

Individual Program Descriptions

Creative Living - #7200 Series

7201

9-7-16

- Cookbook author, chef and teacher, **John Vollertsen** (known as Chef Johnny Vee) is going to demonstrate three of the “Mother sauces,” and show multiple uses for each. These sauces are for meats, vegetables and desserts. He’s the owner of *Las Cosas Cooking School*.
- **Chef John Csukor** is a culinary consultant to the *California Fig Advisory Board*, and he’s teamed up with another chef, **Sophia Greenia** to demonstrate the use of figs in an array of delicious and crave-worthy beverages. Figs’ versatility shines through with these delectable libations.

7202

9-14-16

- **Roxane Cerda** will demonstrate how to create various sewing and craft projects using Kraft-Tex, a rugged paper that looks and feels and wears like leather but sews, cuts and washes like fabric. Cerda is Acquisitions Editor with *C & T Publishing*.
- 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.*
- **Diane Tunnell** is an Independent Demonstrator with *Stampin’ Up!*, and she’s going to demonstrate how to make a paper purse that can hold candy treats or other items. This is a very simple project but impresses with its ease in making.

7203

9-21-16

- Business partners **Tina Aldatz** and **Margie Floris** are going to discuss the importance of travel and tourism and explain what they refer to as “bleasure.” They will also share solutions or “must have” travel items for healthy travel. They are the owners of *Savvy Travelers*.
- 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*.

7204

9-28-16

- **Laura Murray** is a quilter, teacher and author and she’s going to demonstrate using Paintstiks in a one, two and three layer design, along with curved borders, to create one-of-a-kind Exotica quilt blocks. Her business is *Laura Murray Designs*.
- 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.*”

7205

10-5-16

- **Connie Moyers** is going to demonstrate using a slow cooker to prepare healthy meals, and she’ll show how to do “investment” cooking and buying to save time and money. Meal planning helps you avoid eating out so often and therefore preparing and feeding your family healthier.
- **Marjolaine Walker** is the owner and designer of *Twelve Stones Scrapbooking*” and she’s going to show some card projects made with coloring pages. She’ll demonstrate using dual brush pens and the different ways to color with them.
- 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*.

7206

10-12-16

- **Dr. J Tim Rainey** will talk about dentistry for young adults and what he means by the “\$6000 death spiral.” He believes dentistry should be transformed to what is called a patient-centered health science. He’s with the *Texas Institute for Advanced Dental Studies*.
- **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.

7207

10-19-16

- **Ann Butler** and **Lisa Rojas** are publishers of an online magazine called *Bella Crafts*. Each issue is “chock” full of photographs, instructions, projects and ideas for crafts of all types. Various designers and crafters are featured, along with their area of expertise.
- **Michelle Ontiveros** is a clinical mental health counselor and she’s going to explain what mindfulness is and why it’s so important to keep us calm and self-regulated. She says it’s important to be aware of our physical and emotional state.
- **Deborah Pace** is an artist and designer, and she’s going to explain what a Zentangle is, tell how it got started and what supplies are needed. She’ll also talk about all the different surfaces you can use to create this art form. Deborah’s company is *AarTvarK Cre8tions*.

7208

10-26-16

- **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.
- Cookbook author, chef and teacher, **John Vollertsen** (known as Chef Johnny Vee) is going to demonstrate three recipes that show off how important salt is in making tasty foods. He’ll also discuss different varieties of salt.. He’s the owner of *Las Cosas Cooking School*.
- **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.

7209

11-2-16

- **Connie Moyers** is going to discuss different products and their containers in terms of discovering chemical look-alikes. This is especially important in terms of keeping young children safe. One such example is apple juice and power steering fluid.
- **Roxane Cerda** will introduce a range of coloring books that are unique in that the pages are pulled from the world of quilts and fabric. She says that coloring is not only fun, but it reduces stress and is a good way for everyone to learn more about color combinations. Cerda is Acquisitions Editor with *C & T Publishing*.
- 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*.

7210

11-9-16

- **Bruce Johnson** is the spokesperson for *Minwax*, and he’s going to show how to stain and create a photo display frame. Using an old empty picture frame, Johnson will turn it into a unique and easy way to display photographs, notes, lists, etc.
- **Carol Vander Stoep** is a dental hygienist, author and myofunctional therapist and believes no dentistry is the best dentistry of all. She’ll discuss minimally invasive dentistry without anesthetic or drills and even says that decaying teeth can heal and she’ll explain how this happens. Her book is titled “*Mouth Matters*.”
- **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.

7211

11-16-16

- **Patricia Bates** is an acupuncturist, herbalist and author, and she's going to explain how meditation is used in the healthcare industry. She'll discuss the benefits, the acceptance and the differences between various types of meditation. Her book is titled *Qi Gong Meditations for the Healthcare Provider, their patients and every BODY.*"
- 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.*

7212

11-23-16

- **Lisa Rojas** is going to demonstrate how to work with earth-safe finishes and water-based paints when stamping and creating projects. Her demonstration will focus on iridescence paints. Her company is *Stampin' Queen Creations.*
- **Michelle Ontiveros** is a clinical mental health counselor and she's going to explain how aspects of generous attunement play a role in being authentic during therapy. She encourages her patients to not bargain but accept strong emotions in terms of accepting things just as they are.
- 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.*

7213

11-30-16

- 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.
- **Marjolaine Walker** is the owner and designer of *Twelve Stones Scrapbooking*" and she's going to talk about bible journaling and how this is helping many people be consistent in reading it. Journaling bibles normally have large margins which provide ample room to journal, draw or doodle.
- **Nancy Siler** is going to show how to make a bold lacy chocolate cake that uses a chocolate version of the popular buttercream icing as well as malted milk balls for decoration. Nancy is with *Wilton Brands.*

7214

12-7-16

- **Marci Baker** is a quilter and author, and she's going to talk about different styles of hand quilting that are available, and how to select someone to quilt your piece. In addition, she'll show samples of quilts that feature different piecing and quilting techniques. Baker's company is *Alicia's Attic, Inc.*
- **Emily Tatak**, Assistant Culinary Specialist with *Wilton Brands*, is going to demonstrate how to make a gumball cupcake. These would be adorable favors or decorations at a child's birthday party, or for an afternoon get together.
- 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.*

7215

12-14-16

- **Roxane Cerda** will show how the FunStitch Studio imprint offers a variety of books for young crafters to learn new skills, find projects and get inspiration. She'll share some simple tips to make first attempts at sewing more successful. Cerda is Acquisitions Editor with *C & T Publishing.*
- **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.

7216

12-21-16

- **Dr. J Tim Rainey** will talk about biomimetic dentistry and the importance of maintaining the correct pH balance in our mouths. He strongly believes we should turn the need for repair of decay and treatment of periodontal disease from a “need” to a “choice” through education. He’s with the *Texas Institute for Advanced Dental Studies*.
- **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!

7217

12-28-16

- **Bruce Johnson** is the spokesperson for *Minwax*, and he’s going to share some new uses for vintage crates and old boards. Whether you use actual vintage crates or buy unfinished ones, you can turn these into decorative and functional items to use around the house.
- 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*. 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.*”

7218

1-4-17

- Cookbook author, chef and teacher, **John Vollertsen** (known as Chef Johnny Vee) is going to demonstrate three recipes to show how you can bake chile rellenos (that are typically fried.) He’ll make a stuffed chile relleno with blue corn batter and a red chile sauce. He’s the owner of *Las Cosas Cooking School*.
- **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.
- **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.

7219

1-11-17

- **Curt Jaynes**, owner of *GardenSource Nursery and Landscaping*, is going to demonstrate using the new compost sac which is affordable, easy to work with and takes gardening to a new level. It features excellent drainage, allows oxygen to reach plants’ roots, and reduces thermal stress.
- **Janet Stahl** is a talk-line expert for *Butterball Turkey*, and she is going to share some trusted turkey tips for all cooks. These include proper thawing, food safety and testing for doneness. She guarantees a tender juicy turkey every time!
- **Bruce Johnson** is the spokesperson for *Minwax*, and he’s going to show how to make a versatile serving tray for entertaining as well as create a table centerpiece that can be changed to compliment your décor or season.

7220

1-18-17

- **Patricia Bates** is an acupuncturist, herbalist and author, and she’s going to talk about the benefits of meditation in your daily life. She’s going to discuss the different styles of meditation, explain how to meditate and what the results can be. Her book is titled *Qi Gong Meditations for the Healthcare Provider, their patients and every BODY.*”
- **Michele Muska** is with the *Simplicity Creative Group*, and she’s going to demonstrate the new 12 needle deluxe electric felting machine as she makes some beautiful felted cuffs to wear as bracelets or to attach to garments.

7221

1-25-17

- **Casey Schwartz** is a floral designer and co-owner of *Flower Duet*. She's going to be joined by her son, **Will** as they design and create a floral caterpillar centerpiece. This is just one example of floral designs she teaches in her classes for kids.
- **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.

7222

2-1-17

- **Marci Baker** is a quilter and author, and she's going to talk about the tradition of hand piecing and how relaxing it can be. She'll demonstrate various sewing techniques, discuss fabric selection and will show numerous quilts she has made herself. Baker's company is *Alicia's Attic, Inc.*
- **Connie Moyers** is with the *NM Cooperative Extension Service*, and she's going to show some handmade gifts that include a casserole holder, note pad holders, coasters and even a corn 'cuddler' – just to name a few.
- 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.

7223

2-8-17

- Designer and crafter, **Ann Butler** will show how to use inks and stamps to create backgrounds for lots of different projects, including cards, scrapbooks, fabric designs, and much more. Butler's company is *Ann Butler Designs*. Her line of inks includes 12 luscious colors to work with.
- **Marjolaine Walker** is the owner and designer of *Twelve Stones Scrapbooking* and she's going to show a few of her "junk journals" as well as demonstrate how to make one. As you might imagine, a junk journal is made out of materials that are often thrown away, like used envelopes, tags, paper bags, etc. A finished one can be used for art or writing or anything you want to use it for.
- 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.*

7224

2-15-17

- Author and speaker, **Kate Asbill** will talk about pro-active aging which is based on her book "Start Dancin' and Don't Stop." Asbill discusses choices seniors have in terms of living better longer and how they can thrive not just survive!
- Interior decorator, **Latriece Brooks** will show how to use fall accessories and create three different tablescape using what you currently have on hand. This concept will work regardless of the season or time of year. Brooks' company is *Brooks Interiors*.

7225

2-22-17

- **Casey Schwartz** is a floral designer and co-owner of *Flower Duet*. She's going to be joined by her youngest son, **Sam** as they design and create a floral spider centerpiece. This is just one example of floral designs she taught at her son's school.
- 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.

- Designer and crafter, **Ann Butler** will continue her discussion on how to use inks and stamps to create backgrounds for lots of different projects, including cards, scrapbooks, fabric designs, and much more. Butler's company is *Ann Butler Designs*. She'll show her line of stamps and colorful inks and how they work on different types of paper.
- **Carol Vander Stoep** is a dental hygienist, author and myofunctional therapist. She's going to talk about the mouth's central role in health. She says that cavities and gum disease are just symptoms of unbalanced ecosystems in our bodies. Her book is titled "*Mouth Matters*."
- 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.