



Eagles' View

Volume 1, Issue 9
November 4, 2006

425 W. Water Street • Appleton, WI 54911 • www.papercreations.com • www.atlascoffeemill.com • 920.734.6871 • Store Ext. 228 • Café Ext. 226
CAFÉ WINTER HOURS: MONDAY THROUGH FRIDAY ... 7 AM TO 6 PM SATURDAY ... 7 AM TO 5 PM SUNDAY ... 9 AM TO 4 PM
PAPER CREATIONS' WINTER HOURS: MON., TUE., WED., & FRI. ... 9 AM TO 6 PM THURSDAY ... 9 AM TO 7 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!

November 14—6:00 PM

*THEATRICAL EVENT \$19.95 + TAX

"Fairytales & Bedtime Stories"

Brothers Grimm & Others

Featuring

Ia Bolz, Jon Corelis,
Jan Dallman, Amy DeBroux
Barbara Jo Gauthier,
Barbara Hines,
Don Wydeven

COMING SOON

Bev Payne ... "Cinch-zations"
Nan Pfister Gutierrez ... Business Ed.

WINE TASTINGS

COUPLES AND SINGLES WELCOME
Make Your Reservations Now
Tom Jensen, Wine Specialist

Wednesday, Nov. 15, 6:30

WINES FROM AROUND THE WORLD
\$14.95* PER PERSON INCLUDES
8 WINES PAIRED W/GREAT FOODS

Wednesday, Dec. 6, 6:30

\$30* PER PERSON / \$60* PER COUPLE
INCLUDES

8 EXQUISITE WINES
PLUS AN UNBEATABLE
5-COURSE HOLIDAY DINNER

* PLUS TAX & GRATUITY

Eagles' View

WEEKLY E-SPECIAL

FREE

PREMIUM "12-12-12" PAPER PACK
WITH EVERY \$10 IN DISCOUNTED
PURCHASES FROM OUR SALE AISLE

THRU NOVEMBER 30, 2006
RE-USABLE COUPON

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, SUE BOGENSCHUTZ, AND OUR WARM & FUZZY PAPER CREATIONS' STAFF
- ◆ FREE PRODUCT OR "PREMIUM" 12" x 12" PAPER PACK 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
- ◆ **NEW AND RESTOCKED PRODUCTS**
 - ◆ HANKO DESIGNS ... Washi Papers, Paper Kits, and Kits for Quilting
 - ◆ Dream Weaver™ ... Green Paste
 - ◆ Tsukineko ... New Stazon Opaque Colors and Splendor Ink Pads ... great for use with stamps by Rubber Stamp Tapestry
 - ◆ The Paper Cut ... Christmas Card Packaged Kits
 - ◆ Photo Albums ... All NEW 12 X 12, 8 X 8 and 6 X 6
 - ◆ Sailor Writer Pens ... White, Gold and Silver
- ◆ **EARN IN-STORE CREDITS**
 - ◆ "USED STAMP EXCHANGE" PROGRAM
 - ◆ "ARTISTIC CARDS" PROGRAM
 - ◆ PAPER CREATIONS' FOCUS GROUP MEMBERSHIP
 - ◆ VOLUNTEER CLASSROOM ASSISTANT

Golda's Balcony

Laurie Friedman-Fannin was an overwhelming success in *Golda's Balcony*. Presented last month at Atlas Dinner Theatre, Fannin was both entertaining and enlightening in her portrayal of Golda Meir, a woman who let nothing stop her from achieving her goal to "make a new world."

While the Yom Kippur War of 1973 played an important role in the play's drama, the audience left with a deeper appreciation of Meir, a strong and heroic

leader, a woman who was often willing to leave her husband and children behind as she fought for peace.

We are forever grateful to Carol Jegen for directing and producing this one-woman play that begs the question "What happens when idealism becomes power?" Watch for a return performance of this riveting portrait of one of the great women of our time!

And make plans now to join us for our next Dinner Theatre ... "Fairytales and Bedtime Stories", Saturday, November 11 and Tuesday, November 14.

"You Are What You Eat"

~ Mom

Sorry, Mom, this time you're only half right. In truth, we are what we digest. Bodies lacking the necessary enzymes and acids to completely digest even high quality foods cannot properly absorb and utilize the nutrients those foods contain. Unfortunately, high-stress, sedentary lifestyles along with diets high in processed/refined foods lead to bodies devoid of nutrients necessary to drive proper digestion.

Witness the nearly epidemic incidence of heartburn, indigestion, and acid reflux. In most instances, these conditions are caused by a lack of stomach acids, not the overproduction of acids! *Again, heartburn and acid reflux ... aka GERD ... is caused by a lack of stomach acids!* So, where is the acid coming from that is causing your pain? Well, when food enters the stomach and finds a weakly acidic environment incapable of completely breaking it down, the food begins to putrefy, rancidify and ferment which creates acids ... lots of acids! It is these acids that reflux back up into your esophagus and create the pain we all know as heartburn.

A common therapy is to reach for the antacids. Unfortunately, these products further decrease our body's ability to produce the acids needed for complete digestion. This would seem to only perpetuate the problem. And while acid concentration of the stomach does go down, the relief is temporary and comes at a very high cost.

A better solution may be to supplement your diet with natural digestive enzymes and acids to help restore your body's ability to quickly and completely break down your food. This eliminates the chance for the food to go through those aforementioned nasty processes and thereby reduces the acid production causing the problem!! More importantly, now you've digested your food more thoroughly allowing your body to utilize *all* the nutrients.


So, before you reach for your fork, take those digestive supplements to help you get the most out of what you eat.

FOR MORE INFORMATION REGARDING THIS TOPIC OR ANY OTHER HEALTH CONCERN, CONTACT DR. JASON LITWIN AT PROACTIVE CHIROPRACTIC 920.734.7950

Classes and Other Paper Creations Events - Nov. 5 thru Dec. 1

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

SUNDAY, NOV. 5		
OPEN CRAFT ROOM — 9 AM TO 4 PM		FREE
MONDAY, NOV. 6		
ASSORTED WINDOW CARDS — TO BE RESCHEDULED	\$12	
SOMETIME SNOW IS STICKY — 6 PM	\$12	
TUESDAY, NOV. 7		
EXERCISE YOUR RIGHT TO VOTE!		
WEDNESDAY, NOV. 8		
PC STAMPERS—PRIVATE STAMP CLUB — 8:45 AM		
THE ATC CLUB AT PAPER CREATIONS — 6 PM		
THURSDAY, NOV. 9		
MAKE-N-TAKES — 10 AM TO 6 PM	PUBLIC WELCOME	
HAND-PAINTED SILK SCARF WORKSHOP — 9 AM		\$38
MAGIC STAMPERS—PRIVATE STAMP CLUB — 1 PM		
CARDS & MATCHING ENVELOPES — 6 PM		\$12
FRIDAY, NOV. 10		
MIDNIGHT MADNESS—6 PM TO MIDNIGHT		\$10
PUBLIC WELCOME — RESERVATIONS REQUIRED		
SATURDAY, NOV. 11		
HAND-PAINTED WEARABLE SILK WORKSHOP — 10 AM		\$38
"FAIRYTALES & BEDTIME STORIES" DINNER — 6 PM		\$19 ⁹⁵
SUNDAY, NOV. 12		
OPEN CRAFT ROOM — 9 AM TO 4 PM		FREE
MONDAY, NOV. 13		
HAND-PAINTED SILK TIE WORKSHOP — 9:30 AM		\$38
A CARD FOR THE SEASONS — 12:30 & 6 PM		\$12
CARDS FROM NORTHWOODS — 6 PM		\$12
TUESDAY, NOV. 14 — LADIES ONLY EVENING		
"FAIRYTALES & BEDTIME STORIES" DINNER — 6 PM		\$19 ⁹⁵
WEDNESDAY, NOV. 15		
THURSDAY, NOV. 16		
MAKE-N-TAKES — 10 AM TO 6 PM	PUBLIC WELCOME	
IRIS FOLDING FOR CHRISTMAS — 6 PM		\$12
FRIDAY, NOV. 17		
SATURDAY, NOV. 18		
ALL DAY STAMP, CROP, BEAD 'N KNIT — 8 TO 8		\$20
INTRODUCTION TO SCRAPBOOKING — 9 AM		\$12
COLLAGE JOURNAL — NOON		\$15



SATURDAY, DECEMBER 9
ANNUAL WAREHOUSE SALE
8 AM TO 3 PM
920-954-6210

FRIDAY EVENING CLASS BEGINNING AT 6
 FOR REGISTRATION E-MAIL INFO@THEPAPERCUT.COM
 234 W. NORTHLAND AVE—APPLETON

FOR GUYS ONLY!

Guys, are you looking for that "special gift" for that "special woman" in your life? Come take this class and make a romantic gift she'll treasure forever. We know the ladies are reading this, so men, call 734-6871, ext. 228, for more details. Don't miss this exciting opportunity!



NEW

IN PURSUIT OF STAMPING PRODUCTS

Paper Creations is about to return to our roots! When we began just over six years ago, we made a commitment to bring you the newest, hard-to-find, just "have to have" products for rubber stamping. Along the way we lost our focus ... but never fear, the path is clear! Help us "clear the clutter" and re-commit to being the *best store in all of Wisconsin* for card makers from near and far! New and old stamp companies, papers that make you say "WOW", and the newest gadgets you can't live without.

JOIN US NOV. 10, 11, & 12
Look for exceptional deals as we begin to "clear the clutter!"

SUNDAY, NOVEMBER 19		
CRAFT, CROP 'N STAMP BRUNCH — 9 AM TO 4 PM		\$10
MONDAY, NOVEMBER 20		
SWAP STOP DROP OFF DEADLINE — THANKSGIVING THEME		
MONOCHROMATIC CHRISTMAS CARDS		
12:30 & 6 PM		\$12
TUESDAY, NOVEMBER 21		
WEDNESDAY, NOVEMBER 22		
CHRISTMAS SPARKLES CARDS — 6 PM		\$12
THURSDAY, NOVEMBER 23		

Enjoy A Blessed Thanksgiving!

FRIDAY, NOVEMBER 24		
"SHOP TILL YOU DROP!" ... THEN COME RELAX AT THE MILL		
SATURDAY, NOVEMBER 25		
"SHOP TILL YOU DROP!" ... THEN COME RELAX AT THE MILL		
SUNDAY, NOVEMBER 26		
"CHRISTMAS, CRAFTS 'N COFFEE" BENEFIT SHOW		
11 AM TO 3:30 PM	DONATE A CANNED GOOD	
FROM HANDMADE ORIGINALS TO THE UNUSUAL, YOU'LL FIND THIS SHOW REMINISCENT OF THE TOUCH OF CHRISTMAS HOSTED IN YEARS PAST AT THE QUEEN ANNE BED AND BREAKFAST. GREAT FOODS, TEMPTING DESSERTS, AND YOUR FAVORITE ESPRESSO CREATIONS AVAILABLE THROUGHOUT THE DAY!		
MONDAY, NOVEMBER 27		
SWAP STOP PICKUP — THANKSGIVING THEME		
QUICK CHRISTMAS CARDS — 12:30 & 6 PM		\$12
TUESDAY, NOVEMBER 28		
HAND-PAINTED SILK SCARF WORKSHOP — 9 AM		\$38
EBONY & IVORY ELEGANCE CARDS — 6 PM		\$25
WEDNESDAY, NOVEMBER 29		
THURSDAY, NOVEMBER 30		
MAKE-N-TAKES — 10 AM TO 6 PM	PUBLIC WELCOME	
MAGICAL CHRISTMAS CARDS — 6 PM		\$12
FRIDAY, DECEMBER 1		
CHRISTMAS CARDS FOR "AGED & CONFUSED" NON-STAMPERS AND RECYCLERS!		
12:30 & 6 PM		\$12

Paper Creations' Search for Artisans

And you thought the dust had settled! Well, not quite ... phase three is about to begin. Paper, stamps, coffee, food, wine, a little dinner theatre, lots of fun, and shared friendships are all great, especially when you can enjoy them in this beautiful building situated on the banks of the Fox River right here in Appleton, Wisconsin. So what more could we possibly bring you? Perhaps some cozy booth seating in an enlarged café? Maybe a fireplace ... okay, so probably we can't burn real logs!

How about The Mill Boutique featuring one-of-a-kind jewelry, exquisite hand-dyed silk scarves, organic hand-poured soaps and all-natural beauty products and candles, beautifully hand-painted wine glasses, scarves and

sweaters made from home-spun yarns, pottery pieces to die for, and a host of other "must have" items made by local, talented artisans? Another reason to visit the waterfront, particularly for men looking to find that "special something" for their "special someone."

What else might you look for at an indoor "farmer's market" if you will? And who do you know who might want to sell their fabulous wares on a consignment basis? The search for quality goods offered by quality artists has now begun!

PROSPECTIVE VENDORS
 call Sue at 920-734-6871, ext. 228,
 or e-mail sue@papercreations.com

GROUPS WELCOME

Do you knit, bead, read, or play? Atlas Coffee Mill and Paper Creations invite you to gather your guilds and other groups and come experience the peacefulness and serenity of this beautiful riverside sanctuary.

FREE WI-FI

CALL TODAY

920-734-6871, EXT. 226

**TO RESERVE EVENING OR DAY HOURS
 IN OUR SPACIOUS MULTI-FUNCTION ROOMS**

Going To The PAC?

Consider dining with us before your evening at the PAC. Open by **Reservation Only** after 6, we invite you to try our exciting new evening entrees including Surf & Turf, Stuffed Breast of Chicken, Asparagus Cordon Bleu Crepes and other delectable choices. Call 734-6871, ext 226.