

# Individual Program Descriptions

## Creative Living - #7300 Series

**7301**

**3-8-17**

- **Casey Schwartz** is a floral designer and co-owner of *Flower Duet*, and she's going to show how to create a unique centerpiece using a small treasure chest. She says this is a great way to make multiple centerpieces or favors at one time.
- **Charlene Patton** is with the *Home Baking Assn.*, and she's going to show how to make Play Clay and will explain how this simple activity can teach children so much about cooking and baking.
- Designer and seamstress, **Patty Dunn** will show purse samples made from old jeans and scraps, demonstrate cutting jeans, and using the zipper in various ways. She is the owner of *All Dunn Designs*.

**7302**

**3-15-17**

- Extension Home Economist, **Shannon Wootton** knows that anyone who sews has lots of fabric scraps, and she's going to share some projects that incorporate these left-over pieces of fabric. She's with the *NM Cooperative Extension Service*.
- **Toufic Khayrallah or T.K.** is going to demonstrate how the Sirena vacuum system works to collect pet hair, allergens, dust and debris from carpet, upholstery and floors. This is especially important for those who suffer from various allergies. He is the CEO of *Sirena, Inc.*
- **Kerri Forrest** represents *Bernina Sewing Machine*, and she's going to explain what a double-cord presser foot can do and demonstrate using it. She explains that it can be used with any utility, decorative or quilt stitch, and she'll also show how to do couching and piping with this foot.

**7303**

**3-22-17**

- Designer and crafter, **Ann Butler** will show how to use a clear casting epoxy product to make some beautiful pieces of jewelry. Butler's company is *Ann Butler Designs*.
- **Catherine Jordan** represents the *Embroiderers' Guild of America*, and she's going to show how to replicate maps through embroidery. She will explain how maps are designed, stitched and hand painted.
- Floral designer, **Carly Cylinder** will show how to use two different techniques when working with horsetail, which is a type of bamboo. The final product looks like an advanced floral arrangement! Her company is *Flour LA* and *Flour LA Jr.*

**7304**

**3-29-17**

- **Patricia Bates** is an acupuncturist, herbalist and author, and she's going to show how to make a toolbag for life, living and love. This toolbag combines crafting with self-help in a fun thoughtful way. You'll also learn how to make life-action tool cards for your toolbag.
- Registered dietitian and nutritionist **Sarah Ryan** explains that the DASH diet incorporates 3 servings of dairy each day plus a balance of the other food groups. Simple swaps make the DASH diet easy to follow for breakfast, lunch and dinner. She represents *DairyMAX*.
- **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.

**7305**

**4-5-17**

- **Roxane Cerda** is the Acquisitions Editor for *C & T Publishing*. There is a wide variety of bag books and patterns in an array of styles, methods, levels of difficulty and purposes, and she'll show some of these. By combining these projects with easy-to-use Fast2Fuse interfacing you'll get a bag you'll love to use.
- Quilter and designer, **Laura Murray** will demonstrate painting quilt blocks to create a one-of-a-kind design. She will show several items including a wall hanging, a framed picture and a jean jacket to illustrate this technique. Murray's business is *Laura Murray Designs*.

**7306**

**4-12-17**

- **Michelle Ontiveros** is a clinical mental health counselor, and she says that identifying upsetting thoughts and feelings with difficult emotions can reduce emotional distress and increase self-regulation. She's going to demonstrate an exercise designed to help overcome many of these emotions.
- **Marci Baker** is a quilter and author, and she's going to talk about what to do if you come across an antique quilt and what questions you should ask before buying it. She'll also tell how to find an appraiser specific to quilts. Baker's company is *Alicia's Attic, Inc.*
- **Connie Moyers** is with the *NM Cooperative Extension Service*, and she's going to talk about what she calls the "poison purse." She says we need to be wary of the danger of many common items we probably all have in our purses or pockets.

**7307**

**4-19-17**

- Designer, **Marjolaine Walker** will show several projects made by monoprinting with a gel press. Monoprinting is a form of printmaking that has images or lines that can only be made once, unlike most printmaking. The gel plates eliminate the need to use a press. Walker owns *Twelve Stones Scrapbooking*.
- Designer and crafter, **Barbara Crawford** will show how to make pin cushions that are large enough for a cutting table or dashboard. Hand embroidery and pins are used to decorate them, and they are stuffed with crushed walnut shells to add weight and to keep the pins and needles sharp. Her company is *Crawford Designs*.
- 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. His business is *DreamBIG*.

**7308**

**4-26-17**

- **Carol Vander Stoep** is a dental hygienist and myofunctional therapist. She says that the way we hold our lips and tongue, breathe and swallow significantly influence health and appearance throughout our lives. She'll also discuss how therapy can entirely eliminate sleep apnea.
- Designer, **Marjolaine Walker** will show a few pages in her journaling bible, and she'll show the process involved. Journaling bibles have large margins which allow ample room to journal, draw or doodle. Walker owns *Twelve Stones Scrapbooking*.
- *PartyLite* consultant, **Christine Alt** will show how to take indoor décor outside and will explain and show how using candles can help create a feng shui atmosphere.

**7309**

**5-3-17**

- **Alex McKinnon** is the founder and CEO of *Kinn, Inc.* By using the most sanitary option for a pet bowl, pet parents can be more confident that their pet is not being exposed to harmful germs and are maintaining an adequate level of hydration. His product, the Kinn Kleanbowl, can help solve these problems.
- **Casey Schwartz** is a floral designer and co-owner of *Flower Duet*, and she's going to demonstrate how to make a floral wrap for a wine bottle. This makes it especially attractive when giving it as a gift.
- Author, **Peter Goodman** has written a children's book about bullying, and he will explain how to change bystanders into upstanders in order to discourage bullying behavior. His business is *DreamBIG*.

**7310**

**5-10-17**

- **Marci Baker** is a quilter and author, and she emphasizes that quilts do not have to be large. For someone just starting out in quilting, she says it is much better to start small and increase your projects as you increase your skills. Baker's company is *Alicia's Attic, Inc.*
- **Ray Pawley** is a retired zoologist, and he says that for children 8 years and up a Guinea pig may be a suitable choice for a pet. Guinea pigs are rodents that reproduce rapidly, are non-allergenic and come in different colors.
- Cookbook authors, **Kimberly Reiner and Jenna Sanz-Agero** will show how to make a basic cookie dough recipe and create a Slice 'n Bake gift log with parchment paper and other decorations and small baking-related items. Their cookbook is titled "*Sugar Sugar.*"

**7311**

**5-17-17**

- Author and speaker, **Judi Moreo** will explain what the AchieveMore method is, tell who should use it and explain how this process can help a person escape the worry and stress of failing. She also says that everyone will discover some of their inner feelings along the way. Her company is *Turning Points, Intl.*
- Cookbook author, chef and teacher, **John Vollertsen** (known as Chef Johnny Vee) is going to demonstrate three recipes from the much beloved and traditional dishes of New Mexico. He's the owner of *Las Cosas Cooking School.*

**7312**

**5-24-17**

- **Toufic Khayrallah** or **T.K.** is going to demonstrate how the Sirena vacuum system uses water as a filter medium to collect and remove all debris forever from the home. No messy bags to deal with either. He is the CEO of *Sirena, Inc.*
- **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 as well as the flavor. She'll demonstrate several ways to incorporate Freekeh grains into other recipes.

**7313**

**5-31-17**

- **Bruce Johnson** is the spokesperson for *Minwax*, and he says that contrary to some advice, vintage furniture pieces often look better if they are restored rather than covered with paint. He'll demonstrate how to restore a small Tudor end table using a stain that is similar to the base.
- **Dr. J. Tim Rainey** will talk about some of the problems facing pediatric dental patients and explain how heavy sedation can be avoided. He also says that prevention is the most effective treatment for decay for all patients, and he'll show some products that can be very useful. He's with the *Texas Institute for Advanced Dental Studies.*

**7314**

**6-7-17**

- Designer and crafter, **Ann Butler** will show how to use a silicone putty to create a variety of items to decorate with or to add to handmade or ready-to-wear garments. Butler's company is *Ann Butler Designs.*
- **Patricia Bates** is an acupuncturist, herbalist and author, and she's going to discuss Tai Chi and explain how it differs from yoga, even though meditation is part of both styles. Tai Chi involves a mantra or chanting as well as a repetitive prayer and is a transcendental form of meditation.
- **Dianna Effner** is a designer of doll molds, and she has even figured out a way to use 3-dimensional dolls in scrapbooks. She'll show how to press the molds as well as how to paint them. Her company is *Expressions, Inc.*

**7315**

**6-14-17**

- Designer and crafter, **Barbara Crawford** will show how to take a sweatshirt and turn it into a fitted, princess seamed jacket that is figure flattering and easy to make. She says the princess seams will shave off about ten pounds! Her company is *Crawford Designs.*
- Cookbook author, chef and teacher, **John Vollertsen** (known as Chef Johnny Vee) is going to demonstrate how to prepare an artichoke for cooking, and then prepare three recipes that feature artichokes. He's the owner of *Las Cosas Cooking School.*

**7316**

**6-21-17**

- **Karla Stockli** represents the *California Fig Advisory Board*. California dried figs, which are a staple ingredient available year-round, easily fit into today's food trends. She'll discuss nutrition, varieties, harvest and explain how to substitute dried figs for fresh ones.
- **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 ones that are vivid in color and water resistant.
- Gazpacho is a cold vegetable soup with tomatoes as the main ingredient. **Carol Fenster**, a nutritionist and author, will demonstrate her version of gazpacho that offers a time-saving shortcut. Even those who are gluten intolerant can eat it since she doesn't use bread as a thickener. Her company is *Savory Palate*.

**7317**

**6-28-17**

- Author and businesswoman, **Casey Jones** is going to talk about how music heals the brain on a neurological level. She explains how the human brain rewires or restores damaged neural circuits. Brain functioning can be at its highest level despite traumatic injury. Her book is titled *And the Angel Rocked Me*.
- **Catherine Jordan** represents the *Embroiderers' Guild of America*, and she's going to show examples of stitched bookmarks and discuss adult and youth literacy outreach programs the Guild participates in. She'll explain the process of painting on felt and stitching a variety of designs on bookmarks.
- **Sara Robbins** is the director of Dairy Confidence with *DairyMax*, and she's going to tell about a fun 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.

**7318**

**7-5-17**

- **Charlene Patton** is with the *Home Baking Assn.*, and she's going to show how to sculpt yeast dough into rolls, a bread basket, and even a turtle and alligator. She says this activity provides lots of fun family baking opportunities.
- **Diane Tunnell** is an Independent Demonstrator with *Stampin' Up!*, and she's going to demonstrate how to use a brayer to apply ink to an embossing folder to create the background for a card. She also has some other techniques she'll show.
- **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.

**7319**

**7-12-17**

- Author and fitness guru, **Kate McKay** is going to talk about how to create a life vision and explain why it is important. She says that it takes 21-28 days to establish a new habit, and this is as true for weight control and fitness as for other areas of our life. Her book is titled *"Living Sexy Fit...at Any Age."*
- **Curt Jaynes**, owner of *GardenSource Nursery and Landscaping*, is going to demonstrate how to use a smart pot to grow vegetables, flowers, herbs and fruit. This tough, weatherproof fabric raised bed needs no assembly.
- **Eleisha Ensign**, Executive Director of *TexaSweat Citrus Marketing, Inc.*, will demonstrate making a light, healthy flavorful dish using unique ingredients, including Quinoa, an amino acid-rich protein seed.

**7320**

**7-19-17**

- **Ray Pawley** is a retired zoologist, and if you happen to find a snake in your house, he has some good tips for getting rid of it. He'll show how to catch a snake and how to ensure your house is rodent and snake proof.
- **Nancy Siler** represents *Wilton Brands*, and she's going to show how to do a variety of techniques that make decorating cupcakes, cookies and other delicacies even easier. This includes ways to fill a cupcake, how to spatula ice a cupcake and even how to make various swirl designs.
- 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*.

**7321**

**7-26-17**

- **Kris Caputo** represents the *California Fig Advisory Board*, and she's going to talk about the popularity of California figs with food bloggers. Whether using fresh or dried, food bloggers agree that figs are not only nutritious, they are extremely versatile and lend themselves to a variety of recipes.
- **Patty Waid**, owner and operator of *Waid & Associates*, says creating beautiful centerpieces is like adding "jewelry" to your event. She'll present a close look at the basic elements of design that help to set the foundation for building centerpieces with a "wow" factor.
- **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 five things we need to know before buying pet food. His company is *Hound & Gatos Pet Food Corp.*

**7322**

**8-2-17**

- Author and speaker, **Judi Moreo** states in her book that many people don't set goals, and she'll explain what we should keep in mind when setting goals. She will also differentiate between mentors and role models. Her business is *Turning Points Int'l.*
- "What goes around comes around." Remember that saying? People are still antiquing furniture but the products are just different. **Connie Moyers** is with the *NM Cooperative Extension Service*, and she's going to show how to make your own DIY chalk paint recipe and then show how to use it on a variety of projects.

**7323**

**8-9-17**

- **Bruce Johnson** is the spokesperson for *Minwax*. He's going to show an inexpensive way to create gifts for friends or make items for your own home with pallets that do not require advanced woodworking skills or equipment. He has several samples to show.
- Chef **Hillori Hansen** is a culinary specialist with *Whole Foods Market*, and she's going to demonstrate how to make several recipes using some add-ons to "kick up" the nutrition.
- Registered dietitian and nutritionist, **Sarah Ryan** explains that milk offers great nutrition, is a healthy meal addition and provides more nutrition than many of the power drinks on the market. While all beverages hydrate, milk provides important nutrients your body needs. She represents *DairyMAX*.

**7324**

**8-16-17**

- **Casey Schwartz** is a floral designer and co-owner of *Flower Duet*, and she's going to show how to meld together two of nature's wonders – succulents and dried grapewood – to create some interesting floral designs.
- **Catherine Jordan** represents the *Embroiderers' Guild of America*, and she's going to show several items featuring cross stitch reversible embroidery including coasters and bookmarks. She'll also demonstrate how to work a straight line which is reversible with the double running stitch and reversible cross stitch.
- **Patty Waid**, owner and operator of *Waid & Associates*, is an event planner, and she knows how important it is to be able to locate items quickly for an upcoming event. She'll share some tips and tricks that can alleviate some of the chaos and make life easier!

**7325**

**8-23-17**

- **Roxane Cerda** is the Acquisitions Editor for *C & T Publishing*. She's going to show how to transfer your imagination into art with Transfer Artist Paper which is a premium-quality transfer paper that allows you to transfer images to virtually any surface with the heat of an iron. She'll show several finished projects.
- **Kerri Forrest** represents *Bernina Sewing Machine*, and she's going to talk about sergers. She'll explain what they can do, how to select one and then demonstrate some of the basic stitches. Unlike traditional sewing machines, sergers trim the fabric, sew the seam and finish the edge all at the same time.
- Designer and crafter, **Ann Butler** will show how to create beautiful backgrounds for fabric to make quilts using stamps and inks. Butler's company is *Ann Butler Designs*.

- **Marci Baker** is a quilter and author, and she's going to show the log cabin quilt from a new angle. The log cabin is a very traditional design made from squares and rectangles, but she's going to show how to make the design using triangles and diamonds. Baker's company is *Alicia's Attic, Inc.*
- **K. C. Cornwell** is going to show some of the new and delicious gluten-free products that have recently become available on the market. Whether a person is gluten intolerant or not, the best news is that these new products taste delicious.
- **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.