



# Creative Living with Sheryl Borden

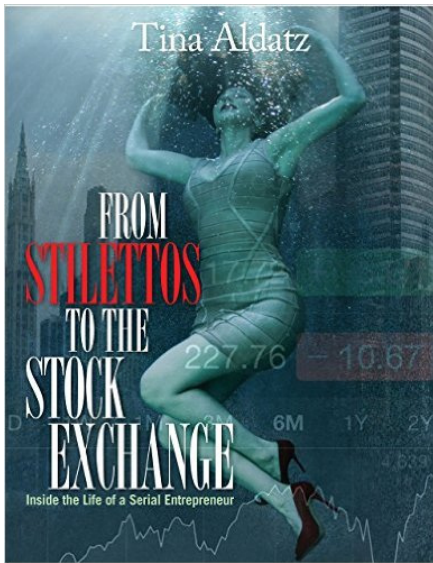
## 7100 Series - Miscellaneous



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## From Stilettos To The Stock Exchange – Inside The Life of a Serial Entrepreneur

*You are smart. You are pretty. You can do what others do, but better.*  
Phylis (Aldatz) Tuthill

At 7 years old, Tina Aldatz had no idea of the impact and weight of her mother's words said at the time to an impressionable Tina to counter the snide remarks of classmates who teased her for dressing like the people on TV. The affirmation stuck, further validating Tina's childhood dreams of an improved life for her and her family, while building an unshakeable confidence that would later lead the young fashionista to creating the multimillion-dollar designer shoe accessories company, Foot Petals Inc. In this intimate, no-holds-barred autobiography, Tina candidly shares about her humble yet tumultuous upbringing, a freak accident at the beach that damaged the soles of her feet (and later inspired her brand), and lessons learned in corporate America that served as the impetus in her eventually calling her own shots. Filled with wit, wisdom, and unrelenting honesty, "From Stilettos to the Stock Exchange" offers a detailed look into the life of one of the most creative and successful serial entrepreneurs in the game. Complete with Tina's Six Essentials of Business and a play-by-play account of the creation of Foot Petals Inc., "From Stilettos to the Stock Exchange" proves that with faith, hard work, and confidence The American Dream is within reach for any person with the desire and will to make it her reality.

**COURTESY: Tina Aldatz**  
**Saavy Travelers**  
[www.savvytravelers.com](http://www.savvytravelers.com)

Tina Aldatz and her partner, Margie Floris are the co-founders of Foot Petals, the cushion inserts for your high heels, and after building and then selling that company for \$14 million in 2011, the dynamic duo has completely changed industries and are taking the travel wellness market by storm with Savvy Travelers.

They share 5 key steps for taking a product from an idea to a tangible item, and they are:

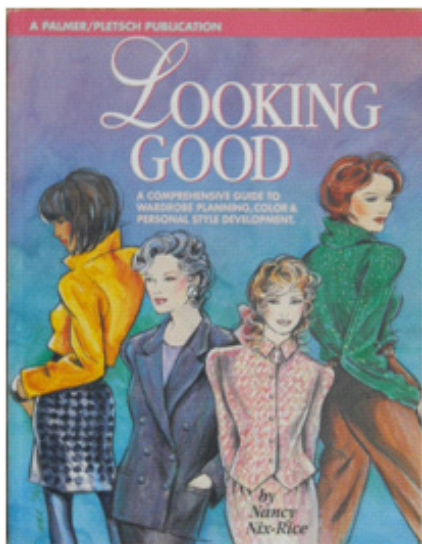
1. Necessity is the mother of invention. Identify a need and know what you are passionate about
2. Know your market and your competition
3. Feasibility, research and development
4. Make a Business Plan and remember the 3 M's - money, marketing and management
5. Build your team and let the experts do their job. This is especially true when you're working with your best friend. Knowing each other's strengths and empowering all of your staff to do the best they can is imperative

Tips for being a great boss:

- Don't micro-manage
- Bottlenecking is not good
- Roles, responsibilities and accountability
- Reward the wins!

**COURTESY: Tina Aldatz & Margie Floris**  
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# Controlling Closet Chaos

Does your closet need some help? Are you constantly saying “I never have anything to wear.” It doesn’t have to be like that!

But it’s not just about a fancy new closet system. It’s also about the right

contents – the clothes you’ll love to wear every day.

**First take everything out.** Get rid of things that aren’t your clothes and accessories. (i.e. a tennis racquet, Christmas decorations...) Now while it’s empty, paint it a light-bright color. Consider a double-hanging rod extender. Amp up the lighting.

**Put the clothes on a hanging rod.** Then start eliminating pieces that obviously don’t work – ragged, stained, sizes you’ll never be again, uncomfortable – those are the easy ones.

**Next eliminate things that aren’t your best colors.** Consider dyeing .. Now the sorting gets trickier. Don’t eliminate an item just because you haven’t worn it. It might just be an orphan that needs a coordinate or two. Or it might need a simple – or not so simple – alteration to turn it into a favorite. Consider these situations:

- Maybe you have a good 80’s jacket with giant shoulder pads – a tailor can remove them, reshape the shoulder and insert a contemporary pad. Is the jacket worth the cost of the re-make?
- Change buttons to repeat your hair color down in the garment



- Eliminate unnecessary buttons
- Flattering Fixes Eliminate Excess



**Returning clothes to closet** – buy good hangers. Hang EVERYTHING. Hang each item separately to let you see mix/match options more easily.

Organizing Tips: Hang Everything



**Now arrange “keepers” in categories** – Hang bottoms on top – counter-intuitive, but the narrower garments avoid shadowing the things hanging below them.

Within categories, arrange by color.  
Organize by Category & Color



Not just clothes – accessories too. The more visible things are, the more you’ll wear them.

- Necklaces on cup hooks ... rainbow order of course.
- Also belts, camisoles, nighties ...
- Pins and brooches on wide ribbon
- Earrings in pill boxes
- Pashminas on clip-style pant hangers
- Smaller scarves on plastic scarf organizers
- Shoes in boxes with pictures on the front
- Hosiery and undies in decorative boxes

**COURTESY: Nancy Nix-Rice**  
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# *Singing Songbirds*



**S**inging songbirds are divided into two general groups: hard bills and soft bills. Hard bill birds feed on seeds and grains (they are vegetarian except when babies.) Soft bill birds feed on insects, fruits and other soft items (carnivores; omnivores.) This includes all of the birds that may come to your feeder, from finches to ravens.

New Mexico has about 400 species of birds. Seeing up to 150 species, including migrants, is not unusual for any location in New Mexico.

**Tips on Feeding Songbirds** - kinds of seeds and their use or importance

## Seeds include:

- Millet seed
- Wheat and oats
- Thistle seed
- Cracked corn
- Sunflower

## Suet and its role

- Suet provides birds with fats and carbs
- Supplement the diet with Canthaxanthin

## Protein and molting in August

- Peanuts are NOT great for birds
- Dog food vs. cat food - when to feed
- Meal worms



## Carbohydrates and molting in August

- Cracked corn

## Mineral blocks

- Cuttlebone (from cuttlefish) provides calcium for birds

## Grit

- This takes the place of teeth in regards to birds

## Fruits

- Ripe and over-ripe fruit. Unripened fruit is not good for most birds

- Fruit flavored jelly and yogurt is good for soft bill birds

- Oranges - pros and cons

Don't feed the ducks and don't feed the geese.

Water dishes are important but you don't want to drown your birds! Algae has benefits.

## Additional Tips:

1. If rodents can get to the bird feeder, watch out for rattlers
2. Do not set up the feeder near ambush sites because cats or hawks may be watching
3. Change the water dishes daily due to parasites
4. Avoid making friends with birds

**COURTESY: Ray Pawley**  
Former curator at Chicago Zoological Parks

INTRODUCING THE NEW CHILDREN'S BOOK SERIES

# WE'RE ALL DIFFERENT BUT WE'RE ALL KITTY CATS

## The Bully & The Wonder Cat

"My name is Carlos and I have no fur."

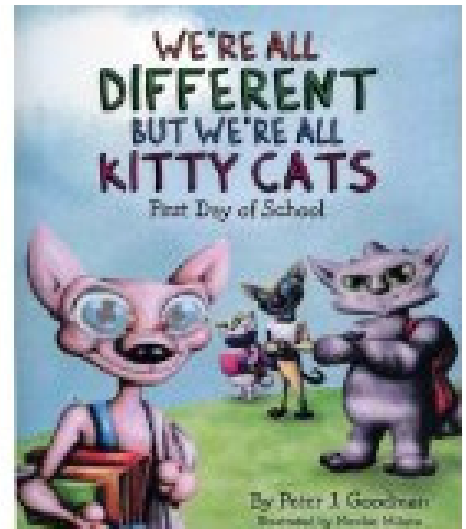
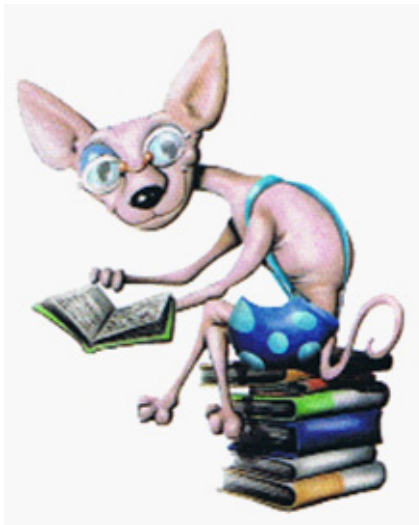
A kitty cat with no fur? How strange thought the other cats, laughing and giggling at Carlos. Hurt and embarrassed in front of the class, he sits down at his desk and begins to cry.

After class, Vinny, the school bully, picks on Carlos. When two of their classmates witness this event, they stand up for Carlos. With the support of his mother and teacher, Carlos finds something on the inside that makes him just as unique as he is on the outside. And as he gains confidence, he also gains friends.

As the story unfolds, the reader will see how Carlos deals with and overcomes his insecurity and ultimately triumphs in the end.

Set in schoolroom situations that every child will recognize, a gaggle of feline friends shows the way to respect and friendship as Carlos the hairless cat faces the challenge of being different.

The first in a series that brings adults and children together to discuss important social issues, the book includes discussion prompts and fun facts for parents to facilitate engagement and learning at storytime. A charming story told in brightly-written prose with popping illustrations, children will be entertained as they discover with Carlos and his schoolmates that what matters most is that we are all different, and this means we all share something in common.



### About the author

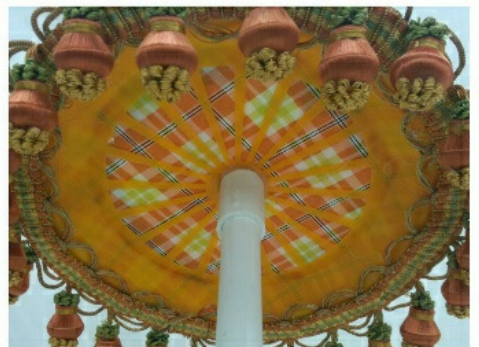
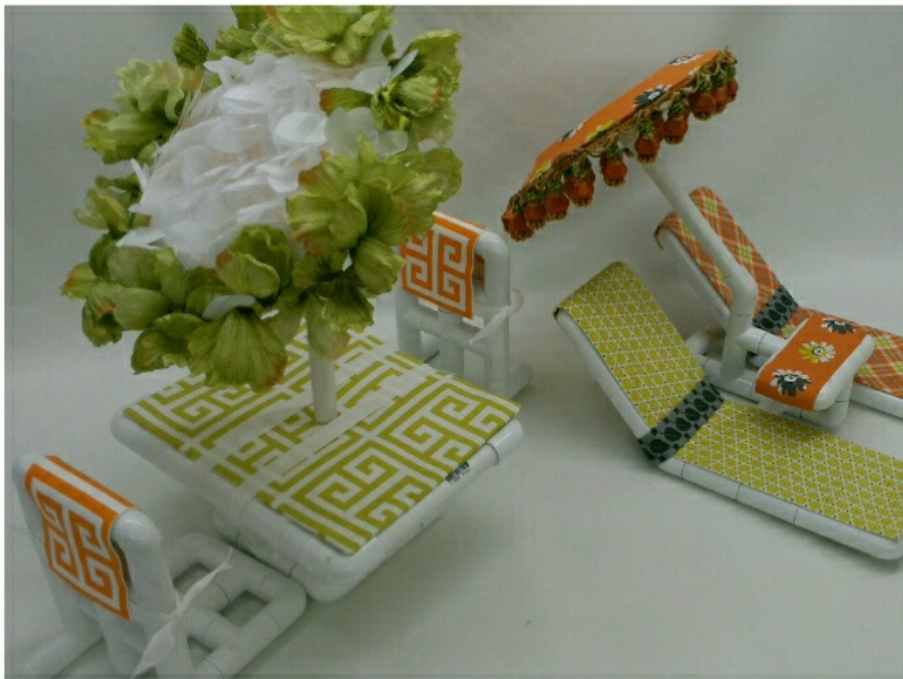
Peter J. Goodman is a multi-media children's author. His Kitty Cats book series brings adults and kids together to discuss important social issues from early childhood. The series encourages discussion and dialogue through thought provoking narratives. Peter's first book, Win-Win Career Negotiations, was published by Penguin Books in 2002, and he has been featured in the Wall Street Journal, the Washington Post, the Chicago Tribune, and Publishers Weekly. He currently resides in Washington, DC.

**COURTESY: Peter J. Goodman**  
**Author**

[www.kittycatsbook.com](http://www.kittycatsbook.com)



# Embellishments for Doll Furniture



Shown above are examples of ways to embellish doll furniture. Some types of embellishments include ribbon tied flowers and recreated flowers, covered buttons, applique touches, folded circles and yo-yo's. Just use your imagination.

**COURTESY: Jana Beus**  
**Doll Stuff by Jana**  
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# Creating a Victorian-Themed Tussie-Mussie Hand-tied Bouquet



**What is a tussie-mussie?** According to the Royal Horticultural Society: "Tussie-mussies are posies assembled from a carefully chosen selection of flowers and herbs, usually to convey a specific message."

**What does "tussie-mussie" actually mean?** The word is sometimes spelled "tuzzy-muzzy". The word "tuzzy" refers to the Old English word which means a "knot of flowers". Muzzy refers to the damp moss wrapped around the stems to keep them moist.

**Victorian bouquets:** Sizes carried by Victorian ladies varied from small breast posies to huge bouquets measuring sixteen inches across – the larger – the more fashionable.

**Language of Flowers:** Victorians believed flowers had special meanings associated with them. Today, we'll choose from a selection of flowers to send our own special messages to our friends and loved ones. Have fun and happy posey-making!



**Sisterly Love** = I made this Tussie-Mussie for my sister

- Marigold: Affection (for each other)
- Celosia: Silliness (we are very silly)
- Yarrow: Health (always)
- Basil: Best wishes (for the future)
- Myrtle: Joy (she brings me joy all the time)
- Rose: Love (I love her very much!)

Love	Pinks, Greens and White	Meanings
Spray Roses	Dark Pink	Thankfulness
Button Mums	Green	Long Life, Cheerfulness
Alstroemeria	White	Strength
Stock	White	Lasting Beauty
Fern	Green	Sincerity, Fascination

Memorial or missing loved ones	Reds and Greens	Meanings
Classy Rose	Reds	Harmony, joy, luck
Zinnia	Orange	Thoughts of absent friends
Statice	Purple	Never-ceasing remembrance
Rosemary	Green	Remembrance
Mint	Green	Warmth of feeling

Friendship	Yellows and Oranges	Meanings
Large rose	Yellow	Friendship
Gerber - mini	Yellow/Orange	Friendship
Solidago	Yellow	Encouragement, good fortune
Peppermint Scented Geranium	Green	Comfort

**COURTESY: Casey Schwartz**  
**Flower Duet**

[www.flowerduet.com](http://www.flowerduet.com)





## What Can You Grow in a Smart Pot?

The short answer: anything with roots... But start with something good to eat! You can grow almost anything in a Smart Pot! Vegetables, herbs, flowers, and more. You don't need a green thumb to have a thriving container garden. All you need are the right tools. Your #1 tool is the Smart Pot.

### Better Than Traditional Plastic Containers

Smart Pots utilize a patented fabric design to produce a healthier plant. Before Smart Pots became a household name, professional tree growers were using them for over 25 years and found their trees grew better in these fabric containers.

Almost all plants grow better in the Smart Pot fabric containers because Smart Pots support healthy root growth. And strong roots means a stronger plant. Compared to plastic containers, Smart Pots stay cooler on hot days because it allows air to flow through the sides of the fabric. Roots can't grow and are stressed when plastic containers get hot.

Smart Pots also root-prunes. When a root tip reaches the side of the fabric container, it stops in place, and initiates lateral, or side branching. As this process repeats, the entire area of the container is filled with fibrous root growth, allowing more surface area for mineral and water absorption. A recent study at Texas A&M University showed double the root mass compared to a traditional plastic container. In a plastic container, roots circle around the side and rarely initiate fibrous growth.

The biggest headache of gardening is digging up and placing the garden, and turning your compressed, backyard clay soil into something that will grow a plant. And it has to drain well. With the Smart Pot, you can be set up in a performance garden in minutes.

The healthier root structure that develops allows the plant to grow faster than it would in the ground. And a stronger plant is more resistant to insects, illness, weather fluctuation and is easier to care for overall.

Smart Pots are BPA-free. So you can be 100% organic without worrying about dangerous chemicals leeching into your soil. The same can't be said for other fabric containers and raised beds built with rail road ties or other treated lumber.

Those chemicals get into your soil and will be absorbed by the roots of plants. This is an issue because non-treated wood will rot, whereas treated wood can contain hundreds of chemicals. With Smart Pots, our focus is on growing edibles – don't grow your edibles in treated wood such as rail road ties.

The Smart Pot design has been perfected through 30 years of real-life usage. What you're getting is optimal fabric thickness and texture. For maximum airflow and product longevity.

For most urban residents, growing in a container is the only viable solution. Container gardening means plants can be strategically placed on patios, walkways, steps, or balconies. They can be moved to avoid a hailstorm, or even travel with you in a trailer.



**COURTESY: Curt Jaynes**

GardenSource Nursery & Landscaping

## Helpful Tips from Patty Waid...

### PACKING TIPS FOR A WORRY-FREE TRIP:

Packing can be stressful! Make it easy on yourself and worry-free for not only the trip you will be taking now but for all your future trips. Concentrate on three basic areas: your suitcase, toiletries kit and your roller bag to take on the plane. Once you master these 3 areas, the rest of the trip will be a breeze!



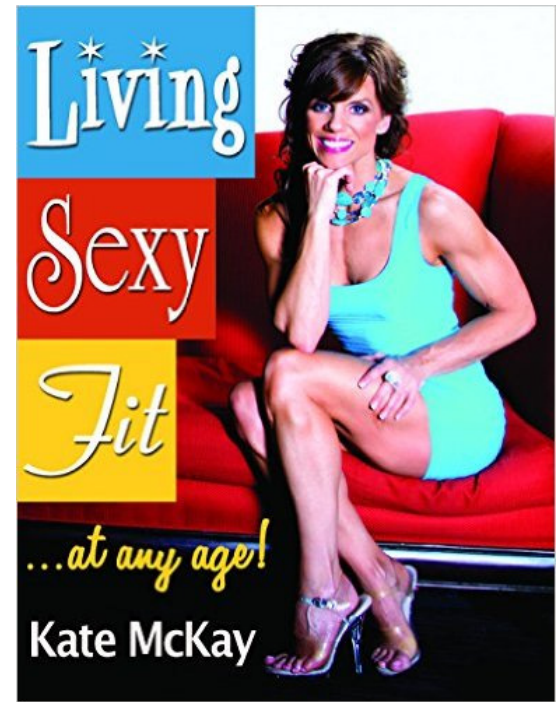
### PARTY PLANNING DECOR ON A SHOESTRING BUDGET:



Whether it is a birthday party, anniversary party or simply a family

bar-b-que, think beyond the food you serve and create a beautiful environment for your guests. A close examination of a few basic elements will help you in developing a design plan that will not only showcase your party but will address some needed elements, while keeping costs at a minimum.

**COURTESY: Patty Waid**  
Waid & Associates



Living Sexy is all about making a paradigm shift on how we view sexy. It's about expanding our view of what sexy is. Sexy is about living your life with confidence, vitality, passion, health and abundance.

Living Sexy is about living your life ALL IN – no longer settling for less than you deserve, and claiming the joy that is rightfully yours... to be fit, to be rich, and to be happy with who you are and how you show up in the world.

**COURTESY: Kate McKay**  
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