

Lancaster Extension Offers Winter Workshops

(Continued from Page B7)

class. Instructor: Donna Lucidi-Nachwostach. Cost: \$40.

Workshop #18 — 6:30 p.m.-9 p.m. on February 7, 6:30 p.m.-9:30 p.m. on February 14, 6:30 p.m.-9 p.m. on February 28, 7 p.m.-9 p.m. on March 7.

Woven Floral Baskets — The four-basket, 30" wall hanging boasts baskets that appear to be woven, overflowing with simple, colorful yo-yo flower bouquets. The flowers can be embellished with beads and metallic threads. A beginner to intermediate level class, it blends rotary cutting and quick-piecing techniques with some easy hand applique. The novice is exposed to a bit of both, without being overwhelmed.

A fabric/supply list is provided at the first class. You will practice basic hand applique during the first class, so bring along basic sewing supplies . . . pins, fabric scissors, paper scissors, pink, blue, yellow and green thread, hand sewing needles, a pencil and a 12" square piece of white or cream colored cotton fabric. A \$3 supply/pattern fee is due the in-

structor on the first night of class. Materials fee includes: mylar for templates; sample fabrics for yo-yo's, leaves, bias handle; handouts; pattern. Instructor: Donna Lucidi-Nachwostach. Cost: \$40.

Workshop — 6:30 p.m.-9 p.m. on March 21, 6:30 p.m.-9:30 p.m. on March 28, 6:30-9 p.m. on April 11, 7 p.m.-9 p.m. on April 25.

Sewing Machine Maintenance — When was the last time you serviced your machine, as recommended in the owner's manual? Sewing machines are sensitive to accumulations of lint, dust and thread pieces which collect in the moving parts of the machine. Lack of proper oiling and lubricating can also interfere with optimum machine performance. If your machine starts sluggishly, is noisy, makes loose or skipped stitches, maybe it's time for a thorough cleaning. Why not bring in your machine and learn the basic maintenance procedures, including tension and pressure adjustment.

Participants are requested to bring the following items to class: sewing machine, sewing machine oil, tweezers, brush for cleaning

machine parts, screwdrivers (the tiny ones which came with your machine, and one medium size), threaded bobbin, spool of thread and small piece of scrap fabric to test thread tension, and your user manual. Class Limit: 15. Instructor: Donna Lucidi-Nachwostach. Cost: \$8.

Workshop #20 — 7 p.m.-9 p.m. on April 4.

Traditional Finishes — Put an end to the frustrations and perplexities of planning and attaching quilt borders and binding. Once you learn some traditional techniques, you can proceed with confidence as you give your quilt a classic finish, or, use some updated ideas to give your finish some flair!

In this class you will prepare a sample mitred border corner, a butted border corner, a wrapped binding, continuous binding, double bias binding applied to a straight edge and a curved edge, mitred binding at corners, prairie points and a ruffled edging. The samples will then be yours to refer to as needed in future quilt projects.

This class is for the person with

some quilt making experience but needs more instruction on finishing the edges of the quilt.

Samples will be prepared in class, so a sewing machine is necessary. A supply list will be sent prior to the first class. A minimal supply fee will be requested at the first class to cover cost of handouts. Class Limit: 12. Instructor: Donna Lucidi-Nachwostach. Cost: \$24.

Workshop #21 — 6:30 p.m.-9:30 p.m. on May 2, 9.

My New Weigh Of Life — Lose weight for a lifetime. Penn State's College of Agricultural Sciences has introduced a weight-management program designed to help people shed pounds — permanently.

"Although many people lose weight on traditional diets and weight-control plans, 95 percent gain the weight back," says Dr. Madeleine Sigman, assistant professor of food science and a registered dietitian. To address the problem, Sigman developed "My New Weigh of Life" a program that teaches participants to integrate weight loss into their lifestyles. "Managing your weight is a personal issue," Sigman says. "To be permanent it must become part of your life."

The program grew out of current research into theories about obesity, weight loss and coping

management. Participants are given accurate, up-to-date information about food, nutrition and exercise. They are encouraged to recognize their own needs and choices and to be more physically active. Participants also learn how to lower the fat content of favorite recipes. The program's philosophy is that there are no forbidden foods, only those a person might choose to eat less often and in smaller amounts. By keeping a diary of their food intake and mood patterns, participants identify behaviors that have led them to overeat. Record keeping also helps them set realistic goals.

For permanent results, the program calls for a slow loss of weight, 1/2 to 2 pounds per week. Enrollees must eat three meals daily. "If you don't eat for a long time during the day, your body signals to itself that whatever comes in next should be stored as fat," says Sigman. "If you skip a meal to lose weight, you actually are defeating the purpose." Toward the program's end, participants are shown how to cope with relapses and how to establish a weight-maintenance support group. Class Limit: 15. Instructor: Beryl Frey. Cost: \$55.

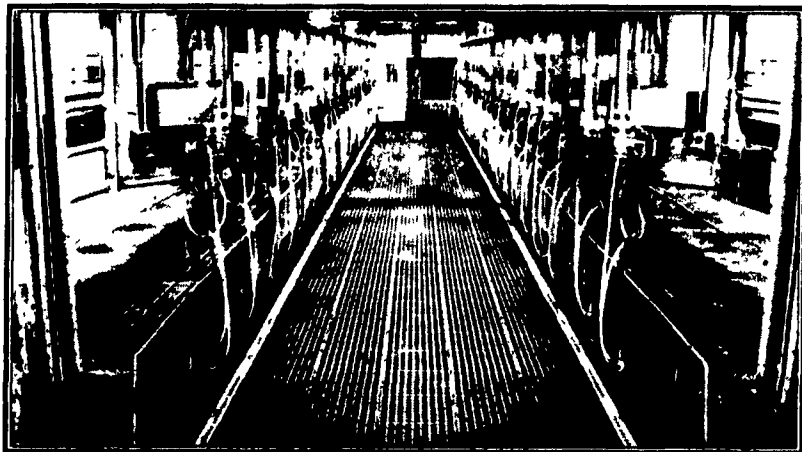
Workshop #22 — 9:30 a.m.-11:30 a.m. on February 8, 15, 22, March 1, 8, 15, 22, 29, April 5, 12, 19, 26.

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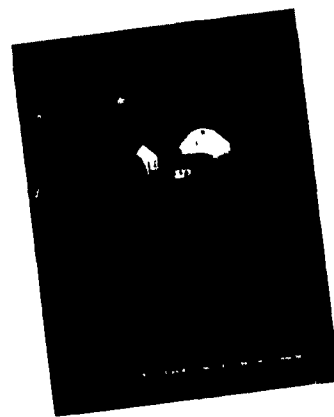


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