

Janet Vawter  
**"Knitting keeps my hands flexible"**

**Specialties:** Spin, weave, knit, embroidery, sew

**Favorites:** Spun wool and good yarn and fabrics.

**I knit because** knitting relaxes me and keeps my hands flexible.

**Most memorable project:** The shepherd Santa and animals I made from one of my daughter's grand champion 4-H sheep. Everything in it comes from the flock. His beard is the natural wool, and the twine belt holding his robe in place had been used to bale the fleece before I spun it.

**Best way to spend \$30:** On yarn, of course.

**I can't live without** yarn and sewing.

**My next project:** A project for my granddaughter that is knitting and sewn.