

Individual Program Descriptions

Creative Living - #6600 Series

6601

9-10-13

- **Laura Dellutri** is a lifestyle expert with *Healthy Housekeeper, Inc.*, and she's going to show some new products on the market that just might make your life more stress free. These include a Shiatsu pillow, a foot bath, a sound spa, and a single-serving coffeemaker – just to name a few.
- **Casey Schwartz** is a floral designer and co-owner of *Flower Duet*, and she's going to show how to make a tussie-mussie or what is sometimes referred to as Victorian posies. Victorians believed flowers had special meanings, so the idea is to select flowers to convey your special message to someone.
- Power Up! What makes breakfast the best meal of the day? Registered dietitian and author, **Pat Baird** is going to answer this question, and discuss the use of MyPlate in determining what to eat at every meal. She represents *National Got Milk Campaign*.

6602

9-17-13

- **Nancy Siler** represents *Wilton Brands*, and she's going to show how to use easy-to-do icing dots, zigzags and lines to turn a simple chocolate cake into an extraordinary treat. Add some gold-dusted chocolate curls and this dessert is just over the top!
- **Connie Moyers** is going to talk about wild-caught California King salmon which is tasty and contains Omega-3 fatty acids and is easy to prepare. She's going to pair this with watermelon, which is delicious, also easy to prepare and extremely healthy.
- **Kathryn Porter** is a book author and has coined a phrase she calls Clutternomics -- or making the economy of clutter work for you. She'll explain how to de-clutter our homes and lives so we can have more room and more time for the things that are truly important to us.

6603

9-24-13

- **Vincene Parrinello** is the founder of *Wai Hope Organic Skincare*, and she's going to talk about why more women and men are turning to organic skin care products which may be a safer route in caring for the skin.
- **Curt Jaynes** owns and operates *GardenSource Nursery & Landscaping*, and he's going to talk about how to grow pumpkins and gourds and share some usage tips as well as tell how to identify the various products.
- **Rebecca Peck** represents *The Upholstery Studio*, and she's going to demonstrate making easy ottomans and tuffets. Or, if you don't want to make it yourself, she'll share some tips on where to go and how to choose ready-made ones.

6604

10-1-13

- **Evelyn Terhune** is the owner of *Ozark Crafts* and according to her, "It seems anything 'retro' is popular once again." Terhune will demonstrate fabric tinting with crayons, which is a great technique that even younger children will enjoy as much as the older ones will.
- Cookbook author and dietitian, **Carol Fenster** will show several ways to preserve tomatoes to prolong their taste and good nutrition. Tomatoes are an important part of a healthy diet, whether it's a Paleo diet, Mediterranean diet or many other diets. Her company is *Savory Palate, Inc.*
- Extension Home Economist, **Shannon Wooton** will demonstrate making some Vintage paper crafts, including paper wheels, pom pom wreaths, subway art and more. She's with the *NM Cooperative Extension Service*.

6605

10-8-13

- **Debra Quartermain** is a designer and crafter, and she going to demonstrate making fun flowers using a combination of fabrics, wool felt and a special brand of scissors to do all the fine cutting. Debra's business is *Debra Quartermain Design*.
- **Louix Dor Dempriey** is a spiritual master, and he's going to talk about meditation – what it is, the benefits, the best time to practice it and how long we should meditate. He is the President/CEO of *Louix Dor Dempriey Foundation*.
- **Janet Stahl** is with *Butterball*, and she's going to talk about new turkey breakfast options, quick and easy morning recipes and demonstrate how to make breakfast fun with and for the kids.

6606

10-15-13

- **Julia Usher** is a pastry chef, author & food stylist, and she's going to demonstrate how to stencil on cookies, which is not a difficult technique. She says "If you can stencil paint on a wall, then you can stencil icing on a cookie." Her most recent book is *Julia Usher's Ultimate Cookies*.
- Interior designer, **Kimball Starr** is going to explain how to inspire your home with pattern, color and texture. She suggests that each room should have an underlying theme or concept that ties the room together, and she'll show examples of how to do this. Her business is *Kimball Starr Interior Design*.

6607

10-22-13

- **Cindy Falk** is with the *Kansas Wheat Commission*, and she's going to show how simple it is to sneak whole grains into your favorite recipes. She recommends that we make at least half of our grains "whole" grains.
- **Bruce Johnson** is the spokesperson for *Minwax*, and he's going to show how to give picture frames "new life" by converting them into storage cases for jewelry.
- Interior designer, **Beth Secosky** is going to show how to update window treatments using a current trend – color blocking. She'll talk about fabric selection, hanging panels and costs involved. Her business is *EASYdesigns, LLC*.

6608

10-29-13

- **Bonnie Matthews** is the co-founder of *Freekeh Foods*, and she says that all-natural Freekeh is a great way for busy Americans to eat a nutritious meal without spending too much time cooking or washing dishes. She's going to demonstrate some one-pot meals on a budget.
- Designer and crafter, **Ann Butler** will show how to use a no-bake polymer clay in assorted colors to create variegated clay sheets. From the sheets, you can then create postcards, bracelets, frames and much more. Ann's company is *Ann Butler Designs*.
- **Eleisha Ensign** is the Executive Director for *TexaSweet Citrus Marketing*, and she's going to go over all the different ways you can use a grapefruit section. She'll also show how to section a grapefruit quickly.

6609

11-5-13

- **Lisa Rojas** is a mixed media artist and designer, and she's going to show how to decorate a wooden frame with rubber stamped images and chalk pencils to add color. Her company is *Stampin' Queen Creations*.
- **Nancy Siler** represents *Wilton Brands*, and she's going to show how to make snack cakes, which can be decorated for any occasion and are good for kids' or adult parties. Just use your imagination.
- If you already do a lot of card making and scrapbooking, you know how many stamps are available. **Megan Thome**, formerly with *EK Success Brands*, will show a new image style of stamp in a range of botanical designs, and she'll demonstrate different ways to use them.

6610

11-12-13

- Cookbook author and chef, **John Vollertsen** (more commonly known as Chef Johnny Vee) will demonstrate how to make a simple beer batter and then coat the artichoke hearts to serve with a dipping sauce. He'll also talk about frying tips. He owns and operates *Las Cosas Cooking School*.
- Stencils are a classic art form. **Sara Mower** will show how to easily create beautiful art work by simply tracing. You can even use the edges to create coordinating frames and borders. She represents *Roylco, Inc.*
- **Matthew Festa** is with *Guardians of Rescue*, and he's going to explain how to adopt a pet. He strongly suggests going through a shelter to reduce the 6-8 million companion animals that are killed each year.

6611

11-19-13

- Designer, **Laura Bray** is going to show how to make no-sew boutique tea towels using an adhesive for the appliqué technique. These can be made at a fraction of the cost of those you'll find in boutique stores. She represents *iLoveToCreate.com*.
- Designer and crafter, **Shannon Bielke** will show how to make fabulous frames using scrapbooking paper and embellishments. Bielke's company is *Sha & Co.*
- **Jeane Wharton** is with the *U S Dry Bean Council*, and she's going to talk about how nutritious and delicious beans are. They are not only versatile but a good protein substitute in certain diets.

6612

11-26-13

- **Connie Moyers** will demonstrate some recipes for festive family gatherings, including family affairs and holidays. Her emphasis will be on chicken recipes, but she'll also prepare side dishes, hot rolls and even dessert.
- **Rae Cumbie** is a custom dressmaker, artist and designer, and she will talk about the benefits of unlined jackets and will show some beautiful finishes for these jackets. These include a French seam, a rolled edge seam and bias binding using a Hong Kong finish. She is President of the *Association of Sewing and Design Professionals*.

6613

12-3-13

- **Casey Schwartz** is a floral designer and co-owner of *Flower Duet*, and she's going to show how to use all white flowers to create a clean monochromatic low centerpiece. This centerpiece is good anytime of the year or as a winter white arrangement.
- Crafter and designer, **Marisa Pawelko** will show how to make duck tape rosettes using non stick cutting tools and rolls and sheets of duck tape. Then, she'll show some uses for these rosettes, including jewelry, pouches, corsages and more. Her company is *Modern Surrealist*.

6614

12-10-13

- **Nancy Siler** represents *Wilton Brands*, and she's going to show how to do a variety of techniques that make decorating cupcakes, cookies and other delicacies even easier. This includes filling a cupcake, how to spatula ice a cupcake and make various swirl designs.
- **Lacy Jones** is the Visual Coordinator for *Havertys Furniture Co.*, and she's going to show how to arrange any room in the house in just 5 easy steps with an easy-to-use online room planner.
- Did you know that a house will sell 80% faster if it has been staged? Designer, **Diane Romick** will share lots of ideas for expanded staging and share her 7-step approach to helping home owners sell their home quicker and for more money. Her business is *Castle Design Studio, LLC*.

6615

12-17-13

- Motivational speaker, **Sue Hansen** will talk about "the need to lead" and explain exactly what leadership entails. Her business is *Sue Hansen Speaks*.
- *PartyLite* consultant, **Christine Alt** will show how to bring indoor décor outside and explain how using candles can help create a feng shui atmosphere.
- **Kristine Widtfeldt** is Vice President of *Close To My Heart*, and she's going to show how to unleash the party planner in you – and make it easy and fun at the same time. She'll show how to make invitations, envelopes, cupcake liners, favor tubes and much more.

6616

12-24-13

- Cookbook author and dietitian, **Carol Fenster** will talk about the Paleo diet and what it consists of, as well as the pros and cons. Then she'll demonstrate using Chia seeds, which are high in Omega 3 and have a long shelf life, in recipes. Her company is *Savory Palate, Inc.*
- **Rebecca Peck** represents *The Upholstery Studio*, and they make kits for headboards, tuffets, cornices and other DIY projects. She is going to show how to make a beautiful custom upholstered headboard which will make your bedroom a haven of comfort.
- **Laura Haselden** is a self-taught cake decorating wonder! She's going to demonstrate using fondant to make beautiful ruffles and bows for cakes or cupcakes. Her business is called *Simply Sweet - Cakes by Laura*.

6617

12-31-13

- Extension Home Economist, **Shannon Wooton** will discuss the CDC-led National Diabetes Prevention Program which is designed to bring to communities evidence based lifestyle change programs for preventing type 2 diabetes. She's with the *NM Cooperative Extension Service*.
- **Janice Stahl** is a turkey talk-line expert with *Butterball*, and she's going to demonstrate recipe ideas for each season of the year, and talk about ways to save money by going to their website for click and clip coupons for promotions and cost-savings.
- Clear polymer stamps are fun to use, easy to clean and oh-so-versatile once you know a few basic techniques. **Carlie Robertson** is with *Close To My Heart*, and she will share some great stamping tips, including borders, texture stamping and more.

6618

1-7-14

- Cookbook author and chef, **John Vollertsen** (more commonly known as Chef Johnny Vee) will demonstrate how a Fajita menu makes for a great party theme because most items can be prepared in advance. He also owns and operates *Las Cosas Cooking School*.
- Designer, **Shannon Bielke** will show how to use recycled products, lots of "bling", along with paints to create beautiful "green" jewelry. Her business is *Sha & Co.*

6619

1-14-14

- Author, **Peter Goodman** has written a children's book about bullying, and says that a large percentage of bullying takes place in and around the school building. He will explain why his curriculum is so effective in the school system. His business is DreamBIG.
- Cookbook authors, **Kimberly Reiner and Jenna Sanz-Agero** will show how to make a basic cookie dough recipe and create a Slice 'n Bake gift log with parchment paper and decorations and small baking related items. Their cookbook is titled "*Sugar Sugar*."
- **Cheryl Phillips** shows her version of quilt blocks for the popular Drunkard's Path pattern. Using triangles instead of squares, and twisting and turning and alternative fabric colors allows for many new designs. Her business is *Phillips Fiber Art*.

6620

1-21-14

- **Lisa Rojas** is a mixed media artist and designer, and she's going use a Big Shot cutting machine to make a birthday gift card holder and then decorate it with rubber stamps and stickers. Her company is *Stampin' Queen Creations*.
- Author and quilter, **Meryl Ann Butler** is going to demonstrate some clever time savers for quilting, and they are all based on her 90-minute quilt technique.
- Mini albums equal maximum fun. They also make a great gift or a unique keepsake of a specific event, trip or even a person. **Kristine Widtfeldt** will show how to create your own eclectic album using a variety of shapes and sizes of paper.

6621

1-28-14

- Cookbook author and chef, **John Vollertsen** (more commonly known as Chef Johnny Vee) will demonstrate how to clean an artichoke, steam it in a pressure cooker and then make ravioli using Won Ton wrappers. He also owns and operates *Las Cosas Cooking School*.
- **Megan Thome** is going to show a variety of felted projects, from a sweater to a pillow to seasonal décor, and she'll demystify the craft of felting, which is actually so easy! She is the former spokesperson for *EK Success Brands*.

6622

2-4-14

- **Dianna Effner** is a designer of doll molds, and she will show several dolls and other items made from Hearty Clay. She'll demonstrate how to mix colors and how to condition the clay for pressing. Her company is *Expressions, Inc.*
- Post traumatic stress disorder is a mental health condition that is a type of anxiety disorder. **Matthew Festa** is with *Guardians of Rescue* and he will tell about their animal therapy program that helps people with PTSD by pairing trained therapy dogs with those who need the therapy.
- What's hot in bathroom design? Kitchen and bath designer, **Jenny Rausch** will discuss budgets, statistics, gadgets and trends pertaining to new bathrooms – and wait til you see (and hear) the showerhead. Her company is *Karr Bick Kitchen & Bath*.

6623

2-11-14

- Designer and crafter, **Shannon Bielke** will show how to use regular dominoes and a few simple craft products and turn them into jewelry, books, ornaments and more. Bielke's company is *Sha & Co.*
- **Michele Muska** is with the *Simplicity Creative Group*, and she's going to demonstrate the new 12 needle deluxe electric felting machine as she quickly makes a felted fleece scarf.
- **Donna Salazar** is a professional crafter and designer, and she's going to show how to create a greeting card with a removable paper hair flower. Her business is *Donna Salazar Designs*.

6624

2-18-14

- **Jamie Alcorta**, owner of *Walls of Art*, will show how to paint columns or any accessory to coordinate using oil rubbed bronze cabinet hardware and plumbing fixtures which are shown in today's new home construction.
- Registered dietitian and author, **Pat Baird** is going to explain how to build a healthier heart and a healthier life. Her four-step plan is do-able for everyone.
- **Curt Jaynes** owns and operates *GardenSource Nursery & Landscaping*, and he's going to talk about edible plants, such as thyme, stevia, lavender as well as geraniums, pansies and other flowers.

6625

2-25-14

- **Nancy Nix-Rice** is a wardrobe consultant and author, and she's going to show how to wear a scarf in multiple ways. Scarves are such a great fashion accessory and very versatile – as you'll see. Her book is titled "*Looking Good*."
- **Bruce Johnson** is the spokesperson for *Minwax*, and he's going to show how to use dresser drawers to create an under-the-bed storage bin. This home storage solution is so easy and attainable for even first time DIY'ers.
- **Dr. Daniel Marez** is a doctor of Oriental medicine, and has written a book on relieving pain. He's going to share his journey from being a licensed optician to becoming a healer and acupuncturist.

6626

3-4-14

- **Casey Schwartz** is a floral designer and co-owner of *Flower Duet*, and she's going to show how to make a beautiful Spring sunflower centerpiece using spider mums, saffron, and of course, sunflowers.
- Quilter and designer, **Laura Murray** will demonstrate painting quilt blocks to create a one-of-a-kind design. She has lots of finished items including a wallhanging, framed picture and jean jacket, to illustrate this technique. Murray's business is *Laura Murray Designs*.