

ARTS AND CRAFTS AND OTHER THINGS



It's official! Fall is here! Shorter, cooler days ahead. Maybe some of you sleep a little more. Maybe some of you can't sleep at all! Sleep is so very important to our health and well-being. According to the Mayo Clinic seven to eight hours are ideal and there are several things we can do to achieve that.

1. Go to sleep and wake up at the same time each day
2. Sleep in a cool room
3. Minimize sound and sight (a sleep mask works)
4. Stop drinking liquids within two hours of bedtime
5. Stop caffeine eight hours before bed
6. No alcohol before bed. It may help you fall asleep but will probably disturb your sleep as well
7. Stretch before you go to bed and when you wake up
8. Power off electronics 30 minutes before bed
9. Keep a journal by your bedside for things you can't get out of your head. Jot them down and forget about them until the next day. (More about that later).
10. Don't stay in bed all day! Find something you LOVE to do and then get up and do it! Like baking pumpkin bars, see recipe on page 2! There is a life to be lived! Go live it!

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Pumpkin Bars

(Courtesy of Lexi Michelle on Pinterest)

- 4 eggs
- 1 2/3 c sugar
- 1 c canola oil
- 1 can (15 oz) pumpkin
- 2 c flour
- 2 tsp ground cinnamon
- 2 tsp baking powder
- 1 tsp baking soda
- 1 tsp salt

for frosting

- 1 pkg (8 oz) cream cheese, softened
- 1/4 c butter, softened
- 1 tsp vanilla
- 1/2 pkg powdered sugar
- (about half of a 2
- pound bag)

Pumpkin Bars

1. In a bowl, beat eggs, sugar, oil & pumpkin.
2. Combine flour, cinnamon, baking powder, baking soda, & salt and them gradually add to pumpkin mixture.
3. Lightly coat jelly roll pan with cooking spray and pour mixture in.
4. Bake at 350* for 25-30 minutes. Cool completely before frosting.

Cream Cheese Frosting

1. Beat ingredients together in small bowl until smooth.

Personalized Journal (pictured below)

Looking for a fun art project to do? Turn an ordinary dollar store composition book into a fun personalized journal to keep by your bedside for those sleepless nights.

Supplies:

Composition Book

Glue (I really like Gorilla decoupage glue! Mod Podge stays too sticky, but good old Elmer's should work just fine also)

Brush

Napkins, decorative paper, pictures from catalogs or magazines

Scissors

I took a trip to the dollar store and found these great composition books! I got out my decoupage glue and got to work. First I looked through my inventory of scrapbook paper and napkins (magazines work too) and chose colors and designs that went well together. Then I started ripping and cutting. I tore the papers, keeping one straight edge so that I could line that up with the edge of my book. I love a torn edge look but you may prefer to cut. That works, it's your choice! I arranged the torn pieces onto my book until I was happy with the way it looked. At this point I needed to remember where I put everything so I took a picture with my phone! Now, that being said, I still made changes from that picture and broke no laws! Then it was time to glue. Using decoupage glue, I glued everything into place and then went over the whole thing with another coat of glue. When that dried I put on another coat of glue and let dry. Viola!



PIC•COLLAGE

Here are a few finished projects that people have been working on...



Berry Basket by Kristine Maliszewski

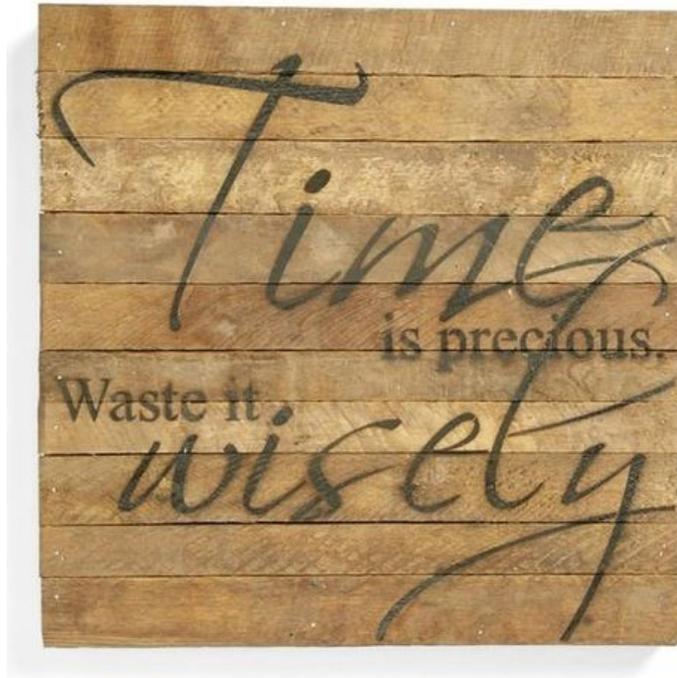
Christmas Scene by Butch White

Welcome Turkeys by Cheryl Bazdor

Puppy by JoAnne Hillbrant

Pumpkin Mug by Kathy Koziol

Wool Felted Bunny by Ruth Cukla



If possible, please send me photos of ANY projects that you do! I would love share them with the group.

Happy crafting!

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