

Creative Living with Sheryl Borden

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We FINALLY started taping segments for this semester. As some of you may know, we are located on the campus of Eastern New Mexico University in Portales, New Mexico, and our "crew" is made up of University students majoring in Radio and Television Production. So, we schedule tapings around semesters so that we have a crew on hand. Anyway, my very first taping this semester was with a good friend of mine, who lives here in Portales.

Curt Jaynes is the owner of GardenSource Nursery and Landscaping, and he is a delightful guest and is always so enthusiastic about what he has to share. We did one segment on the new organic fertilizers and products that are so popular, and a second segment on "putting your lawn or garden to bed" for the winter.



I mention these tapings because none of these segments, nor any of the ones taped between now and January 2010, will air until possibly March 2010 through September 2010. Did you know that we work that far in advance of each new series of shows? Most people don't.

Another guest I worked with was **Sara Mower** and she's the Product Specialist with Roylco, Inc. in Anderson, S.C. This was the first time Sara had been on "Creative Living," and I thoroughly enjoyed meeting and working with her. She has such a fun job! If you like crafts, you'll really enjoy these segments (when they air!). One segment was on how to make a variety of fun and easy to do projects using a colorful line of richly printed design papers. Remember when you were a child and how much fun it was to use a penny or a leaf and place it under a piece of paper and use broken crayons to make the surface

appear? I hope some of you remember doing this! Sara showed us a line of rubbing plates to create extraordinary results with many mediums -- including school glue colored with food cake coloring. You can create wall art, posters, wrapping paper and much more.

Another segment Sara did was on using simply elaborate stencils -- and these even had carved edges to create borders and frames. And, finally, she showed how to use a special fabric-like paper with great texture and "paint" made with water and food cake coloring to create some spectacular patterns and effects. All of these are such simple projects, but ones that are fun and easy to do, and result in very creative projects.

Another good friend who has been on the show before, **Vivian Lavinskas**, was back, and it was the first time she had seen our new studios.

She was awestruck! Vivian is the Manager of Consumer Affairs with Singer Sewing Co. in Laverne, TN., and she taped four segments. One featured snail and box-pleat ruching, making a bread box basket, pocket placemats, and sewing on card stock to make designer stationary. It's always fun for me to have former guests back on the show -- it's like getting to see "old" friends again.

The other guest I taped with has been a friend for over 20 years, and after she and her husband divorced, she remarried and now lives in Memphis, TN. Her children and my children went to public school together, and her former father-in-law was my boss



when I was in college many years ago. **Jane Thompson Hasenmueller** has written a wonderful book titled "Choosing Happiness After Divorce," and I got to tape four different segments with Jane. This book is a "great read" for anyone -- whether you have gone through a divorce, going through grief over the death of someone close to you or just to remind all of us about how grateful and blessed we are. If you're interested, it's available at www.amazon.com. At the end of each of the 52 chapters, Jane shares one of her favorite recipes that is appropriately named to coincide with the text. One of the chapters deals with eliminating hate from our lives, and the corresponding recipe is Don't Hate Me Because I'm Spinach -- and I've printed it below.

Well, I'll close by sharing some photos with you and telling you that I'm very grateful that you watch (and hopefully enjoy) "Creative Living." **Sheryl**

Here's a great website you might like to visit -- especially if you have children or grandchildren who like to do arts and crafts -- and it's www.roylco.com.

Dinosaur Rubbing Plates

Rubbing plates are versatile and fun for art, design, science, geography and much more! This hands-on, easy product is sure to enhance learning concepts. Add texture to artwork by placing paper over a plate and rubbing with a crayon, marker or pencil to make the design emerge. Layer designs for more effects. Fill with or press into modeling clay. Great with paper mâché. Make sun catchers using white glue and food color. Simply fill tray and let dry. Peel the resulting mold off and you're done. Each set includes a guide. 6/pkg. 7 x 7" (18 x 18 cm). R5823 Dinosaur Rubbing Plates .



Jane Thompson talks about choosing happiness after divorce, and one of the chapters is titled "Let There Be No Room for Hate." Jane says "I hated spinach as a child but as an adult found out what spinach can taste like when it is not overcooked." Try this simple dish and discover for yourself how great spinach can be.

- One small bag of spinach
- 2 cloves garlic, finely minced
- 1/4 cup pine nuts
- 1 tsp. olive oil

Heat a 10-inch skillet, adding the olive oil once the skillet is hot. Stir in the garlic and pine nuts, sauteing for about one minute. Add the spinach. Stir until the spinach begins to wilt, one to two minutes. Remove spinach from the pan. Serve as a side for any meal, though this is exceptionally good with salmon.



Sara shows some of the rubbing plates available from Roylco, Inc. and some samples of ways to use them.

I invite you to share tips, techniques, ideas and recipes with me to include in future newsletters. Also, if you have ideas for guests for "Creative Living," I'd love to hear about them, too. You can e-mail me at: sheryl.borden@enmu.edu