

Creative Living with Sheryl Borden

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Issue #20

May 2011



I hope everyone had a very blessed Easter. Now school is almost out and summer is rapidly approaching. Our University semester ends May 13th so it gets rather lonely around the campus until summer session starts. My tapings ended on April 28th, and I won't start again until September. It's time to really concentrate on making our 2011 Online Auction a success. Our station has had drastic budget cuts this year, and the auction is our biggest fundraiser so we hope to net around \$65,000 which goes towards our programming budget. Remember, if you have anything you are willing to donate for us to sell, please let me know. Our auction web address is: <http://auction.kenw.org>.

Carol Fenster, author and nutritionist was my guest on April 7th, and once again she talked about the importance of the diet especially for those who are gluten intolerant. She taped one segment on vegetables in the gluten-free diet, another one on getting more fiber in the diet with whole grains, and the last segment was on beans in the gluten-free diet. Later in this newsletter, I'm going to share her recipe for making Chocolate Cupcakes - and it uses black beans! You may be surprised how delicious they are - and no one will ever know about the beans! ha



After Carol finished taping -- and we nibbled on all the treats she prepared -- we started taping with **Michele Muska** who is with Simplicity Creative Group. Michele showed us how to make an attractive picture frame using peel and stick products. But, the really interesting part was seeing a



new machine from Simplicity called the Deluxe Rotary Cutter & Embossing machine. The machine cuts not only paper, but fabric, vinyl -- even metal

sheets. The second segment segment was on making new covers for lampshades, and again Michele used the easy peel and stick products. All of the Conso blanks (for the lampshades) and Simplicity trims are available at their website.

Traveling with Michele was **Drew Emborsky**, who is known as The Crochet Dude. This was Drew's first time to be on Creative Living, but I hope it won't be the last. He was a delightful guest -- and could he crochet! Drew showed how to make a beginner skill level crocheted curly scarf, an intermediate skill level crocheted baby blanket, and his third segment was my favorite - crocheting with fabric. He used the Simplicity rotary cutter (mentioned above), to cut the long strips of fabric for making the crocheted bowl. Even if you've never crocheted before, you might like to look for the crocheted kits that Drew has designed -- everything needed for each project is included.



On April 14th, I had two guests from the Home Baking Association in Manhattan, KS, **Sharon Davis** and **Charlene Patton**. Several years ago, Sharon was here, but this was the first time she had seen the new Broadcast Center! She taped a segment called "It's Never Too Young to Start Baking," and had some delightful recipes that would provide the inspiration for kids to learn to bake. Another segment was on designer baking for people and pets, which dealt with making old-fashioned oatmeal



cookies and gourmet pet treats from the cookbook *Baking with Friends*. The third segment was titled “Breads Shaped by Grandma,” and these recipes were from the same cookbook.

Charlene is the Executive Director of the Home Baking Assn., and it was a pleasure to meet and work with her for the first time. She demonstrated an old-fashioned apple cake dessert (also in the *Baking with Friends* cookbook) in a segment she called Tradition-Rich Family Baking. She talked about selecting apples, told how many different varieties of apple there are, and shared ways to create family baking opportunities. Her second segment was on country desserts -- and we all enjoyed the delicious fruit cobbler she made. She suggested we incorporate multiple fresh fruits into our cobbler.



My third guest on the 14th was a mixed media artist and designer for the Craft & Hobby Industry, **Theresa Cifali**, and her company is called The Altered Canvas.

Since I love doing crafts,

I really enjoyed meeting and working with Theresa. She taped four segments with me: Collaging with Beeswax, Very Vellum Techniques, Creating Your Own Background Paper, and Quotable Canvases. It's always so interesting to see all the new craft-related products that are on the market, and I can't wait to try some of Theresa's projects.

On April 21st, I started the morning by taping four segments with a very talented artist and designer for Expressions, Inc. by the name of **Dianna Effner**. Dianna designs molds for making beautiful porcelain dolls. If you go to her website, you'll fall in love with the facial expressions of her dolls. She showed how to pour the mold for the porcelain dolls, how to unmold them, told what they look like after the firing and polishing, and finally how to paint the facial features. She also showed some projects featuring Hearty Clay for those of us who want



faster projects (no firing required), and she had several dolls and ornaments to show. Another segment was on making transfer art tee-shirt for her dolls to wear -- or for big people, too! And, we ended the taping with her showing how to use 3-dimensional clay creations in scrapbooks -- which was something I had never thought of doing.

After Dianna's taping, we had a delightful time with **Megan Thome**, and she is the

media relations manager and spokesperson for EK Success Brands, which encompasses lots of wonderful craft products. Megan showed us how easy felting is, and then showed us some kits that have come out for making our own "chiffon chic" style of flower. She showed how to use these flowers as brooches, on headbands, for shoe clips and purses -- and other fashion accents. Since I love scrapbooking and cardmaking, I was very interested in the last two segments. One was on using edger punches, and the other one used photo realistic stamps. All I need is more time in my day to try all of these new items!



Last, but certainly not least, I had the pleasure of meeting and working with **Sara Robbins**, a registered dietitian and director of Dairy Confidence with DairyMax in Albuquerque, NM. Sara did one segment on lactose intolerance and explained exactly what lactose is, how to know if you have lactose intolerance, and shared ways for all of us to get the nutrients we need by incorporating dairy products. She also did a segment dealing with the new dietary guidelines that came out in 2010 and stressed the importance of more dairy foods in the diet. The big news was that for children ages 4-8, the recommendation was increased from 2 to 2.5 servings a day. And, finally she told about a new program that is an in-school nutrition and physical activity program launched by National Dairy Council and the National Football League in collaboration with the USDA called Fuel Up to Play 60. The program encourages youth to consume nutrient-rich foods (low-fat and fat-free dairy foods, fruits, vegetables and whole grains) and achieve at least 60



minutes of physical activity every day. You can sign up your child by going to: www.fueluptoplay60.com

My final taping was on April 28th, and my guest was **Connie Crawford**, President, CEO & Designer for Fashion Patterns by Coni, and she is from Hansville, WA. Connie did one segment on designing and fitting strapless gowns, another one on fitting and designing knits, a third one on fitting and designing princess seams, and a fourth segment on Sewing Techniques for Tailored and Hidden Plackets. Besides being a designer, Connie has authored several books on draping, sewing, designing, etc., and teaches around the country. She and her husband, Wayne, traveled here for the taping, and were on their way to Albuquerque, then Denver, and on to Kansas City - just to name a few upcoming destinations.



I've had a great group of students working on the Creative Living crew this semester, and several are graduating, and I wish them the best of luck in their future.

Chocolate Cupcakes

Reprinted with permission from *Pulses in the Gluten-Free Diet* by Shelley Case and Carol Fenster

(booklet available at <http://www.pulsecanada.com/pulses-and-the-gluten-free-diet>)

Desserts such as these cupcakes can use black bean puree to boost the fiber and nutrient content. The puree blends in so perfectly that nobody knows it's there.

Makes 6 cupcakes or an 8-inch cake

- 1 cup Brown Rice Flour Blend (see below)
- 3/4 cup granulated sugar
- 1/3 cup unsweetened natural cocoa powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon xanthan gum
- 1/4 teaspoon table salt
- 1/2 cup hot (120 degrees) water
- 1/2 cup Black Bean Puree, at room temperature (see below)
- 1 large egg, at room temperature
- 1/4 cup canola oil
- 1 1/2 teaspoons cider vinegar
- 1 1/2 teaspoons vanilla extract
- Powdered sugar for dusting

Place a rack in the middle of the oven. Preheat the oven to 350° F. Generously grease a 6-cup nonstick (gray, not black) muffin pan or line with paper liners. In a medium mixing bowl, whisk together the flour blend, sugar, cocoa, baking soda, xanthan gum, and salt. Add the black bean puree and egg and beat with an electric mixer on low speed until blended. Add the hot water, oil, vinegar, and vanilla and beat until thoroughly blended. Divide the batter evenly in the pans. Bake 20 to 25 minutes or until a toothpick inserted into the center of a cupcake comes out clean. Cool the cupcakes in the pans 10 minutes on a wire rack. Remove cakes from pans and cool completely on the wire rack. Dust the tops with powdered sugar and serve.

Black Bean Puree: Rinse and drain a 15-ounce can of black beans (also called turtle beans). Place in food processor, add 1/4 cup hot water, and puree until the mixture is very smooth, about 5 minutes. Scrape down sides of bowl as needed. Refrigerate or freeze unused bean puree.

Brown Rice Flour Blend: 1 1/2 cups brown rice flour, 1 1/2 cups potato starch, and 1 cup tapioca flour (also called tapioca starch). Blend thoroughly. Store, tightly closed, in dark, dry place.

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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