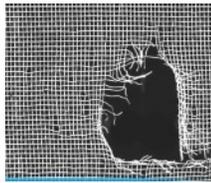


**FEATURED PRODUCT**

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 about our Custom Window and Door Screen Repair.

We get asked almost everyday during warm weather if we repair window and door screens and the answer is an emphatic YES!



Not only do we repair all types of window and door screens we provide fast turn around, too! Our goal is to get your screens back to you in 1 to 2 business days unless of course we need to order parts to complete the repairs. We would then need to wait for the parts to arrive to complete your repair. Also if you bring us a large quantity of screens at a time you can expect an added day or two to get your screens back to you just because of the sheer quantity.

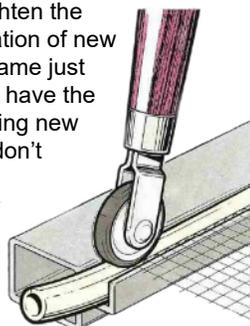
We should also mention that we use only quality charcoal aluminum screen wire that keeps the bugs out while at the same time providing a material that bugs won't chew through either. In most cases when you get new screen wire in your frame you also get new spline since most screen spline that has been installed for a while loses its elasticity from being exposed to UV light.

We use only quality black foam-type screen spline sized to give your new screen maximum hold in the frame.

For installation of your screen we use a screen frame jig that keeps your

frame square and the screen wire installed for the best possible installation.

If your screen frame is bent we do our best to straighten the frame before installation of new screen wire. If the frame just can't be used we do have the capability of fabricating new screen frames that don't require specialty hardware that's only available from particular manufacturers.



**What's New!**



Aleene's has always served up premier adhesives for crafting as well as other uses. This all-purpose industrial-strength craft adhesive from Aleene's delivers a high-performance bond. Its gel-like consistency is ideal for a wide variety of substrates. Try it on: wood, plastic, fiberglass, metal, ceramics, rubber, glass, leather and hard plastic.



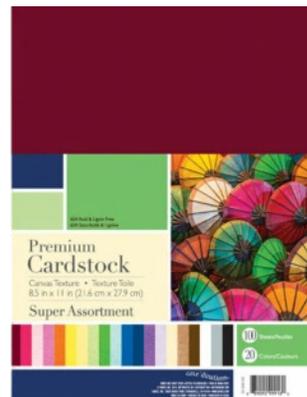
Have you been watching the photo transfer trend? This trend is growing by leaps and bounds! Well, SGMC & Mod Podge has the answer! Transferring a photo onto just about any surface such as wood, metal, glass, terra cotta and even fabric is so easy to do using Mod Podge Photo Transfer Medium!



Liquid Fusion® Clear Urethane Glue is to the crafting world what energy drinks are to the sports world. 2 ounces of PURE MUSCLE! Fed up with industrial glues that: \* Foam up \* Smell bad \* Are toxic \* Don't dry clear? Liquid Fusion® \* Dries fast and crystal clear \* Is environmentally friendly \* Works on almost any porous surface \* Is non-foaming \* And it cleans up with water when wet.



Weldbond® is a universal bonding adhesive for glass, wood, plaster, metals, slates, tiles, building panels, boards and blocks, cement, bricks, concrete, linoleum, fabrics and more. Weldbond® appears white in the container but dries to a clear film. It is water resistant but not waterproof, impervious to gasoline, oil, grease, salt, molds and fungi, weak alkalies and weak acids. It is non-staining and will not become brittle with age. It creates a flexible bond. It carries the EcoLogo™ seal of approval – certifying that it is created without the use of formaldehyde, toxic metals or excessive VOCs.

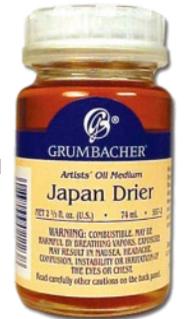


Crafted on canvas-textured paper, this premium cardstock super assortment features 20 different colors that are versatile for a wide range of paper projects. This basic-color assortment is great to have on-hand and for keeping your paper supply stocked. Use these 8.5 x 11 sheets to give die-cuts, scrapbook embellishments and handmade cards a dimensional feel.

This dishwashing brush is one of our latest additions from Full Circle. It offers great functionality while being eco friendly and safe. 2.36" x 2.36" x 3.35"



Quick drying cement For plastic models Joins polystyrene to polystyrene and polystyrene to wood. Flammable vapor Recommended for ages 8+ 5/8 oz.

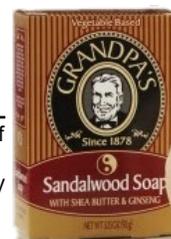


We have added Grumbacher Japan Drier to our extensive line of paints and paint additives. Japan Drier is a reliable alkyd resin-based liquid drying agent intended for use by sign painters, artisans, and craftspeople.



Crafted on smooth-textured paper, this premium cardstock super assortment features 20 different colors that are versatile for a wide range of paper projects. This basic-color assortment is great to have on-hand and for keeping your paper supply stocked. Use these 8.5 x 11 sheets to create die-cuts, scrapbook embellishments, handmade cards and more.

You will find your balance with the deep moisturizing action of Shea Butter, rich in Vitamin A and E, helps nourish damaged skin. Ginseng, a natural skin toner, revitalizes skin.



**6 Tips For An Easy Detox Daily Part 3**

By: Brandi Black, RHN

**Signs You May Need to Detox**

Don't get me wrong- you don't have to wait for the signs to detox. It's better to start an easy daily detoxification process before the signs and symptoms surface. But many people experience symptoms on a regular basis that they chalk up as "normal" for them, although they are actually signs of a toxic body. Here are the most common signs that you may have a toxic body:

- Feeling irritable and moody on a regular basis*
- Constipation*
- Cravings for sugar, starch or dairy*
- Bad breath*
- Difficulty losing weight, despite exercising*
- Bloating*
- Increased visceral (tummy) fat*
- Frequent flatulence*
- Feeling "blah"*

These symptoms are the most common signs that your liver could use some extra support to help eliminate toxins from your body.

So, how do you begin offering your liver that support to promote detoxification? Here are 6 quick and easy ways to detox daily that won't cause stress, starve or overwhelm your system.

**1. Hydrate With Homemade Vitamin Water**

Homemade vitamin water is a win-win for promoting detoxification. Water is the fluid that helps your body flush out toxins from your system. It's needed in adequate amounts (the minimum you'd want to be drinking is half your bodyweight in ounces). Without drinking enough water, the toxins have a much harder time leaving your body and can stay in your system longer. Kicking your water drinking up a notch by making homemade vitamin water actually makes drinking water more appealing, and adds extra antioxidant vitamins and minerals! You can make homemade vitamin water by adding your favorite frozen fruit and herbs (berries and mint go particularly well) to ice cubes before you freeze them. You can also put the fruit and herbs directly into your water if you wish.

Check here in the next issue for a vitamin water recipe that you can make at home.

[End of Part 3]

*"This information is proudly provided by Sun Chlorella. For more information visit <https://www.sunchlorellausa.com/>." Check the next issue for Part 4*

*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.*

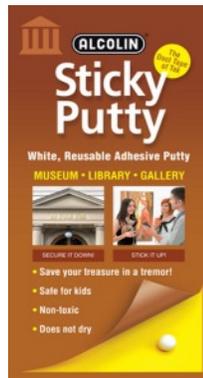


Pigma ink, invented by Sakura over 25 years ago, continues to be the most reliable permanent ink on the market today. The breakthrough came with the discovery of how to reduce the pigment particles to submicron size so that the ink flows evenly through the narrowest of pen nibs. Pigma easily outlasts and out-performs inks made by competitors who have tried to duplicate our ink technology. Pigma has become the standard for what is defined as permanent ink, relied upon by those whose jobs depend on marks and notations that stand the test of time. The properties of Pigma ink creates magic on paper for millions of users. We stock the individual pens above as well as several different sets.



Keep everyone happy for a long time with these large 11" x 17" coloring posters. Each set offers 4 different images that mean hours of coloring fun for all ages. They make great group projects too!

These colored pencil sets offer thick, soft colored lead pencils excellent for fine art and craft projects.



This putty is excellent for securing figurines, collectibles, vases, computer speakers, ornaments and other 3-D objects.

Sticky Putty comes in an easy-access sleeve that keeps the product clean and dust-free until you're ready to use it. It will not dry out and remains sticky and reusable for an extended

period of time. A single blob the size of a quarter will hold 10 oz on a wall.



Ever notice that walnuts\* look like little brains? Pretty cool. What's more impressive is that their shells work as a natural abrasive to scrub surfaces without scratching. Now that's smart. 5.5" x 3.25" x .25"



It's poison ivy season and there is nothing that spoils Summer more than a case of poison ivy. And there is nothing that works better for

getting rid of it than homeopathy. Choose any of the remedies above when you see those nasty red vesicles appear or better yet if you are prone to getting poison take a remedy prophylactic to help prevent it.