

Individual Program Descriptions

Creative Living - #6900 Series

6901

3-4-15

- **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.
- Designer and seamstress, **Patty Dunn** will show purse samples made from old jeans and scraps, demonstrate cutting jeans, using the zipper in other ways with plan options for lay out. She is the owner of *All Dunn Designs*.
- Interior designer, **Jenny Rausch** will talk about the transformation of kitchens in the 20th century. She'll go over the motivation for these changes, what advancements have taken place, and tell who some of the fascinating women were who brought about these changes. Her company is *Karr Bick Kitchen & Bath*.

6902

3-11-15

- **Karen Eckmeier** owns *The Quilted Lizard*, and she's going to show a new series of patterns which use a paper backed fusible for easy appliqué, and also show how she combines floral, fauna and critters to create a kaleidoscope design.
- Author and fitness guru, **Kate McKay** is going to talk about the components of a "living sexy fit" lifestyle which takes a holistic approach. She includes correct eating, exercise, and motivation. Her book is titled "*Living Sexy Fit...at Any Age.*"
- **John Vollertsen**, better known as Chef Johnny Vee, will demonstrate how to cook with healthy legumes and discuss why they are so good to add to your diet. John owns and operates *Las Cosas Cooking School*, and he will prepare a Cannellini Bean Dip and Tex Mex Veggie Chili.

6903

3-18-15

- **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 and she'll explain why.
- We all like to prepare our favorite foods, and no one does it better than **Connie Moyers**. She will show how to cook salmon with salsa, make a pesto pizza, prepare a macaroni salad and discuss nutrition, ease of preparation and using new appliances as she does so. She represents *California King Salmon* and *Rhodes Frozen Rolls*.
- **Clare Rowley** is the President of *Creative Feet LLC*, and she's going to demonstrate how to cut Polar Fleece using Stick and Rinse Tape and show how to quickly finish the edge of this stretch fabric using her Sequins and Ribbon pressure foot. This results in a fleece baby blanket with yarn binding.

6904

3-25-15

- **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.
- As a registered dietitian, **Pat Baird** says that people always ask her how they can feel better and lose weight. They're often surprised by her answer. She'll discuss her four top tips, and she says that real weight loss comes from a real plan.
- **Marisa Pawelko** will give a rundown on what Vertigo is and how the optical effects are achieved. She'll show samples of what it can be used for and show how to create custom designs with Vertigo and Tsukineko Inks. She is the spokesperson for *Imagine Crafts & Tsukineko Inks*.

6905

4-1-15

- **Nancy Siler** always has new ways to use basic candy melts, and she'll demonstrate how to make candy pinwheels that will be a big hit at any occasion, especially a child's birthday party. Siler represents *Wilton Brands LLC*.
- **Jana Beus**, owner of *Doll Stuff by Jana*, will demonstrate some unique no-sew pillows made from foam and paint rollers, decorated with applique and other embellishments.
- **Chef John Csukor** is a culinary consultant to the *California Fig Advisory Board*, and he's going to talk about and demonstrate how to prepare savory and flavorful California figs. He'll present simple and trendy Korean style barbeque full of bold flavors and use it over a variety of grilled proteins.

6906

4-8-15

- **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*.
- **Rebecca Peck** represents *The Upholstery Studio*, and they make kits for headboards, tuftets, 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.
- **Diane Tunnell** is an Independent Demonstrator with *Stampin' Up!* and she going to show how to use various paper punches to create a handcrafted one-of-a-kind card. She will also show lots of completed projects that demonstrate other applications of punch art.

6907

4-15-15

- **Connie Moyers** represents *Mrs. Cubbison's Kitchens* and she's going to talk about the abundant selection of pre-packaged salads now available in most supermarkets, as well as all the add-ons that can be used, including croutons, tortilla strips and wonton strips.
- Adventure writer and photographer, **Yvonne Lanelli** will share some super tips for savvy travelers. She says that we should do a lot of research before undertaking a trip. She has lots of good suggestions from avoiding scams, to packing tips, and even information for international travel.
- **K. C. Pomeroy** is the founder of *G-Free Foodie*, and she's going to tell about this online resource for living deliciously gluten free. She'll talk about all the options that are available in her Box Club as well as why anyone would need to be gluten free.

6908

4-22-15

- **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.*
- **Maria Benardis** will talk about some of the ancient Greek secrets for longevity. She has studied the ancient Greeks, many of whom are family members, and made observations that can help us learn to eat for longevity. Her book is titled "*Cooking & Eating: Wisdom for Better Health.*"
- **Karla Stockli** is the CEO for the *California Fig Advisory Board*, and she's going to demonstrate how easy it is to incorporate California figs into five popular food trends, including Pops, Salty Sweets, Small Bites, Sliders and Cheese plates.

6909

4-29-15

- **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.
- Have you ever seen a technique that you wondered "How did they do that?" **Barbara Crawford** is a designer and owner of *Crawford Designs*, and she's going to demonstrate some ways to texturize the surface of your fabric, older clothing or newer clothing to add something special.
- Interior designer, **Kimball Starr** will discuss and show basic colors of paint and explain the difference between warm and cool tones using paint chips and images of painted rooms. She'll discuss how colors affect us psychologically and tell what items to consider when choosing paint. Her company is *Kimball Starr Interior Design*.

6910

5-6-15

- **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.
- Designer and crafter, **Shannon Bielke** will show how to use Tulip's new fabric markers to decorate all sorts of items, including baby clothes, bags, tee-shirts and more. Bielke's business is called *Sha & Co.*
- **Elizabeth Somer** is a registered dietitian and author, and she says that more than one out of every two adults are taking nutritional supplements, making them the most popped pills in America. Are we wasting our money? Somer will talk about Supplement Savvy: What, how much, why and when?

6911

5-13-15

- **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.
- Creative director and designer, **Carina Gardner** will demonstrate a variety of projects and patterns that are easy for kids to do as parents help them learn to sew. Gardner's businesses include *Carina Gardner, Inc.* as well as *MiniLou* and *Carta Bella Paper Co.*
- **Emily Tatak** is the Assistant Culinary Specialist with *Wilton Brands LLC*, and she's going to demonstrate how to use candy melts as cupcake toppers. This is such an easy technique yet it gives one more use for delicious candy melt candies.

6912

5-20-15

- 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 more quickly and easily with the same results.
- Floral designer, **Carly Cylinder** will show how to use flowers from a simple wrapped bouquet to create an easy arrangement using the "spiraling" method, which is a basic technique of floral design. This technique creates an arrangement that you can drop in a vase - no floral foam or tape is needed! Her company is *Flour LA* and *Flour LA Jr.*
- **Andy Wells** is Vice President of Product Design with *MasterBrand Cabinets, Inc.*, and he will talk about mudroom design. Many homeowners combine their mudroom with their current laundry room, and with the right cabinetry and organization solutions, he can ensure homeowners make the most of their space.

6913

5-27-15

- **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 such as velvet? Her company is *Stampin' Queen Creations*.
- **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 room to room or taken with you when a family relocates.

6914

6-3-15

- 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. She'll also discuss lighting, pattern and color in a room's interior. Her business is *Kimball Starr Interior Design*.
- **Dr. Charles Broz** is an assistant Professor of Culinary Art, and he and one of his students will demonstrate the art of making canapés. Whether you call them canapés or appetizers, Dr. Broz believes they should reflect the over-all mood of the meal. Dr. Broz is employed by *Eastern New Mexico University*.
- **Marisa Pawelko** is a licensed designer for *Sizzix*, and she'll show how to create easy and fun custom cuff bracelets using the shape cutters from her collection. She'll also show a wide variety of materials including Rowlux and adhesive rhinestone sheets by The Buckle Boutique.

6915

6-10-15

- **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.
- Nightshades are a category of vegetables, and **Carol Fenster**, a nutritionist and author, will demonstrate some substitutes for potatoes, tomatoes, eggplant and others that many people cannot eat because they contain an alkaloid that may promote joint inflammation. Her company is *Savory Palate, LLC*.
- **Clare Rowley** is the President of *Creative Feet LLC*, and she's going to demonstrate using leather and home décor fabrics to make a Mug Rug, which is a coffee cup coaster. She'll feature the Pearls 'n Piping Foot as well as the Satinedge pressure foot to do this technique.

6916

6-17-15

- Designer, **Jana Beus** knows that PVC pipe is not just for plumbing! She's going to show how to construct a doll house using this lightweight but sturdy plastic. She'll also show a product called "Magic Foam" which can become instant upholstery! Beus' company is *Doll Stuff by Jana*.
- **Chef John Csukor** is a culinary consultant to the *California Fig Advisory Board*, and he knows that when California figs are added to baked goods, the finished recipe has a higher moisture content contributing to longer shelf life. In addition the rich flavors meld well with warm spices for a special treat!
- **Elena Etcheverry** is the founder and ED for *Charity Wings*, and she will show how to use a sewing machine to embroider a monogram onto a blanket. She explains that this can easily be turned into a home business and is one that she works with through her non-profit organization.

6917

6-24-15

- **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.
- Since so many people spend a great deal of time in front of a computer screen, this experience is now being called "computer vision syndrome." **Dr. Edward Kondrot** will talk about preventative measures that can be taken to help keep the problems to a minimum. He is with the *Healing the Eye & Wellness Center*.
- Author and fitness guru, **Kate McKay** is going to talk about the five components of fitness and says that being fit is defined by how well your body performs in each category. Her book is titled "*Living Sexy Fit...at Any Age.*"

6918

7-1-15

- **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.
- Fish: It's So Versatile and according to **Pat Baird**, registered dietitian, fish has nutrition benefits that other foods just don't have. It's also easy to prepare and kid-friendly! Baird represents the *National Fisheries Institute*.
- Designer and seamstress, **Patty Dunn** will show how to roll a clean beautiful hem edge on the sewing machine, talk about machine set up, optional threads and show how to sew wire into a fabric edge. She is the owner of *All Dunn Designs*.

6919

7-8-15

- Author, **Peter Goodman** has written a children's book and will discuss the steps parents and teachers can take to protect children from bullying and self-blame, while building resilience and self-confidence. His business is DreamBIG.
- **Marisa Pawelko** is a licensed designer for *Sizzix*, and she'll show how to create easy and fun miniature greeting cards and envelopes using the shape cutters from her collection. She'll be making a miniature bustier card with a coordinating envelope using a variety of materials.

6920

7-15-15

- **Casey Schwartz** co-owns the *Flower Duet*, and she is going to show how to take sets of tropical flowers and pull them together into a showstopper perfect for an entryway or front desk at a reception. There is very little prep to do with these types of flowers that are often sold in grocery stores.
- **Elena Etcheverry** is the founder and ED for *Charity Wings* and she is going to show how to use the Kinkajou bottle cutter to make things like wine glasses, votive covers, cups and much more. This is just one of the many home-grown businesses she works with through her non-profit organization.

6921

7-22-15

- **Theresa Cifali**, mixed media artist and owner of *The Altered Canvas*, will show how to create your own background paper to coordinate with cards, scrapbooking and other paper crafts. She will demonstrate two different techniques for doing this.
- What is a Zentangle? **Deborah Pace** is an artist and designer, and she's going to explain what a Zentangle is, how it got started and what supplies are needed. She'll also talk about what surfaces you can use to create this art form. Deborah's company is *AarTvark Cre8tions*.

6922

7-29-15

- **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*.
- **Terrell Sundermann** will give a brief overview of the latest Roman shade safety standards, and then show how to convert an existing Roman shade to make it safety-compliant. Her business is *Terrell Designs*.

6923

8-5-15

- **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.
- **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.
- **Emily Tatak** is the Assistant Culinary Specialist with *Wilton Brands LLC*, and she's going to share some of the various techniques students learn when they take Course I in a Wilton cake decorating class. She will demonstrate some new techniques for cupcakes and small treats.

6924

8-12-15

- **Ann Butler** is a designer, author and instructor for *Creative Industries*, and she's going to show how to use magazine pages to create a fabric where you can make a one-of-a-kind purse, totebag, book cover or whatever you desire.
- Floral designer, **Carly Cylinder** will show how to combine flowers and fruit in a basket to create an English Garden. This makes an inexpensive, yet impressive arrangement that is great to use for many occasions. Her company is *Flour LA* and *Flour LA Jr*.

6925

8-19-15

- Interior decorator, **Latriece Brooks** will show how to use fall accessories and create three different tablescapes using what you currently have on hand. This concept will work regardless of the season or time of year. Brooks' company is *Brooks Interiors*.
- Author **Maria Benardis** will share ten ways to build a whole food/healthy kitchen on a budget. She suggests buying local and at farmers' markets, making nutritional substitutions and buying in bulk. Her book is titled "*Cooking and Eating: Wisdom for Better Health.*"

- **Debra Quartermain** will combine Styrofoam brand foam shapes with fleece plus fabric and felt scraps to create cute colorful birds ideal for decorating children's rooms, playrooms or to add a whimsical accent to other rooms. Her company is *Debra Quartermain Design*.
- Adventure writer and photographer, **Yvonne Lanelli** will tell how preparation can make life easier when you travel. She calls it Ready, Set, Pack and Go, and she'll discuss money matters, packing, security issues and much more.