

# 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.

I hope you had a blessed Thanksgiving and enjoyed the time with family or friends or curled up with a good book! Even though I have an iPad and the Kindle app on it, I still prefer to read "real" books. My favorite telephone call is the one from our public library informing me that a book I put on reserve is ready to be picked up! The ladies at the library tell me that they wished everyone they called would be as happy to hear from them as I am! Right now I'm reading the two current books by James Patterson and look forward to anytime I can just sit and enjoy reading.

November concluded my taping schedule for the Fall semester, and I wish I could keep each one of my crew members for next Spring. These students have truly been a delight to work with, and I think one or two are planning to be back next semester. We taped seventeen segments this month, and I'm anxious for you to see all of them.

My first guest on November 1st was my long-time and dear friend, **Pat Baird** from Greenwich, CT. Pat flew to Albuquerque on Sunday, October 28th and barely missed Hurricane Sandy, although when she returned a week later, she was without power for a few days. I was so thankful she wasn't "stranded" there during the worst part of the storm. Pat and I have been friends for about 20 years, and it's always fun when she comes. Her sponsor was [Country Crock](#), and she taped a segment on the importance of family dinners and another one on healthy school lunches and snacks. We always try to schedule Pat to come on the same Thursday that our local Methodist Church holds its annual turkey dinner, and we hit it "right on" this year.



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My guest on November 8th was **Vincene Parrinello**, and she's the president and founder of [Wai Hope Organic Skincare](#), and she's from San Diego, CA. Vinnie taped three segments with me: The Organic Skincare Movement, Beauty Industry Dirty Secrets, and Positive Attitude, Faith & Hope. In case you didn't know it, beauty products are BIG business! According to Vinnie, "Over the last 7 years, women and men are increasingly opting for organic skin care products." She went on to explain "Mainstream skin care products contain many controversial, toxic chemicals, and anything you put on your skin is absorbed into the bloodstream within 37 seconds!" Amazing.



On November 15th, I had the pleasure of meeting and working with **Nancy Nix-Rice**, a wardrobe consultant and author of "Looking Good." Nancy lives in St. Louis, MO, and we taped five segments that were all wonderful. Have you noticed how prominent scarves are this season? Nancy showed numerous ways to wear scarves and said that the most versatile scarf by far is the 60" long rectangle. The next segment dealt with how to dress 10 pounds thinner, and she did a "before and after" outfit to illustrate her point. The next segment was on selecting just-right jewelry, and she cautioned us about choosing fashion jewelry just because we might think it's pretty. Not only were the jewelry pieces she showed beautiful, but she showed who should wear them and told why. Next we talked about conquering chaos in the closet. She started with a photo of a really messy closet and said "This doesn't have to be this way!" Then she explained how to update a closet, showed what types of hangers to use, how to display accessories and how to organize clothes by category/color. And, finally we talked about how to find the perfect jean for different body styles.



After Nancy finished taping, my good friend, **Connie Moyers** came in and demonstrated Homestyle (Dishes) In a Hurry. She suggests cooking in bulk on the weekends, freezing food in portions, and then pulling out items when needed. She prepared Peachy Pork Picante, Tater Tot Special, Pickled Okra Slaw and Lemon Custard Cake - and everything was so easy to prepare using her tips. Connie is the Extension Home Economist with the [NM Cooperative Extension Service](#), and she's from Clovis, NM. I'll post these recipes on the [Creative Living](#) website under the "Recipes" section - you might like to try one or all of them.





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On November 29th, I had three guests to conclude this semester's taping schedule. My first guest was **Michele Muska** who is with [Simplicity Creative Group](#), and she taped three segments featuring the new Simplicity Electric Felting machine. I had never seen felting done by machine, and as with embroidery, quilting or most any other type of sewing, it really speeds up the process. She made felted cuffs, a felted flower pin and felted fleece scarfs. She also explained that there are four different types of felting: nuno, needle, wet felting, as well as fulling. The felting machine has 12 needles that work at the same time!



My second guest was **Bonnie Matthews**, and she's the co-founder of [Freekeh Foods](#). Freekeh is a little grain "with a funny name" and can be substituted in any recipe calling for rice, couscous or other grains. I learned that the word "freekeh" means "to rub" in Arabic, and Bonnie told about the early days of growing freekeh. There are three flavors of Freekeh: original, Rosemary Sage & Tamari. She prepared EIGHT different recipes, and they were very tasty: Paella, Warm Breakfast Freekeh with Fruit and Yogurt, Jambalaya, Lemon Dill Chicken, Vegetarian Stuffed Peppers, Mexican Chili, Meatballs with Ground Chicken, and Vegetarian Tacos. I'll post these recipes on the [Creative Living](#) website, too.



And, the last guest was **Barbara Wurden**, known as The Handy Goddess. She talked about her web show by the same name, and showed a process for making goddess portraits, which really capture the personality of the subject. I was completely surprised when she pulled out a canvas in which she portrayed me and some of my interests/hobbies/personality (seen at right). See what you think. Her second segment showed how to make faux red brick - and it's very realistic. Her website is [www.handygoddess.com](http://www.handygoddess.com).



It has really been a great semester - great crew, super guests and many wonderful comments from viewers. Again, if you ever have ideas, comments or suggestions for the show, please don't hesitate to e-mail me: [sheryl.borden@enmu.edu](mailto:sheryl.borden@enmu.edu).

Merry Christmas to you and your family and friends. Have a great holiday and we'll see you in 2013!

*Sheryl*

