



# FEATURED PRODUCT

This is the column where we re-introduce you to those great products that we have carried for a long time that you may have forgotten about. This month we'll re-introduce you to Puzzled. Puzzled is the company that makes the unique 3-D wooden puzzles that would be better described as 3-D wooden models whose parts are pre-cut from high grade 3mm plywood. The puzzles/models come in a flat panel(s) with the pieces pre-cut and ready to cleanly push out as you assemble the puzzle/model using both the full color picture of the completed puzzle/model and the numbered layout sheet included with each kit. You start by placing the panel(s) with the cut out pieces in the same orientation as the layout sheet. Then find the two pieces on the layout sheet marked number 1, then find the corresponding pieces on the panels, gently push them out and slide them together with a dab of glue. You continue by then finding the pieces marked number 2 and so on until you have a completed puzzle/model. We have actual samples of every kit we carry so that you can see what the finished product looks like when picking your kits from the over 70 different kits that we have to choose from. The two newest kits are below.



Stop in to see the full size models



The dump truck bed actually works!



To make group projects easier pick up a 25 pack of 1" foam brushes. These disposable brushes can be used with most paints, stains and varnishes but are not



recommended for use with lacquer or shellac. Save big over buying 25 individual brushes.

American Biotech the makers of ASAP Silver Gel and the Silver Biotics liquid are now offering SilverSol Tooth Gel. SilverSol Tooth Gel combines the unique benefits of their patented SilverSol Technology® with Xylitol to create a powerful new tooth gel designed to help clean your teeth like no tooth gel has done before. SilverSol Tooth gel is Fluoride FREE and contains no parabens, no SLS, no artificial colors and is non-abrasive. SilverSol Tooth Gel is the perfect choice for everyday brushing and particularly for challenges that you may be having in your mouth.



If you need to do precision, fine detail gluing there is no better choice

than G-S Hypo Cement. It's the perfect choice for hobbies and crafts, jewelry and beading, model building, fine screw locking and general repair. It dries clear and stays clear and will not bond fingers.

## Removable Tape

If you are looking for mounting tape that is removable we have it for you. It comes in a 3/4" x 60" roll and is a safe, easy alternative to nails, glue or staples and it removes easily with no residue. Think about mounting photos, notes, lists, posters, decorations and lightweight objects.



**Call 717-786-7118**  
**Store Hours** Mon thru Fri 9:00 AM 'til 5:00 PM  
 Saturday 9 - Noon  
 There are occasionally exceptions to these hours which are listed on the door, on our website & are also on our answering machine if you call when we are closed. If in doubt check first.

These creative Woodsies spoons are a versatile and inexpensive craft component ideal for kids' crafts and home decor projects and more. Each package contains 75 3 5/8" x 7/8" x 1/16" spoon shaped sticks. Check out all the great wood shapes that are a part of our regular inventory.



## EAR EASE PAIN RELIEVER

Looking for a way to ease ear pain without drugs. Ear Ease is the answer. No matter whether it's sinus pressure, altitude changes, allergies, swimming and infections... all common causes of ear discomfort. Now there's a safe, natural way to relieve ear pain... without the use of drugs! And it couldn't be more simple to use. When the Ear Ease is filled with hot water and held to the ear, it imparts a concentrated heat that penetrates to the middle ear. This focused application of heat can effectively promote the opening of the Eustachian Tube. Simple physics states that the introduction of heat into a closed system yields a pressure gradient change. That pressure change can effectively open the Eustachian Tube enough to equalize the pressure, thereby relieving both pain and pressure, sometimes in a matter of minutes. Get an Ear Ease today so that you have one on hand the next time ear pain strikes.



**We've Got Your Sign**  
 "Let us make your Custom Sign in our Sign Shop – Yard Sale Signs, Banners, Lettering for your business building or vehicle, registration numbers for boats and trailers and lots more."  
**CUSTOM SIGNS MADE TO ORDER**

# It's Your Health

## Summer Break = Weight Gain for U.S. Kids

*Editor's Note: Article was edited to fit the space.* Summer break is in full swing for school-age kids across the country—but there's a downside to the change in routine. A recent study from the Centers for Disease Control and Prevention (CDC) warns that children nowadays are at an increased risk of excessive weight gain over the summer months.

Experts believe a lack of structure, excess snacking and fewer opportunities for physical activity may be at the heart of the problem. Kids today are more likely to stay indoors sitting in front of the TV or glued to electronics like smartphones and tablets instead of running around outdoors. And when they get hungry, too often they'll reach for heavily processed snacks and pre-packaged meals loaded with sugar and unhealthy fats—only to wash them down with sugary soft drinks.

The good news is that there are small, simple things parents can do to help kids stay healthy over summer break. Start with these three biggies!

**Plan Ahead for Healthy Snacking.** Keep plenty of healthy options on hand for quick snacking and easy lunches. Ideas include: pre-cut fruits and veggies (opt for low-sugar fruit and non-starchy veggies), along with lean protein sources raw nuts and nut butters and hummus. Ditch the sugary soft drinks and juices, and encourage kids to drink plenty of fresh, purified water throughout the day.

**Get Kids Involved in Sports and Activities.** If you can, enroll kids in sports and other activities to help them stay active. Whether they prefer soccer or camping, science or dance, getting involved with others who share their interests can help them get up and moving. Too costly? Coordinate "activity days" with other parents by arranging weekly meet-ups at a local field or rec center. Stick to a Schedule. Just because kids aren't in school doesn't mean they should lose all sense of structure. Instead of letting them sleep till noon, establish a set wake-up time and make sure they stick to it. Plan weekly activities ahead of time so they know what to expect, and assign them simple tasks such as cleaning their room on Wednesday mornings or helping in the yard on Saturdays. Older kids can even take the dog for a short walk or help with yard work. Providing structured activities not only helps children stay active but gives them a sense of involvement and responsibility.

**Set Limits on Screen Time.** In a recent issue of Healthy Living I talked about a Kaiser Foundation study which found that kids and teens between the ages of 8 and 18 spend more than seven hours a day using electronic media. Instead of giving kids free reign over their daily screen time, establish some solid ground rules and make sure you stick to them. Don't let your kids get lazy just because you've had a particularly busy day and just want to veg. Set the example! You may find that a brisk walk or a trip to the park with your kids does more to help you relax and de-stress, and your kids get the benefit of a little healthy exercise and some "you" time.

*Brenda Watson*

*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.*



Cont'd



**WATER BASED SPRAYPAINT 300**



We are now stocking the NEW MTN Water Based Spray Paints which are formulated with low odor resins, which are water-soluble and they also contain pigments of the highest quality.

**\$10.99**

That's right the lowly mason jar is now an awesome travel mug and lunch box thanks to two



**\$8.99**

products from a company called CUPPOW. The jar drinking lids simply replace the canning lid with BPA/BPS-free ridged plastic drinking lids the shape of which you are familiar with on any take out cup you may have ever used.

Drink directly from the drinking lid or slide a straw in the opening and sip away.

Or if you want to take some salad and dressing or celery and peanut butter for lunch choose the 6 oz BNT0 lunchbox adapter. BNT0 (bentoh) is the newest canning jar adapter for taking great food with you on the go and separates a canning jar into two compartments so you can mix or dip like a champ.



Both the drinking lid and the BNT0 fit the large opening



**\$8.99**

(3") pint or quart jars. Both are reusable and dishwasher safe on the top rack only. Get both a drinking lid and a BNT0 so that you can start using all those canning jars that are just sitting around the house. Both products make great gifts as well.



**\$8.99**

The Jar-Z provides the most comfortable grip a mason jar can get for both quart and pint sized mason jars. Made out of high quality 3mm neoprene, each Jar-Z stretches and fits snug over

the bottom of the jar allowing you to use it on both small mouth and wide mouth jars with ease. We're sure you've already realized that it keeps your coffee hot and protects your hands from burning hot glass and it keeps your iced drink cold, too! Multiple colors available. No jar should be without one.

These water based spray paints are highly recommended for Fine Arts,

Graffiti Art and many other professional jobs. There are lots of awesome colors available. All ergonomic format 300 ml cans come with anti-clog valves. These paints are perfect for indoor / outdoor work and are suitable for use on all types of surfaces, including polystyrene.

Over spray can be removed with just soap and water during the first 20 - 25 minutes and the paint is waterproof once dry.

**Solid Colors** Durable matte colors, featuring great resistance and opacity for all types of applications.

**Metal Colors** Metallic pigments and resin for great coverage and intense shine without staining at touch.

**Varnishes** Transparent Matte & Gloss Varnish for universal use.

## VIEWTAINER Storage Container

If you are looking for a unique and easy way to store small parts and have easy access to them at the same time this is your answer. The Viewtainer is perfect for storing crafting materials, household items, hardware, and more. Simply squeeze the container and the top opens making inserting and removing things a breeze. They measure 2 3/4" x 5" and are made in the USA. Get organized, buy several.



Check out these awesome NEW items from NOW!!

