

Creative Living with Sheryl Borden

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Spring is in the air! The jonquils are blooming, hopefully we've had our last snow for the winter, and the wind has hit! Here in New Mexico, we know it's Springtime when the winds get over 40 mph! But, I try not to complain because I'd rather have the warm weather (and the wind) than to have more snow and cold weather. Easter is only days away, and my granddaughter will be celebrating her third birthday on April 9th. I get to bake and decorate my grandkids' birthday cakes, and I love to see what theme they choose each year. For Kelsey, we are going with Dora the Explorer, and thanks to my friend, Nancy Siler at Wilton Enterprises, I already have the cake pan, the icing colors, treat bags, and candles to decorate Kelsey's cake! Maybe next month, I'll share some pictures from the proud grandmother!

The week of March 22-26th was Spring Break here at the University, so it's been rather quiet this week. Also, I have a break from taping since our camera crew is made up of college students. We'll resume on April 1st (and that's no joke), and then I wind up this semester's taping on April 15th.

We started our taping in March on the 4th with **Laura Waterfield**, owner, designer, and digitizer with Laura's Sewing Studio in Tomball, Texas. Laura was here in 2006,



so this was her first time to see our new high definition studio and my gorgeous new sets. Laura is an expert on anything that has to do with machine embroidery, and she taped five different segments on various techniques and projects. Laura was accompanied by her hus-

band, who was such a help to all of us in getting ready for each segment to be taped. It was hard to select just one photo from Laura's taping to share with you because all of her projects were exquisite. Can't wait for them to air!

My second guest that same day was "another" Laura - **Laura Dellutri**, who's been on the show several times and, in fact, she's coming back in April. I've always said

the best part of my job is meeting and working with so many talented, creative people -- and becoming close friends with many of them. Laura falls into a "good friend" category, so I'm already looking forward to her next visit.



My only complaint is that she doesn't stay long enough when she comes! Laura's company is Healthy House-keeper, and she taped one segment on Spring cleaning (although the tips can be

applied year 'round) and another one on reducing allergens in the home.

Earlier, I told you about my friend, **Nancy Siler** sending me all the things I needed to decorate my granddaughter's birthday cake. Well, she was another one of my guests on March 11th, and she also taped five segments. If you've watched "Creative Living," for any length of time, you know that Nancy has appeared on the show many, many times -- and it's always such a treat to work with her. She is a true professional, and she has the added benefit of having **Gretchen Homan**, the director of the Wilton Test Kitchen, with her. Gretchen works so hard "behind the scenes." She has everything ready for every segment, and we simply could not do without her. Thanks Gretchen. Nancy always shows us new pans, new decorations, new ideas for decorating cakes, cupcakes, candies, etc. I loved the Giant Cupcake segment

she taped because the pan has so many uses.

I've actually made one for my family, and it was a real treat.





My second guest on March 11th was a gentleman from Athens, Greece! I've had guests from almost every state, one from England and two from Canada through the years, but this was a first! **Aris Kefalogiannis** is the founder and CEO of

Gaea products, and he was in the United States to attend a conference in Los Angeles. His public relations firm scheduled him to be in Portales to tape three segments with us. He was a delight to work with, and I hope to see him again someday. Obviously, all of his segments had to do with Greek cuisine and the Greek Mediterranean diet, which calls for all fresh, natural ingredients. According to Aris, "Gaea wants you to picture yourself on the beaches of the Greek islands when you enjoy their products. Gaea products are a journey." Well, it wasn't quite like actually being on the beach, but we had a great time working together!

On March 18th, we taped with three guests -- and my co-workers here at the station said I was working them too hard! **Judy Novella** is with Fairfield Processing in Danbury, CT, and she taped four segments with us



- one on making stuffed sock snow people and embossing velvet pillows. She also introduced us to a new product called Fusi-Boo which is a great hit with quilters because you don't have to baste -- the product is adhesive on both sides. She did another segment on products for making baby bumper pads, and then we talked about rayon from bamboo, and she explained what her company and other companies are dealing with in regard to products made from bamboo. I sure did learn a lot!



Another guest was **Kris Wrede** who taught us to make our own aromatic skin care products using essential oils and base oils that are ideal for different skin types. Then we talked about the art of aromatic

blending and reviewed aromatherapy, blending basics, and she defined fragrance notes. Kris taped five different segments all having to do with essential oils, but the most unusual one was what she called "The Aromatic Kitchen." According to Kris, "Preparing unusual recipes using essential oils helps make your daily life more sensual, and you learn to appreciate the vibrancy of food." This was completely new to me, and I think you'll find it interesting, too. Just an interesting side note: Many years ago I had the pleasure of meeting and working with a chef by the name of **Joseph Wrede**, and he has a restaurant in Taos called "Joseph's Table." Guess what! In talking to Kris, we found out that she and Joseph are cousins! It truly is a small world.



My third guest has also been on the show several times so you may recognize her name. **Evelyn Terhune** is the owner of Ozark Crafts, and she has designed costumes for celebrities performing in Branson, MO. She showed us how to tint fabric using ordinary crayons and fabric paint. It gives a three-dimensional effect, and was so easy to do. She also demonstrated how to emboss using parchment paper, and she had some beautiful handmade cards to show us. Evelyn, and a friend of hers from Texas, are coming out in the Fall to do more segments, so I'll look forward to seeing her soon.



Although this doesn't directly pertain to "**Creative Living**," I wanted to tell you about another part of my job. In addition to producing and hosting the show, I also raise money for the station, which helps to pay for programming for our viewers (including my show.) For thirty years, the station conducted an on-air Tele-Auction, and I produced this event for sixteen years. Then in 2006, we decided to take the auction totally online, which not only reaches more people via the web, it also keeps us from interrupting viewers' favorite shows. So, it has become a win/win for everyone.

Here's how you can help: Please go to the auction website: <http://auction.kenw.org> (do not put in www)

and you can register in case you decide to buy something, or you can simply browse among the different categories. The Auction officially begins June 1st and continues until 8:00 p.m. EST on June 10th, so there is plenty of time to do this. You DO NOT have to register unless you plan to participate -- but that's the fun of an auction.

Another way you could help us is in donating something (valued from \$50 and up) for us to list and sell. These



items have to be new, unless it is an antique or a collectible. You can see from our Auction site, there are multiple categories, so we can sell almost anything -- in fact, we have an Angus bull again this year! How about that?

Perhaps you own a business and you could donate an item or items. If you sell things online, we could offer a gift certificate from you for buyers to shop at your site. If you know of anyone or any business you might ask to donate, that would also be appreciated. We also accept CASH! ha

You may have wondered why I said April 15th is my last taping for this semester. Working on the Auction is one of the reasons. We are such a small station, it takes a lot of time and resources to put on this fundraising event, but we usually net around \$65,000 and that goes a long way towards our annual programming budget of \$385,000.

How about some Greek recipes!

Bruschetta with Spicy Green Olive Tapenade

- 1 cup Gaea "Green olive tapenade"
- 2 tsp. fresh lemon juice
- 1 tsp. anchovy paste
- 1 tsp. rosemary
- 1 pinch red pepper flakes
- 1 garlic clove, minced
- 4 Tbsp. Gaea "D.O.P. Sitia Extra Virgin Olive Oil"
- 18 1-inch (3-cm) thick slices of baguette, toasted



Combine all the ingredients except the bread in a blender or food processor and puree until smooth. Spread on each slice of baguette and serve.

Chicken Salad Tossed with "Gaea Sweet Pepper & Goat Cheese Spread"

- 4 cups cooked, shredded chicken
- 1 medium onion, finely chopped

- 1 garlic clove, finely chopped
- 3 Tbsp. "Gaea P.D.O. Sitia Extra Virgin Olive Oil"
- 2 jars "Gaea Sweet Pepper & Goat Cheese Spread"
- Several drops smoked hot pepper sauce (optional)
- Salt and pepper to taste
- 1/2 cup chopped fresh parsley
- 4-6 lettuce leaves for garnish



Sautee the onion and garlic in 1 tablespoon "Gaea P.D.O. Sitia Extra Virgin Olive Oil". Combine the chicken with onion-garlic mixture and all remaining ingredients. Serve over lettuce leaves. Makes 4 servings.

Since these segments won't air for several months, I wanted to go ahead and give you the guests' e-mail addresses and website addresses, and you can browse at your leisure or contact them directly.

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