



Eagles' View

Volume 1, Issue 7
September 29, 2006

425 W. Water Street • Appleton, WI 54911 • www.papercreations.com • www.atlascoffeemill.com • 920.734.6871 • Store Ext. 228 • Café Ext. 226
CAFÉ HOURS: MONDAY THRU WEDNESDAY ... 7 AM TO 6 PM THURSDAY AND FRIDAY ... 7 AM TO 8 PM SATURDAY ... 7 AM TO 5 PM SUNDAY ... 9 AM TO 5 PM
PAPER CREATIONS' STORE HOURS: MONDAY THRU WEDNESDAY ... 9 AM TO 6 PM THURSDAY AND FRIDAY ... 9 AM TO 8 PM SATURDAY ... 9 AM TO 5 PM SUNDAY ... NOON TO 4 PM

Café Events

SOFTER POINT OF VIEW

Ladies Only Evenings for Ages 21—121
DINNER & PROGRAM \$14.95* + TAX
RESERVATIONS REQUIRED

Meet new friends, learn about health, creativity, business, & other "girlie" or more serious things. More importantly, let's connect heart to heart!

October 3—6:30 PM

"Taking Care of Yourself"

Join Maja Glidden as she discusses the benefits of massage therapy.

October 10—6:30 PM

"De-Cluttering"

Organizing your home, mind, and spirit presented by Sandy Petersen,

October 17—6:00 PM

THEATRICAL EVENTS \$19.95 + TAX
"Golda's Balcony"

COMING SOON

Bev Payne ... "Cinch-zations"
la Bolz & Troupe Present
"Readings of Traditional Grimm and Re-Imagined Fairytales"
Nan Pfister Gutierrez ... Business Ed.

WINE TASTINGS

COUPLES AND SINGLES WELCOME
Wine, Fruit, Cheese, Meats & Sweets
\$15 + TAX PER PERSON
RESERVATIONS REQUIRED
Tom Jensen, Wine Specialist
Wednesday, Oct. 11, 6:30
WATCH THIS SPACE FOR
FUTURE EVENTS!

Eagles' View WEEKLY E-SPECIAL

**BUY ONE
GET ONE**

BUY 1 STAMP AT FULL
PRICE, BUY 2ND OF EQUAL OR
LESSER VALUE AT 50% OFF! IN
STOCK ONLY!

THRU THUR., OCT. 12, 2006

LIMIT ONE COUPON PER CUSTOMER

Come See What's New

Paper Creations Has So Much In Store For You!

- ◆ "STAMP 'N SCRAP CHAT" ... open forum for sharing ideas
- ◆ FREE TWICE-A-MONTH DEMOS
- ◆ NEW CLASSES FROM SANDRA MELROY, KATHY FENNER, SANDY PETERSON, SARAH JUSTISON AND OTHERS
- ◆ FREE "GRAB BAG", PRODUCT, OR "FILL-A-BAG" W/EACH CLASS
- ◆ "INTRODUCE SOMEONE NEW FOR FREE" CLASS OPPORTUNITY
- ◆ "BUY TWO, GET THIRD FREE" CLASS PROGRAM
- ◆ "FREE" OPEN CROPS
- ◆ "MAKE 'N TAKE" CARDS & PAGES - EVERY THURSDAY
- ◆ "SWAP STOP" CARD EXCHANGES
- ◆ "USED STAMP EXCHANGE" PROGRAM
- ◆ **NEW AND RESTOCKED PRODUCTS & CLASSES**
 - ◆ Smart Candle™ ... Flicker Without The Flame®
 - ◆ Dream Weaver™ ... Colored Paste
 - ◆ Sandylion ... Papers
 - ◆ Fall and Christmas Stickers ... Stickers ... More Stickers!
 - ◆ Northwoods ... Fall & Christmas Stamps and Boards
 - ◆ Whipper Snapper Designs® ... Christmas Papers & Stamps
 - ◆ EK Success ... Fastenater® Staples & Small Stapler ... Great Stocking Stuffer for cardmakers
 - ◆ Pat Nackers ... October Scrapping Classes Just for Teens
 - ◆ Kathy Fenner ... October Moon in the Water Workshops
 - ◆ Sandra Melroy ... October Hand Painted Silk Notecards
- ◆ **COMING SOON**
 - ◆ New stamps, stickers, papers, and other products from Stampendous, EK Success, and Inkadinkadoo
 - ◆ NEW "MOM 'N ME" STAMP 'N SCRAP EVENTS & CLASSES
 - ◆ More "TEEN" SCRAP 'N STAMP EVENTS

Meet Sandy ...

Motivational Speaker, Writer, Survivor

A licensed "Stephen Covey" instructor and certified facilitator for Development Dimensions, Sandy also offers classes in de-cluttering. More than that; however, Sandy is an inspiration to everyone who meets her. Having survived a head-on 55 MPH crash in December '04, Sandy's personal story is one of hope and recovery.

Join Sandy Tues., Oct. 10, as she shares tips for organizing your home, mind, and spirit. "Softer Point of View" event.



Superb Gift Idea!

Love the ambiance afforded by candles, but are afraid of the risk, don't like the soot, or just don't want to buy those funky little tea lights week after week? Smart Candles™ make the perfect gift for dorm dwellers, retirees, or anyone who has kids, cats, dogs, or men in their home! Now available at Paper Creations in rechargeable 4-packs complete with votives, frosted glass holders and charger base.

Healing Waters

Dr. Rod Smith, Holistic Nutritionist, Naturopath, and Doctor of Chiropractic



If you're not already doing it, increasing your water intake may be the most important thing you can do to improve your health. Planet Earth is about 75% water. Newborn babies are close to 90% water. Ever wonder why babies smell so good? As we become less hydrated we also become more acidic. This leads to increased body odor and this is just the beginning. As we age, unless we maintain a good daily intake of clean water and good amounts of high water content fresh vegetables and fruits, we can quickly become dehydrated.

The first symptoms of mild dehydration are fatigue and hunger. We often mistake our body's need for water as an urge to snack. As dehydration continues we may experience increased aches and pains, headaches, dry skin, acne, more wrinkles, constipation, brain fog, irritability, high blood pressure, and more. A good rule of thumb is to drink a quart of filtered water for every 50 pounds of body weight. Start out with an extra quart a day and increase by a quart a week. You may experience some mild detox symptoms as your cells begin to hydrate and flush out the toxins they've held onto while attempting to stay hydrated. This is one reason why so many of us have a problem with bloating and water retention. We're not drinking enough water. So the next time you're feeling a bit fatigued or you sense a snack craving coming on... reach for a cool glass of healing water.

To receive a 100% Free subscription to Dr. Rod's upcoming Health & Healing - Video Newsletter "The Wednesday Minute" —sent directly to your email—and a free downloadable book on Water's Healing Power ... send a short request to KnowTheCause@gmail.com. We encourage you to include any questions or topics you would like him to address.

Classes and Other Paper Creations Events - October 1 thru October 14

Register online at www.papercreations.com or call us today at 920-734-6871, ext. 228

- SUNDAY, OCTOBER 1**
 FREE OPEN CROP — NOON TO 3:30 PM
 PUBLIC WELCOME
- MONDAY, OCTOBER 2**
 RUBBINGS FOR SCRAPBOOKING — 12:30 & 6 PM \$12
 WITH MARIANNE
 COLORS OF AUTUMN — 6 PM WITH BETTY \$10
- TUESDAY, OCTOBER 3**
 DRY EMBOSING 4 — 12:30 & 6 PM \$10
 WITH LINDA
 ASIAN CARDS — 6 PM WITH DEB \$12
- WEDNESDAY, OCTOBER 4**
 SILK PAINTING IN QUILT-A-CARDS — 9:30 AM \$12
 WITH SANDRA
 WEDDING WORKSHOP I — 6 PM w/MARIANNE \$80
- THURSDAY, OCTOBER 5**
 MAKE-N-TAKES — 10 AM TO 7 PM PUBLIC WELCOME
- FRIDAY, OCTOBER 6**
 SCHMOOZE WITH SUZE
 JOIN THIS INTERNATIONAL KNOWN ARTIST
- SATURDAY, OCTOBER 7**
 SCHMOOZE WITH SUZE
 JOIN THIS INTERNATIONAL KNOWN ARTIST

Schmooze with Suze

Thursday, October 5
 4 to 7 p.m. — FREE Demo w/Pat Cleminson

Friday, October 6 with Suze Weinberg
 9:30 to 11 a.m. — BEESWAX TO DYE FOR CANVAS — \$30
 12:30 to 2 p.m. — POLYMER CLAY & UTE PENDANT — \$30
 3:30 to 5 p.m. — INSTANT ART TRANSFERZ — \$30
 6:30 to 8 p.m. FAUX SOLDERING — \$30

Saturday, October 7
 9:30 to 11:30 a.m. — CARDS, CARDS, CARDS
 Make 15 Cards with Sarah — \$20
 1 to 2:30 p.m. MAKING MOLDS
 with Suze — \$30
 3:30 to 5 p.m. UTEE SPECIAL FX
 with Suze — \$30

Monday, October 9
 4 to 7 p.m. FREE Demo w/Elaine Benedict

Daily Sales & Prizes All Week!

- SUNDAY, OCTOBER 8**
 BRUNCH STAMP AND CROP — 10 AM TO 3:30 PM \$10
- MONDAY, OCTOBER 9**
 LEAF PRINTS FOR PAGES — 12:30 & 6 PM \$12
 WITH MARIANNE
- TUESDAY, OCTOBER 10**
 CHRISTMAS CARDS w/THE "GRID" — 12:30 & 6 PM \$10
 WITH LINDA
 HALLOWEEN TREAT CARDS — 6 PM WITH BETTY \$10
- WEDNESDAY, OCTOBER 11**
 PC STAMPERS' CLUB — 8:45 AM
 THE ATC CLUB AT PAPER CREATIONS — 6 PM
 WEDDING WORKSHOP 2 — 6 PM INCLUDED
 WITH MARIANNE
- THURSDAY, OCTOBER 12**
 MAKE-N-TAKES — 10 AM TO 7 PM PUBLIC WELCOME
 MAGIC STAMPERS — 1 PM
 RS TAPESTRY FALL/CHRISTMAS CARDS — 6 PM \$10
 WITH DEB
- Friday, October 13**
 Midnight Madness — 6 PM to the Bewitching Hour \$10
- SATURDAY, OCTOBER 14**
 MOON IN THE WATER WORKSHOP 1 — 10 AM \$20
 WITH KATHY
 BEGINNING SCRAPBOOKING — 10 AM w/PAT \$10
 ACCORDIAN BOOK FOR TEENS — 1 PM w/PAT \$15

Fun & Friendship on the Fox!

Tuesday nights in the café are all about women! We gather for dinner and an evening of heart-to-heart connection ... plays, poetry, music, fashion, beauty, frivolity, and yes, even some serious discussion. More than 100 women have experienced fun and friendship on the Fox since we introduced "Softer Point of View".

Thank you la Bolz, Sandra Melroy, Dr. Jason Litwin, Sheila Luck, Carol Jegen, Teri Rose, Tammy Augustine, and Barbara Tungate for sharing your talents. And thanks to everyone who has joined us for dinner. Without each and every one of you, we would have no reason to offer this venue!

Check out our upcoming events and sign up early. Enjoy an evening set aside just for you!

920-734-6871, ext 226 www.atlascoffeemill.com

Dinner Theatre Returns

Atlas Readers' Theatre
 presents

"Golda's Balcony"

Tuesday, October 17

Friday, October 20

"Fairytale & Bedtime Stories"

BROTHERS GRIMM & OTHERS
 FOR CHILDREN 21 TO 121

Saturday, November 11

Tuesday, November 14

\$19.95 PER PERSON PLUS TAX & GRATUITY
ADVANCE RESERVATIONS REQUIRED
CALL 920-734-6871, EXT. 228 FOR RESERVATIONS

Taking Care of Yourself ...

Tuesday, October 3 — 6:30 PM Dinner
 \$14.95 PER PERSON + TAX, RESERVATIONS REQUIRED
 Massage is more than "just an extra"! Massage can lower blood pressure, help with sleep, relieve muscle soreness, reduce the effects of stress and ease headaches. Stop running on empty ... take care of yourself! Maja Glidden will bring her chair, so come join us for dinner and a massage.

COUPONS & DISCOUNTS

Earn coupons each week by responding to our Eagles' View newsletter ... use your REPLY button to tell us you have received our e-mail. "EAGLES' VIEW" will drop into the subject line; then tell us what you like best about our store or newsletter in the body of your response. We promise to send coupons when you reply within five days of our original post date of the Eagles' View.

Reservations Only, Please!

After 6 PM on Monday, Tuesday, and Wednesday evenings, café dining by reservation only. **CALL 734-6871, EXT 226.**

Christmas Crafts and Coffee Benefit

Sunday, November 26—11 AM to 3:30 PM

Atlas Coffee Mill and Café, and Hearthstone Historic House Museum cordially invite you to join them for their first Christmas, Crafts, and Coffee shopping show on Sunday, November 26 from 11 a.m. to 3:30 p.m. inside Paper Creations.

This show will benefit educational programming at Hearthstone, the first hydro-

electrically lit home in the world. Bring your list, check it twice, and shop where everyone's nice! From hand-made originals to the unusual! Plus, great food, desserts, and drinks available throughout the day!

Interested in becoming a vendor? Please contact the museum at 920-730-8204.