



# FEATURED PRODUCT



This unique product from Sculpey offers a myriad of possibilities. Here are some of them. It's

This is the column where we re-introduce you to those great products and or services that we have provided for a long time that you may have forgotten about.

In this issue we'd like to remind you that we do Custom Picture Framing and have done so since 1977

which means we have lots of experience providing the perfect frame that will not only enhance and show off your art but will also preserve it.

Most people don't think of Custom Picture Framing as preserving what they get framed but it does.

38 years ago when we started there was no such thing as Conservation Framing but today with almost everything that we frame we use conservation backing boards and mats in the framing package What it means is that all the paper products, glues, etc. used in the production of the mats and boards are acid free so that they don't react with the art in any way.

It used to be quite common to see corrugated cardboard as backing in a frame but when you realize that corrugated cardboard is quite acidic and contributes to the break down of paper you understand why it isn't used any more.

Conservation Picture Framing does not stop with the boards and mats either. One of the things that deteriorates art faster than

anything is UV Light. So for conservation framing we combine an acid free framing package with your choice of UV filtering glass either Conservation Clear™ or Museum Class™ which not only enhances and allows you to display you art for you to see and all to enjoy but also protects it from further degradation for the foreseeable future.

Let us help you display whatever it is in one of a kind picture frame made especially for you.



great for making transfers! When making transfers it works best with: Offset printed images like magazines, black & white and color photocopies and colored pencil drawings. You can also paint with it! Add oil paints to make a bakeable paint or add dry pigments to create glazes and color washes. You can use it with other polymer clays as: A bakeable clay to clay adhesive. Or try it as grout for mosaics or for faux enameling. A truly unique product now at SGMC.



We've recently added Stonex Self-Hardening Clay to our already large selection of clays. This white modeling clay is prepared in moist form, ready to use for all methods. When dry, finished pieces are durable but not waterproof. Decorate with temperas, acrylics or acrylic sprays. It is a good idea

to coat with a sealer to make it water resistant when you're all done.



We have added the X-ACTO Curve #1 Knife to our long standing selection of craft and art knives and blades. These knives have a specially contoured body design that enables the user to have extra control when making detailed cuts. They are designed to hold like a pencil. This lightweight and maneuverable knife is perfect for intricately detailed cutting and is available in red and blue. Here are some of the features:

- Contoured knife handle provides added control and comfort
- Rubberized grip for detailed cutting
- Rear blade release for added safety
- For delicate, precision cutting,

trimming and stripping • Easily cuts paper, plastic, balsa, thin metal, cloth, film and acetate • Includes # 11 Classic Fine Point Blade and safety cap



This is an awesomely well built 2.5x power with 10x spot lens magnifier with an ergonomically designed soft-grip handle, crystal-clear lens that offers a sharp, distortion-free view. And it comes with a soft-padded zipper pouch that keeps it scratch free and ready to use.

Call 717-786-7118

**Current Store Hours**  
 Mon. thru Fri. 9:00 AM - 5:00 PM  
 Sat. 9 AM - 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.

**New as of 04/06 Store Hours**  
 Mon. - CLOSED  
 Tues. & Wed. :: 9:00 AM til 6:00 PM  
 Thurs. & Fri. :: 9:00 AM til 5:00 PM  
 Sat. 9:00 AM - 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.

We've been contemplating a permanent change in store hours for quite some time now for a number of reasons. First and foremost we want to make shopping with us easier and more convenient. One of the major things that we hear a lot from folks is that they can't get to the store because we don't have any hours past 5:00 PM weekdays.



This new schedule does address this with Tuesdays and Wednesdays in the new schedule til 6 PM. The other major change is that going forward we will be CLOSED on Mondays. So here's the new schedule that starts the week of April 6th:

**Monday - CLOSED**  
**Tuesday - 9 AM til 6 PM**  
**Wednesday - 9 AM til 6 PM**  
**Thursday - 9 AM til 5 PM**  
**Friday - 9 til 5 PM**  
**Saturday - 9 AM til Noon**

We'd also like to remind you since we are talking about store hours that we do occasionally have exceptions to posted store hours for education, buying trips, vacations, etc. Those exceptions are posted on the calendar and on our website at [www.solanco.com](http://www.solanco.com). They will also be posted on both the front and back door to the store as well as on our answering machine when the exceptions are in effect. Thanks for your understanding regarding both the change to our permanent hours and the exceptions. And thanks for your continued support.

## We Have 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**

## Are Refined Sugars Making Us Gain More Weight?

More and more, scientists are proving that nutrition quality—meaning the types of food we eat versus how much we eat—plays a significant role in successful weight management (as well as overall health). One study in particular caught my eye recently, in which researchers from the University of Southern California determined that the way our brains respond to refined sugars may cause us to eat more, and as a result gain more weight.

Researchers recruited two dozen study participants ranging in age from 16 to 25 years. Curious about the brain's response to different types of sugar, they asked participants to consume a beverage containing either glucose or fructose before viewing images of different foods. Glucose is produced in the body as the result of digesting complex carbohydrates, but fructose (fruit sugar) is a simple sugar typically added to processed foods in the form of high-fructose corn syrup.

The 6 Rules of Probiotics explains how to choose a probiotic based on a handful of simple guidelines that are surprisingly easy to remember—including the total amount of good bacteria per capsule, also called the culture count. In addition, you will learn all about the bacteria in your gut (most of which are good guys and help with things like vitamin production and supporting your immune system) as well as what can happen when your digestive system is out of balance.

After viewing the brain scans of each participant, researchers were able to determine that although both forms of sugar trigger the “reward” center of the brain and increased the desire for more food, the response was much greater in the fructose group. In addition, there was less circulation in the bloodstream of certain hormones that help us feel full. As a result, the research team determined that a high-fructose diet may lead to overeating and increased weight gain.

I'm sure you've heard me say this before, but I truly believe added sugar has no place in a healthy diet. Over consumption of sugary foods, along with foods high in refined and starchy carbohydrates, are a major—if not the major—contributor to chronic disease.

*Branda 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

If you didn't know that we have drawing supplies you do now. Need a T-square? We have 2 to choose from. First a 24" Wood/Plastic T-Square - Smooth-finish maple is joined with recessed plastic transparent blades, ideal for inking. Convenient hole for hanging or choose the 12" Junior T-Square - Clear plastic T-square with inch and metric calibrations; easy to see through to underline notes, draw columns or check your layout. Or get protractors, compasses, pads, paper, pencils, erasers sharpeners, pens, markers, and more.



If it's colored sand that you need, we have it. Scenic Sand is used to make colorful sand art bottles, artistic sand art paintings and a variety of other decorative craft projects. Comes in assorted colors and is perfect for just plain fun! waterproof and fade-proof. Assortment contains .5 pound each of six colors: Dark Blue, Bright Red, Vivid Green, Bright Yellow, Orange and Purple.

## Mirrors: A Short History

When people started making mirrors around 600 B.C., they used polished obsidian as a reflective surface. Eventually, they started to produce more sophisticated mirrors made of copper, bronze, silver, gold, and even lead. Because of the weight of the material, these mirrors were tiny by today's standards. They rarely measured more than 8" in diameter and were used mostly for decoration. Contemporary mirrors did not come into existence until the late

Middle Ages. Even then, they were difficult and expensive to make because the sand used for glass making contained too many impurities to produce real clarity. In addition, the shock caused by the heat of adding molten metal for backing almost always broke the glass.

It wasn't until the Renaissance, when the Florentines invented a process for making low-temperature lead backing, that modern mirrors made their debut. These mirrors were finally clear enough for artists to use. For example, architect Filippo Brunelleschi created linear perspective with a mirror to give the illusion of depth of field. In addition, mirrors helped jumpstart a new form of art: the self-portrait. Later, the Venetians would conquer the mirror-making trade with their glass-making techniques.

At that point, mirrors remained affordable only for the rich. Scientists were busy creating alternative uses for them in the meantime. As early as the 1660's, mathematicians noted that mirrors could potentially be used in telescopes instead of lenses a lone .

The modern mirror is made by silvering, or spraying a thin layer of silver or aluminum onto the back of a sheet of glass. Justus Von Leibig invented the process in 1835, but most mirrors are made today by heating aluminum in a vacuum, which then bonds to the cooler glass.

Round Melted Edge Remote Controlled Ivory Flameless Wax Drip Pillar and votive LED

Candles. These flameless wax candles have a round, melted edge with a wax drip effect. It looks and feels and flickers like a real candle. The remote control simplifies lighting in hard to access areas with a 50' range.

Perfect for sconces, chandeliers and centerpieces. It features four and eight hour timer functions, two levels of brightness and two light modes--steady on and flickering.

Candle lasts up to 250 hours. Candle uses one C Battery (not included).



Let us provide that perfect mirror for You!