

Individual Program Descriptions

Creative Living - #6700 Series

6701

3-5-14

- **Diane Romick**, President and CEO of *Castle Design Studio*, will explain how optical illusions can change the perception of space when designing an interior. She'll show how different illusions apply to a room.
- **Casey Schwartz** is a floral designer and co-owner of *Flower Duet*, and she's going to show how to create an impressive bud vase with a spray of orchids and also a classic trio of roses with added greenery and filler.

6702

3-12-14

- **Nancy Siler** represents *Wilton Brands*, and she's going to show how to create a collection of delicious, colorful cupcakes – good for any occasion. She says to let your imagination inspire the finishing touches.
- **Will Post** says that most people don't give a lot of thought to the pet food they buy, often making purchases based on advertising or price. He is going to talk about 5 things we need to know before buying pet food. His company is *Hound & Gatos Pet Food Corp.*
- **Pat Baird**, *Country Crock*, will talk about healthy school lunches and snacks and look at some quick and easy ways to make nutritious lunches and snacks at home.

6703

3-19-14

- **Kristina Rachel** is a jewelry designer, and she's going to show how to take care of jewelry, whether it's sterling silver, gold, base metal or even leather and gemstones. Her company is *Rachel Claire Collection*.
- Cookbook author and chef, **John Vollertsen** (more commonly known as Chef Johnny Vee) will demonstrate how to make classic Caesar salad with toasted garlic croutons. He owns and operates *Las Cosas Cooking School*.
- **Sandy Grossman-Morris** is the owner and designer of *Sandy Grossman-Morris Design*, and she's going to show how to incorporate things from your local hardware store, such as washers and hex nut covers, into your needlework projects.

6704

3-26-14

- **Lisa Rojas** is going to demonstrate how to create a no-sew pillow with a faux quilting technique using a new line of rubber stamps and inkpads. Her company is *Stampin' Queen Creations*.
- **Jeane Wharton** is with the *U S Dry Bean Council*, and she's going to talk about why eating beans is good for your health, including lowering your risk for heart disease and certain types of cancer. Beans also help curb the appetite and help fight Type 2 diabetes.
- Whether you want to make a cornice to go over longer drapes, or just make one as a topper, **Rebecca Peck** will show how to build and finish a custom cornice – with sew and no-sew methods. She represents *The Upholstery Studio* which makes patterns for cornices, and other home décor projects.

6705

4-2-14

- Motivational speaker, **Sue Hansen** will discuss "spouse talk" and the importance of effective communication. She emphasizes great listening skills and a desire to change behaviors. Her business is *Sue Hansen Speaks*.
- Cookbook author and chef, **John Vollertsen** (more commonly known as Chef Johnny Vee) will demonstrate how to cook with inexpensive and versatile shrimp. He owns and operates *Las Cosas Cooking School*.

6706

4-9-14

- **Nancy Siler** represents *Wilton Brands*, and she's going to demonstrate how to make Treat Pops, which are sweet, individual servings of cake layered with icing or a favorite filling and topped with a festive accent suitable for any occasion.
- **Dr. Daniel Marez** is a doctor of Oriental medicine, and has written a book on relieving pain. He's going to explain what acupuncture can and cannot do. He'll also talk about how to choose an acupuncturist, the expense involved and about insurance coverage.
- **Melanie Thayn** is an independent consultant with *PartyLite*, and she's going to show how candles make all events, special occasions and gifts even more special. She says it's important to create a "Wow" factor at every event, and candles can help do this.

6707

4-16-14

- Designer and crafter, **Barbara Crawford** will demonstrate "Nuno" felting, which is a Japanese fiber art technique. She'll show how to create fabric from silk and wool roving by using soap, water, bubble wrap and some "muscle." Her company is *Crawford Designs and Sunset Galleries*.
- Author, **Peter Goodman** has written a children's book about bullying, and he will explain about how to change bystanders into upstanders in order to discourage bullying behavior. His business is *DreamBIG*.

6708

4-23-14

- **Connie Moyers** is going to talk about wild-caught California King salmon which is tasty and contains Omega-3 fatty acids. She's going to pair this with other ingredients to make a meal that is easy to prepare and extremely healthy.
- Quilter and designer, **Laura Murray** will demonstrate painting quilt blocks to create a one-of-a-kind design. She'll demonstrate using Paintstiks for stenciling, changing backgrounds, adding texture and more. Murray's business is *Laura Murray Designs*.
- Cookbook authors, **Kimberly Reiner and Jenna Sanz-Agero** will show how to prepare homemade marshmallows using an old family recipe, which is included in their cookbook, "*Sugar, Sugar.*" Each recipe in the book has a wonderful story that goes along with it.

6709

4-30-14

- Cookbook author and chef, **John Vollertsen** (more commonly known as Chef Johnny Vee) will demonstrate how to make a simple crepe batter using a blender. He'll prepare both a sweet and a savory filling for the crepes. He owns and operates *Las Cosas Cooking School*.
- Kitchen and bath designer, **Jenny Rausch** will discuss how kitchens have changed since 1920 when they were first designed for efficiency. Now we realize the need for beauty, too. Her company is *Karr Bick Kitchen & Bath*.

6710

5-7-14

- **Vinnie Parrinello**, President of *Wai Hope Organic Skincare*, knows firsthand how faith, hope and a positive attitude emerge from adversity. Through the story of how she started her skincare company TWICE, she explains how to become successful in business.
- **Bruce Johnson** is the spokesperson for *Minwax*, and he's going to show how to use an oversized wooden ruler to make a growth chart to mark the height milestones as a child grows. The best part is that this ruler can be moved from place to place or when a family relocates.
- For those of us who can't go anywhere without our computer gadgets, **Laura Bray**, crafter and designer, will show how to make a kindle cozy that protects against scratches and dents when traveling. She represents *Velcro USA, Inc.*

6711

5-14-14

- Usually women choose an item of jewelry just because it is pretty. Wardrobe consultant and author, **Nancy Nix-Rice** will explain the guidelines for choosing the right jewelry for each body style and different facial shapes. Her book is titled "*Looking Good.*"
- Recent studies show that cat obesity has risen over 90 percent since 2007, and people are beginning to look at their pet food as the source of health problems. **Will Post**, founder of *Hound & Gatos Pet Food Corp.*, will talk about five common cat health problems.

- **Sara Robbins** is the director of Dairy Confidence with *DairyMax*, and she says the unveiling of the new Dietary Guidelines for Americans brought positive news and a strong affirmation for dairy and the role it plays in our diet. She'll explain more about this.

6712

5-21-14

- **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 flower pin. She'll show how to layer lace, silks, velvets, rovings and yarns to create a one-of-a-kind design.
- **Gary Barnes** has successfully built 3 businesses from the ground up. He will share his success with others by telling 5 things they don't teach you in business school. His company is *Gary Barnes International*.
- **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.

6713

5-28-14

- **Bonnie Matthews** is the co-founder of *Freekeh Foods*, and she is going to demonstrate how Freekeh Paella is an excellent dish for any dinner party. It's also easy to start your day with warm breakfast Freekeh, and Matthews will demonstrate some breakfast recipes as well.
- **Marisa Pawelko** is a designer and events coordinator, and she represents *Westcott Brand Cutting Tools*, *Imagine Crafts* and *Tsukineko Inks*. She's going to demonstrate how to create an apron from a tee-shirt and then show how to embellish it with various products.

6714

6-4-14

- Whether you want to cover up a plain wall in your home or create a faux brick wall, **Barbara Wurden** knows exactly how to achieve a professional look. She will demonstrate creating faux red bricks as a wall covering. Her company is *Barbara Wurden Fine Art and Faux Fun*.
- **Karla Stockli** is the CEO for the *California Fig Advisory Board*, and she's going to talk about fresh and dried fig varieties and compare the flavor notes to popular wine varieties.
- Designer and crafter, **Shannon Bielke** will show how to take items around the house and incorporate them into new creations or what she calls "green décor." Bielke's company is *Sha & Co*.

6715

6-11-14

- **Matthew Festa** is with *Guardians of Rescue*, and he's going to explain how animals who have been trained through a program called Animals Helping People can help anyone with Post Traumatic Stress Disorder, especially military personnel.
- Cookbook author and dietitian, **Carol Fenster** will discuss how to grow and harvest your own herbs, how to store them and demonstrate some ways to preserve fresh herbs. Her company is *Savory Palate, Inc*.
- **Curt Jaynes** will show some new products on the market for water-retaining plants, including a polymer that's also good for gardens, lawns, trees and shrubs. His business is *GardenSource Nursery and Landscaping*.

6716

6-18-14

- **Kristine Widtfeldt** is Vice President of *Close To My Heart*, and she's going to show how to make sixteen cards in about an hour. These mini cards are perfect for adding to a gift or as a note for a friend and making them in advance will ensure you have your stash all ready to go.
- Designers, crafters and magazine editors, **Ann Butler and Lisa Rojas** have started the first completely free online magazine dealing with all areas of crafts and related projects. They will discuss how the magazine came to be, who contributes to it and how to use it. The magazine is *Bella Crafts Quarterly*.
- **Bruce Johnson** is the spokesperson for *Minwax*, and he's going to show how to make some quick and easy furniture "makeovers" for people who don't have a lot of time and who want to start and finish a project in one day.

6717

6-25-14

- Interior designer, **Kimball Starr** is going to explain the tools you can use to change how you perceive the shape of a room's interior as well as change lighting, pattern and color. Her business is *Kimball Starr Interior Design*.
- **Marisa Pawelko** is a designer and events coordinator, and she represents *Westcott Brand Cutting Tools, Imagine Crafts and Tsukineko Inks*. She's going to demonstrate how to create a quick and easy tee-shirt scarf using various cutting tools. The scarf can be embellished and customized in several ways.
- Designer and digitizer, **Laura Waterfield** is the owner of *Laura's Sewing Studio*, and she's going to demonstrate insertion lace machine embroidery which creates an heirloom design that can be done on most fabrics. The secret to this technique is to use a wing needle.

6718

7-2-14

- **Louix Dor Dempriey** is a spiritual master, and he's going to talk about optimizing nutrition. He stresses that moderation and temperance are much more successful than obsessive, compulsive diets. He is the President/CEO of *Louix Dor Dempriey Foundation*.
- **Jana Beus** says you're never too old to play with dolls! She has designed a line of doll furniture and accessories and will show how to embellish these items with easy appliqué techniques. Her company is *Doll Stuff by Jana*.

6719

7-9-14

- Motivational speaker, **Sue Hansen** will talk about humor and stress. Stress is inevitable in today's environment, and some people weather the strain better than others. Many accomplish this through humor. Her business is *Sue Hansen Speaks*.
- Designer and crafter, **Ann Butler** will show how to use specialty stamps to stamp out a real quilt. The stamps are created without a lip so you can easily place them next to each other to create awesome art, mixed media pieces, backgrounds and more. Ann's company is *Ann Butler Designs*.
- **Marty Van Ness** is a spokesperson and home economist for *Butterball*, and she's going to tell how to enjoy turkey throughout the year – not just during the holidays. She will demonstrate traditional turkey recipe ideas with a more contemporary twist – especially good for the Millennials.

6720

7-16-14

- **Dr. Daniel Marez** is a doctor of Oriental medicine, and has written a book on relieving pain in 3 seconds. He's going to demonstrate several techniques for dealing with various types of pain, including asthma, allergies, fibromyalgia and post surgery.
- **Eleisha Ensign**, Executive Director of *TexaSweet Citrus Marketing, Inc.*, will explain all of the interesting facts about grapefruit juice, including the best way to squeeze the grapefruit, different juicing devices, and she'll share some fun things you can do with grapefruit juice.
- Did you know that bathrooms are the second most commonly remodeled rooms in the house? **Andy Wells**, Vice President of Product Design for *MasterBrand Cabinets*, will share some tips for homeowners who are considering a bath remodel.

6721

7-23-14

- Interior designer, **Beth Secosky** is going to show some low cost ways to perk up your home. Her discussion will include bookcases, coffee tables, pillows, and frames, as well as up-cycling old furniture. Her business is *EASYdesigns, LLC*.
- **Bruce Johnson** is the spokesperson for *Minwax*, and he's going to show how to create your own "instant heirlooms" using unfinished furniture. He'll show how to distress wood, stain it, and add wax to provide protection and a timeless finish.
- **Jann Johnson** is a designer and crafter, and she will show how to use liquid dye for three different dyeing techniques. She represents *ILovetoCreate.com*.

6722

7-30-14

- **K. C. Pomeroy**, founder of *G-Free Foodie*, will tell about her online resource for helping people live deliciously gluten-free, as well as explain why people may want to consider a gluten-free diet whether they are gluten intolerant or not.

- **Gary Barnes** is going to discuss some tools to help shape small businesses as he highlights the impact small businesses have on the country. His company is *Gary Barnes International*.
- **Kris Wrede** is an aromatic alchemist and natural perfumer, and her business is *Kismet Potions*. In the aromatic kitchen, Kris will show how to prepare unusual recipes using essential oils to make life more sensual and to help one appreciate the vibrancy of food.

6723

8-6-14

- **Bonnie Matthews** is the co-founder of *Freekeh Foods*, and she says parents love Freekeh because it provides children with essential nutrients, and kids love the name and the flavor. She'll demonstrate several ways to incorporate Freekeh grains into other recipes.
- **Judy Novella** is with *Fairfield Processing Corp.*, and she will talk about the strict requirements regarding rayon from bamboo and how all products made from bamboo are under close scrutiny by the FTC due to deceptive claims about the product.
- **Karla Stockli** is the CEO for the *California Fig Advisory Board*, and she's going to talk about the many nutritional benefits of consuming fresh and dried figs. Ounce for ounce, figs provide a nutritional punch that is hard to match by any other fruit.

6724

8-13-14

- For many women the selection of a pair of jeans is difficult. Wardrobe consultant and author, **Nancy Nix-Rice** will share some concepts that can guide each woman to her ideal choice. We'll consider color, fabric, leg cut and style details as well as fit.
- **Louix Dor Dempriey** is a spiritual master, and he's going to talk about sustainable living and why eco- or sustainable living is important. He believes we should leave every place more beautiful than we found it. He is the President/CEO of *Louix Dor Dempriey Foundation*.

6725

8-20-14

- **Lisa Rojas** is a mixed media artist and designer, and she's going to show how to make a beautiful velvet stamped photo book. Who knew you could stamp on elegant fabric. Her company is *Stampin' Queen Creations*.
- **Laura Haselden** is a self-taught cake decorating wonder! She's going to demonstrate using fondant to make a variety of animals, including pigs. She'll show how to form the body parts, attach them and use edible markers for detail work. Her business is called *Simply Sweet - Cakes by Laura*.
- **Barbara Trombley** is President of *Art Institute Glitter, Inc.*, and she's going to show how to use various glitter products to decorate plates, ornaments, books, candles, candle holders and even tissue boxes.

6726

8-27-14

- **Matthew Festa** is with *Guardians of Rescue*, and believes all children should be taught humane education and it's never too early to start. This is a process of teaching respect and compassion for animals, how to care for animals, how to recognize signs of abuse and neglect and how to report it in the proper manner.
- If you really want to impress your family and friends, watch carefully as **Nancy Siler** demonstrates making a regal rainbow ruffle cake. Siler represents *Wilton Brands*. It "almost" looks too good to eat – but not quite.
- **Cheryl Phillips** will demonstrate how to use the Simple Curves tool and create curved fabric pieces which look like waves when she sews them together as a table runner. She'll talk about selection of different fabrics to create an entirely different look each time. Her company is *Phillips Fiber Art*.