

Creative Living with Sheryl Borden

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“Celebrating our 41st Season”

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We started this Spring semester of taping for Creative Living on February 2nd, and it hasn't slowed down a bit. I always enjoy having guests on who have been here before, and I also enjoy meeting some new people who have traveled all this way to tape some segments with us for "Creative Living." When we give tours (and we do that a LOT) at KENW, and when our visitors see our sets, and learn what we do, they are always so surprised to learn that KENW doesn't pay any of the guests to come and tape. It's really a "trade off." We simply do not have the budget to pay people to come but we hope the exposure we can provide them makes it a worthwhile trip. So far, it's worked well and we're in our 41st year of production! A big thank you to all of the thousands of people who have come to Portales, NM to tape with me. It has always been a real pleasure, and I've learned so much from each one of you. Now, let me tell you about some special people whom I taped with in February and March.

COME SEE ME

I would 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.

My guest on February 2nd was [Rae Cumbie](#), a pattern designer and creative director for [Fit for Art Patterns](#) in Baltimore, MD and she taped with me several years ago. Rae taped four segments this time, and they all dealt with patterns, designs and fabric, and we saw a lot of beautiful samples of finished garments. One segment was on making

quilted jackets featuring the Tabula Rasa style. Another one was on designing and make denim jeans that fit just like ready-to-wear jeans and then another segment was on fitting all types of pants. And finally she showed lots of different zippers and how to use them in specific garments. All of her information was so interesting.



On February 9th, I met and worked with [Jen Fox](#), a fabric designer, crafter and author. She is the owner of [Jen Fox Studios](#)

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in Albuquerque, NM. Jen and her friend, Sarah Case recently released a book titled "Transfer Embellish Stitch" which covers 16 textile projects, including hand embroidery, applique, reverse applique, deColourant, stencil making and much more. In the first segment she showed how to use freezer paper stencils to embellish fabrics; she then showed how to work with deColourant to personalize sewing projects as you remove color from fabric; she also showed how to create unique greeting cards with fabric scraps, and the last segment was on customizing handbags with applique and other embellishments. Jen and Sarah are coming back next Fall to tape some new segments based on their book.



If you love quilts or if you enjoy quilting, you'll definitely enjoy my guest, [Dorothy Brown](#) who was here to tape on Valentine's Day. Dorothy has studied and sold international fabrics for years, and the first segment focused on quilting with heavier, darker fabrics - much like the original Amish quilts. The next segment was on using Dupioni silk in quilts, and she showed the cocoons and talked about how silk was discovered in China. And, lastly she discussed non-traditional Sashiko, which is a Japanese type of embroidery. We showed about 10-12 quilts, wall hangings, pillow tops with EACH segment, and they were all beautiful. Some were quilted by hand and some by machine. Dorothy lives in Erie, PA.



The guest on Creative Living on February 23rd was [Shannon Brinkley](#), author, designer and teacher from Austin, TX. Shannon's book is "Scrappy Bits Applique," and her first segment was on doing a technique called Scrappy Applique. The next segment was on Master the Satin Stitch, another one was on the Magic Image Transfer Technique and finally, she talked about Collage Quilting with Kids. Her book features great pictures, instructions, tips and eight full-sized patterns in the back. Her web address is: www.shannon-brinkley.com



On March 28th we covered a topic we'd never discussed before - sleep disorders such as sleep apnea! One of my guests was [James Fallon](#) with [Snore Metrics](#) in Alisa Viejo, CA, and he talked about how to improve sleep in the bedroom and the effects of snoring on your relationship.



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The second guest was [Dr. Robert Lebby](#), a certified sleep doctor from Huntington Beach, CA. His practice is at [The Center for Sleep and Wellness](#). Dr. Lebby explained how lifestyle changes can improve sleep and how to determine if you have a sleep disorder. He told us about an app for your iPhone that will help give a biometric sleep assessment.



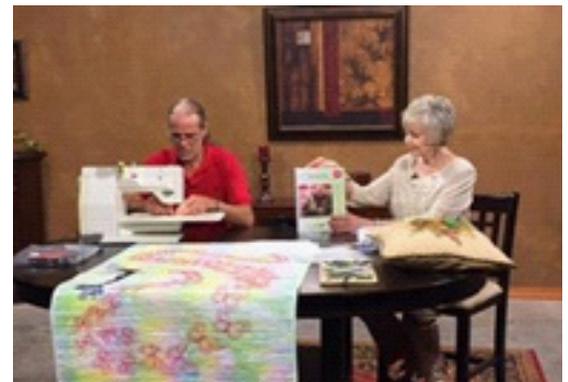
On March 7th, [Dr. Charles Broz](#), Assistant Professor of Culinary Arts at Eastern New Mexico University in Portales, NM was my guest. He taped one segment on making our own hummus and showed ways to add different ingredients to change the flavor and color. The second segment showed two different ways to plate food since we all know “we eat with our eyes.” Dr. Broz does such a good job of making everything seem so do-able.



My guest on March 21st was [Mitch Teller](#), President of [Softlites LLC](#), and he's from Irvine, CA. Mitch showed how to use Softlites to upgrade any or all of your current light fixtures. Then he showed how to upgrade cabinet hardware, and finally he showed how to get creative with wall decor featuring a collection of plates. You can go to his website to see how easy it is to install the softlites in any room inside or outside of your home.



My guest on March 23rd was [Eric Drexler](#), National Sulky Educator for [Sulky of America, Inc.](#) in Port Charlotte, FL. Eric was here six years ago, and it was so much fun seeing and working with him again. One segment was on using a water soluble stabilizer to create a dragonfly that was hooped and sewn with Sulky thread. The second segment showed how to use Sticky Fabri-Solvly to run through a printer so you can keep your original pattern, adjust the size of the images and use them over and over. And, finally he showed a weaving technique using Fusible Sulky Stabilizer and strips of fabric and colorful Sulky



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threads. All of the samples he brought were so inspiring.

One of my guests on March 28th was [Michele Muska](#), and she's with the [Simplicity Creative Group](#) in Enfield, CT. Michele showed how to use a PomPom and Tassel Maker to create lots of various sizes and colors of pompoms to use for different projects. Then she showed how to use the tassel maker (which comes in the same kit as the pom pom maker) to make your own tassels - in various lengths and using either yarn or embroidery thread. Michele's second segment was on using the Bulky Knit Loom from Boye. She had bowls, scarves, hats and other items that she'd made to show the versatility of the loom.



My second guest on the 28th was [Deb Kreiling](#), Design Development Director for [Simplicity Pattern Co.](#) in New York City. For the benefit of new sewers or those who just want a better understanding of sewing terms, Deb's first segment was on "What do all those words mean?" She went through the pattern guidesheet and other elements to explain what the language of sewing is all about. Her second segment was on making your own leggings using knit fabrics and various stitch types on the sewing machine.



I had the pleasure of ending the month by taping with two of the most fun people - [Wombi Rose](#) and [Atma Khalsa](#) with [Love Pop](#) cards in Boston, MA. I've always been fascinated with pop up cards, but never knew how to make such intricate and detailed cards like they showed today. I can't wait to air these segments next Fall so you can see how fabulous they are.



I also want to apologize to those of you who have had trouble accessing our Creative Living website. We are in the process of moving, redesigning, and posting new information and yet, there seems to be "issues" that cause it to work some of the time but not all of the time - not good! Please bear with me. The new 7300 booklet is also posted, and some days it opens fine and some days there is a problem with it. Hopefully within another week or so, I'll have all the "bugs" worked out, and all of the links working.



Happy Easter

