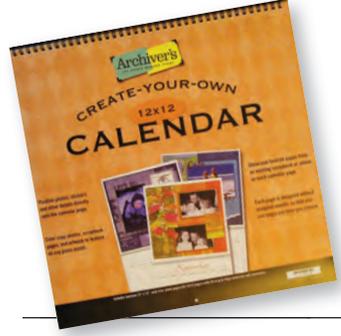


Great company
 Great client



When **Jann Olsten** and **Brian Olmstead** created **Archiver's, The Photo Memory Store**, they used their background, experience and love of the photography/printmaking business. Knowing what people were looking for in creative, fun, and challenging projects, in just 8 years they have opened over 40 Archiver's Stores. The company sets the standard for the most innovative, unusual, and top-quality scrapbooking, papercrafting, and card-making products, workshops, and technology support for enthusiasts. So many amateurs have become connoisseurs with the inspiration and products from Archiver's.

PAR/PrintMedia supports Archiver's with **professional print project management** for a variety of custom calendars, promotional flyers, special events broadsides and much more. **Jenni Geiser**, Senior Designer at Archiver's, says, "*Carrie Hill continually jumps through the hoops to get us exactly what we want when we need it. No matter what we need, Carrie has that 'can do' attitude.*" If you are looking for great scrapbooking products, you can go online to: www.archiversonline.com or visit one of their 44 stores (seven of which are located in the Twin Cities).

Go out and do for others what somebody did for you.

Randy Pausch

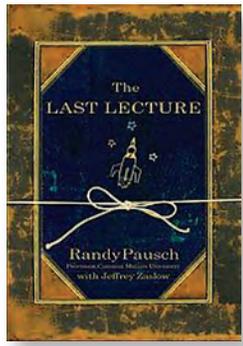
Tips for a
 better life

1. Take a 10-30 minute **walk every day**. While you walk, smile. It is the ultimate anti-depressant.
5. Live with the Three E's: Energy, Enthusiasm, and Empathy.
6. **Play more** games and **read more** books.
8. Spend time with people over the age of 70 and under the age of 6.
9. **Dream** more while you are awake.
21. You don't have to win every argument. **Agree to disagree.**
25. Frame every so-called disaster with these words: "In five years, will this matter?"
30. Your job won't take care of you when you are sick. Your friends will. Stay in touch.
31. **Get rid of anything** that isn't useful, beautiful, or joyful.
38. Remember, you are too blessed to be stressed.

If you like these TIPS, you can have the complete list of 40 TIPS, just email: phyllis@parconsulting.biz

I didn't say it was YOUR FAULT. I said I was going to BLAME YOU.

As seen on a t-shirt



The Last Lecture by Randy Pausch (add to your must-read list)

Professors often give talks titled "The Last Lecture." They are asked to consider their demise and to ruminate on what matters most to them. What wisdom would you impart to the world if you knew it was your last chance? When Randy Pausch, a computer science professor at Carnegie Mellon, was asked to give such a lecture, he didn't have to imagine it as his last, since he had recently been diagnosed with terminal cancer.

The lecture he gave, "**Really Achieving Your Childhood Dreams**" wasn't about dying. It was about the importance of overcoming obstacles, of enabling the dreams of others, of seizing every moment. **It was about living.** His humor, inspiration and intelligence made this lecture and book a treasure that will be shared for generations to come.

It's a thrill to fulfill your own childhood dreams, but as you get older, you may find that enabling the dreams of others is even more fun. Randy Pausch

PAR/PrintMedia
 welcomes
 Tov Rezabek
 Account Representative

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 612.978.8914 cell
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Tov Rezabek joins PAR/PrintMedia with over 18 years experience in the printing and promotional products industries. One-to-one marketing, fulfillment programs, and incentives top his list of specialties. His "can do" attitude, sense of urgency, and a great sense of humor make him a welcome addition. With Tov's addition, two new programs will be announced in the next PARTICULARS: On-Line Ordering through Four51; and Pick & Pack Fulfillment offering storage and shipping services.

His **wife, Bekki**, teaches at The Bakken Museum. Her favorite pastime is scrapbooking; she previously worked at Archiver's. Tov's love of the outdoors includes fishing, boating, camping, and biking. But the list is topped by coaching five teams in four sports (hockey, soccer, baseball, football) for his **son, Dann** (11) and **daughter, Mandi** (9).



Tov Rezabek



A little something for you

Help your customers find what matters. FAST! Mark. Write a comment. Tab. Pinpoint. Indicate or emphasize important information to save time. Organize and label files and binders to create order. Draw attention and request action.

Post-it® Flags stick securely, remove cleanly, making it simple to mark, flag or highlight important information. Perfect to take along for offsite training, meetings, seminars and more. For a limited time, you can get a FREE 2nd Color! Free Setup! Free Virtual Samples...

Ask about great deals on your favorite sizes of Post-it® Notes. Get up to 4 colors for the price of one! Cubes, Pads, Post-it® Flag Pen and Highlighter...all at special prices!

Call PAR/PrintMedia for samples and a complete catalog of all the Post-it® products that will save you time and money!

Life is a great big canvas; throw all the paint on it you can.

Danny Kaye

30-minute mood makeover

A better mood may be a mere 30 minutes away.

Regular exercise helps **alleviate depression** and **improve well-being** over the long term. Now, a new study suggests that the mood-enhancing benefits of physical activity may be apparent after a simple 30-minute workout.

The next time you feel down, grab your gym shoes and **give yourself the gift of a power walk**. A simple 30-minute treadmill workout done at moderate intensity eases depression and increases energy levels. In a recent study, participants were randomly divided into two groups. People in one group were asked to walk on a treadmill for 30 minutes, exercising at 60-70% of their maximum heart rate. The other group rested for a period of 30 minutes. Both groups reported relief from depressive symptoms afterward, including a reduction in confusion, anger, distress, and fatigue.

However, those who exercised reported significant improvement in their sense of well-being, a benefit not expressed by participants assigned to 30 minutes of rest. Exercising regularly can make your real age seem as much as 9 years younger.

Live Life to the Youngest®, go to: www.realage.com

There are two kinds of people. Those who do the work and those who take the credit. Try to be in the first group; there is less competition there.

Indira Gandhi

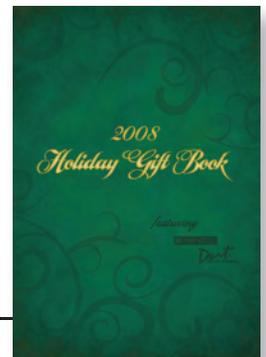


Thoughtful gift giving

Remember last year? You decided to give your employees and most-favored clients a special gift for the holidays. But you waited until the last minute to select the **"perfect gift"**...one that is useful, has high perceived value, is attractively gift boxed, and easily presented in person or sent via courier.

You vowed to plan ahead. You promised yourself to start looking early. We can help with ideas, samples, and catalogs to make your choice hassle-free and easy. Whether you are choosing a personal, business, or thank you gift, you can personalize with your logo and message.

Just don't wait 'til December. Call PAR/PrintMedia now and start early!



Santa Claus has the right idea. Visit people only once a year. Victor Borge

THE RUSH JOB

Found in scrapbook assembled in the 1960's by Phyllis Rivard.

I am a rush job.

I belong to no age, for men have always hurried.
I prod all human endeavor.

Men believe me necessary—but falsely.
I rush today because I was not planned yesterday.
I demand excessive energy and concentration.
I override obstacles, but at great expense.

I illustrate the old saying: **"Haste makes waste."**

My path is strewn with the evils of overtime, mistakes, and disappointment.
Accuracy and quality give way to speed. Ruthlessly, I rush on...

I am a rush job.

Anonymous