidic, i.e. pH neutral so that they don't contribute to any degradation of the art work over time when the art work and mat come into contact with one another. The new wider mat samples in addition to showing some new colors also allow you to see first hand how a wider mat can enhance your finished frame job.



And don't forget that we can show you a facsimile of your completed custom framing just as it will look surrounded by the frame and mats that you choose using our unique digital system which captures images of your art work, the frame and your mat choices and combines them into a digital finished frame job for you to see. Of course we can show you exactly how different frames, mats and mat widths will affect the look of your finished custom frame job. We understand custom framing and supply the knowledge, thirty-four years experience and the technology to help you choose the custom frame package that not only makes your art look great but preserves it as well. We do this all at a very competitive price and we don't play games with pricing like the big guys do either. Let SGMC be your Custom Framers!

We all know about recycling and why we should do it, but did you know that there is something that you can do that is BETTER than recycling, Both better for you and the environment. With recycling we are taking something that can be broken down and made into a raw material so that something else can be manufactured from it. This is really good and we should all strive to do more of it. But with recycling like initial manufacturing, there are waste products and chemicals used and it takes lots of energy to convert used materials into a form that can be used again for a new product. So you say what is this thing that I can do that is BETTER than recycling? It's REUSE of course!! When you re-use something instead of disposing of it or recycling it there is no manufacturing process and the associated chemicals and energy. We at SGMC take both recycling and REUSE seriously. This newsletter is printed on recycled paper. The "plastic" bags we supply for you to use (we hope you are using reusable bags like Chico Bags), when we need too, are made from corn. One of the most recent SGMC initiatives of reuse is with Charlie's Soap. You can now reuse your Charlie's Soap jar instead of recycling it. Bring your empty jar into the store and we'll re-fill the jar for you. Not only are you re-using your jar but you are also saving \$2.00 over buying a new jar of Charlie's laundry soap. So the point here is most certainly recycle, but at the same time look for ways to reuse what you already have. SGMC offers you the opportunity to both REUSE and Save. Give it a try every little bit helps. Working together we can all make a difference.



Call 717-786-7118

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

A Good Reason to Use ASAP Ultimate Skin & Body Care Gel

Q: My family uses tons of hand sanitizer in the winter, but now I'm hearing it doesn't protect against germs. Should we skip it?

A: Rest assured, using hand sanitizer is a good backup up if you can't wash with soap and water. But we can understand the confusion. A recent study showed that alcohol-based gels lose their germ killing power within two minutes of application—this finding takes many consumers by surprise. But what you have to understand that is alcohol-based hand sanitizers were never meant to shield skin from incoming bacteria and viruses; rather they are made to eliminate germs on contact, much like soap and water does. The good news is there is a product that not only kills bacteria and viruses on contact but also continues to shield your skin from bacteria and viruses for several hours. That product is ASAP Ultimate Skin and Body Care. The active ingredient in ASAP® Ultimate Skin and Body Care Gel is American Biotech Labs® unique patented Silver-Sol Technology® at a powerful 24 ppm silver. It's the patented silver content in this amazing gel that not only helps naturally heal and instantly make the skin feel noticeably softer but also protects the skin for an extended period after application. The simple fact that this works is why it is becoming a top choice in skin care worldwide. Give it a try today. Choose either the 1.5 oz or 4 oz size.



Large Paper Flowers

We don't know about you but we are tired of seeing nothing but white. If you're feeling the same, one solution we have are the new, large, bright and colorful paper flowers that are adorning the store and can bring color to your home. At just \$6.99 these 12" printed paper flowers come with a long mono-



filament ready for hanging. Get one or more today to put some color in your life.

Why You Should Avoid Fad Diets

It is safe to say that over the years there have been some very bizarre weight loss fad diets. While fad diets are popular because of their "get thin quick" scheme, the truth remains that fad diets do not result in long term success. Although you may be tempted to try a fad, here are a few reasons why you should avoid them:

* A number of fad diets tend to focus on one food or a type of food. This equals disaster! Eating one type of food will not provide you with all the nutrients you need for a healthy body, leading to nutritional deficiencies. By denying your body the nutrients it needs from food your body's metabolism process will slow down and actually eat into muscle for energy; neither of which are desirable.

* Some fad diets do not promote exercise! In order to effectively lose weight proper exercise must be added to your weight loss program. Regular exercise can increase your energy and metabolism, making weight loss easier.

* Over restrictive fad diets are boring!

* Fad diets offer temporary solutions. Are you looking for a quick fix that could be detrimental to your health or for a long term weight loss solution? If you want long term success, fad diets are NOT for you.

The key to long-term weight loss success is to stop obsessing over what you can not eat and start learning about the foods you can eat and foods that are healthy and support health instead of tearing it down. Choose more plants and less processed foods. There are many sources of great information about nutrition especially on the Internet. Just make sure that any sources that you find don't want sell you something. If they do, find information elsewhere.

The bottom line? Avoid fad diets and instead focus your efforts on creating a long term weight loss program incorporating a balanced diet and routine physical activity. Although it may take longer for you to reach your weight loss goal this way than with any number of fad diets, you're more likely to keep the pounds off in the end. If you can establish a healthy diet and exercise plan you will see results and stick to it!

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.

biokleen

With the success and popularity of the Biokleen Automatic Dish Powder we decided to bring two new Biokleen products into the store.

Biokleen Concentrated Produce Wash effectively removes pesticides, herbicides, fungicides, waxes and soil for a healthier, safer diet and food preparation area. Helps hold natural taste and appearance longer, without the use of preservatives. Produce Wash is 3x more concentrated, contains grapefruit seed and lime peel extracts and rinses completely, leaving no residue or taste behind and is great for using on cutting boards, food equipment, and counters. Biokleen Free & Clear Dishwash Liquid is fragrance free, and like all Biokleen products, is clear of dyes and brighteners. It cuts through tough grease and baked-on-foods without the use of toxic chemicals. Dishes dry spot-free with no chemical residue or taste. It's super concentrated and contains no fillers or thickeners and rinses spot-free without residue. It also moisturizes, soothes, and protects the skin.



Pet Collar Batteries

Are you running all over the place to find batteries for your pet's collar. Did you know that SGMC stocks a large selection of not only pet collar batteries but also batteries for all things electronic. And if we don't happen to have your battery in stock we will order you the correct battery at a great price. Remember SGMC is your local battery headquarters.



STONEWORDS

Our new pantone multi-color engraved stonewords are sure to be a hit. Gift yourself or gift someone else with these colorful engraved stonewords with words like Love, Laugh & Joy. Displayed in a distinctive yin/yang display choose the words that have the most meaning to you or the person you are gifting. These stonewords are a great way to convey what you really feel or how you would really like the recipient to feel or live their life. A great inexpensive gift at just \$5.99 ea. Buy more than one and save.



A Great New GAME

If you're looking for your next favorite game, get Spot it! There is always one, and only one, matching symbol between any 2 cards in this party game. Spot it and you win!

A sharp eye and a little bit of speed is all it takes to become a Spot it! Master. And \$12.99 is all it takes to get your very own Spot It or to give it as a gift. Ages: 6 and Up 2 to 8 Players
Play Time: 10 - 20 Minutes
Contents: - 55 cards - illustrated rules.
Check out the video about the game on our website at www.solano.com or scan the QR code below with your smart-phone to go to our site.



Several times a year we clean out the matboard scraps that seem to over take our storage area. These scraps are left over after cutting custom mats and we just can't keep them all. They are great to paint on, use them for picture frame backing, use them to make patterns for quilting or to back a jigsaw puzzle. Sizes and colors vary and they are priced individually. Quantities are limited and they are available on a first come first served basis.

APARTMENT FOR RENT

Very Large - Very Nice 2-bedroom apartment for rent. Includes all major appliances plus garbage disposal, dishwasher & stack washer/dryer.

- Off-Street Parking •
- Rent includes Water/Sewer & Trash

To see the unit, arrange an interview, or get an application, see us or use the contact information below

SGMC, 21 E State St, Quarryville PA 17566

717-786-7118