

SGMC

"an eclectic emporium"

717-786-7118
www.solanco.com

News Volume 45 | Issue 4 :: 2023

Store Hours

Tues. thru Fri.
10:00 AM - 4:00 PM
CLOSED Sat., Sun & Mon
Other hours by appointment.

There are occasional exceptions to these hours which are listed on the door and also on our auto attendant if you call when we are closed. In if doubt always check first for current hours!

Awesome Computer Sound System



16W Peak Power 2.1 Speaker System with Subwoofer

Bringing big sound with a small footprint, the CA-3001 from Cyber Acoustics is a 2.1 speaker system that gives you crisp highs and deep lows. The magnetically shielded satellites are sleek and sexy and complement the wooden subwoofer. With the CA-3001's convenient fingertip volume control knob, easily accessible power button, and low distortion/high-powered amplifier technology, everything is in your control.

The CA-3001 speakers feature:

- Convenient desktop controls
- On/off switch
- Master volume
- Low distortion, high powered amplifier technology
- High-frequency satellite radiators
- Magnetically shielded satellite speakers

So if you need a speaker system for your computer be sure to check SGMC Quarryville first and remember that we can help you with all your computer accessories, too.

Velcro Industrial Strength Strips 2" x 4"



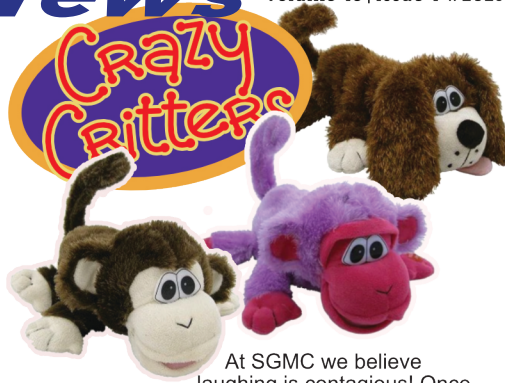
VELCRO® Brand Industrial Strength strips offer significantly more holding power than everyday VELCRO® Brand Sticky Back fasteners. They feature a molded plastic hook and a heavy duty, water-resistant adhesive for

superior holding power on smooth surfaces, including plastic. These VELCRO® strips are designed for indoor and outdoor use and are available in white or black.



We fix Battery Powered Clocks!

Publication ID #230822



At SGMC we believe laughing is contagious! Once these motion-activated Crazy Critters start laughing, you can't help but join them. Crazy Critters are created from soft yet durable materials. Simply pull apart the hook and loop closed pocket on the underside to reveal the Crazy Critters battery compartment and main power switch. There is also a more easily accessible on/off switch located on the left paw of each Crazy Critter. Give the paw a squeeze and you'll be greeted by your Crazy Critter, squeeze it again to turn it off. Choose from *Freddie The Purple Monkey*, *Howler The Hilarious Hound* & *Chuckles The Cheerful Chimp* which measure 1" x 8" x 4.75". Collect them all and have a ball! The Crazy Critters are a perfect pick-me-up gift for all ages and a great gift for any occasion! Each Crazy Critter requires 3 AA batteries (not included).

Activ-Clay Air Dry Clay



ACTIVA's Activ-Clay is an air drying clay, which is fine grained to enable the finest detail for all art and craft projects.

This strong, self-hardening clay is perfect for all levels of sculptors, as it allows for many clay sculpting techniques from hand building to throwing, and accepts a wide variety of finishes. Activ-Clay can be carved, nailed and sanded. This lightweight clay generally dries within 24 hours, and can be kept for weeks when placed in an **air tight** container. Be sure to check all of our other clay options as well.

DecoMagic Brush Cleaner



If you are an avid artist or crafter you can spend a lot of money on brushes. To make your brushes last longer consider cleaning your brushes more thoroughly with DecoMagic Brush Cleaner. DecoMagic Brush Cleaner is an easy to use all-purpose, non-toxic cleaner that removes paints from brushes, hands, stencils, and fabrics. Works with wet and dried paints, and leaves brushes soft and pliable. It can also be used as an all-purpose jewelry cleaner. Give it a try today.

FEATURED PRODUCT

This is the column in which we remind you of classic products and services provided by SGMC that you may have forgotten about.

CELL PHONE ACCESSORIES

The banner above pretty much says it all. If you need an accessory for your cell phone, i.e. pretty much any kind of cable, charger or adapter, SGMC Quarryville has them for both Android and Apple. We carry quality products and have the knowledge and expertise to get you what you need.

So remember if it's CELL PHONE ACCESSORIES that you need, SGMC Quarryville has them.



Van Aken Claytoon Pastalina Sets



This pigmented oil base modeling compound is renowned throughout the world for its smooth consistency and brilliant color range. It never hardens and remains pliable and plastic. It is preferred by sculptors, model makers, clay animators and artists of all ages. It comes cello wrapped and is the finest colored modeling clay available.

We have it in a number of color combinations so that you can pick the colors that work with your projects. Be sure to check out all of our clay options when you stop into the store.

Strathmore 300 Series Tracing Paper Pads from Strathmore & Bienfang



If you're looking for tracing paper SGMC has a lot of options available like this one from Strathmore which is a transparent parchment tracing specialty paper that accepts pencil, marker and ink. 25 lb. (24" x 36" x 50

sheets) 41 g/m2. Or maybe choose the Bienfang 504 Tracing Paper which has a fine surface texture that is excellent with pencil, very good with pen and ink, markers and pastels as well as superior translucency - 24lb. Many other sizes and paper options are available. Stop into the store and see for yourself.



It's Your Health

NEWS YOU CAN USE

6 Natural Lifestyle Strategies to Help Support Your Mental Health*
By Jenny Perez | May 18, 2023

Your life experiences, genetics, and family history influence your mental health. While you cannot control these factors, these 6 lifestyle strategies may help you support your mental health and wellness.

1. Get regular daily exercise Any type of exercise you enjoy may help boost your mood, relieve stress, help you clear your head, and improve your overall health. Choose something you can make a daily habit such as a 30-minute walk, a yoga session, a weight workout, gardening, or meeting up with friends for a team activity.
2. Make sleep a priority Disrupted or not enough sleep may contribute to mental health symptoms and challenges. Establishing a sleep schedule, limiting the use of devices and screens before bed, reducing caffeine, and making sure you have a comfortable bedroom may help you improve your sleep quality.
3. Step away from social media The cumulative impacts of social media may impact your mental health. Social media creates many ways to compare yourself to others, this may leave some people feeling jealous, unhappy, or disheartened about their own lives. The addictive nature of social media can take over, cutting into your sleep and distracting you from spending quality time with the people in your life. Try cutting back on your social media time or removing the apps from your phone.
4. Focus on healthful and balanced nutrition. Your body and brain depend on balanced nutrition to thrive and stay healthy. Just as you consume extra protein after workouts or calcium for bone health support, your brain has nutrition demands as well. Foods including berries, fatty fish, dark chocolate, bananas, beans, and whole grains contain nutrients that may support mood health, and wellness. Alcohol, excessive sugar, highly refined carbohydrates, and caffeine may heighten feelings of stress or anxiousness.
5. Build strong friendships We are social animals and having strong connections with other people is essential to our overall health and wellness. Your friends, family members, colleagues, and even casual acquaintances may help reduce feelings of loneliness, provide emotional support, and contribute to meaningful conversations and habits. It is easy to find ourselves too busy for social connections, but small things like calling a friend in the evening, meeting up with a neighbor for a pre-breakfast walk, or joining a book club – go a long way in helping you develop strong relationships.
6. Know your limits Life is busy, and some days are harder than others. We all have our own personal limits on how much we can handle. Know how much you can handle and be comfortable with slowing down. Try to carve out time for personal relaxation. Activities like reading, going for a solo walk, meditating, watching a favorite television program, or routines like folding the laundry, making a meal, or writing in your journal may help you slow down and manage your stress response. These lifestyle strategies may help you support your mental health, but they are not solutions or treatments for mental health conditions. Remember, everyone needs help and support with their mental health.

This story was shortened & edited for space. If you would like to read the entire article please go to this URL - <https://tinyurl.com/yck84zvz> or scan the QR code with your phone.



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.

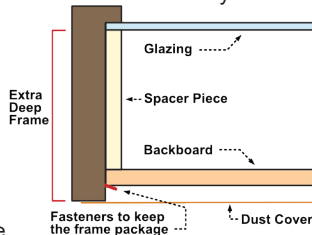
Shadowboxes

Over the years we have done quite a few shadowbox frames for our customers and we are doing more and more it seems all the time. Some recent customer frame jobs can be seen to the right here. So what is a shadowbox frame you may ask. Where as in a regular frame you are framing something that is flat in a shadowbox frame you are framing something that is three dimensional.

So if you were to look at a side view of a shadowbox frame it would look like this graphic.

So basically the distance between the glass (glazing) and the backboard is adjusted when we design the framing package to accommodate

the thickest part of the 3D object that is being framed. As you can see from our samples, shirts are a popular 3D object to frame. The top sample shows something interesting that required a shadow box. Those screws you see are "used" orthopedic screws that hold bones together until they heal. Some of the many things (some strange things) that we have framed in a shadowbox over the years are a child's violin, several cow halters, matchboxes, miniature American flag, military medals, a miniature signed hockey stick, prize ribbons, a

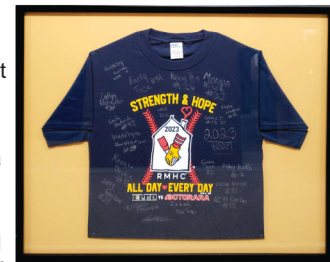


child's dress, child's bonnet, an antique powder horn, antique tools, an athletic uniform & medals, a license plate, police badges, folded American flag and certificate and many more.

So basically a shadowbox frame allows you to display and enjoy everyday those keepsakes and memories that you may instead be storing in a drawer or closet where they are essentially forever lost, never to see the light of day again.

If you are looking for the perfect one of a kind gift for that someone who has everything, find something that they cherish and adore that they have stored away and bring it to us to frame for them. Better yet as you go through life with

family and friends and celebrate life's achievements and big moments keep a look out for things that would make a great keepsake for those special people in your life. Before those keepsakes get forever buried in a drawer or closet, covertly bring them to us to custom frame either conventionally or in a shadowbox as needed. Every time that you do this you will have a one of a kind, meaningful, cherished gift that will be treasured for a lifetime.



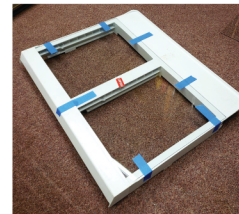
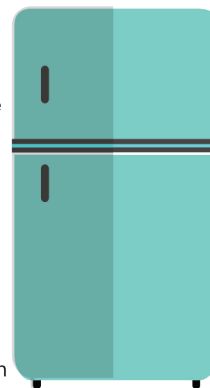
We replace refrigerator shelves

We put a lot of weight on the shelves in our refrigerators which are basically metal reinforced plastic frames with a piece of 1/8" tempered glass similar to what is shown in the photo at the bottom of this article.

There are times that the glass in the shelf breaks into tiny little pieces from too much weight and then you need to replace the glass in your shelf. This is when you call SGMC Quarryville. We can supply, typically, the 1/8" tempered glass that you need to be able to use that shelf again.

We suggest that you bring in the actual plastic shelf from the refrigerator so that we can precisely measure it to get you the exact piece of glass for your replacement.

The glass is custom manufactured for your refrigerator shelf so there is a lead time of several weeks to get your refrigerator back to full capacity with your repaired shelf.



Americana Gloss Enamels are multi-surface, gloss, acrylic paints that boast a smooth, thick consistency. This multi-surface, opaque paint adheres to glass, wood, paper, mache, plastic, resin, ceramics, and many other craft surfaces. This art and craft paint can be baked for a dishwasher-safe finish and is water-based, making it easy for soap and water clean-up.



These 21, new to SGMC, Americana Enamels add to our already large selection of standard Americana acrylics and will provide those looking for a GLOSS enamel finish an easy solution. Wanting to make Americana Enamel into a top-rack, dishwasher-safe finish on glass and ceramics: Clean the surface with alcohol. Apply 1-2 coats of enamel. Allow to cure 4 days. Place in a cool oven. Set temperature to 325°F and bake for 30 minutes. Cool with oven door partially open.