

SGMC News

717-786-7118
www.solanco.com

Volume 43 | Issue 1 :: 2021

what's new!

way cool!

now!

Store Hours

Tues. thru Fri. 10:00 AM - 4:00 PM
Sat. 10:00 AM - 1:00 PM
CLOSED Sun. & Mon.

There are occasionally exceptions to these hours which are listed on the door, on our website & are also on our auto attendant if you call when we are closed. If in doubt always check first!
[CLOSED Saturdays May thru October]

FEATURED PRODUCT

This is the column in which we remind you about a product or service that we have provided for a long time that you may have forgotten about. Today what we are going to remind you about is that when we started, going on 44 years ago now, that we were solely a glass company. Although selling only glass didn't last very long, some people forget that we are still a Glass Shop and sell all types of glass products for your home and business.

So let's remind you what we can offer. And though this discussion is not comprehensive it hits the main points. Starting with the "glass" in Solanco Glass & Mirror, SGMC is a full-service Custom Glass Shop. We say CUSTOM because everything we supply is either custom cut or fabricated in some way to your specifications and for your specific requirements. Glass products and services that we can supply include but is not limited to glass for picture frames, prime and storm windows, glass table and furniture tops (multiple thicknesses available) with flat polished edges like you would see in a furniture store. Choose rectangle and pattern shapes with holes for pass-thrus for cables, if necessary, to your pattern and in the case of glass for patio tables center holes for the umbrella.



We also supply and install insulated glass, tempered glass both of which are manufactured to order, along with a number of hi-temp glass options made for use in fireplaces or stoves.



Moving on to the "mirror" part of our name, if you need a mirror in a frame, (rectangular, oval or pattern shape) we can supply it for you. If you need a mirror for above your vanity or fireplace we can do that too! And if you need a NEW framed mirror we have hundreds of frame mouldings to choose from to match or complement any decor. We've worked with homeowners and builders for years. SGMC also provides repair of window and door screens including but not limited to window screens, storm door screens, patio door screens and more. We can replace most broken screen frame corners as well as most patio door screen rollers, too.

We use only the finest charcoal aluminum screen wire and screen spline and can install heavy duty pet screen at your request. We are proud to offer quality, timely service and turnaround times to exceed your expectations.



If you need the services of a glass shop or know someone who does we hope you will choose SGMC.

Publication ID #210111



StikkiDOTS™ are perfect for temporary and permanent holding, hanging, stabilizing and more! StikkiDOTS™ are pre-formed into convenient dots so they are easier and quicker to use. The colorless formula won't stain surfaces or materials. StikkiDOTS work better than plastic putty and can be reused again and again. This bag includes 100 all-purpose adhesive dots

The Loew Cornell 12-Piece Bristle Round Brush Set is perfect for the beginning, intermediate, and fine artist. This set includes 1 each of sizes 1 through 12 round brushes. These round brushes have long wood handles and natural bristles and can be used with acrylic and oil paints.



Flip-mex

Flip-mex is the ultimate cleaning and polishing microfiber sponge cloth featuring antibacterial nano-silver technology giving you 99.9% fewer germs & bacteria without harmful chemicals.



The Flip-mex microfiber sponge cloth is washable up to 200 times. and can be used everywhere.

Use it in the kitchen on sinks, plates, cutlery, ovens, fridges, cupboards, electric devices, tables, etc. And it works amazingly on stainless steel fridges & stoves.

In the bathroom use it on the bathtub, shower, sink, tiles & windows.

In the garage use the Flip-mex microfiber sponge cloth on your vehicles and motorcycles.

The Flip-mex microfiber sponge cloth is the perfect solution at this time to easily keep sfree from germs.

If you haven't added Ashwaganda to your daily regimen, you might consider it. Look at the benefits: - *helps maintain normal cortisol levels, boosts mental & physical performance, promotes calm & clarity during the day and it promotes restful sleep at night. All good, right?*



Marblex Self-Hardening Clay is our premium quality gray self-hardening clay and is formulated for hand-building and sculpting techniques. Modeled objects are permanent without firing.



Marblex is moist and ready-to-use. Pieces air dry hard and durable, but not waterproof and can be painted. Be sure to check out Marblex along with Sculpey III and all our other great clay and sculpting options.

Sharpie pens are great and can be used for a lot of things. These Sharpie Metallic Pens with opaque metallic permanent ink that is fade and water resistant, quick-drying, and AP certified non-toxic are a great option for a metallic look on your finished project.



Crafter's Choice brushes have been popular at SGMC for many years and you can buy single brushes or sets like the new set shown here. Crafter's Choice brush sets offer a full range of must have craft brushes for all your crafting needs. The clearly labeled packaging includes brush use and allows you to see the products inside. Set includes: Gold Taklon Rounds (5/0, 0, 6), Liner (1), Fan (2), Shaders (2, 6, 10), Filbert (8), Angulars (1/4, 1/2, 3/4), flat (3/8), wash (3/4) and oval wash (1/2).



Other Crafter's Choice Brush sets like these pictured here are available as well.



Primo® Euro Blend Charcoal Pencil Set contains premium charcoal pencils. Created with a unique, creamy formula, they can be used alone or in combination with other charcoal, pastel, or mixed media. Also can be used for quick layouts for oil painting. Handcrafted with genuine Incense Cedar wood.

The package contains -- 1 each of Black in "B", "HB" and "3B" -- 1 White Charcoal Pencil -- 1 Sharpener -- 1 Factic Black Eraser

Charcoal Pencils are a form of dry art medium made of finely ground organic materials that are held together by a gum or wax binder, same as compressed charcoal. The amount of binder used determines how hard or soft the charcoal will be.

SGMC has many options as far as drawing pencils are concerned from kit to individual pencils. Be sure to check out our selection when you are in the store.

It's Your Health

NEWS YOU CAN USE

Can Astaxanthin Slow the Aging of Your Brain?

by Quantum Nutrition Labs Staff, December 23, 2020

Astaxanthin is a natural carotenoid with documented protection against numerous diseases. It has a red-orange pigment that belongs to a group of phytochemicals called carotenoids. Also functioning as an antioxidant, astaxanthin has a wide range of benefits for your vision, skin, and heart health as well as advantages against tumors. In addition, new research indicates that astaxanthin, already a superstar, can also help slow the natural aging process of your brain.

What's the Big Deal About Antioxidants?

You want and need lots of antioxidants in your diet! These substances can slow down and even prevent cell damage caused by free radicals, which are unstable molecules that are generated in response to environmental or dietary stressors. Antioxidants help to quench and neutralize free radicals before they cause damage. Many plant-based foods contain high amounts of antioxidants which can help reduce the oxidative stress that is linked to heart disease, cancer, arthritis, strokes, respiratory diseases, and immune deficiency.

Astaxanthin is one of these stellar free-radical scavenging antioxidants. Among all carotenoids, astaxanthin was found in one study to have the highest antioxidant activity against free radicals.

How Does Brain Aging Deteriorate Your Mental Function?

Cognitive changes, such as finding it difficult to remember words, recall names, struggling to multitask, or having trouble paying attention, are common signs of brain aging. These symptoms are most often caused by a loss of brain volume, decreased blood flow, inflammation, and a reduced effectiveness in communication between neurons.

After humans reach the age of 40, brain volume can decline at a rate of 5% each decade, and can decline even faster after the age of 70. While these changes might seem scary, other factors such as brain exercises (including reading, vocabulary, and verbal reasoning) may help improve cognitive function as a person ages. Sadly, severe cognitive impairment can occur as a result of diseases such as Alzheimer's and dementia that worsen mental function, including memory, behavior, and problem-solving abilities.

Can Astaxanthin Slow Brain Aging?

Recent studies have examined the relationship between the neuroprotective properties of astaxanthin and brain aging. In a literature review, researchers determined that astaxanthin can influence several pathways that might be able to slow brain aging in both disease and disability.

They found that astaxanthin had the ability to increase brain-derived neurotrophic factor (BDNF) levels in the brain. BDNF levels are directly tied to the plasticity of the brain in relation to learning and memory. The researchers concluded that astaxanthin could promote whole body longevity and also slow the rate of aging. This mighty nutrient also reduces oxidative stress and inflammation as well as helps improve the dysregulation of gene expression.

The Bottom Line

The outstanding range of benefits from astaxanthin tick off many boxes in a health support routine, from brain health and cognitive benefits to solid antioxidant support and potential longevity. Consider adding this amazing carotenoid to your daily nutritional routine – your whole body will thank you!

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.

CraftBond® Less Mess 4in. All-Temp Glue Sticks 24ct. Reduce the stringy mess that other hot glue sticks leave behind and give your project the professional finish you expect with Elmer's CraftBond Less Mess Glue Sticks! This advanced technology formula creates a precise, clear bead eliminating the frustration and clean-up time typically involved with those messy



glue sticks, allowing you more time to create. Conveniently formulated as All-Temp to work in any temperature glue gun currently available and with all the bond strength needed. After use, you can neatly store your sticks back in the resealable package. Choose from either .27" diameter glue stick (commonly referred to as mini glue sticks) or .43 glue sticks (commonly referred to as "regular" or "standard" glue sticks) in the convenient packages as shown or buy as many as you need from our bulk hot glue stick bins. And if you need a glue gun SGMC Quarryville has those too!



CUSTOM PICTURE FRAMING

EXPERTS

Over 43 Years Experience

Expertise • Price • Selection

SereneLife™

Quality Comfort & Living, Everyday

SGMC is now stocking the Serene Life Fireproof Electronic Safe Box to keep your valuables secure and protected.

You can use the front panel digital button control pad for convenient electronic locking system control. You will enjoy hassle-free operation and gain quick access to your belongings after entering your configurable key code.

The safe box also allows for manual mechanical override access via the 2 included safe keys. Additional features include rugged steel alloy construction, dual security steel door locking bolts, corrosion and stain-resistant powder coat finish and it has pre-drilled anchor holes for permanent safe mounting in a convenient location.

Store your valuables and keep them protected with the Serene Life home and office

digital safe from SGMC!

This safe box is 9.1 in. L x 6.7 in. W x 6.7 in. H.



QUANTUM

Nutrition Labs

As mentioned in previous editions of SGMC News we are excited to be carrying the great products from Quantum Nutrition Labs (QNL). We've taken a look at the awesome QNL products like the Quantum Daily Multi, Quantum Vitamin D3 + K2, Quantum Melatonin Drops, Quantum Green Tea Extract, Quantum Sleep, Max Stress B Liquid, Fermented Beets, Quantum Greens, Quantum Reishi and Quantum Daily Multi. Today we'll take a look at **Quantum Nucleotide Complex**. *Quantum Nucleotide Complex Supports & Activates the Immune System*

-Introducing a new, breakthrough formula!

- It's now an even more comprehensive immune support formula that utilizes fermented and whole food beta glucans to activate both innate and adaptive immunity*

- It features fermented nutritional yeast nucleotides including AMP, CMP, GMP, UMP to promote healthy protein synthesis, immune cell regeneration and proliferation, beneficial intestinal flora, reinforces gut barrier health, and healthy energy levels*

-It contains fermentation and plant-based nutrients

-It's a Non-GMO formula. Quantum Nucleotide Complex is a key immune support formula that features fermented, quantum-state nucleotides and fermented/whole food beta glucans for comprehensive innate and adaptive immunity support.* This product contains a complete nucleotide complex that boasts high quantities of beta glucans for incredible immune cell activation, proliferation, and regeneration to provide incredible nutritional support.

Consider adding Quantum Nucleotide Complex to your daily regimen especially during cold and flu season.



Supplement Facts

Amount Per Serving	% DV
Serving Size 3 Capsules Servings Per Container 30	
Total Carbohydrate	<1 g <1% ***
Beta Glucan Complex	630 mg *
BGF-Immune® 1, 3 Beta Glucan Standardized to Min. 85% Reishi (fruiting body) (<i>Ganoderma lucidum</i>)	
Total Beta Glucan	400 mg *
Nucleo-Pro Matrix	375 mg *
Proprietary Nucleotide Blend (Min. 50% mixed 5'-Ribonucleotides; Guanosine-5'-monophosphoric acid (GMP), Adenosine-5'-monophosphoric acid (AMP), Uridine-5'-monophosphoric acid (UMP), Cytidine-5'-monophosphoric acid (CMP))	
Immunell™ ***	150 mg *

***Percent Daily Values are based on a 2,000 calorie diet. *Daily Value Not Established

Other Ingredients: Plant-Source Capsules (cellulose, water), Arabic Gum