

Creative Living with Sheryl Borden

Produced by KENW-TV at Eastern New Mexico University, Portales, NM
e-mail address: sheryl.borden@enmu.edu Phone: 575-562-2112

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October has been a great month in terms of the segments we've taped -- and I've met some of the most interesting people. We didn't have a taping on October 7th as our station was involved in shooting a Congressional Debate and Sam Donaldson (yes, THE Sam Donaldson formerly of ABC News) was the moderator. Our production people were so grateful that they didn't have to work around shooting *Creative Living* in order to get ready for the in-studio debate on October 9th. If I do say so myself, KENW did an outstanding job on this production, and it was my privilege to serve as the station host that afternoon and evening, and then I sat through about half of the debate before having to leave for dinner plans. But, I watched the debate in its entirety later that evening, and it looked great, the audio was outstanding, the set looked very high tech, and the two candidates for the Congressional seat behaved like gentlemen! Very refreshing.

On October 14th, I made up for not taping on the 7th as we had three guests that day. My first guest was **Terese Cato**, and she's a book author and a doll maker, and she brought along about 25 different cloth dolls she had designed and made. Now, I've seen lots of sculpted dolls through the years, but I don't think I've ever seen any with such an eye for detail. She stressed how you could combine quilting and sewing skills, along with scrapbooking and make use of all the notions you already have on hand to create these one-of-a-kind dolls. Her book is titled "*Make Cloth Dolls*" and it's published by C & T Publishing. Terese taped five segments and covered sculpting the face, painting the face,



choosing fabrics, embellishing the dolls and making and painting the fingers and toes. I can't wait for you to see her darling creations.

Another guest was someone who has been on the show several times, and always shares the easiest and most interesting crafts with us. **Evelyn Terhune** is the owner of Ozark Crafts in Gilbert, AR, and we taped a segment that every quilter or wanna-be quilter will wish they had known years ago. She showed how technology has made it possible to make perfect corners EVERY time you make a quilt square.

I couldn't believe what an easy technique this was and kept wondering why I hadn't thought of it first! Evelyn also showed a way to marbelize fabric using (drum roll please) shaving cream. I know it may sound strange, but it was so much fun to watch and the end results were absolutely beautiful. You'll want to try it. Evelyn is having some very serious health issues, so I ask for your prayers for her and her family. She's really become a dear friend through the years.



And, my last guest that day was author, **Ruthie Dearing** who's book is titled "*On Being Memorable. Nine Keys for Exceptional Change.*" We talked about various topics, such as: how to make changes in our lives, how to identify our own image, using our potential to create a positive self-image, to use power effectively, to build good character, and to be civic-minded. We also discussed having a positive mental attitude and why this is so important, along with the concept of visualization. I think we all need to be reminded about being positive



instead of negative, and this was a nice “wake up” call for me and maybe it’ll be helpful to you as well.

Ruthie lives in Albuquerque, NM and I met her when she spoke at a convention I was attending.



October 21st was absolutely a great taping day. My first guest was book author and former drug-design chemist with a major pharmaceutical company by the name of **Shane Ellison**. His book is titled “*Over the Counter Natural Cures*” and I read it about 2 months ago when I knew I was going to be interviewing Shane. I even ordered several of the supplements he suggested for various ailments. Whether you believe in supplements or prefer prescription medications, this is a most interesting book. Lots of “food for thought.” Each of the ten chapters deals with a different illness or condition, but we only covered three during this taping (although I hope he’ll come back again so we can discuss other chapters and supplements). We talked about natural blood pressure control and the effects of taking Hawthorn, combined with magnesium supplementation. We also discussed diabetes. Our final segment dealt with nutritional chemotherapy. He talked about the use of turmeric and curcumin as the first line of defense when dealing with a cancer diagnosis.

My second guest was a professional crafter who was here to tape about a year ago. **Jann Johnson** taped FIVE segments with me, and since I love doing crafts, I thoroughly enjoyed



working with her again. We covered some quick & easy crafts showing a wool felt pillow, cookie cutter beeswax candles and silk screening. Other segments dealt with holiday crafts, special occasion crafts and using Tulip liquid dye for a variety of fabric dyeing projects. (Notice the cute luminaria bags for Halloween in the picture.) Such an easy and fun craft for kids or grown-ups to do. Plus, you can get a headstart for the upcoming holidays. Wish I could air the segments immediately, but....

And the final guest I had the pleasure of taping with in October was **Marty Van Ness**, and she represents Butterball LLC. Basically, we talked turkey! She did one segment on ways to enjoy turkey throughout the year, another one on “go-to” recipes for family celebrations, and a third one on information for new cooks -- or Turkey 101! I was interested to learn that they have 55 ladies who work on the Butterball turkey talk line during the holiday months -- and they are trained in lots of different areas in order to answer consumer questions. Traveling with Marty was Bridget O’Malley of Edelman Public Relations out of Chicago.



And, just so you’ll know who I’m talking about when I refer to the “crew” who helps with *Creative Living* tapings each week, I thought I’d share a picture with you. Great bunch of students who work hard and for some strange reason, seem to enjoy the food shows more than any others! ha We couldn’t do without them.



(l-r) Kivi, Rachel, Tyler, Ben, Brian, Ethan, Dominick, Ian and Henry in the front.

DOWN MEMORY LANE...

The file I pulled out for this month's newsletter was from November 1985, and my guest was **Barbara Gonsor**. Barbara was/is Manager of Public Relations for Pepperidge Farm, which is headquartered in Norwalk, CT. In reading the promotional materials that were sent ahead of the taping, Barbara said: "Reading the national ladies and food magazines, you get the feeling that puff pastry is a product whose time has come." Barbara actually showed some of its uses, from the simplest to the most exquisite. She commented that it was easy to work with, very versatile and could be used to make a whole assortment of interesting entrees as well as great desserts. Have you tried working with puff pastry?



Another segment she did was called the All-American sandwich. She mentioned that "We have breakfast sandwiches, snack sandwiches, lunch sandwiches, dinner sandwiches, diet and health sandwiches, "grazers" sandwiches, and picnic sandwiches." I remember thinking at the time that I didn't know there were this many different sandwich categories - did you?

So, how about some recipes.

HOLIDAY NUT STICKS

- 1 pkg. (17 1/4 oz.) Pepperidge Farm Puff Pastry Sheets
- 1 egg white
- 1 cup confectioners' sugar
- 2 cups coarsely chopped walnuts

Thaw pastry sheets 20 minutes. In a small bowl, mix egg white and sugar until smooth and creamy. Unfold pastry sheets; spread each evenly with about 3 tablespoons sugar mixture. Sprinkle with nuts. Cut each sheet lengthwise into 3 rectangles (10x3" each.) Cut each rectangle crosswise into strips measuring 1x3". Put strips on ungreased baking sheets and bake in a preheated 375 degree oven

for 12 to 15 minutes or until puffed and golden brown. Cool on wire racks. Makes about 60 sticks.

Chocolate Sticks: Substitute 2 squares (2 ounces) semi-sweet chocolate, finely grated, and 2/3 cups chopped candied fruits for the walnuts in the Nut Sticks Recipe.

Since it's now been 35 years since Barbara taped these segments, and since we are still using Puff Pastry in our cooking, I would have to say that Barbara was absolutely right about it being a product whose time has come -- and stayed!

You might enjoy making these Nut Sticks for the upcoming Holiday season for something quick and easy to make.

Sheryl

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.

Terese Cato

tersecato@cox.net
www.tersecato.com

Ruthie Dearing

ruthiedearing@yahoo.com

Shane Ellison

liveyoungnow@gmail.com
www.thepeopleschemist.com

Jann Johnson

jann@jannjohnson.com

Evelyn Terhune

elangston@ritternet.com
www.ozcrafts.com

Marty Van Ness

bridget.omalley@edelman.com
www.butterball.com