

Creative Living with Sheryl Borden

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“Observing our 38th Season”

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e-mail address: sheryl.borden@enmu.edu Phone: 575-562-2112



COME SEE ME

If you have time and would like to read my blog, you can go to: <http://sherylborden.wordpress.com/>

I would also like to invite you to “like” me on my [Creative Living with Sheryl Borden Facebook page](#). If it’s easier, just type in “**Creative Living with Sheryl Borden**” in the Search Window, and it’ll bring it up.

Since the last Creative Living newsletter, I’m proud to say that I have now completed the five-section Creative Living booklet that will accompany the 6700 series of the show, which begins next week. But, to clarify that profound statement, I now have to proof read all the sections (the part I don’t enjoy doing), make all the corrections on the computer and then I’ll be ready to post the free booklet online! But I will have this ready for your viewing next week, so I’ll go ahead and give you the web link and hopefully, by the time you read this newsletter, I’ll have the 6700 booklet listed along with all of the past Creative Living booklets. If it happens not to be there, just give it a day or two. The link is: <http://kenw.org/creative-living-booklets>

February was a fun month for taping. All of my guests were ones I had not worked with before, and now I’ve made some dear friends and will look forward to having them come back to Portales to tape in the future.

On February 13th, I had the pleasure of interviewing **Dr. Julian Bailes**, a neurosurgeon from Chicago, who talked about sports injuries and the importance of taking care of our brain and other vital organs when playing sports. He and the second guest, Elizabeth Somer, discussed a program by Pop Warner called Eat Smart Play Safe. This educational campaign focuses on promoting healthy nutrition and sports safety for active kids, on and off the field. DSM Nutritional Products and Pop Warner Little Scholars have partnered to bring nutritional information to young athletes and parents.



Elizabeth Somer continued the discussion by addressing The Real Smart Diet: Foods That Feed Your Brain, more about the Eat Smart, Play Safe: Feed Your Kids Right program and ended by talking about Supplements: What, How Much,

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Why and When? I found out that one out of every two adults is taking nutritional supplements (I'm one of those), making them the most popped pills in America. Are we wasting our money? Would we be just as well, or better, off without them, or would everyone benefit from a daily vitamin pill? Elizabeth addressed these questions and much more. You might like to visit the website: www.popwarner.com/eatsmartplaysafe and learn more about this unique and important program. If you'd like to contact Elizabeth, you can email her at: esomer@earthlink.net



On February 20th, we started the day with **Carina Gardner** who is the Creative Director and Designer with various paper and fabric companies. She showed how to teach children to sew by making a Bella Stash Bag, a pincushion, a flower for the American Girl doll collection, as well as making doll clothes and matching ones for the youngster. The last segment she did was everyone's favorite: she showed how to make a squid and an octopus costume for kids - either for Halloween, a birthday party or just because. These were so cute and very simple to make. Carina's email is: carina@carinagardner.com and her website is: www.carinagardner.com.



After Carina finished taping, my next guest was a florist by the name of **Carly Cylinder**. Her company is Flour LA, a biocoastal floral design studio in NYC and Los Angeles. She showed how to make wrapped bouquets, then she demonstrated making an English Garden Basket with flowers and added fresh fruit, and the last segment was on making an upscale horsetail arrangement. Carly also has a new book coming out soon, titled "*The Flower Chef*." Her email is: carlycylinder@yahoo.com and her website is: www.flourla.com.



As I mentioned last month, we have moved our Annual KENW Auction from June to the last week in April, so we are frantically trying to take care of that in between everything else. If you have anything you'd like to donate to us, please let me know.

I don't know about you, but I sure am ready for Spring and warm weather (even though we haven't had the extreme cold here that many of you have already experienced). Can't wait for flowers to start blooming and walking out of the house without a jacket! Till next month...

Sheryl