

Creative Living with Sheryl Borden

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"Celebrating our 36th 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.

April Fools' Day! Do you know what that means and where it got started? I went to Wikipedia and this is what they said: April Fools' Day is celebrated in many countries on April 1st every year. Sometimes referred to as All Fools' Day, April 1 is not a national holiday, but is widely recognized and celebrated as a day when people play practical jokes and hoaxes on each other.

The earliest recorded association between April 1 and foolishness can be found in Chaucer's *Canterbury Tales* (1392). Many writers suggest that the restoration of January 1 by Pope Gregory XIII as New Year's Day of the Gregorian Calendar in the 16th century was responsible for the creation of the holiday, sometimes questioned for earlier references.

Do you and/or your family enjoy playing jokes on each other? Whether you do or not, I hope you enjoy April 1st as well as the rest of the month!

My good friend, **Nancy Siler** of [Wilton Enterprises](#) in Woodridge, IL, and Gretchen Homan, Wilton Test Kitchen Supervisor, were here on March 7th. I've had the pleasure of working with Nancy for many, many years, and she continues to come up with new ideas to share each time she comes. Gretchen does all the "behind the scenes"



work so between the two of them, we have a very smooth-flowing taping. This time she taped a segment using candy melts to dip pretzels, cookies and rice cereal treats, as well as spoons, strawberries and marshmallows. These made some delicious and quick treats. Another segment was on making snack cakes with a new twist. Then she showed a lot of basic decorating tips when she did a segment on cupcakes. My all-time favorite was the segment on making treat pops, which are perfect for kids and adults. Great job as always, Nancy!

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Our University's Spring Break was the week of March 11-15 so we didn't tape that week since our camera crew is made up of students. But on March 21st, our good friend, **Bruce Johnson**, a furniture refinishing expert, syndicated columnist and spokesperson for [Minwax](#), was here, and he wowed us with four great segments. He started off by showing how to use dresser drawers and turning them into under-the-bed storage. On another segment he showed how to make a giant wooden ruler growth chart that every kid will enjoy having. One segment dealt with what he called "instant heirlooms," and he showed how to create them using unfinished furniture. And, the last segment was on ways to repurpose old picture frames and use them to create pretty jewelry storage boxes. He always has such great ideas to share with us when he comes -- and he's been appearing on "Creative Living" since September 1993! Have we changed any?

The second guest was **Jeane Wharton**, and she is the Executive Director with the [U S Dry Bean Council](#) in Jackson, WY. I had not had the pleasure of meeting nor working with Jeane, but we certainly "hit it off." Can't wait til she comes back next year. Not only did we have a good time, I learned so much about the production, growing, harvesting and nutritional value of various beans that are grown in the United States. Beans are an ancient food and are excellent source of protein, fiber, and potassium, as well as being cholesterol and fat-free. She demonstrated several recipes, and I'll post them on my website under "[Recipes.](#)" She brought lots of sample bean products, and shared them with everyone, and the rest were donated to the Eastern New Mexico Food Bank in Clovis, NM, and I know they were simply delighted with her generosity.

My guest on March 28th was my dear friend, **Pat Baird** and she taped two segments representing the [National Got Milk Campaign](#). One of Pat's segments was titled "Build a Healthier Heart and Build a Healthier Life," and she talked about cardiovascular disease. She told the four top ways to avoid heart disease and feel better: Stop Smoking, Choose the Right Fat, Fill Up on Fiber, and Eat Fruits (and Veggies) for added benefits. The other segment was titled "Power Up! What Makes Breakfast the Best Meal of the Day." She emphasized the importance of MyPlate and how milk is often the overlooked item on the plate!

I know that Easter is over, but here's an idea I saw posted on Facebook, and you might like to try this next Easter.



THEN



NOW



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How to Dye Easter Eggs with Silk Ties

Eggs' delicate white shells beg to be dressed in vibrant colors and printed with patterns on Easter weekend. Though we love traditional dyes, there are other fun and easy ways to make your eggs elegant. Our favorite is the simple yet show-stopping silk-tie transfer method.

What You'll Need:

- Uncooked eggs
- 100% Silk ties (pick up a collection at your local thrift store rather than from your closet)
- Scissors
- 2 Tbsp. Vinegar
- Water
- Large Pot
- Towel

Instructions:

Disassemble a tie by cutting the fine threads that hold it together and then separating the inner wool from it. Cut the tie silk in 5x7ish sections.

Place the cut tie fabric with the outer side facing you. (The visible part of the tie must touch the egg.) Roll the skinny part of the egg across the 5-inch part, overlapping any fabric, then twisting the ends to tighten like you are wrapping candy. When the ends are tight, hold them both with one hand, and with the other hand, wrap the wool from the inside of the tie around it. Wrap the wool completely around the egg, like you are making a ball of yarn. Ideally you will cover all the egg bits, but if some is left exposed don't worry - it will just create a design accented by white areas. Use more than one tie inner if necessary.

Once the egg is completely wrapped, secure it with rubber bands. Place it in a pot of boiling water with 2 tablespoons of vinegar. Boil for ten minutes, making sure that the eggs are all covered with the water. Remove from water and let cool. When cool to the touch, remove bands and wrapping, and then the silk wrapping. Place on towel to dry. You'll be pleasantly surprised by your beautiful eggs. (Start saving or shopping for old ties for next year!)

I hope you had a very Happy Easter!

Sheryl

