

Individual Program Descriptions

Creative Living - #6800 Series

6801

9-3-14

- **Casey Schwartz** will demonstrate how to make a kissing ball or pomander which are fun spheres of flowers to hang, carry or just leave on the table. She is the owner/partner of *Flower Duet*.
- **Patty Dunn** is the owner of *All Dunn Designs* and she's going to show how to use fabric scraps and fussy cutting to create unusual personalized cards. She'll also show how she applies fabric to the card stock.
- *PartyLite* consultant, **Christine Alt** will show how to change decorations with each season by using clear glass candle holders. She suggests starting with timeless, versatile accessories that lend themselves to different candles.

6802

9-10-14

- Making a terrarium is a great way to use various containers, interesting plants and create a little care garden for your home. **Curt Jaynes** owns *GardenSource Nursery & Landscaping* and he'll show how to put one together and even personalize it.
- We've all heard that "we eat with our eyes." **Dr. Charles Broz** is *Assistant Professor of Culinary Arts* at Eastern New Mexico University, and he's going to show some ways to plate food for eye appeal. His examples certainly do look appetizing.
- Crafter, **Maria Nerius**, will show off the hottest yarns in a crafty fashion – and pom poms are back! Nerius will show how to make some fun accessories, jewelry, and other items. She's with *favecrafts.com*.

6803

9-17-14

- Do you love scrapbook layouts, but also want to include a lot of photos? **Carlie Robertson** says that "flip flaps" are the best answer and she'll show how to build interactive photo flaps for your pages. She is with *Close to My Heart*.
- **Casey Schwartz** co-owns the *Flower Duet*, and she is going to demonstrate how to bundle flowers together to keep them organized when working with a tall vase. She'll also show how to create a grid atop the vase opening.

6804

9-24-14

- **Kimball Starr** is an interior designer and she is going to talk about some of the challenges of small living spaces and then present solutions for the overall look of the space, activities that the space allows and storage. Her company is *Kimball Starr Interior Design*.
- What's for lunch? The answer is Kale but what is kale? **Carol Fenster** is an author and nutritionist and she will explain what kale is, show various varieties and explain why it is so good for us. She'll also show how to make kale chips. Her company is *Savory Palate, LLC*.
- **Shannon Bielke** is a crafter and designer and she's going to show the beauty and versatility of clayboard, which can be used in many ways, from artwork, to jewelry, boxes and more. Her company is *Sha & Co*.

6805

10-1-14

- Interior designer, **Beth Secosky** says the most common question she is asked by her clients is how to select the right paint color for their space. She will discuss the simple secrets that pros use to select the right paint colors for homes. Her company is *EASYdesigns, LLC*.
- **Ann Butler**, designer and crafter, is going to show how easy it is to use specialty stamps to create a mixed media art mosaic. She'll also show a selection of other projects she's made using these new stamps. Her business is *Ann Butler Design*.
- **Sara Robbins** is the director of Dairy Confidence with *DairyMax*, and she's going to tell about a new program called Fuel Up to Play 60, which is an in-school nutrition and physical activity program in conjunction with the National Football League and the USDA.

6806

10-8-14

- **Sandy Grossman-Morris** is the owner and designer of *Sandy Grossman-Morris Design*, and she's going to show how her company uses a Giclee process to reproduce images on canvas, which results in one that is vivid in color and water resistant.
- As you sow, so shall you reap tenfold? Where your consciousness goes, your consciousness grows. These and other points will be discussed by **Louix Dor Dempriey** as he explains how to create abundance in your life. Louix is a spiritual master and he is the President and CEO of the *Louix Dor Dempriey Foundation*.
- **Sara Robbins** is the director of Dairy Confidence with *DairyMax*, and she says that health authorities agree that low-fat and fat-free milk and milk products are an important and practical source of key nutrients for all people – including those who are lactose intolerant. She'll talk more about this.

6807

10-15-14

- Floral designer, **Carly Cylinder** will show how to not only wrap a bouquet to give to someone, she'll talk about design principles and how to use various products to create an easy professional look. Her company is *Flour LA and Flour LA, Jr.*
- **Nancy Siler** is with *Wilton Brands* and she's going to show lots of fun projects to make using candy melts. She'll talk about how to dip store bought cookies, as well as homemade cookies, how to dip and decorate pretzels, rice cereal treats and even spoons!
- Sewing instructor, **Nancy Lovett** says that piecing fleece to make quilts is very bulky. She's going to show a non-traditional technique that reduces all of the bulk and results in a very beautiful quilt.

6808

10-22-14

- **Diane Romick**, President and CEO OF *Castle Design Studio LLC*, explains that if a homeowner starts with an emotion they want to feel in a room, then the outcome can be very different compared to starting with the function of a room and/or favorite color. She'll explain more about the psychology of color for interior design.
- Author and quilter, **Margaret Miller** will show a template called AnglePlay, which makes working with the long right triangle edges in quilting much easier to piece regardless of the excess seam allowance. She owns *Miller Quilts, Inc.*

6809

10-29-14

- Why is it important to hire the right team when doing a remodeling project? **Jenny Rausch** is an interior designer and she'll explain what typically makes up a good team and share some of her thoughts about undertaking such a project. She is the owner of *Karr Bick Kitchen & Bath*.
- **Elizabeth Somer**, a registered dietitian and author, will give us the low-down on what foods and nutrients can help to protect your brain and keep you smart today and down the road. She's a part of the *Beautiful Minds* program.
- **Bruce Johnson** is going to show how to re-do a teen's bedroom on a budget. He'll also explain how the environmentally friendly bedroom re-do features soap and water cleanup. Bruce is the spokesperson for *Minwax*.

6810

11-5-14

- **Chef Johnny Vee** (nee John Vollertsen) will demonstrate how to use store bought wonton wrappers to make salmon dumplings as well as a dessert. He is the director of *Las Cosas Cooking School*.
- Author, designer, and quilter, **Meryl Ann Butler** will show step-by-step instructions for making a 90-minute quilt which incorporates piecing and quilting done at the same time.

6811

11-12-14

- Pet owners know that a sick pet can cost a lot of money. **Will Post** knows that a pet's diet can impact their health, and he will talk about ways that a pet's diet can be improved. He is the CEO of *Hound & Gatos Pet Food Corp.*
- **Karla Stockli** is the CEO for the *California Fig Advisory Board* and she will talk about fresh fruit and figs as a popular item for desserts, as well as share some of her favorite ways to incorporate figs into desserts.
- **Christine Palumbo**, *Honeysuckle White and Shadybrook Farms*, is going to demonstrate some recipes that can add a new twist to traditional holiday entertaining -- or for anytime you want to spice up your mealtime.

6812

11-19-14

- Festive foods usually indicates a special occasion, and **Connie Moyers** will demonstrate several recipes that can be for a special occasion or even for special times just with family and friends. She represents *Bertolli Extra Light Olive Oil*.
- According to the American Federation for the Blind, there are increasingly more people who are experiencing eye problems. **Dr. Edward Kondrot** says this is especially true for those over the age of 65. He'll discuss some tips to help seniors protect their vision. He is the founder of *Healing the Eye & Wellness Center*.

6813

11-26-14

- Did you know that amber is a soothing, calming and cleansing stone? **Kristina Rachel** is a jewelry designer and she's going to talk about various gemstones and explain their metaphysical meanings. Her company is *Rachel Claire Collection*.
- **Patty Dunn** will demonstrate how to use elastic in the bobbin of the sewing machine to get a puckered effect. After the seam is stitched, all you need is steam to create the look. Her company is *All Dunn Designs*.
- 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.*

6814

12-3-14

- **Carol Fenster** is an author and nutritionist and she will explain what red quinoa is and why it's so good for us. Since it's a complete protein, it is a great component for healing advanced muscle loss due to a neuromuscular condition or the natural consequence of aging. Her company is *Savory Palate, LLC*.
- **Ann Butler**, designer and crafter, is going to show how easy it is to create an awesome effect for your work by combining different specialty stamps and inks to make a one-of-a-kind background. This is great for card making, scrapbooking, quilting and so much more. Her business is *Ann Butler Design*.
- **Nancy Siler** is going to demonstrate making whimsical and elegant treats featuring candy bark made with candy melts and numerous embellishments. Nancy is with *Wilton Brands*.

6815

12-10-14

- **Marisa Pawelko** is a designer and crafter and she is going to demonstrate one of the neatest "gadgets" to come out in the craft business, Westcott's Scissor Mouse. It's safe, no cutting mat is needed and it's great for kids and can be used anywhere. She represents *Westcott Brand Cutting Tools*.
- Jewelry designer, **Kristina Rachel** is going to talk about how to select which jewelry pieces to wear with different outfits or with different pieces of jewelry. Her company is *Rachel Claire Collection*. She'll also show how to stack jewelry and how to wear statement and accent pieces.
- 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*.

6816

12-17-14

- **Lisa Rojas** is a crafter and designer and she's going to show how to make a beautiful crystal floral jewelry set using a crystal sheet from Connie Crystal. The jewelry has a diamond-like sparkle and 100% clarity. Lisa's business is *Stampin' Queen Creations*.
- **Diane Tunnell** is an independent demonstrator with *Stampin' Up!* If you're a crafter, you have probably already learned about using embossing folders but have you ever tried a technique called "Double Dry Embossing?" Diane will demonstrate this technique and show several cards she's made with this.
- 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*.

6817

12-24-14

- **Jana Beus** makes doll furniture and she's going to show several ways to add embellishments to the furniture, including ribbon, buttons, appliques, yo yo's and more. Her company is *Doll Stuff by Jana*.
- Author, **Peter Goodman** has written a children's book and will discuss one of the issues he addresses. It has to do with engaging children in talking about social and emotional issues and how to help all children deal with bullying behaviors. His business is *DreamBIG*.
- **Rae Cumbie** is a custom dressmaker, artist and designer, and she will talk about how to have a year's worth of jackets from one great pattern. She is President of the *Association of Sewing and Design Professionals*.

6818

12-31-14

- Do you know what room of the home is the most popular to renovate? According to **Andy Wells**, it is the kitchen. He is going to share tips for homeowners who are considering a kitchen remodel. He is the Vice President of Product Design with *MasterBrand Cabinets, Inc*.
- **Sandy McCauley** will show a Klic-N-Cut, which is great if you are in to scrapbooking or card making, or really if you just enjoy doing crafts of any kind. Her company is *Accugraphics Sales*.

6819

1-7-15

- **K. C. Pomeroy** is the founder of *G-Free Foodie*, an online resource for gluten-free cooking. She will discuss the benefits of a gluten-free diet and demonstrate how to prepare easy and delicious gluten-free meals.
- Quilter and designer, **Laura Murray** will demonstrate what she calls "playing in the grid." She will show how to use a paintstik primer on the background fabric and then use the grid as a guide for your quilted creation. Murray's business is *Laura Murray Designs*.

6820

1-14-15

- **Karla Stockli** is the CEO for the *California Fig Advisory Board* and she's going to discuss the historic significance of the fig, talk about the fig industry and explain why fig consumption is on the rise.
- Extension Home Economist, **Connie Moyers** will demonstrate "Homestyle in a Hurry." She explains that homestyle means cooking like your mother or grandmother used to do, but with new shortcuts, it can be done much quicker and easier.

6821

1-21-15

- According to the US Census Bureau, approximately 69% of households in the U.S. hold some form of debt. **Gary Barnes**, entrepreneur, speaker and business coach will talk about taking a proactive approach to paying off debt now instead of later and he'll explain the benefits of doing so.
- If you like to make Halloween costumes or just play clothes for your kids, you'll really enjoy the project **Carina Gardner** will demonstrate which results in an octopus costume. Carina is the Creative Director and Designer for *Carina Gardner, Inc. and Carta Bella Paper Company*.
- **Pat Baird**, *Country Crock*, cites research that shows that families who eat together tend to communicate better. She's going to demonstrate some recipes that will make your table a magnet for family dinners.

6822

1-28-15

- OMG! How'd they do that? **Barbara Crawford** is a crafter and designer and she's going to demonstrate some techniques that result in texturing the surface of fabric, older clothing, new garments or other items. It's called "Catch and Release" and you can turn a mundane item into something new and exciting. Her company is *Crawford Designs and "Sewing Made Simple" Patterns*.
- Most women are looking for ways to look ten pounds thinner. **Nancy Nix-Rice** is a wardrobe consultant and author and she's going to demonstrate on herself how to make changes that will result in a slimmer and more flattering look. Her book is titled *Looking Good*.
- Designer and digitizer, **Laura Waterfield**, owner of *Laura's Sewing Studio*, says that fringe flowers add additional dimension to embroidery designs. She'll demonstrate several types of fringe flowers that can be made with an embroidery machine.

6823

2-4-15

- **Megan Thome** is the spokesperson for *EK Success Brands*, and she's going to show a variety of border punched projects from scrapbook layouts to cards to home décor.
- **Dr. Julian Bailes** is co-director of the *NorthShore Neurological Institute* and he's working on a program called "Eat Smart, Play Safe." He's going to explain the program which is an educational campaign focused on promoting healthy nutrition and sports safety for active kids, on and off the field.
- Author and designer, **Cindy Losekamp** will talk about the origin of stumpwork, which was always done by hand...till now. She'll demonstrate machine embroidery using dimensional flowers on sweaters, sweatshirts and quilts. Her business is called *Sew Artfully Yours, Inc.*

6824

2-11-15

- **Dr. Edward Kondrot** is the world's leading ophthalmologist and a board-certified homeopathic physician and he says that a nutritious diet can lead to better eyesight. He'll discuss the five essential foods to incorporate into your diet. He is an author and founder of *Healing the Eye & Wellness Center*.
- Chef and cooking school owner, **John Vollertsen** (known as Chef Johnny Vee) will show how to roast and peel green chilies and then transform them into delicious batter wrapped Chili Rellenos, stuffed with Cheddar Cheese.

6825

2-18-15

- **Elizabeth Somer**, a registered dietitian and author, knows that feeding your children right may seem to be one of life's greatest challenges, but she's going to share some of her secrets to make it easier than you might think. She's a part of the *Eat Smart, Play Safe* program.
- **Kris Wrede** is an aromatic alchemist and natural perfumer, and her business is *Kismet Potions*. Kris will explain what essential oils and base oils are and tell why they are ideal for various skin types. She'll show how to use them for a beautiful glowing appearance.

6826

2-25-15

- **Carina Gardner** is the Creative Director and Designer for *Carina Gardner, Inc. and Carta Bella Paper Company*. She's going to show how to teach children to sew by using the Bella Stash Bag pattern she created. She'll also show how to make the bag without a pattern. She covers all the basics of sewing in this project.
- **Bonnie Matthews** is the co-founder of *Freekeh Foods*, and she says that Freekeh is the perfect whole grain for vegetarians because it's flavorful and still provides an abundance of nutrients, such as protein and fiber that can be difficult to find as a vegetarian.