

# Creative Living with Sheryl Borden

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*"Observing our 38th Season"*

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## 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.

**W**hew! Our 39th annual KENW-TV Auctions are now over. This year we had three nights of "live" phone-in bidding as well as ten days of our online Auction. We produce the Auction each year to raise money for our programming budget and it looks like this will be a banner year! Of course, Pick Up and Pay starts on May 2nd, and we'll keep our fingers crossed that everyone who bought something will pay for it.

Not only is the Auction over, I concluded my Spring taping schedule on April 10th and we won't start up again until next September. One of my guests on April 3rd was **Carol Fenster** and she's been on the show many times and always brings us such interesting information. Carol has written several books on gluten-free cooking and taped numerous segments on that topic as well. This time she taped one segment on Kale, one on Nightshade Substitutes, and a third segment on Red Quinoa. They were all so interesting, and the recipes she prepared with each segment were unusual but tasty - whether you have any eating disorders or not. I especially liked the recipe for making Mashed (Cauliflower) Potatoes! I've posted all of Carol's recipes on the [Creative Living webpage](#) under Recipes. I hope you'll try some of them. Carol's website is [www.carolfenster.com](http://www.carolfenster.com) and you can get lots of good ideas, recipes and information there. You can also email her at [carol@carolfenster.com](mailto:carol@carolfenster.com).



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The second guest was **Dr. Edward Kondrot**, and he is the founder of Healing the Eye and Wellness Center in Dade City, FL. It was such a coincidence that one of the three segments he taped was also on Kale - Eat Your Way to Clear Vision! He also talked about some tips for avoiding computer eye strain - something more and more people are having to contend with. And, lastly, he taped a segment on tips for seniors to protect their vision. Dr. Kondrot is the world's only board-certified ophthalmologist and board-certified homeopathic physician. He is the author of three best-selling books in the field, and the founder of the Wellness Center. I can tell you - I learned so much from both Dr. Kondrot and Carol that day. Dr. Kondrot can be contacted via e-mail at: [info@healingtheeye.com](mailto:info@healingtheeye.com) or you can go to his website at: [www.healingtheeye.com](http://www.healingtheeye.com).



My final guest for the semester was **Patty Dunn**, and she is the owner of All Dunn Designs, and she lives in Corpus Christi, TX. Patty taped one segment on how to use elastic in the bobbin of the machine to get a puckered effect. On another segment she demonstrated how to roll a clean beautiful hem edge on the sewing machine and also showed how to insert wire into the edge to make cloth wire ribbon. Using pre-cut strips, Patty showed how to weave strips to make a quilted piece look. She showed examples of this technique in place-mats and also purses. Her fourth segment was titled 'Purse Gone Crazy,' and she showed purse samples made from old jeans and scraps. She showed how she cuts jeans and even uses the zipper as embellishments on pockets and seams. Her last segment showed how to use fabric scraps and fussy cutting to apply fabric to card stock to make unusual personalized cards. Patty's email address is: [alldunndesigns@aol.com](mailto:alldunndesigns@aol.com) and her website is: [www.alldunndesigns.com](http://www.alldunndesigns.com).



I can't wait for all of these segments to air because I think you'll really enjoy them.

As soon as we complete Pick Up & Pay for the Auction, I'll start working on the next **Creative Living** booklet. I just love putting the stories, instructions, recipes, etc. in our booklets and then making them available online for you to download. I hope you enjoy having these resources available. If you have ideas, suggestions or comments about any of the shows, please email me. Till next time...

*Sheryl*

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