

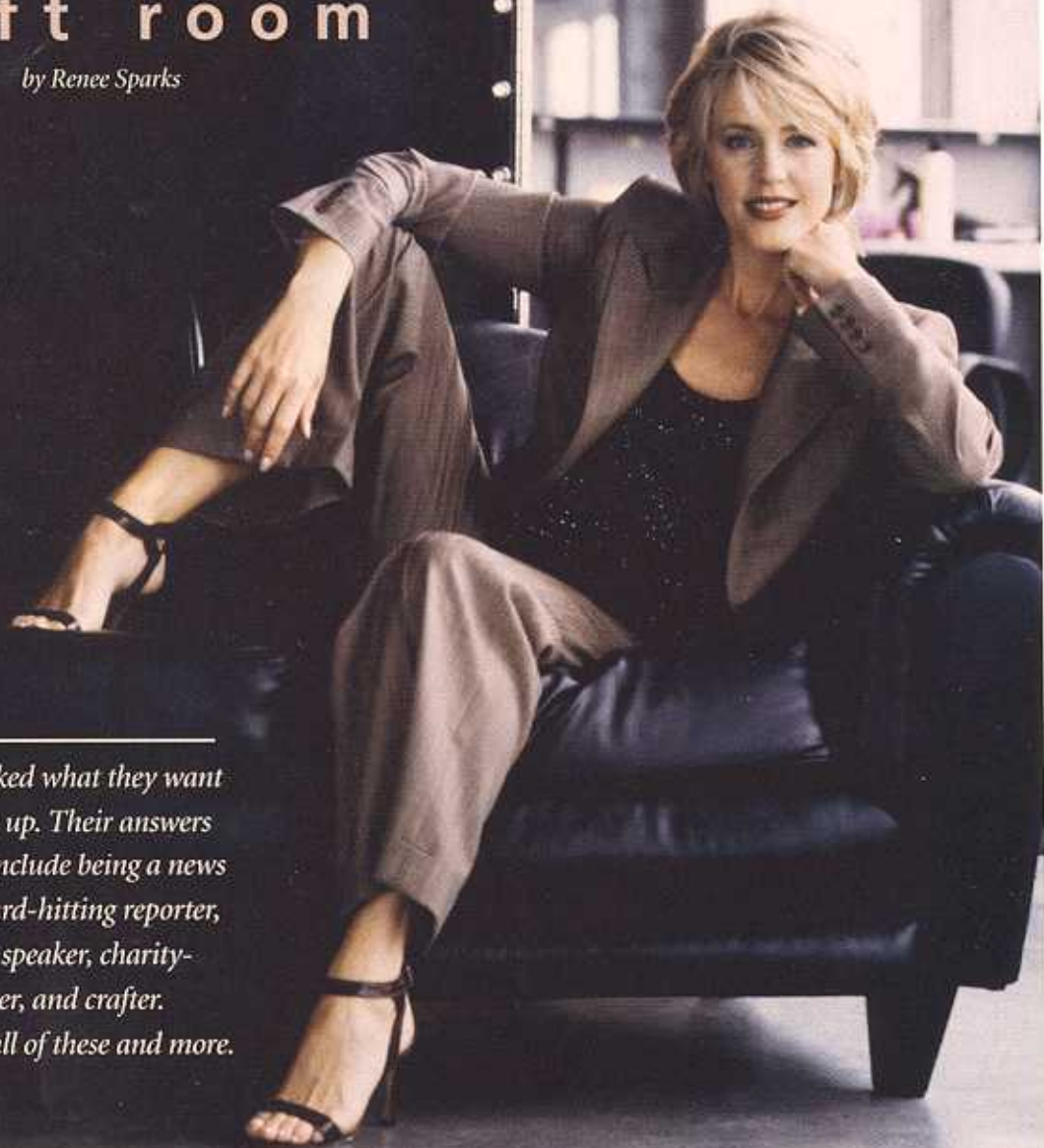
Deborah Norville

A chat in the
craft room

by Renee Sparks

Children are often asked what they want to be when they grow up. Their answers vary but sometimes include being a news anchor, journalist, hard-hitting reporter, author, motivational speaker, charity-volunteer, wife, mother, and crafter.

Deborah Norville is all of these and more.



AFTER MORE THAN 20 YEARS IN BROADCASTING, Deborah Norville has survived the ups and downs of a life in the spotlight. The anchor of the highly rated newsmagazine show "Inside Edition," she is also a much sought after motivational speaker and has written a book for adults, *Back on Track: How to Straighten Out Your Life When It Throws You a Curve*. When her son was having nightmares she wrote a children's book titled, *I Don't Want to Sleep*. Her second children's book, *I Can Fly*, came out in April.

Norville is also a devoted wife and mother of three children. A self-described "control freak," she is very involved in homemaking and in decorating her home herself.

Recently, we talked with Deborah and found her to be very open and honest about her career and her love of sewing and crafting.



A&C: Your viewers see you as a beautiful, tough news anchor. Do you really sew and craft?

Norville: I think people think I am such a cornball because I sew and decoupage and paint and embroider. I think, frankly, the idea of a lady who is considered glamorous on TV sitting behind the sewing machine is such a hard mental picture to conjure up that they just don't believe I do this stuff. Well, as I like to say, I'm a geek from way back!

A&C: Being creative seems to be an important part of your life.

Norville: I find being creative very therapeutic. I think when I'm sewing, I strategize, I plan meals, I plan my life. It's important to have an outlet and the creative things I do – which of course includes my writing – is my outlet.

On sewing...

A&C: When did you learn to sew?

Norville: My mom and grandmothers were all avid seamstresses. My mom often made matching dresses for me and my three sisters. My grandma would also crochet and knit sweaters for all of us and my other grandma sewed stuffed animals for me.

A&C: Do you remember the first thing you sewed?

Norville: Yes! It was when I was six or seven and I made Barbie doll clothes from remnants using my mom's portable Singer, which she kept at the family business. I didn't know how to change the bobbin thread so the outfits were a bit colorful at times!

A&C: Your skills have certainly improved! Did you ever make your own clothes?

Norville: Oh yes! When I was nine I made a pair of red, yellow and black African print pants – with a horizontal stripe! What was I thinking!? Unfortunately, I sewed a bit too fast and managed to sew my finger. I never did that again!

A&C: Did you have any formal training in sewing?

Norville: We had to take home economics in high school. I was the one all the other girls came to to get their sewing projects done. My first sewing machine was a Kenmore and was a gift from Santa Claus when I was 14. It just died last summer and I had to buy a new one. I couldn't bear to part with the old one. We went through so much together.

on being creative...

A&C: Besides sewing what other crafts did you do as a child?

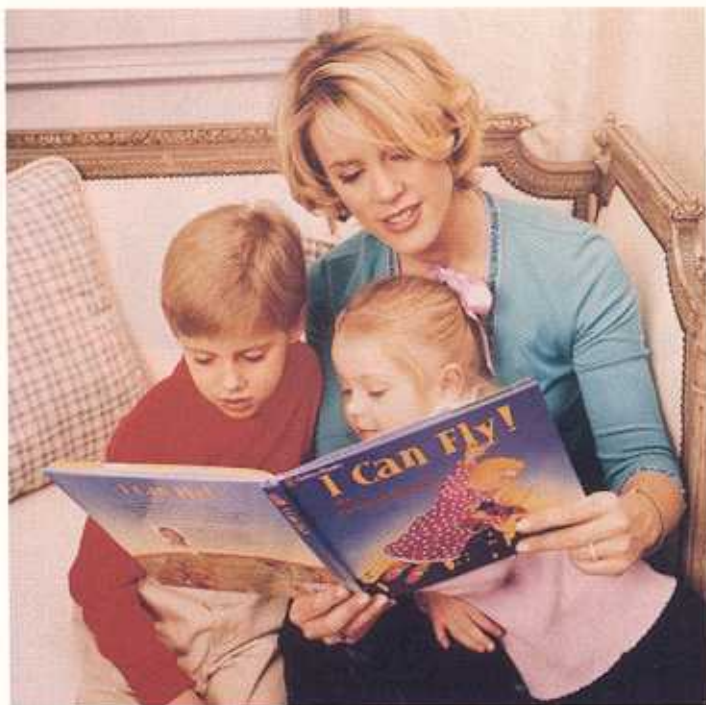
Norville: I've always made things. The first project I recall was a hand print when I was four years old. It was spray painted gold and given to my mom and dad for Christmas. Later I graduated to pinch pots made of clay in the second grade and a Sphinx-like thing made with a bar of Ivory soap for a Girl Scout project when I was eight. On my own I learned to decoupage. I did tons of purses and boxes in junior high. I was even still decoupageing in college.

I think being creative is a great gift. In fact the ability to sew and feel good about what I make is something that got me through a very rough professional chapter in my life – when I left the "Today" program.



A&C: Are there other crafts you enjoy doing now?

Norville: I did a lot of beading in high school and I want to do more of that. I also love to embroider, decoupage, and do faux finishes – mostly ragging.



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At home

A&C: I know you like to do a lot of your own decorating at home. What are some of the things you have done?

Norville: I have papered a lot of the rooms in my home and my city apartment. I stained and repainted my drapery hardware. My best "find" was a pair of \$5 lamps at a flea market that I now have refinished in my apartment living room. I still have dining room drapes and living room pillows to do. I love my guest room. I used a Taj Mahal print that I mixed with some cool plaids and really intricate, and difficult to fabricate, window treatments.

A&C: What would you say is your decorating style?

Norville: My own style is formal to English. However, we have done the formal rooms in our home in the city in Swedish antiques from the Gustaviansk period.

My husband is from Stockholm. I tend to mix upholstered pieces with a few good antiques.

A&C: What have you done in your children's rooms?

Norville: My daughter's room has 29 storybook characters we painted onto a border. I'm thinking of doing something similar to one of my sons' room. Maybe army and space stuff on the walls – I haven't found time yet! I just finished doing the shades and comforter covers in his room. My son and I made a quilt for

his bed that is made from fabric scraps from some of my oldest projects. I can look at each square and still identify the item I made!

A&C: Do you have a favorite project that you created?

Norville: I can't say there is any one thing. I love to look at all the stuff I've done

and remember the thoughts I had as I was making it. The expectant hopefulness for my new baby when I go in the nursery. The pride I knew my son would have in his new train room. I even like the silly slip-covers I made for old chairs that were my mom's, just because I knew it was a good deal and I was able to do it myself.

With the kids

A&C: Are you teaching your children to be creative?

Norville: Definitely. I think being creative is a great gift. In fact, the ability to sew and feel good about what I make is something that got me through a very rough professional chapter in my life – when I left the "Today" program. I feel so strongly that it's important to feel a sense of mastery about something, that I made it the theme of my new children's book *I Can Fly*. I believe everyone has a gift and if we can help our children find their gift, the self-confidence from that arena will carry over into other areas of their life.

A&C: So, what crafts do you make with them?

Norville: I encourage them to do projects they love. Things like taking cut-outs from magazines and butcher paper and cardboard to make entire "cities" on their own. I try to get them to make their gifts. We do simple things like pencil cans, or wood boxes covered with shells, etc. I want them to know that when a person makes a handmade gift, it means that they thought about the person it was for the entire time they worked on the project, and that a homemade gift is special.

The benefits of crafting

A&C: Do you have any handmade things that you especially cherish?

Norville: I have tons of stuff that is special. I have a crewel picture my mom did which is very special because she had rheumatoid arthritis, so doing those pro-

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jects was a real labor of love for her. There are quilts done by my grandmas. I have some crocheted quilts I did when I was 14. I also have matching crocheted quilts I did for my freshman dorm — I wanted my roommate's bed and mine to coordinate! And I have some tablecloths that were crocheted by my grandma. It looks like tatting; it was done with such a fine needle.

A&C: Do you feel being creative has helped you in your career in any way?

Norville: The fact is, I wouldn't have been able to get some of the jobs I had in TV if I weren't able to dress the part. I guess the *pièce de résistance* is a knock-off of an Oscar de la Renta sequin jacket and silk pants set that I made by hand. I literally sewed each sequin onto the jacket. I still have it and it's still amazing! ■

Where to catch Deborah

Deborah Norville hosts "Inside Edition," the nationally syndicated newsmagazine show.

Check your local listing for dates and times and check out www.insideedition.com.



www.dnorville.com

Deborah also has a Web site,

www.dnorville.com where fans can read about her career, find out where she will be speaking, and read inspirational words and advice.



Monet Meets Dr. Martin

By Judi Kauffman

Wouldn't it be incredible if Impressionist Claude Monet could walk into an art supply store and discover Dr. Martin's Iridescent Accents! Imagine the possibilities if he could toss aside his brushes and paints and create flowers with sponge applicators and the sparkle of the Iridescent Accents palette...

Our Photo mat project was inspired by a visit to Monet's garden in France, where the picture was taken. Frame a photo from your own garden, a wedding or baby portrait, or a special poem you've hand written with Iridescent Calligraphy Ink.

Materials:

Dr. Martin's Iridescent Accents
1RA Sassy Brass
4RA Silver
7RA Sonya Rose
9RA Jade
10RA Chameleon
11RA Amethyst
12RA Deep Violet
Fingertip size sponge applicator
Mini size sponge applicator
Pre-cut white photo mat - any size or shape
Optional: Acrylic spray sealer

Instructions:

Note — Practice on scrap board or paper before starting project to get the feel for applying paint with sponge applicators. Dip applicator directly into open jar to pick up Iridescent Accents, a little bit at a time, and apply/spread the color in small spots for Impressionist effect.

1. Using fingertip size applicator, dab Jade onto four areas of mat, one small section on each side. Repeat with Chameleon and Amethyst till mat is filled with color (including bevel edge). Refer to photo. Dab and slightly blend (overlap) colors into each other where they touch, but make sure to leave some of each color distinct.
2. While mat is still wet, use mini size applicator to dab Sonya Rose and Sassy Brass flower clusters onto Amethyst sections of mat. Make smaller flower clusters on Chameleon sections of mat using Silver, Deep Violet, and more of the Chameleon.
3. Dry thoroughly. Insert photo. Optional - if desired, seal with acrylic spray, add an easel back or frame under glass.

Variations:

- *Use rubber stamps for the flower clusters.
- *Instead of a paper mat, paint a wood frame.
- *Use the same technique on the front of a window card.

