

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.

This month has been filled with great guests and interesting topics. On October 4th, I had the pleasure of working with Curt Jaynes and Sue Hansen. One of my favorite people to tape with is **Curt Jaynes**, owner of [GardenSource Nursery & Landscaping](#) in Portales, NM. Curt always has interesting things to share with us. One of the segments was on edible plants, including geraniums, chrysanthemums, violas or pansies, along with various herbs, such as thyme, mint, Stevia, chives and lavender.

The second segment was about growing pumpkins and gourds, and he had several different varieties to show. And, finally, he showed how to make a terrarium using different sizes of containers. Terrariums make great plants to have inside on a desk and are also great to make and give as a gift to someone.



Curt Jaynes shows how to create a terrarium.

After we completed Curt's segments, I interviewed a lady by the name of **Sue Hansen** from Montrose, CO. I had heard Sue speak at a conference I attended a few years ago, and I was so glad she agreed to come to Portales to tape some segments with me. The first topic dealt with humor and stress, and Sue pointed out that stress is inevitable in today's environment, and some people weather the strain better than others. Sue's "strangle the stress" plan will surely get you thinking, laughing and re-evaluating. Next, she talked about Life Unplugged and she said "As crazy as it sounds, it takes a lot of energy to live a simple life." She shared several tips on how to achieve the simple life. Segment #3 was on Effective Com-



Sue Hansen discusses various topics.

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Creative Living with Sheryl Borden

munication” or Spouse Talk. She said that in order for both partners to become better communicators, each must change their behaviors, and she shared a few tips for better communication. The fourth segment was on Finding Your Passion and knowing what you stand for and knowing what is important to you. The last segment was on Leadership. I know you’ll enjoy hearing Sue talk about each of the five segments she taped. Sue is a terrific speaker in case you need someone for a banquet, conference or workshop.

Another favorite guest was here on October 11th, and it was **Chef Johnny Vee** (John Vollertsen), owner of [Las Cosas Cooking School](#) in Santa Fe, NM. He taped a segment on having a fajita party and stressed preparing as many of the dishes in advance so you (as the host) could enjoy the party along with your guests. Another segment was called “The Art of the Artichoke,” and he prepared it in a pressure cooker which really cut down on the cooking time. He then prepared a delicious recipe, which I’ll post on the **Creative Living** website under Recipes. The third and final segment was my favorite - making crepes. I’ll be sure to post the Crepes Suzette recipe as well. I hope you’ll try it.

The second guest was **Dr. Daniel Marez**, doctor of Oriental Medicine from Raton, NM. Dr. Marez is an acupuncturist and has written a booklet titled “Instant Pain Relief: Pain Relief in 3 Seconds.” He teaches how to use acupressure on proven acupuncture points. We talked about how the idea for the book started, what types of ailments this works on, what acupuncture is and where it originated and what it does. He is a very interesting person and has had an equally interesting life. We had people from all over campus who heard he was here come over and talk to him about their various “aches and pains,” and he was delighted to meet them and offer help. I don’t make any guarantees that his methods will work for everyone, but they certainly have for many people.

On October 18th, I had the opportunity to interview **Peter Goodman**, an author of children’s books from Washington, DC. His book is delightful and deals with bullying among children, and it’s titled “We’re All Different But We’re All Kitty Cats.” He plans to continue with the kitty cat theme and focus on other topics, such as fears, losses, making friends, as well as offer similar chances for children to learn important social emotional tools. Peter taped four segments: Engaging Children in Talking About Social Emotional Issues, Steps to Protect Children from Bullying and Self-Blame While Building Resilience, Changing Bystanders into Upstanders, and the Importance of Curriculum to Teach About Bullying. His website is: www.kittycatsbook.com.

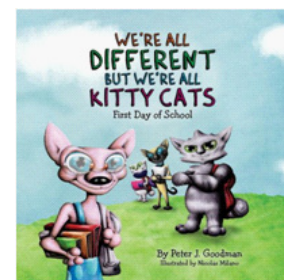
Also on that same date, **Shannon Wooton**, Extension Home Economist with the NM Cooperative Extension Service in Roswell, NM told about the 5210 Program that promotes healthy eating and physical activity in the school environment and at home. The 5 = 5 or more



Chef Johnny Vee getting ready to make fajitas.



Dr. Daniel Marez discusses acupuncture. Far left: Terri Doerr, a “patient.”



Peter Goodman talks about his kitty cat book (above - note the cutout characters!)

Creative Living with Sheryl Borden

fruits and vegetables each day; 2 = 2 hours or less of recreational screen time; 1 = one hour or more of physical activity and 0 = drink more H₂O, water. It's geared to third graders and is a program that is going on all across the nation. If you're interested in learning more about the program, or helping get the program started in your area, you can go to: www.letsgo.org to learn more. Shannon also talked about the National Diabetes Prevention Program that is CDC-led and is designed to bring to communities evidence based lifestyle change programs for preventing type 2 diabetes. It teaches people how to make modest behavior changes, such as improving food choices and how increasing physical activity to at least 150 minutes per week help participants lose 5 to 7 percent of their body weight. With these changes, a person can reduce their risk of developing type 2 diabetes by 58%. It, too, is a great program.

In spite of some technical difficulties we had at the station which caused us to be an hour and 45 minutes late starting, my first guest on October 25th was a real trooper. **Laura Murray** is a very talented surface designer who taped four segments on ways to change background color on fabric, how to use stamps to create designs, as well as how to paint actual quilt blocks, and finally how to create your layout, or what she called Playing in the Grid. Laura lives in Minneapolis, MN, and her company is [Laura Murray Designs](http://LauraMurrayDesigns.com).

And, last but not least, **Shannon Bielke**, a mixed media artist from Payson, AZ, showed four fast and easy crafts. One was on decorating dominoes, another showed ways to use clayboard, another was on making fabulous frames and finally, she showed to use fabric markers. Her business is [Sha & Co.](http://Sha&Co.com)

Wish I had more room to tell you more details, but you'll see each of these segments soon. And, as promised in the last Newsletter, here is a picture of my crew (below):



L-R: Carmen, Carolena, V. J., Tim, Melanie & Hobie

Also helping me this semester is **Airen Martin**, (right) a freshman from Clovis, NM. This is a great group of students, and they are a delight to work with - always willing to help.

Happy Thanksgiving!

Sheryl



Shannon Wooton talks about nutrition and diabetes.



Laura Murray demonstrates "playing in the grid."



Shannon Bielke shows how to use fabric markers.

