

Living Well Newsletter



Raising Kids, Eating Right,
Spending Smart, Living Well

January/February 2015 Issue

Dear Friend of Extension,

Opportunity Knocks...More Than Once

Baseball great Yogi Berra believes that everyone in life gets a second chance to prove himself or herself, and sometimes you get more than one chance.

Although it may be hard to recognize an opportunity when it appears, if you make the most of what you're doing, you can take that opportunity and succeed.

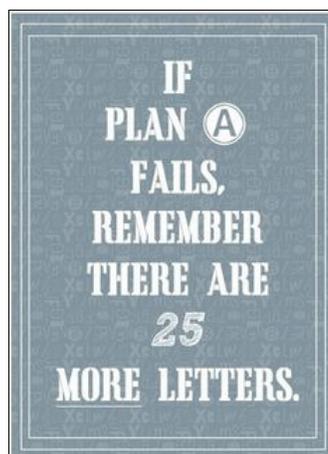
If you fail, it's just an opportunity to try again.

Being fired from a job can lead to a better one. An illness can be the catalyst to make healthful lifestyle changes. Seize whatever opportunity comes your way, and you won't have to regret missing one.

-Adapted from What Time Is It? You mean Now?
By Yogi Berra with Dave Kaplan

Sincerely,

Cindy Shuster, CFLE
Extension Educator,
Family and Consumer Sciences
Buckeye Hills EERA



In This Issue...

HUMORAEROBICS

- Lighten Up...Spread a Little Laughter

RAISING KIDS

- Procrastination: Today or Tomorrow? Now or Later?
- All Family Time is Quality Time

EATING RIGHT

- January Is National Soup Month...Celebrate with A Bowl of your Favorite Soup
- Eating Right As We Age

SPENDING SMART

- Salvage Grocery Stores: An Alternative for Budget-Savvy Consumers

LIVING WELL

- Myths and Tips about Dressing for Winter

YOU ASKED FOR IT...

- Helpful Household Hints
- Ask Cindy- Your e-mail connection
- Now You're Cooking: A Recipe For The Busy Homemaker

Sewing Smorgasbord Flyer

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OSU MISSION STATEMENT

ENGAGING PEOPLE TO STRENGTHEN
THEIR LIVES AND COMMUNITIES
THROUGH RESEARCH-BASED
EDUCATIONAL PROGRAMMING.

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HUMORAEROBICS
Lighten Up...Spread A Little Laughter

Valentine's Day Humor

Q: What did the stamp say to the envelope on Valentine's Day?

A: Stuck on You

Q: What do you call two birds in love?

A: Tweethearts

Q: What did one elephant say to the other elephant on Valentine's Day?

A: Love you a ton

Q: What did one lightbulb say to the other on Valentine's Day?

A: Love you a watt

Source: www.pinterest.com



No matter how big or bad you are, when a two year old hands you a toy phone, you answer it.

Source: www.pinterest.com

The biggest lie I tell myself is, "I don't need to write that down; I'll remember it."

Wouldn't it be great if we could put ourselves in the dryer for ten minutes and come out wrinkle-free and three sizes smaller?

Last year I joined a support group for procrastinators. We haven't met yet.

I don't trip over things; I do random gravity checks.

I don't need anger management. I need people to stop making me angry.

I don't have gray hair. I have "wisdom highlights;" I'm just very wise.

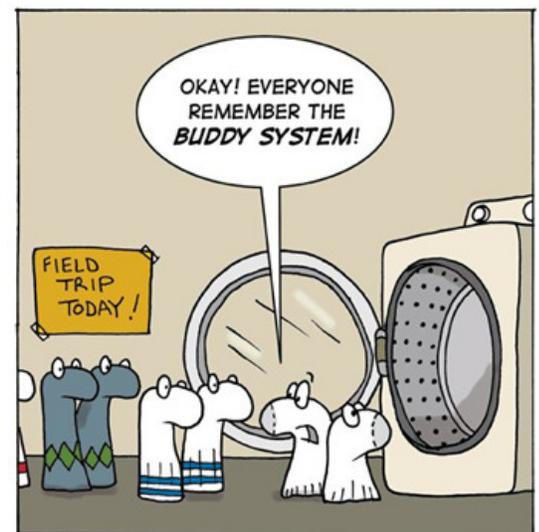
My people skills are just fine. It's my tolerance to idiots that needs work.

The kids text me "plz" which is shorter than please. I text back "no" which is shorter than "yes."

I'm going to retire and live off of my savings. Not sure what I'll do that second week.

Of course I talk to myself; sometimes I need expert advice.

SOURCE: unknown



SPUDCOMICS.COM

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Laughter is part of the human survival kit.



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RAISING KIDS

Procrastination: Today or Tomorrow? Now or Later?

According to Mark Twain, “Eat a live frog first thing in the morning and nothing worse will happen to you the rest of the day.” After reading Brian Tracy’s book *Eat That Frog! 21 Great Ways to Stop Procrastinating and Get More Done in Less Time*, I have come to the conclusion that everyone’s life would be much easier if we got into the habit of “catching those live frogs and eating them” first thing in the morning. Are you ready to “eat those frogs” that you’ve been avoiding and stop procrastinating in your personal and professional life? Do you procrastinate on very important tasks that you don’t enjoy doing? Do you need to set priorities and concentrate on what needs to be done when it needs to be done? Are you ready to “eat those frogs”?

Which procrastination quotes will inspire you?



Find quotes which will help you “eat those frogs” and post them at locations where you will see them often such as your work desk, refrigerator, entrance to your home, car, computer, etc. In the words of Don Marquis, “Procrastination is the art of keeping up with yesterday. Take action today!” No one is certain who the author was, but he must have understood procrastination when he said “The best way to get something done is to begin.”

What do you value and believe in?

It’s important to reflect upon, appreciate and acknowledge what is important to you in your life. Success? Happiness? Family? Spirituality? Community? Friends? In his book, *Eat That Frog! 21 Great Ways to Stop Procrastinating and Get More Done in Less Time*, Tracy focuses on what he calls the “simple

truth” which is the following: “The ability to concentrate single-mindedly on your most important task, to do it well and to finish it completely, is the key to great success, achievement, respect, status, and happiness in life.” He shares with the reader twenty-one principles which he has discovered over the years as the “most powerful principles on personal effectiveness”. As he states “the key to success is action” so make sure to keep going, don’t procrastinate and “eat those frogs”.

What are some of Brian Tracy’s twenty-one principles?

- **Set the Table** – Decide what you want to achieve in every area of your life.
- **Plan Every Day in Advance** – Break down your workload into step-by-step activities.
- **Apply the 80/20 Rule to Everything** – The 80/20 Rule, the Pareto Principle, means that in anything a few (20 percent) are vital and many (80 percent) are trivial.
- **Consider the Consequences** – Make sure and have a clear idea of what is important to you in the long term.
- **Practice Creative Procrastination** – Do the important things first and procrastinate on activities which are of a low value.

Use the ABCDE Method Continually – Write a list on paper of everything that needs to be done and then place next to each item one of the following: “A” is very important; “B” is a should do; “C” is a nice to do; “D” is a delegate; and “E” is an eliminate.

What’s one final thought about Procrastination and “Eating Those Frogs”?

Are you going to enjoy “catching that live frog and eating it”? Probably, no! Are you going to procrastinate on very important tasks at work and in your personal life? Probably, yes! Will you benefit, both professionally and personally, by learning to set priorities, overcome procrastination, and concentrate on the most important tasks in your life? Absolutely, yes! So, what are you waiting for? Ready, set, go and “eat those frogs!”

Written by: Janet Wasko Myers, Extension Educator, 4-H Youth Development, Ohio State University Extension, Madison County. <http://livehealthyosu.com/>



RAISING KIDS

All Family Time Is Quality Time

Don't feel guilty about the amount of "quality time" you spend with your family. Some experts are beginning to shun the quality time movement for something much more basic.

Here are some suggestions:

- **Children want your undivided attention.** When they talk, look at them, engage them in further conversation; show your interest.
- **Listen to their music.** Who knows, you might begin liking it.
- **Ask them what they want to do.** Is football their love? Play catch in your backyard, or throw a few at a local field.
- **Establish new family traditions.** Set a specific time each week for them, such as Friday pizza nights or Sunday brunches.
- **Develop your family as a team.** Give everyone chores and do them together.
- **Make one-on-one time with each child.** Kids talk more freely when they're with just one parent.
- **Watch age-appropriate television shows** they choose and then talk about them.

Source: Ruth Chowning, Extension Agent, Kentucky Cooperative Extension, Bullitt County, December 2014.

EATING RIGHT

January is National Soup Month: Celebrate with a Bowl of Your Favorite Soup

What better way to comfort yourself on a chilly day than with the wonderful aroma of soup simmering on the stove? From hearty vegetable soups to creamy bisques to refreshing chilled soups; soup can be used for appetizers, main dishes, side dishes or desserts and are an economic staple in many diets.

Soup-based meals can help stretch your food dollar while offering a hearty, nutritious, quick and easy meal option. Soup can be a tasty way to add healthy beans, legumes, grains and vegetables to your diet and a convenient, yet inexpensive way to add protein, vitamins, minerals and fiber.

And after you've enjoyed your delicious "bowl of bountiful comfort," take care to store leftovers properly. According to the United States Department of Agriculture it would take an 8-inch stock pot of steaming chicken soup 24 HOURS to cool to a safe temperature in your refrigerator. To be safe:

- Place the pot of soup into a sink full of ice water. Stir frequently – every 10 minutes to help disperse the heat. Divide large amounts of hot leftover soup into shallow containers – less than 2 inches deep – for quick cooling in the refrigerator. Once cooled, refrigerate promptly, covering when chilled. Use within 2 days.

- Freeze soup for longer storage. Leave ½-inch space at top of container. Use within 2-3 months.
- To reheat soup, heat to steaming hot throughout, at least 165 degrees F.

Check out the recipe for Lentil and Brown Rice Soup in the *Now You're Cooking* section of this newsletter.

Written by: Cynthia R. Shuster, CFLE, Extension Educator, Family and Consumer Sciences, OSU Extension, Perry County.
<http://livehealthyosu.com/>



Tired of getting your fingers burned when removing a piping hot bowl of soup from the microwave? Learn how to make a microwave cozy - http://www.adelquilting.com/documents/filelibrary/demo_of_the_month_pics/Microwave_Cozy_B48A1124F154E.pdf



EATING RIGHT

Eating Right as We Age

The basics of eating right are the same no matter a person's age. However, for older adults, making small adjustments will help them continue to maintain a healthy lifestyle.

In general, people of all ages should focus on eating fruits and vegetables, whole grains, low-fat dairy and lean proteins, but when it comes to older adults, there are a few special considerations, said Janice Hermann, Oklahoma State University Cooperative Extension nutrition specialist.

"All of us should try to fill half our plates with fruits and vegetables, make at least half our grains whole grains, monitor the calories and get some exercise," Hermann said. "Older adults also should consider switching to lower fat versions of milk, yogurt and cheese, as well as watching portion sizes and sodium intake."

How to increase calcium and vitamin D

Older adults require more calcium and vitamin D for healthy bones, Hermann noted. Finding ways to incorporate three servings of fat-free or low-fat milk, yogurt or cheese each day can be helpful, and a simple switch to lower fat options does not reduce essential nutrients or calcium. A serving in the dairy group is equal to 1 cup of milk or yogurt, 1-1/2 ounces of natural cheese or 2 ounces of processed cheese.

"Choosing fat-free or low-fat milk and yogurt more often than cheese has the added benefit of increasing potassium, and almost all milk and many yogurts are fortified with vitamin D," she said.

For those who are lactose intolerant, lactose-free milk and calcium fortified soy beverages are viable alternatives.

How to eat less

Enjoying food, but eating less is a key theme in the 2010 Dietary Guidelines for Americans. Since older adults usually need fewer calories compared with younger people, this advice carries even more weight, Hermann said.

"Older adults looking for ways to control portion sizes can try using smaller plates, bowls and glasses at meal times," she said. "Cooking most meals at home is a good strategy, too. When you do eat out, pick lower calorie menu options and lean toward dishes with vegetables, fruits and whole grains."

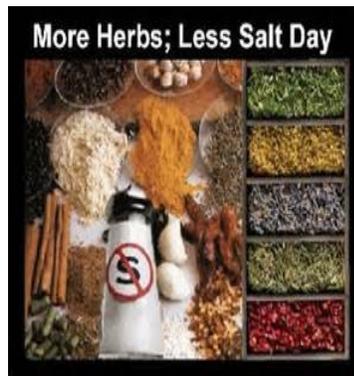
Whether at home or in a restaurant, large portions can always be divided and shared or saved for later, Hermann continued.

How to reduce sodium

When it comes to sodium, the daily recommendation for most adults is no more than 2,300 milligrams, the equivalent of about 1 teaspoon of salt. However, for adults age 51 and older, African-Americans of all ages and people with high blood pressure, diabetes or chronic kidney disease, the daily recommendation drops significantly to 1,500 milligrams.

One of the easiest ways to reduce sodium is to lower the amount added while cooking meals and removing the salt shaker from the dinner table.

"Try using spices, herbs, garlic, vinegar or lemon juice as seasonings. Black or red pepper, basil, curry, ginger or rosemary are other options," Hermann said. "Also, remember fresh foods are generally lower in sodium, and most fresh and frozen fruits and vegetables are naturally low in sodium, which is another good reason to add vegetables and fruits to meals."



In the grocery store, select foods labeled "low sodium" or "no salt added," and in dining out situations, older adults should consider choosing lower sodium menu items and requesting sauces and salad dressing be served on the side.

Source: Janice Hermann, Ph.D., Oklahoma State Cooperative Extension Nutrition Specialist



SPENDING SMART

Salvage Grocery Stores: an Alternative for Budget-Savvy Consumers

These days, most food products we buy are produced or packaged by a company that stamps on the food items a “sell by,” “use by,” or “best by” date. These dates are solely managed by industry, with no federal or state laws setting the length of time between when a food can be produced and/or packaged and the date placed on the package. These dates are not necessarily linked to the time by which the food must be eaten in order to be safe, according to a recent Harvard University study (September, 2013).

According to the National Resources Defense Council, as much as 40 percent of the food produced in the U.S. goes uneaten due to the confusion of package markings. That’s \$165 billion worth of food each year. Thus, salvage grocery stores have sprung up, selling foods past their expiration dates throughout the United States.

Salvage grocery stores, also known as surplus grocery stores, are known for near-expired goods, slightly dented cans, and “closeouts”, thus serving a grocery-shopping market hungry for low prices. According to Kevin Tibbles, an NBC reporter, salvage grocery stores can save you as much as 30-50 percent on your food bill.

Their inventory may consist of the following:

- overstocked items
- slightly damaged, bent, dented, ripped or torn packages or cans
- mislabeled or old labeled items
- items not selling well in regular chain stores and returned to warehouse
- near or at their sell-by or best-used-by dates

Prices tend to be significantly lower than those at conventional stores and big discount stores.

Similar to items sold at food auctions, products sold at surplus grocery stores are guaranteed by the USDA, stating that such items pose no safety hazard or poisoning threat. Excluded from this list is baby

food and formula. The sell by dates refer to a product's freshness, not its safety.

You can save hundreds of dollars and make the money you spend last longer by knowing the real shelf-life of the foods you eat. Utilize the website <http://stilltasty.com>, search the section called “Keep it or Toss it” to determine the real shelf-life of the food, based on information from the USDA, the FDA and CDC.

A trip to the salvage grocery is more like a treasure hunt — what’s available one week may not be the next time around.

Written by: Cynthia R. Shuster, CFLE, Extension Educator, Family and Consumer Sciences, OSU Extension, Perry County.
<http://livehealthyosu.com/>



Hold the Date!!!

2015

42nd Annual

Sewing Smorgasbord

Saturday , March 21st

Sheridan Middle School

Classes – 9:15 a.m. – 3:05 p.m.

Cost \$8.00

Flyer Enclosed



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LIVING WELL

Myths and Tips about Dressing for Winter

Do you know enough about the cold to keep warm? Poor planning for a winter outing can lead to frostbite and hypothermia. The following are some misconceptions about the cold and suggestions for staying toasty this winter. Winter cold can be dangerous if you are not ready, or if you have prepared by following false information. Prepare now by educating yourself about the safest ways to protect yourself when the cold arrives.

Myth: You lose body heat through your head.

There's nothing special about your head. You'll lose body heat from any part of your body that is exposed. It's a good idea to wear a hat, but other parts of your body must also be covered to keep you from getting cold, experts say. The amount of heat you can lose through your head depends upon a number of factors, including how thick your hair is and how much energy you expend in the cold. The ratio of the surface area of a child's head relative to the child's body surface area is much greater than that of an adult, so children lose proportionally more heat through their heads. Hoods and hats are more important to children because of this.

Myth: Dress in layers to stay warm.

It's true that dressing in layers allows people to adjust for different levels of activity. But one well-made, warm garment will do just as well to keep away the winter chills. Dressing in layers does have merit, particularly for someone exercising in the cold. For the best results, wear polypropylene or another synthetic fabric next to the skin, a knit middle layer (which can be taken off if you get too warm) and a synthetic outer layer.

Myth: Men and women feel cold at the same temperature.

Ever notice that women's hands and feet tend to get colder before men's? It's because the external temperature at which men's and women's bodies begin conserving heat—called the set point temperature—varies by about three degrees. When surrounding temperatures drop to a certain point, your body will conserve heat by shutting off the blood flow to the hands and feet, making them feel chilled. For women, that temperature is about 70 degrees, while men can hold steady until about 67 or 68 degrees.

Myth: Cotton is a good insulator.

Don't drag those old cotton long johns out of the closet yet. They may be comfortable for lazing before a fire, but they can be downright dangerous outside in the cold. When cotton gets wet, it conducts heat away from the body at a much more rapid rate than other fabrics. Any thing that can dampen your clothes, such as perspiration, rain, or falling in the water, can cause cotton to start robbing you of heat fast. A good substitute is polypropylene, Capilene, or some other synthetic substance that pulls water away from your skin.

Source: Ruth Chowning, Extension Agent, Kentucky Cooperative Extension, Bullitt County, December 2014.



You asked for it...HELPFUL HOUSEHOLD HINTS

- Spray WD 40 on a cloth and wipe over leather shoes or leather boots, then buff with a soft clean cloth to shine and make them waterproof.
- A little olive oil and enough sugar to make a paste makes a nice facial scrub. Gently massage onto face avoiding eye area then rinse with warm water. This can also be used on hands.
- If your new shoes are too tight put the nozzle of your blow dryer into shoe and turn on low. When shoe gets warm, stuff with paper or socks to stretch it.
- To clean oil based paint off of your hands, use vegetable oil. Then wash hands with warm soapy water.
- To restore finished wood furniture, steep two tea bags in hot water for 10 minutes. Let cool, then dampen a clean soft cloth with tea and wipe over wood furniture. It will bring out the wood's natural color and shine.



Source: <http://www.besthouseholdhintsandtips.com/>

Ask Cindy—Your E-mail Connection.

If you have a Family & Consumer Sciences question, please feel free to contact me at shuster.24@osu.edu I look forward to hearing from you. Also visit the Perry County web page at <http://perry.osu.edu>

NOW YOU'RE COOKING: A RECIPE FOR THE BUSY HOMEMAKER

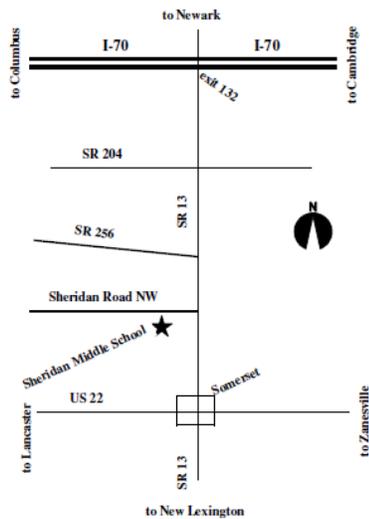
Lentil and Brown Rice Soup

- 1 (2 oz.) envelope of Onion, Beefy Onion, or Beefy Mushroom Recipe Soup Mix
- 1 (14 ½ oz.) can whole peeled tomatoes, undrained and coarsely chopped
- 4 c. water
- ¾ c. lentils, rinsed and drained
- ½ c. uncooked brown rice or regular rice
- 1 medium carrot, coarsely chopped
- 1 large stalk of celery, coarsely chopped
- ½ tsp. basil leaves
- ½ tsp. oregano
- ¼ tsp. thyme leaves (optional)
- 1 tablespoon finely chopped parsley
- 1 tablespoon apple cider vinegar
- ¼ tsp. pepper

In large saucepan or stockpot, combine soup mix, water, lentils, uncooked rice, tomatoes, carrot, celery, basil, oregano and thyme. Bring to a boil, then simmer covered, stirring occasionally, 45 minutes or until lentils and rice are tender. Stir in remaining ingredients. Makes about 3 - 2 c. servings.



Directions to
Sheridan
Middle School:



Fabric Fair - A Fabricaholics Paradise

Clean out your fabric closets. Individuals wanting to SELL pieces of fabric 1/8 yard in length or greater, here's your chance. Put your fabric in a clear, self-closing, plastic bag. Enclose an index card with your name, county, and asking price. We'll sell your fabric and you get the proceeds. Cash Sales Only!



**People's Choice Contest: Apron
Youth & Adults
Contest rules enclosed!**

Door Prize Drawing and Contest Winners
announced at 3:15 p.m. ---
Must be present to win!!



Scissors sharpened for a nominal fee!!



A light lunch will be available at a
nominal cost or bring a sack lunch.



CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information:
<http://www.go.osu.edu/cfaesdiversity>

**2015
42nd Annual
Sewing
Smorgasbord
Saturday
March 21st**

Doors open at 8:30 a.m.

Classes – 9:15 a.m. – 3:05 p.m.

Everyone Welcome – Youth and Adults



**Sheridan Middle School
8660 Sheridan Road
Thornville, Ohio
(Perry County)**

Cost: \$8.00



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No Pre-Registration

If you have questions, contact Cindy at 740-743-1602 or
e-mail at shuster.24@osu.edu



Classes & Descriptions

A Machine Technique for Embroidery with A Straight Stitch – 12:15 p.m. & 2:15 p.m. (Eleanor Berry, Sewing Professional, Fairfield County) Most sewing enthusiasts cannot afford an expensive computer operated embroidery machine. Come and learn this basic embroidery technique using a regular sewing machine.

"All About Threads and Needles" – 9:15 a.m. & 10:15 a.m. (Eleanor Berry, Sewing Professional, Fairfield County.) Learn the different types of threads from Pearl cotton weights to sewing threads and the best needles to use with them.

Bags, Purses and Totes – 10:15 a.m. & 1:15 p.m. (Wanda Unger, Sewing Professional, Coshocton County.) This class will discuss the difference between a bag, purse or tote. Learn the different types of handles/straps, how to attach them and tips for putting a zipper in your bag or purse. Instructions on how to make a Mesh Tote will be shared.

Basic Cross Stitch – 9:15 a.m. & 11:15 a.m. (Joyce Burrows, Sewing Professional, Licking County.) Learn the basics of cross stitching. Participants will make a small (10"x10") pillow top panel. **Kit including supplies will be available for \$5. (Class limit: 12)**

Basic Knit Stitch – 11:15 a.m. OFFERED ONCE (Joyce Lewis, Owner, The Yarn Shop, Franklin County.) Learn a new skill or revisit an old technique by attending this class focused on one basic knit stitch. Students should bring 10" size 8 knitting needles and worsted weight yarn. **Supplies will be available for \$7.**

Batting, Binding & Other Quilt Basics – 10:15 a.m. & 1:15 p.m. (Judy Loraditch and Jane Schehl, Sewing Professionals, Guernsey County.) Join Jane & Judy as they discuss various types of batting, binding options for your quilt and other basic quilt information.

Beginning Smocking – 9:15 a.m. & 11:15 a.m. (Eunice Hayes, Sewing Professional, Licking County.) Learn the basics of English smocking. English smocking is a centuries-old form of needlework consisting of surface embroidery stitches worked over gathered fabric. The kit includes pre-pleated Imperial batiste fabric, floss, ribbon, needle and instructions to complete a smocked bonnet, suitable for a newborn or doll. **Kit \$8. (Class limit: 15)**

Card Making Basics (Make it-Take it) - 10:15 a.m., 12:15 p.m. & 2:15 p.m. (Tawnya Roberts & Toni Ganson, Hocking County.) Leave this session with three completed projects. Learn different techniques, color, composition and texture. **Kit \$10. (Class limit: 10)**

Color Analysis Overview – 12:15 p.m. & 2:15 p.m. (Iris Taylor, Master Clothing Educator, Licking County.) Based upon the philosophy of "Color Me Beautiful," this introductory workshop will help you determine if you are a gold or silver; warm or cool; and what tints, shades and/or tones best suit your natural coloring. Workshop will include some paired and group activities.

Creating Texture on Paper and Fabric – 10:15 a.m. & 2:15 p.m. - (Mary Roediger, Master Clothing Educator, Athens County.) A growing number of products are being marketed to help scrapbookers, art journaling enthusiasts, and mixed media artists create amazing texture for their backgrounds. This session will look at a few available products as well as how to make texture with common items. Come prepared to make some texture! **Kit \$5. (Class limit: 25)**

Crochet a Ribbon Necklace – 1:15 p.m. OFFERED ONCE (Joyce Lewis, Owner, The Yarn Shop, Franklin County.) Add some "bling" to your attire when you learn to crochet a simple ribbon necklace. Participants should bring a G or H crochet hook, ribbon or ladder yarn, scissors and measuring tape. **Kit including yarn and hook will be available for \$7.**

Custom Drapery – 10:15 a.m. & 1:15 p.m. (Teresa Rathburn, Owner, The Brass Thimble Quilt Shop, Athens County.) Come and learn how to make custom valances and drapery for your home. Learn how to measure your windows, the different linings to use, and the variety of hardware available to use for installation.

Drop Earrings – 11:15 a.m. & 2:15 p.m. (Gena Fausel, Sewing Professional, Franklin County.) Learn how to make an earring using an eye pin or a headpin in this introductory class. You will also learn about findings and selecting beads, and other supplies. Each participant will leave class with a new pair of earrings and many helpful resources and tips to start you on your way to fashioning more. **Class fee: \$10. (Class limit: 10)**

Fiber Collage Greetings – 11:15 a.m. & 1:15 p.m. (Rosanna Pryor, Sewing Professional, Noble County.) Learn to imagine the possibilities. This class will help you consider wonderful ways to use fabric and other craft "leftovers" to create new projects. Will finish with a functional fabric postcard idea; the perfect greeting reflecting your personality.

Hand Embroidery - 9:15 a.m. – DOUBLE SESSION – OFFERED ONCE (Kelley Hughes, Owner, Threads for Freedom, Franklin County.) If you've wanted to try hand embroidery, come and try this FAST and FUN method. Skip the tracing and jump into stitching, learning both the back and stem stitches on a Dunroven House Cotton Tea Towel you can keep or give as a gift to a friend. **Kit \$10** (includes: Cotton Tea Towel, thread, pattern, and needle.) Bring your own scissors. **(Class limit: 12)**

Introduction to Rug Hooking – 11:15 a.m. & 1:15 p.m. (Maddy Fraioli, Owner, Rosehill Designs, Muskingum County.) Maddy will introduce the Folk Art Tradition of Rug Hooking. Tools, materials, satellite crafts, and sourcing will be shared, along with examples of Maddy's own hooked work.

Learn to Read Knitting & Crocheting Patterns – 9:15 a.m. & 11:15 a.m. (Rita Scanlon, Sewing Professional, Muskingum County.) Come learn to read the charts and symbols as they appear in knitting and crocheting patterns.

Let's Learn to Sew – 12:15 p.m. & 2:15 p.m. (Mary Smith, Sewing Professional, Greene County.) It's easy and fun. The class will include must have notions, fabric selection, operating a sewing machine, and introduction to pattern selection.

Magic in Quilting – 10:15 a.m. & 1:15 p.m. (Marla Work, Owner, The Quilted Work, Washington County.) A demonstration of various disappearing styles of quilts will be discussed and shared.

"Man Do You Need a Change?" – 10:15 a.m. & 1:15 p.m. (Debbie Pipes, Master Clothing Educator, Perry County.) Learn how to transform a Lg. or Xlg. men's shirt into an attractive and functional apron. Other ideas for up-cycling men's shirts will be shared.

Manipulated Magic – 9:15 a.m. & 12:15 p.m. (Wanda Stivison, Sewing Professional, Hocking County.) Learn how to make baskets, ornaments, needle cases and more. Everything from embellishing to manipulated folding techniques. This is a hands-on workshop where participants take home a finished project. Bring a needle, thread, scissors, a pen or chopstick for turning and assorted buttons (optional). **Fabric supply kit \$4.** (Class limit: 20)

Missouri Star Technique – 11:15 a.m. & 2:15 p.m. (Patsy Cruyton, Quilt Professional, Coshocton County.) Join Patsy for a demonstration of an easy method to make a large star block.

Needle Tatting for Beginners – DOUBLE SESSION - 9:15 a.m. & 12:15 p.m. (April Hewlett, Sewing Professional, Perry County.) Learn the art of needle tatting (poor man's lace) in this beginner's course. Supplies needed: #5 tatting needle with size 5 or #10 crochet thread. **Supplies available for a small fee.** (Class limit: 10)

Organizing Your Sewing Area Ergonomically – 12:15 p.m. – OFFERED ONCE (Cindy Shuster, Extension Educator, Family & Consumer Sciences, Perry County.) Learn to organize your sewing area ergonomically for maximum efficiency.

Paper Piecing Quilts -12:15 p.m. & 2:15 p.m. (Janice Wogan, Sewing Professional, Morgan County.) Learn techniques to produce fine points and precise seams turning complicated quilts into works of art.

Personalized Fitting – 10:15 a.m., 12:15 p.m. & 2:15 p.m. (Daphne Hedgecock, Master Clothing Educator, Madison County.) Do you need help fitting something...pants, skirt, dress, blouse, etc.? Here's your chance. Bring a camera, the item, pattern, pins, and extra fabric. Make sure you can put the garment on so Daphne can help fit it to you. (Class Limit: 8)

Quick Gifts for Giving or Teaching – 12:15 p.m. & 2:15 p.m. (Londa Burkett, Master Clothing Educator, Wood County.) These items are not hard to construct, but allow for LOTS of creativity! Each project offers basic sewing skills which make them great teaching tools, yet are not "too simple" for the accomplished sewer. Examples will be shown of felting, binding, fabric folding, quilting, embroidery projects and more!

Reinventing Your Old Clothes – 11:15 a.m. & 1:15 p.m. (Veronica Bagley, State 4-H Fashion Board Member, Medina County.) Everyone has a pair of jeans or old tee-shirt in their closet that never gets worn. Learn how to turn them into something totally new! Turn an old tee into a one-of-a-kind pillow, and reinvent old jeans into a totally new item you'll be proud to wear!

Ribbon Work – 9:15 a.m. & 1:15 p.m. (Linda Root, Sewing Professional, Preble County.) This class will offer basic and advanced samples of ribbon work. Come explore a variety of samples; what "ribbon work" means to some is very different to others. This is a make-it-take-it class for individuals with a basic understanding of hand sewing.

Sewing Scrappy Quilts – 9:15 a.m. & 11:15 a.m. (Bernadine Swingle, Owner, Snip 'N Stitch, Perry County.) Want to learn what you can do with the leftover scraps you've accumulate from other projects? Learn how to put them together to make an exciting quilt top, table topper, cushion or project of your choice.

Soup Bowl Cozies & Microwave Oven Mitts – 10:15 a.m. & 1:15 p.m. (Jane Toki, Owner, Me and Mom's Custom Creations, Muskingum County.) Protect your fingers from hot dishes in the microwave with these easy to make projects. Learn how to make microwavable soup bowl cozies and microwaveable oven mitts including the type of material to use. Patterns provided.

The Business of Teaching Sewing – 11:15 a.m. OFFERED ONCE (Cindy Shuster, Extension Educator, Family & Consumer Sciences, Perry County.) Learn how teaching others to sew can be fun and profitable.

Turn T-shirts into T-skirts – 9:15 a.m. & 11:15 a.m. (Kathryn Coursen, Master Clothing Educator, Hocking County.) Learn how to recycle a simple t-shirt into a fashionable skirt.

Why Vests? - 12:15 p.m. & 2:15 p.m. (Sunny Hickey, Sewing Professional, Montgomery County.) Attend this session to learn about fabrics, patterns and construction techniques that will help YOU answer the question WHY you need to add a vest or two to your wardrobe.

Class Schedule

(Please remember to turn off all cell phones.)

9:15 a.m.

- ♥ "All About Threads and Needles"
- ♥ Basic Cross Stitch
- ♥ Beginning Smocking
- ♥ Hand Embroidery – **DOUBLE SESSION – OFFERED ONCE**
- ♥ Learn to Read Knitting & Crochet Patterns
- ♥ Manipulated Magic
- ♥ Needle Tatting for Beginners – **DOUBLE SESSION**
- ♥ Ribbon Work
- ♥ Sewing Scrappy Quilts
- ♥ Turn T-shirts into T-skirts

10:15 a.m.

- ♥ "All About Threads and Needles"
- ♥ Bags, Purses, and Totes
- ♥ Batting, Binding & Other Quilt Basics
- ♥ Card Making Basics
- ♥ Creating Texture on Paper and Fabric
- ♥ Custom Drapery
- ♥ Hand Embroidery – **DOUBLE SESSION- Continued**
- ♥ Magic in Quilting
- ♥ "Man Do You Need a Change"
- ♥ Needle Tatting for Beginners – **DOUBLE SESSION- Continued**
- ♥ Personalized Fitting
- ♥ Soup Bowl Cozies & Microwave Oven Mitts

11:15 a.m.

- ♥ Basic Cross Stitch
- ♥ Basic Knit Stitch – **OFFERED ONCE**
- ♥ Beginning Smocking
- ♥ Drop Earrings
- ♥ Fiber Collage Greetings
- ♥ Introduction to Rug Hooking
- ♥ Learn to Read Knitting & Crochet Patterns
- ♥ Missouri Star Technique
- ♥ Reinventing Your Old Clothes
- ♥ Sewing Scrappy Quilts
- ♥ The Business of Teaching Sewing – **OFFERED ONCE**
- ♥ Turn T-shirts into T-skirts

12:15 p.m.

- ♥ A Machine Technique for Embroidery with A Straight Stitch
- ♥ Card Making Basics
- ♥ Color Analysis
- ♥ Ergonomics of Organizing Your Sewing Area – **OFFERED ONCE**
- ♥ Let's Learn to Sew
- ♥ Manipulated Magic
- ♥ Needle Tatting for Beginners – **DOUBLE SESSION**
- ♥ Paper Piecing Quilts
- ♥ Personalized Fitting
- ♥ Quick Gifts for Giving or Teaching
- ♥ Why Vests?

1:15 p.m.

- ♥ Bags, Purses, and Totes
- ♥ Batting, Binding & Other Quilt Basics
- ♥ Custom Drapery
- ♥ Crochet a Ribbon Necklace – **OFFERED ONCE**
- ♥ Fiber Collage Greetings
- ♥ Introduction to Rug Hooking
- ♥ Magic in Quilting
- ♥ "Man Do You Need a Change"
- ♥ Needle Tatting for Beginners – **DOUBLE SESSION- Continued**
- ♥ Reinventing Your Old Clothes
- ♥ Ribbon Work
- ♥ Soup Bowl Cozies & Microwave Oven Mitts

2:15 p.m.

- ♥ A Machine Technique for Embroidery with A Straight Stitch
- ♥ Card Making Basics
- ♥ Color Analysis
- ♥ Creating Texture on Paper and Fabric
- ♥ Drop Earrings
- ♥ Let's Learn to Sew
- ♥ Missouri Star Technique
- ♥ Paper Piecing Quilts
- ♥ Personalized Fitting
- ♥ Quick Gifts for Giving or Teaching
- ♥ Why Vests?

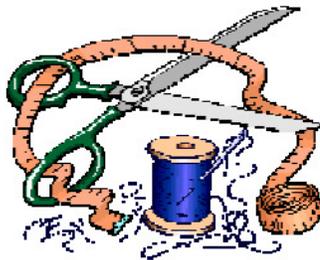


Sewing Smorgasbord Exhibitors

- A Touch of Thread Quilting Gallery, Doug & Martha Creasy, Zanesville
- Balancing Point Studio, Jo Ettore, Licking County
- The Quilted Work, Marla Work, Whipple
- Eileen's Basket & Totes, Eileen Barnes, Reynoldsburg
- Ohio Make it With Wool, Mary Roediger, Director, Athens County
- Sew Special Network, Donna Campbell & Becky Daniel, Danville
- Neff's Country Loft, Beverly Neff, Belpre
- The Yarn Shop, Joyce Lewis, Columbus
- Me & Mom's Custom Creations, Jane Toki, Avondale
- Chuck's Sewing Machine Repair, Chuck Lewis, Zanesville
- Picking Up the Pieces, Pati Shambaugh, Columbus
- Rosehill Designs, Maddy Fraioli, Roseville
- Susie "Q" Designs, Linda Root, W. Manchester
- Threads for Freedom, Kelley, Hughes, Columbus
- The Brass Thimble, Teresa Rathburn, Glouster

2015
Sewing Smorgasbord
Contest Rules

1. Enter by constructing a casual, every day, functional apron, (**no ready-made aprons allowed**, however, pre-printed panels can be used in designing the apron), using a commercial pattern or your own design. Participants will be asked to provide commercial pattern information (if used), fabric content and techniques utilized in construction.
2. Contest is open to anyone. There will be two divisions: Youth – Under 18 years of age and Adult – 18 years of age and older.
3. **Registrations for apron entries will be accepted until 10:00 a.m. Entries must remain on display until the announcement of the winning entries.** Voting will take place from 10:00 a.m. - 2:15 p.m. with the winning entry in each division being announced at the close of the day (approximately 3:15 p.m.).
4. Individuals may enter as many aprons as they choose. There will be a \$1.00 fee per entry. An overall prize-winner will be chosen for each division. Winners will be chosen by “viewer’s choice”, from individuals attending the 2015 Sewing Smorgasbord. The overall winner in each division (youth/adult) will receive a \$25.00 gift card. Entrants must be present to win.
5. If you have questions, please do not hesitate to call Cindy at 740-743-1602 or e-mail her at shuster.24@osu.edu.



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Ohio State University Extension

2015
Sewing Smorgasbord
Apron Contest

Registration Number: _____

Category: (circle one) Youth Adult

Commercial Pattern Co. & Number: _____

Book/Magazine Source: _____

Internet Source: _____

Fabric Content: _____

Techniques Used: _____

*Photo Release – I give permission to the OSU Extension, Sewing Smorgasbord
Committee to use photographs of my entry for promotional purposes.

Signature: _____ Date: _____

For Office Use Only

Registration Number: _____

Name: _____

Address: _____

City/State: _____

County: _____

Phone: _____

E-mail: _____



THE OHIO STATE UNIVERSITY
COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES