

Creative Living with Sheryl Borden

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"Celebrating our 41st Season"

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Although it's hard to believe, we have concluded this Fall Semester of tapings. It's bittersweet because I have a student, **Austin Drake** who will be graduating in a few days, and we're all going to miss him but I'm very proud of him and of his accomplishments. He has such a bright future ahead of and we wish him the best.

Since I didn't get a Newsletter out in November, I'd like to share who we taped with in October as well as November. On October 6th, I taped with **Barbara Crawford**. She showed how to take a ready-to-wear sweatshirt, cut it



Front row: Duane Ryan, Director of Broadcasting and me. Standing in the back are (L-R): Lonnie Berry, Allan Crawford (News Director for News 3 New Mexico), Bill Moyer, Mariah Martinez, Austin Drake and Matthew Corona. Not pictured are retiree, Don Criss and student, Mara Michaels.



apart, add zippers and princess seams, and it became a beautiful slimming jacket. The next segment incorporated two long-sleeved tee shirts that were redesigned using a technique she calls "Stitch & Rip." And, my favorite segment was the last one showing how to make pincushions. If you are like

me and thought pincushions had to be red tomatoes, think again. You'll love these easy to make pincushions from kits. Barbara's company is [Crawford Designs Patterns](#), and she lives in Katy, TX.

The guests on October 18th were **Karla Stockli** and **Kris Caputo**, both who represented the [CA Fig Advisory Board](#) in Fresno, CA, and thanks to their generosity, the Culinary Class at ENMU and the Baptist Children's Home benefited from



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getting lots of delicious fresh and dried figs that were not used during the tapings. Karla Stockli did a tutorial on the different varieties of figs and broke it into two categories: lights and darks. She taped another segment that dealt with how dried figs fit in today's food trends.

Kris Caputo talked about how food bloggers incorporate figs in their recipes and the influence of social media on healthy eating. Her second segment was on California figs and fitness, and she talked about the nutritional benefits of consuming fresh and dried figs. They even brought their own food stylist who did an amazing job of preparing about a dozen recipes for the taping.

The guest on October 20th was **Charlene Patton** with the [Home Baking Assn.](#) in Topeka, KS. Charlene taped 4 segments. The first one was on dough sculpting, and she used a Refrigerator Potato Dough. Not only did she make some beautiful dinner rolls, she sculpted an alligator and a turtle, and they were so cute. The second segment was on making colorful play clay, and she explained what kids can learn about baking by doing this activity. For those with special food needs, such as allergies, gluten and lactose intolerance, etc., Charlene shared some great recipes and tips from the Baking Food Safety 101 resource on their website. And lastly, she demonstrated a cookie recipe as she talked about the FDA guidelines for smart snacks in the school system and how these guidelines affect school fundraisers.

The final taping on October 27th was with **Shannon Wootton**, Extension Home Economist with the [Chaves County Cooperative Extension Service](#) in Roswell, NM. She taped two segments. The first was titled "Quilt As You Go," and this technique allows you to piece directly onto small batting blocks and backing. It doesn't take a lot of time and is similar to foundation/paper piecing - but without the paper. The second segment was on ways to use up scrap fabric left over from other projects. She showed how to make luggage tags, lanyards, towels, key chains, hot pads, baby blocks - and much, much more.

November was also a very busy month for taping. Did you know that pet bowls are ranked the 4th 'germiest' place in the home and have over 1 million germs, including E. Coli, Salmonella and/or yeast and mold? My guest on November 1st was **Alex McKinnon**, founder and CEO of [Kinn, Inc.](#) who makes the Kleanbowl, a germ-resistant stainless-steel holder which secures a disposable liner to make it spill-proof and eliminates the risk of dehydration. He is from Aliso Viejo, CA.



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One of our all-time favorite guests was here on November 3rd. **Bruce Johnson** is the spokesperson for [Minwax](#), and he's been taping with us since 1992, and we all love having him here. The first segment was on pallet projects, and he showed how to make hanging herb gardens, spice racks, a picture stand, and miniature pallet trivets. His second segment had to do with adding new life to a family heirloom using all water-based products. Segment 3 was called getting organized, and he focused on kitchen projects including a wall organizer and several uses for vegetable boxes. And, lastly he showed some unexpected wood decor projects using things like an old ladder and dresser drawers! I know you're going to enjoy seeing his ideas and how you can incorporate some of them into your home decor.



Once again, **John Vollertsen** (more commonly known as Chef Johnny Vee) amazed us with four new segments that not only tasted delicious, the techniques were amazingly simple to do. He was here on November 8th. The first segment was on The Art of the Artichoke, and he showed how to cook artichokes and prepared several recipes that we all enjoyed trying. The second segment was called New Mexico Favorites because he said so many people from across the country come to his cooking school in Santa Fe, NM and want to know how to cook local recipes. Segment 3 was tasty tacos and edgy enchiladas, and we all loved the chocolate ice cream tacos. Last but not least was a segment on gluten-free goodies, and he prepared three different gluten-free sweets. If you are ever in Santa Fe be sure to go by [Las Cosas Cooking School](#) and meet John.



Ray Pawley, a retired zoologist with the Chicago Zoo who now lives in Hondo, NM, taped three segments on November 10th. We learned that Guinea pigs are not from Guinea nor are they part of the pig family - they are rodents! They make great pets, they are non-allergenic, playful and come in different colors! Then we showed a Budgie - which is a parakeet and is considered the third most popular pet. Ray explained what is involved in having a parakeet as a pet and what kids can learn. Last, but not least "What do you do when a snake gets in the house?" The answer is "You move", right? Ray brought a bull snake and talked about how to rodent and snake-proof your house and how to catch a snake if one does come inside. PetSmart in Roswell, NM provided the guinea pigs and parakeet for Ray to show. The bull snake was one of Ray's personal "pets."



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My guest on November 15th was **Casey Jones**, an author, speaker and entrepreneur who lives in Clovis, NM. Casey talked about how music heals the brain and how mental illness can be healed with music. She explained how her interest in this subject developed and had very good visuals that showed comparisons in the brain of children who have been abused or neglected. Her book is titled *"And the Angel Rocked Me!"* and her business is [The Angels Pantry](#).



We had two guests on November 17th. Gluten-free is all the rage in cooking now days. One of my guests was **K. C. Cornwell** who started the [G-Free Foodie Co.](#) and now it is incorporated with Love with Food. K. C. talked about the new gluten-free box meals that are so popular, as well as some other online products that can be bought individually or through monthly or quarterly subscriptions. She also showed lots of new G-free food products on the market, and finally, she demonstrated some G-free healthy snacks.



My second guest on November 17th was **Hillori Hansen**, a chef with [Whole Foods Market](#) in California. Hillori demonstrated some easy ways to "kick up" nutrition by preparing a kale salad, quinoa and smoothies with some interesting add ons, such as chia seeds, hemp and cacao powder. Her second segment was on heart healthy meals, and she demonstrated overnight oats, a Mediterranean Tuna Salad and white chili, and we all enjoyed trying them.



Our final taping on November 29th was with **Catherine Jordan** who represented the [Embroiderers' Guild of America](#) located in Louisville, KY. Catherine taped 6 segments with me: Needlework maps & books, Contemporary open embroidery, Painting on fabric, Reversible cross stitch embroidery, Filigree ornaments, and Bookmarks for literacy. What a talented lady Catherine is and what an outstanding job she did today. Although we have great camera operators, we all agreed that we couldn't do justice to Catherine's needlework - but we tried and I think you'll enjoy her segments as much as we enjoyed working with her.



2016 has been filled with lots of blessings, a few trials, but the realization that 2017 is almost upon us is very exciting. I'm planning on semi-retiring on May 1st but will continue to produce and host **"Creative Living"** - at least for awhile. It has been one of the greatest blessings in my life, and I just can't give it up! I hope you will watch as often as possible, and please feel free to offer ideas, comments, suggestions for guests or just drop me a line anytime. I'd love to hear from you. Happy Holidays!

NOTE: We are having some problems with the Recipe Section of the website, but please check back and hopefully I'll have all the delicious recipes from the guests posted soon.