

**Mandy Medbourn, HHS Educator for Starke and Pulaski Counties**

**MAKE AND TAKE CRAFT WORKSHOP**

**“Crafts For All Seasons”**

**Saturday, November 9, 2019**

**9 AM to Noon Eastern**

**Church of the Heartland, Winamac  
(located on SR 14 East, 1/2 mile from hospital)**



Bring your whole family to this fun and free workshop. For a small fee you can make simple crafts you take with you that day. Most booths will also have kits to purchase and some to purchase already made. Great for Christmas giving and stocking stuffers. Light refreshments will be available for purchase also. We welcome extra vendors-as long as the crafts are ones customers can sit down and make and/or buy kits for. If interested in having a booth of your own just call the Pulaski Co. Extension Office at 574-946-3412.

**A Note From Your EH President.....**

Greetings!

"Fall has always been my favorite season. The time when everything bursts with its last beauty, as if nature had been saving up all year for the grand finale." -Lauren DeStefano

"Two sounds of autumn are unmistakable...the hurrying rustle of crisp leaves blown along the street... by a gusty wind, and the gabble of a flock of migrating geese." -Hal Borland

So true! Enjoy autumn in its entirety!

Take care - Lenora Hoover

**Important Dates:**

September 11- Fall EH District Meeting in  
Tippecanoe County

October 3-State Focus Day

October 7- EH Council, 5:45 PM EDT

October 20-26- IEHA Week

October 26- Make a Difference Day

November 1 – Reality Store Program at West  
Central Middle School

Nov 9- Make & Take Craft Day, Church of the  
Heartland, 9 AM-NOON

**Open Class Results and Summary  
from the 2019 Pulaski County 4-H  
and Community Fair:**

Number of exhibits: 190

Number of exhibitors: 64

Person who entered the most exhibits – Julie Kasten of Gingham Pals EH Club with 42 exhibits.

Division with most projects: Arts and Crafts with 114 and Quilts had the most entries with in that category.

Club with most projects entered - Gingham Pals with 51 entries.

EH Club with 100% participation – Patchwork Pals (16 members).

**Project champions on listed on back.**



## Mindful Eating: Savor the Flavor

How do you meditate

while eating? Slow down. Being mindful and paying attention to the food you consume could help you eat healthier, with more appreciation and intention. Learn how to make every meal a practice of awareness.

### Focus on the Food

Mindfulness has become as buzzworthy as cold pressed coffee. One simple way to eat healthier may be to simply be mindful when eating.

And guess what, mindful eating doesn't mean dieting or restrictions. It's about taking a moment to take it in. There are a lot of methods out there, but we've simplified it for you.

**Ponder:** Before you eat, ask yourself, "Am I really hungry?" Sometimes we think we're hungry when we're actually thirsty or bored or stressed. Check in, do you need nourishment in the form of food or do you need something else?

**Appraise:** When your food is in front of you, take a moment. How does it look? How does it smell? Do you really want it? Is it more than you need?

**Slow:** Slow down, like waaay down. Put your fork down between bites. Really chew your food and taste it. Slowing down helps your brain catch up with your stomach.

**Savor:** Really enjoy your food. How does the texture feel in your mouth? What are all the complex flavors you can taste? Take a moment to savor the satisfaction of each bite.

**Stop:** Stop when you're full. Sounds so obvious, right? But hey, cleaning your

## OPEN CLASS CHAMPIONS-2019

### Sewing Champions:

Coat or Ensemble, Adult – Catherine Pratt – **Best of Show**  
Sewing Other – Rose Goble

### Arts and Crafts Champions:

Afghan – Crocheted – Monica Stamper  
Afghan-Baby or Lap – Monica Stamper  
Crocheted Item – Baby Outfit – Monica Stamper  
Crocheted Item, Other – Rose Goble  
Knitted Item, Machine, Other – Joanna Caudel  
Quilts, Pieced, Machine Quilted, Professionally Done – Julie Kasten  
Quilts, Pieced, Machine Quilted, Done by Exhibitor – Debbie Stillwell  
Quilts, Pieced, Machine Quilted, Smaller Quilted Items – Julie Kasten  
Baby Quilt – Pieced – Julie Kasten  
Novelty Quilt – not usually quilted, rather tacked or tied-any size – Julie Kasten  
Pillows, Stitched, Painted, Appliqued – Amy Nelson  
Counted Cross Stitch – Bonnie Riggs- **BEST OF SHOW**  
Picture, Wall Hanging – Natalie Federer  
Christmas Decoration, Small – Edith DePoy  
Woodworking - Constructed Items – Jack Krasner  
Doll – Debby Stillwell  
Recycled Items – Kathy Lucy  
Other Arts and Crafts – Linda Murphy  
Other Arts and Crafts – Youth – Jocelyn Hileman  
Painting – Acrylic – Lenora Hoover  
Silk Flower Arrangement – Julie Kasten

### Foods Champions:

Quick Bread – Marcia Link  
Other Breads, Muffins – Barb Knarr  
Bar Cookies – Barb Knarr  
Molded or Shaped Cookies – Marilyn Wentz – **Best of Show**  
Molded or Shaped Cookies – Shaylynn Pogue  
Dropped Cookies – Youth – Sadie Pogue  
No-Bake Cookies – Marcia Link  
Pie or Pastry – Debbie Stilwell  
Cakes – White – Marilyn Wentz-  
Decorated Cupcake – Marilyn Wentz – **Best of Show**  
Candy, Fudge – Dee Hileman

### Canning/Food Pres Champions:

Jams, Preserves, Marmalades – Barbara Kleinofen  
Jams, Preserves, Marmalades Youth – Sadie Pogue  
Button – Barbara Kleinofen  
Fruits-Peaches – Barbara Kleinofen  
Fruits, Other – Barbara Kleinofen  
Pickles and Pickled Products – Barbara Kleinofen

**Best of Show** – Barbara Kleinofen

### Horticulture Champions:

House Plant, Single – Phil Woolery  
Specimen Blooms – Kinsey Hileman, Youth  
Fresh Arrangement, Home Grown Flowers/Foliage – Abigail Johnson, Youth – **Best of Show**

### Special Interest Champions:

Collections – Youth – Kohen Federer  
Collection Scene – Environmental/Wildlife – Youth – Carly Jones

### Photography Champions:

Individual Photo – People - Morgan Federer – **Best of Show**  
Individual Photo – Nature/Scenery – Cindy Hickle

