

# Creative Living with Sheryl Borden

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**H**appy Holidays! Gosh, it's hard to believe it's time to drag all those boxes of Christmas decorations downstairs. Then, there's the tree to decorate, gifts to make or buy and lots of food to cook. Aren't we lucky?

The elections are now history, my husband's birthday has come and gone, and we are looking forward to a wonderful Thanksgiving -- and I hope each of you are as well. December is always busy for everyone, but I have four extra "events" that occur during the month. All three of my children have December birthdays, and when they were all at home, we had lots of birthday cake the first ten days of the month. I was always so glad their birthdays were not closer to Christmas. Our anniversary is also in December, and this year we will celebrate our 45th anniversary. (I was only 10 when I married! ha) Lots of things to be thankful for, and I know your list is long too!

My taping schedule in November included **Becky Meverden, Bruce Johnson, Pat Baird, Robert del Grande, Karla Stockli, Margaret Miller, Maria Nerius** and **Connie Moyers**.

**Becky Meverden** was in Portales on November 4th, and I had so much fun meeting and working her. Since I love all kinds of crafts, I enjoyed learning how to work with Polymer clay since I have several unopened packages at home. Becky showed how to make several different refrigerator magnets using clay, and we referenced her book titled "*Beginner's Guide to Creating with Clay*." Then she taped two segments on making knotted jewelry featuring

two techniques from Korea. Becky and her husband spent two years in Korea, and she took beginning, intermediate and advanced classes in the art of Maedeup. Her book is titled *Elegant Knotted Jewelry. Techniques*



*and Projects Using Maedeup*. I even

learned to pronounce a few words in Korean! Becky is known as the Constant Crafter, and she took advantage of her time in Korea to perfect this ancient knot tying technique. When she was leaving, she surprised me by giving me a beautiful necklace featuring Hapjong Maedeup -- and I am wearing it today as I work on this newsletter. I look forward to having Becky on the show again -- she is so very talented.

On November 11th, we had a marathon of taping! Fortunately I had great guests so we ended up with 10 segments in about 5 hours. My good friend, **Bruce Johnson** who has been on the show many times, was here and taped 4 segments that were very interesting. One segment had to do with the do's and don'ts



for buying and finishing unfinished furniture. He demonstrated the techniques on a beautiful two-color coffee table. Ever think about remodeling your garage and turning it into living space? Bruce showed us how to finish the walls, add wainscoting and crown molding, and the results were spectacular. The third segment featured three distinctive looks for an unfinished wooden stool. One was a traditional style with warm wood tones; another one featured bright contemporary colors for a child's room; and the last one was a sleek combination of colors to achieve a modern look perfect for a contemporary setting. Bruce's fourth segment had to do with reclaiming old doors to create a new look. He showed how to turn an old door into a beautiful headboard, but also suggested using the door for either a coffee table or for a room divider.





After Bruce finished taping, I taped one segment with another dear friend, **Pat Baird**. Bruce and Pat were talking about who had been coming to Portales the longest to be on “Creative Living.” I don’t know

the answer, but they are both such great guests I hope they’ll both come back often. As a registered dietitian, Pat always has the latest and most up-to-date information relating to food. The segment she taped was on Anti-angiogenesis, which is a new preventative approach that has to do with starving or destroying cancer cells to prevent growth. It is the same science that led to the development of a class of drugs currently used to treat cancer. According to Pat, “Researchers now recommend that changing the way you eat -- and your internal environment - cancer cells are deprived of the chance to grow and multiply.” This segment was really interesting and will appeal to everyone, I think.

My next two guests represented the California Fig industry, and this was their first trip to Portales, but I don’t think it will be their last -- at least I hope not. **Karli Stockli** is the Chief Executive Officer for the CA. Fig Advisory Board, and she’s from Fresno, CA. Karla talked about the historic significance of the fig, shared some facts about the growing of figs in California, and demonstrated a great fig bar recipe for us. Speaking of figs, did you know that figs made their first commercial

product appearance with the 1892 introduction of Fig Newtons cookies? Karla taped a second segment that dealt with the nutrition of figs and ounce for



ounce, figs provide quite a nutritional punch. They are an excellent source of dietary fiber, are fat, sodium and cholesterol-free, and rich in antioxidants. For this segment, she showed turkey sliders with pepper fig salsa on the side - delicious. Then, Karli teamed up with chef, **Robert del Grande** from Houston, TX and talked about different California fig varieties and how to pair them with

various cheeses and other foods. I especially enjoyed this segment because I got to do the tasting. Then Robert taped two more segments, one featuring the savory side of figs, and another one about the sweet side of figs. He talked about how he experiments with various recipes at his restaurant, Bar Annie’s in Houston and comes up with some great treats to share with his customers. I learned a lot about figs by the end of the day, and can say that each variety and each recipe I tried was delicious. Can’t wait for each of you to see these guests.

November 18 brought three more guests to Portales to tape segments for “Creative Living.” **Margaret Miller** is a quilter and author, and she taped a segment on Angleplay: Piecing Long Triangles Made Easy, another one on “Easy Pieces” in which only two shapes were involved: triangles and wedge shapes, and the third segment was titled: What ELSE Can I Do With My Patchwork Blocks? Well, the answer is “lots of things,” and Margaret showed us some of these as well as displayed lots of beautiful quilts, table runners and wall hangings. Makes me want to take up quilting!



The next guest was **Maria Nerius**, and she was a guest in 2006 but this was her first time in the new studios. She and husband, Ken are so much fun to work with -- it’s almost not work! However, Maria really did work hard -- she taped SIX different craft-related segments. She talked about how yarns have become popular in the crafting industry by showing how to make flowers, socks, pompoms, jewelry and much more. In fact, we did 3 different segments featuring some of the new yarns on the market. The fourth segment had to do with what’s new in paper crafting and cardmaking, which I absolutely loved seeing. Then, we talked about cupcakes -- but from a craft standpoint -- not eating. This is the new rage in crafting, and I couldn’t believe how many different cupcake-related items Maria had to show us. Can’t wait to try some of them. Then, finally, we did a segment on Mixed Media Art Meets Craft, and Maria focused on the tools and supplies needed and showed how to create a



balanced collage. Have you heard of ATC's -- it stands for Artist Trading Cards, and these are actually traded just like baseball cards, and Maria had lots of examples for us, as well as ways to store your cache!



And, then we wrapped up the day with my longtime and dear friend, **Connie Moyers**. It was Connie's birthday, but she brought us lots of gifts -- food gifts, that

is. Connie always has great recipes and suggestions for ways to present these gifts. I know you'll enjoy her ideas.

So, with Thanksgiving this Thursday, we only have one more taping session this semester, and it will be on December 2nd with **Teresa Wagner** who represents DairyMax.

Connie prepared several delicious recipes when she was here, but I decided to share my two favorites. I hope you like them, too.

### BROWNIE TRIFLE

- 1 pkg. (19 1/2 oz.) fudge brownie mix
- 1/4 cup coffee liqueur (optional)
- 2 pkg. (3.9 oz. ea.) chocolate fudge instant pudding, prepared according to package instructions
- 1 container (12 oz.) frozen whipped topping, thawed
- 8 (1.4 oz. ea.) chocolate-covered toffee candy bars, coarsely crushed
- Ground nutmeg



Prepare brownie mix according to package directions in a 13x9x2-inch pan. Prick top of warm brownies at 1-inch intervals with a wooden pick; brush with coffee liqueur, if desired. Cool and crumble. Prepare pudding mix according to package directions, omitting chilling. Layer half of the crumbled brownies in a 3-quart trifle bowl or any clear dish, top with half of the pudding, half of the crushed candy bars and half of the whipped topping. Repeat with remaining brownies, pudding and topping. Cover and chill 8 hours or overnight. Garnish

with nutmeg and remaining crushed candy bars. This can also be prepared and served in stemmed glasses for individual servings.

**NOTE:** For Connie's annual holiday program when she had to prepare LOTS of food for tasting, she used a very large clear punch bowl for the trifle, and it was beautiful.

### CRANBERRY SALSA

- 1 small navel orange, peeled and quartered
- 1 bag (12 oz.) fresh or frozen cranberries
- 1 cup sugar
- 2 jalapeno peppers, halved lengthwise & seeded
- 1/8 tsp. salt

Process all ingredients in a food processor until coarsely chopped, stopping once to scrape down sides. Pulse 2 or 3 times until mixture is finely chopped. Transfer mixture to a bowl; cover and chill at least 1 hour.

**NOTE:** As I mentioned, this recipe is a favorite of mine, and I think it's because of the "surprise" taste that the jalapeno peppers add to the salsa.

I hope each of you has a very Happy Thanksgiving. Let us keep those serving in the armed forces in our thoughts and prayers as we all say a special prayer for peace. I'm very thankful for each of you, and I hope you have a wonderful and safe holiday.

*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.

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