

Individual Program Descriptions

Creative Living - #7600 Series

7601

9-5-18

- **Rae Cumbie**, *Fit for Art Patterns*, says that pants are simple to make, but hard to fit (and even hard to buy.) She will show how to make a basic pattern to enable you to sew a wardrobe of pants that fit – regardless of the details and fabrication.
- Author and registered dietitian, **Carol Fenster** will introduce a new cookbook she's written titled "Gluten-Free Cooking for Two." She'll tell why she wrote the book, show some new appliances and bakeware that are perfect for smaller servings and also demonstrate some delicious dessert recipes from her book.

7602

9-12-18

- Owner and designer, **Jen Fox** will show how to use fabric scraps to make simple, fun greeting cards for any occasion. Her company is *Jen Fox Studios*.
- Mental Health Counselor, **Michelle Ontiveros** will explain how mindfulness can help children become more centered, blocking out distractions, reducing stress in the home and in school settings.
- **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.*

7603

9-19-18

- Sewing instructor, **Nancy Lovett** knows that sometimes home sewers become discouraged with the project they are making, and it's usually due to poor pattern fitting. She's going to share several tips for successful garment sewing.
- **Mitch Teller** is President of *Softlites*, and he's going to explain how to change or update kitchen cabinet hardware to transform the look and take the cabinets from boring to exciting.
- **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 and make food preparation much easier.

7604

9-26-18

- **Eric Drexler** is the National Sulky Educator for *Sulky of America*, and he's going to demonstrate a weaving technique done on top of a fusible stabilizer. This project can be used in wearables or on other creative items.
- 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* and this remains one of his most popular classes.

7605

10-3-18

- **Deborah Kreiling** is the Design Development Director for *Simplicity Pattern Company*, and she's going to give an overview of the language of sewing. She will walk through the front and back of the pattern envelope, instruction sheet and pattern tissue and explain the terms as she goes.
- Designer, **Ann Butler** is going to show how to use a lightbox for paper piece quilting, which makes it easier to see the lines and ensure you have the seam allowance covered. You can also make sure you have the right size fabric for each shape you are covering. She represents *Artograph Company*.
- If you like to make Halloween costumes or play clothes for your kids, you'll really enjoy the project **Carina Gardner** will demonstrate which results in an octopus costume. She is the Creative Director and Designer for *Carina Gardner, Inc. and Carta Bella Paper Company*.

7606

10-10-18

- **Sarah Ryan**, registered dietitian nutritionist with *DairyMax*, has some useful tips and ideas for aging gracefully. She encourages that everyone remain physically active in order to maintain muscle as we age and says a healthy milk-rich diet can help.
- Did you know there are over 900 kinds of birds in the United States, and each has an instinctive birdnest-building blueprint or architectural plan for the kind of bird nest they are programmed to build as well as where to build? Retired zoologist, **Ray Pawley** will tell us how and why we should build a bird house.
- **Connie Moyers** is going to talk about wild-caught California King salmon which is tasty and contains important Omega-3 fatty acids. She's going to pair this with other ingredients to make a meal that is easy to prepare and extremely healthy.

7607

10-17-18

- **Carol Fenster** is an author and nutritionist, and she will explain how to prepare gluten-free main dishes for two since there are more and more two-family households. Her company is *Savory Palate, LLC*.
- Designer, **Lisa Rojas** is going to demonstrate how to create a fun flip-up card in the shape of a hatbox. This same technique can be used on other shapes and designs as well. She is co-owner and Publisher with *Bella Crafts Publishing*.
- **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.

7608

10-24-18

- **Deborah Pace** will show how to use Styrofoam and Fun Foam to create ZIAs (Zentangle Inspired Art.) She'll demonstrate using black ink on white paper, metallic ink on black paper and using a combination of black on white and white on black paper as well as the opposite color of inks.
- 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.*

7609

10-31-18

- Artist and author **Jo Schwartz** will show how to wood burn one-shape designs. She'll show a variety of items she's made using this technique including walking sticks and canes, storage boxes, frames and even jewelry. Her business is *Burning Tree Art*.
- **Eric Drexler** will demonstrate thread sketching by using Sulky Sticky Fabri-Solve to run through a printer. This prints the design onto a sticky back stabilizer that can be placed on a quilt top. After stitching, you simply wash the quilt, and the pattern and stabilizer dissolve away. He's with *Sulky of America*.

7610

11-7-18

- Have you ever wished you could achieve the looks you find in magazines in your own home? Decorator, **Cassidy Self** will show how to layer a bed, incorporating quilts or heirloom pieces with modern day accents. She'll also discuss pillows, footboards, and duvet covers for seasonal bedding. Her online decorating business is Sage and June.
- Have you heard about afterthoughts or meaningful recycling? **Patty Dunn**, owner of *All Dunn Designs*, will show how to keep the memory of a loved one close to you. Using a pillow or a tee-shirt, Dunn will share inspiration on creating a memory using the loved one's own clothing.
- **Charlene Patton** is the Executive Director with the *Home Baking Assn*. As she demonstrates making double chocolate chip cookies, she'll talk about baking fundraisers and explain why the smart snack guidelines, which are determined by the USDA, are necessary standards to abide by.

7611

11-14-18

- Mental Health Counselor, **Michelle Ontiveros** will explain how parents can identify ways to implement mindfulness in their own parenting styles. Mindfulness can help children stay more centered and safe at home or away from home.
- **Deborah Pace** is going to show how to create mandalas based on her newest book, which includes not only instructions and ideas, it has many designs you can print, copy and trace for making your own mandala. She'll also show using different paper types to draw on. Her company is *AarTvark Cre8tions*.

7612

11-21-18

- Since he declares salt as being one of his favorite ingredients to cook with, it only seemed natural for him to offer a Celebrate Salty class at his *Las Cosas Cooking School*. Chef **Johnny Vee** will explain why salt is important in the diet, as it helps to regulate the fluid balance in the body. Then he'll prepare a variety of salt-inspired recipes.
- 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*.

7613

11-28-18

- Regardless of the time of year, any holiday can be enhanced with peanuts added to the recipe. **Shelly Nutt**, Executive Director with the *Texas Peanut Producers Board*, will demonstrate some easy to prepare recipes for "going nuts" during the holidays.
- Choosing the right container is the first step when growing a healthy plant, and **Curt Jaynes**, owner of *GardenSource Nursery & Landscaping*, will talk about the Smart Pot, which is a new innovation in containers. It's a soft-sided fabric aeration container, and the best part is that it can be moved easily.
- Designer, **Lisa Rojas** is going to demonstrate how to use rubber stamps from *Ann Butler Designs* and rhinestones from *Rhinestone Genie* to create a faux quilted card. Lisa is co-owner and Publisher with *Bella Crafts Publishing*.

7614

12-5-18

- Professional artist, **Brenda Pinnick** is going to show how to paint on leather, which requires a special process. She'll show a variety of items she has painted as she demonstrates how to apply a design outline and then show how to use some different brush techniques and metallic accents.
- **Kari Child** is the creative marketing manager with *Chalk Couture*, and she'll demonstrate using permanent fabric couture ink. She'll explain different ways to make your design last by sharing three ways for drying. These include using a dry iron, a blow dryer and even the oven.

7615

12-12-18

- **Diane Lampert** represents *Creative Memories* and is going to talk about all the different tools available for scrapbooking, making mini albums, and décor to preserve your precious photos, stories and memorabilia. Some of these include the Project Idea and Project Tote which help in organizing photos, as well as a Layout Kit and various other tools.
- **David Fisher** is a self-taught soap maker, and he's going to demonstrate the basics of soap making and explain the different methods you can use. He'll talk about the tools and equipment needed and show how to customize your soaps. Fisher has written his own book about the basics of soap making.
- **Catherine Jordan** is a Master Craftsman programs coordinator with the *Embroiderers' Guild of America*. She is going to explain and demonstrate what contemporary open embroidery is and show how the open effect is achieved. This technique allows one to look right through the opening to the other side for a maximum dimensional effect.

7616

12-19-18

- **Patty Dunn**, owner of *All Dunn Designs*, will show how to transform scarves into wearable garments. She calls this Pashmina possibilities. She'll show a simple way to turn a scarf into a shrug jacket and will show several other garments made from scarves.
- **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.
- **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.

7617

12-26-18

- If entering your home makes you sigh and you just don't know what to do to remedy the situation, it may be time to talk to a professional decorator. **Latriece Brooks** will talk about how to rethink your space and your furniture plan, and then discuss accessorizing, rehangng artwork, and paying attention to texture and pattern. Her business is *Brooks Interiors*.
- Author, designer and teacher, **Shannon Brinkley** will demonstrate collage quilting with kids using a technique called Scrappy Applique. She'll show how to use either the no-sew option or the sew option for this project.

7618

1-2-19

- If you haven't tried using chalk for painting, you'll enjoy seeing **Kristine Widtfeldt** demonstrate how to create a chalkboard wreath creation using a silk screen transfer with removable chalk paste. She'll go over all the steps from prep to clean up when using these new chalk pastes. She is the CEO of *Chalk Couture*.
- **David Fisher** is a self-taught soap maker, and he's going to demonstrate how to make your own fizzy bath bombs. These are not only wonderful to have at home, they make great gifts, too. Fisher has written his own book about the basics of soap making.

7619

1-9-19

- Interior designers and business owners **Katie Schroder and Erika Rundiks** will talk about how to create and decorate with color since this is a very important element in any room. You can be bold or just show touches of color to add character or individuality to a space, and they'll show how. Their business is *Atelier Interior Design*.
- 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 and not just survive!

7620

1-16-19

- Owner and designer, **Jen Fox** will show how to reimagine tired or dated leather garments or old purses and turn them into lightweight leather jewelry. She does this with special paint pens. Her company is *Jen Fox Studios*.
- Artist and author **Jo Schwartz** will show how to wood burn boards and signs and then add color to your creations. Her advice is to burn first – then add whatever type of coloring you want, and she'll have several examples to show. Her business is *Burning Tree Art*.
- **Sarah Ryan** is a registered dietitian and nutritionist with *DairyMAX*, and she stresses that breakfast is the most important meal of the day. She will demonstrate some quick and fun ways to add protein to your favorite meal which will energize you all morning.

7621

1-23-19

- Decorator, **Megan Hamilton** will explain how to choose the perfect paint for your home. She'll discuss accent walls, the "new neutral" paint color and explain the difference between a flat paint and a high gloss paint. Her online business is *Sage and June*, which she operates with her sister.
- 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.
- **Jamie Alcorta**, owner of *Walls of Art*, will show how to create a bronze effect by using paint on columns or any other accessory to make them coordinate with hardware and metal fixtures which are shown in many of today's new home construction.

7622

1-30-19

- Retired zoologist, **Ray Pawley** will talk about the differences between horns and antlers and then show some easy crafts that can be made from antlers. He has lots of interesting tidbits about these reusable resources.
- Author and motivational 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.*

7623

2-6-19

- **Curt Jaynes**, owner of *GardenSource Nursery & Landscaping*, will show a variety of succulents that make good choices for both indoor and outdoor planting. Succulents can be used alone or in a container with other plants, and they require very little maintenance.
- Designer, **Ann Butler** is going to show how to use Rhinestone Genie templates and iron-on rhinestones to make designs for clothing, crafts and more. She represents *Ann Butler Designs* and Rhinestone Genie.
- **Rebecca Peck** represents *The Upholstery Studio*, and they make kits for headboards, tuffets, cornices and other DIY projects. She is going to show how to make a beautiful custom upholstered headboard which turn your bedroom into a haven of comfort.

7624

2-13-19

- Sewing instructor, **Nancy Lovett** know that sewing should be fun but she also knows that when your sewing machine acts up, it is hard to enjoy sewing. She is going to share several machine tips that make for a more enjoyable activity.
- Chef, **Hillori Hansen** will demonstrate some easy to prepare heart-healthy meals that can be prepared ahead of time. She is the culinary specialist with *Whole Foods Market* and has lots of ideas and recipes she'll share.
- **Mitch Teller** is President of *Softlites*, and he's going to show several ways to get creative with wall décor using plates. He'll show what tools are needed and make recommendations on how many plates to hang and share special tips on ways to arrange the display to avoid unnecessary nails in the wall.

7625

2-20-19

- Chef and cooking school owner, **Chef Johnny Vee** will demonstrate several Thai-inspired recipes, including Thai Marinated Shrimp, Thai deviled eggs, and Thai coconut rice. If you've never tried Thai cooking, you'll enjoy this spicy taste. His business is *Las Cosas Cooking School*.
- Designer, **Ann Butler** is going to show how to emboss on velvet with stamps. She says the key is using high quality rayon/acetate blend velvet along with her red rubber stamps. She represents *Ann Butler Designs* and *Bella Crafts Publishing*.
- *Creative Memories* spokesperson, **Diane Lampert** will show some items that you'll want for gift giving or to keep and use yourself! Their company offers twelve different card kits and each card is unique once assembled. Cards and envelopes are blank and lots of bonus items are included to embellish your cards.

- Professional artist, **Brenda Pinnick** will demonstrate “expressive color” as it relates to painting. She tries to help anyone be more successful who is intimidated with this technique. She will also show three examples of finished work using a palette of color in a quality of paints.
- **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.*