



Weekly Newsletter

Good News!

3 expert-approved ways to deal with middle-of-the-night sleeplessness



It's 1:30am, what are you doing--are you blissfully unconscious, are you tossing and turning trying to get back to sleep, or have you given up hope and are doom scrolling through Facebook News?

Well if you're in the last two categories **the Optimist Daily** has good news for you, with this trio of science based solutions to get you back to sleep: "We've all been there—lying awake in the middle of the night with nothing to keep us company except anxious thoughts and preoccupations like, "How am I going to get through my massive to-do list tomorrow if I'm sleep deprived?" Or, just as distressing, thoughts about the overwhelming sociopolitical issues and worries about climate change!

According to Fiona Barwick, Ph.D. and director of the Sleep & Circadian Health Program at Stanford University School of Medicine, stressing out about the fact that they're awake when they shouldn't be is the last thing people should do if they find themselves unable to sleep in the middle of the night. What should you do instead? Read on for Dr. Barwick's top advice.

Recognize that your brain is overreacting . . . "

Announcements



You're invited!

Every 1st and 3rd Tuesday of the month at 12:00pm Mountain Time, **dime** goes live on **Software Success**! Ashley Jones will go over how to use our software and some tips and tricks you can do on your own!

When you are ready to join LIVE, click on the button below.

Watch on Facebook

Watch on YouTube

JANOME
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Featured Janome Machine

Memory Craft 6700P

The Memory Craft 6700 Professional provides the speed and precision critical to advanced sewing and



contains serious features for the serious sewist. Sewing speeds of 1,200 stitches per minute make the MC6700P one of the fastest Top Loading Bobbin machines in the industry. The 10" All-Metal Seamless Flatbed provides the perfect workspace for projects large and small. In addition, quilters can enjoy exceptionally smooth quilt piecing with the included AcuFeed™ Flex Layered Fabric Feeding System.

[Learn More](#)

Featured Product

[Bobbin Saver 2 Now in Blue](#)



This Square Cousin to the Original Grabbit BobbinSaver, snugly holds 66 metal or plastic bobbins in blue pliable plastic channels. For regular home sewing bobbins. Bobbins Not included.

Color: Blue
Made of: Plastic
Use: Bobbin Holder
Size: 5-1/4in x 5-1/2in x 3/4in
Included: One Bobbin Holder

[See All Bobbin Storage](#)

What We're Up To

Connie pieced this block featured in last week's Inspiration. She says it's been a long time since she's sewn anything "just because." Now for the quilting!

Sharon and friends celebrated Fat Tuesday by making tissue holders with Mardi Gras themed fabric, and one with Day of the Dead Fabric, of course!



Now, we'd like to see what you're up to, and share it to help inspire others—whether it's a project, a great book you're reading, pictures from a recent vacation, or really great recipe.

Send photos by replying to this email, or sending directly to:
info@sewingcenterofsantafe.com

Classes



Learn-to-Sew: Elastic

Saturday, March 18,
1:00 pm to 4:00 pm

Learn about different techniques for working with elastic. We'll use one of them to sew a pair of unisex pajama pants from the LTS Pattern Layout class pattern.

Ages 15 and up

Class Fees: \$25

[Supply List](#)

Pre-requisite Learn to Sew: Pattern Layout

CLASS CANCELLATION POLICY: You must cancel 48 hours or more before the start time of your class for a full refund. Classes cancelled after 48 hours cannot be refunded.

[Visit Our Class Page](#)

Inspiration

[My Ultimate Scrap Quilt](#)



Give yourself the ultimate quilt making experience for National Quilt Month, thanks to **Janome.com** and **Janome Maker, Raven Maureen**. Here's what she says:

I have been dreaming of a scrap quilt project for a LONG TIME! I mean, I have so much scrap fabric that it was becoming more and more embarrassing to keep hoarding that much. So finally I decided to totally focus on this project. Now, if you're someone who has never made a quilt and you're more of the visual learner I highly recommend going to my Instagram and watching my 5 part reel series on how I made this massive quilt in addition to the supplemental information in this post.

Skill Level: Intermediate

[Get the Instructions](#)

There are so many ways to find projects you'll love at Janome.com.

[Inspire](#)

[Blog](#)

[Search Bar](#)

Local Fun

SUCCESSFUL SEED PLANTING

WITH
SANTA FE EXTENSION MASTER GARDENERS



MARCH 7TH

5:30 P.M.

SOUTHSIDE LIBRARY

6599 JAGUAR DR.

505-955-2820

SANTAFELIBRARY.ORG



Successful Seed Planting with Jannine Cabossel "The Santa Fe Tomato Lady"

Tuesday, March 7, 5:30pm - 7:30pm
Southside Library
Community Room
6599 Jaguar Dr
Santa Fe, NM 87507

The Santa Fe Extension Master Gardeners' Seed Stewards will open the Southside Library's Seed Library March 25th. In preparation for planting, come to this session to learn some good practices and techniques to ensure a healthy and flourishing garden.

[Learn More](#)

[Visit Our Website](#)

Safe Shopping at Sewing Center of Santa Fe

We remain diligent about keeping you and our staff healthy. Please stay home if you're not feeling well. Curbside service is always available.

STORE HOURS:

Mon - Sat 10 - 4

Closed Sun

505-424-3242

Sewing Center of Santa Fe | 3014 Cielo Ct. Suite A, Santa Fe, NM 87507

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