

New Study Reveals Sewing May Be Good For Your Heart

LANCASTER (Lancaster Co.) — A clinical study recently showed that women who sewed — both skilled and novice sewers — experienced a significant drop in heart rate and blood pressure when sewing.

Ruth Nierenberg of the Nimble Thimble, a sewing supply store in Lancaster, is not surprised by this finding.

"Our customers have always told us that they felt sewing was a relaxing pastime," Nierenberg said.

She is happy that others are recognizing sewing as a great stress buster. In recognition of September as National Sewing Month, The Nimble Thimble is offering a series of free sewing lessons.

"It's a great way to introduce people to the relaxing pastime of sewing," Nierenberg said.

Of the clinical study that indicates the positive, stress-reducing benefits gained from sewing, Nierenberg reported that the study was conducted in a controlled laboratory environment at a psychologist's office in New York City during the months of March and April.

Two groups of women — experienced sewers and nonsewers — were measured for blood pressure, heart rate, epidermal skin response (perspiration and peripheral skin temperature).

A biofeedback method was used to monitor each woman while she engaged in five different leisure activities. The activities were rotated randomly in order to avoid and "order effect." The activities included playing a card game,

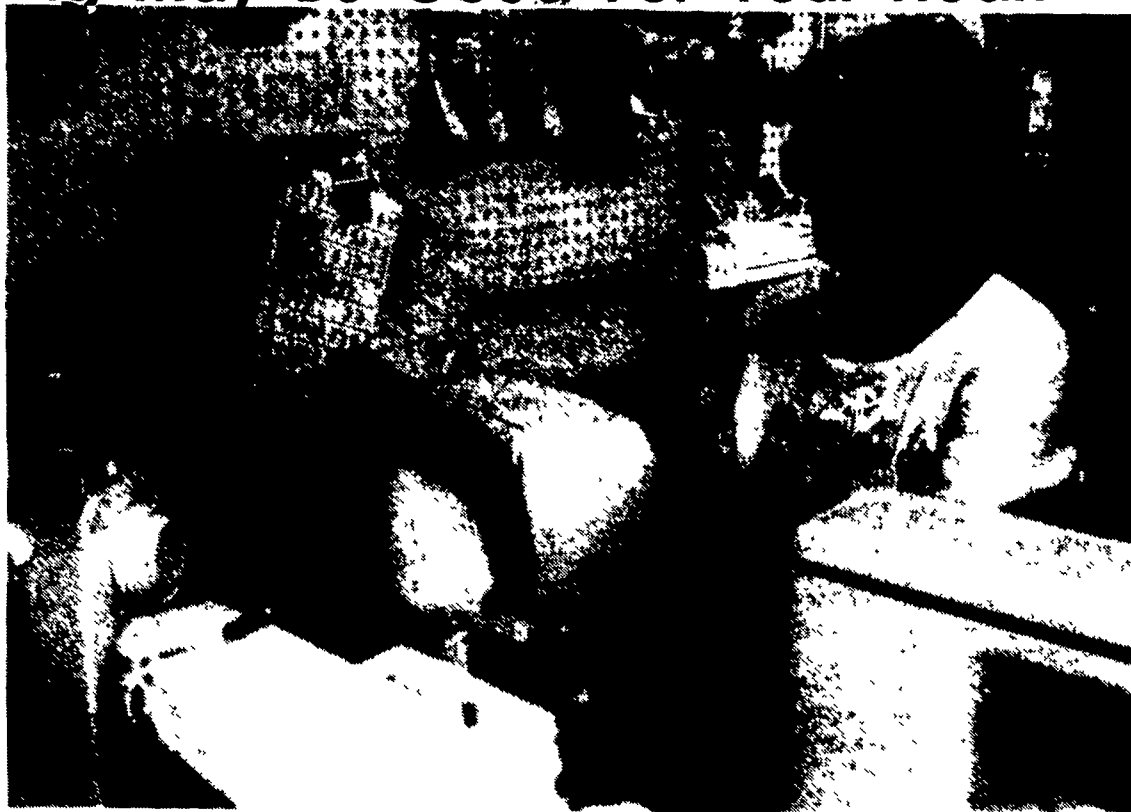
painting with water colors, reading a paper, playing a hand-held video game, and sewing a simple project.

"The importance of a hobby or a creative pursuit cannot be over emphasized," said Dr. Robert Reiner, administrative director of Behavioral Associates in New York City and designer of the stress study for American Home Sewing & Craft Association.

"If we don't allow our bodies to rest from the pressures of everyday life, we are placing ourselves at risk for heart diseases or other illnesses. Creative activities and hobbies — like sewing — can help a person focus on something productive and get away from their worries for a while," Reiner said.

The free sewing classes are scheduled for Wednesday, September 13, 20, and 27 at 1:30 p.m. Participants may attend one or all of the scheduled classes, which includes lessons on sewing with elastic, using a serger, and quick and easy T-shirt construction.

Although The Nimble Thimble is situated in the city at 45 N. Market St., it is easy to find and plenty of parking is nearby. The sewing store is located in the Cen-



The Nimble Thimble offers a series of free sewing lessons in recognition of National Sewing Month. A recent study reveals that sewing may be good for your heart because sewers participating in the study showed a significant drop in heart rate and blood pressure when compared to other leisure activities.

tral Market Mall across from the Prince Street Parking Garage. Par-

ticipants will receive a free parking pass.

For details and to pre-register, call (717) 299-5244.

Museum To Hold Grandparents' Day

MUMFORD, N.Y. — Step back in time to the days of our great-great-grandparents for a unique opportunity to experience family fun at its finest. At Genesee Country Museum's annual Grandparents' Day, Sunday, September 10, grandparents can spend a playful day in the country with their

grandchildren listening to stories of days gone by as told by master storyteller Tom Bohrer, playing 19th century games, and singing and dancing to live music. The festivities are scheduled from 10 a.m. to 5 p.m. Grandparents are admitted free to the museum if accompanied by one or more grand-

children.

Local historians will provide a snapshot of local history as they gather in the museum's education center for the second annual Genesee Country Day sponsored by Genesee Country Magazine. Visitors can view the many heritage displays and talk with dozens of regional historians and organizations to learn more about this area's exciting history.

Musical entertainment for Grandparents' Day will be provided by the Leroy Town Hall Band

at 1:30 p.m. and 3:30 p.m.

Museum admission is \$10 for adults, \$8.50 for senior citizens age 62 and over, and \$6 for children/youth ages 6-17. Admission is free for children age 5 and under, and museum members. Parking is free. Genesee Country Museum, located on Flint Hill Road, in Mumford, New York, is open Tuesday through Friday, 10 a.m. - 4 p.m. and Saturday and Sunday, 10 a.m. - 5 p.m. The museum is closed Mondays except for holidays.

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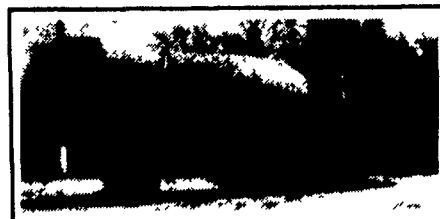
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