

# Creative Living with Sheryl Borden

Produced by KENW-TV at Eastern New Mexico University, Portales, NM  
e-mail address: [sheryl.borden@enmu.edu](mailto:sheryl.borden@enmu.edu) Phone: 575-562-2112

Issue #11

August 2010

Although this has nothing to do with Creative Living, I want to share a story with you!

Now that it's been a few days, I can actually laugh at my "snake" encounter on Monday! Here's what happened:

I had the worst experience the other night. I went walking at 7:30 pm and decided to venture over to the local softball complex that has great walking paths. I had my cell phone and ear plugs and was listening to music while I walked. (Are you familiar with [Pandora.com](http://Pandora.com) - the radio station? If not, check it out.) The weather was beautiful – a nice breeze and not too hot. As I walked along, I decided to cross over some grassy/weedy area to get to another walking path that looked inviting, and as I was walking, I almost stepped on a HUGE snake. It was at least 6 inches around and 6 feet long. He was just laying there – not coiled up so I don't think it was a rattle snake but it was big and ugly. As I turned to run away, I slipped and fell on my left side and in trying NOT to land on my knee since I've recently had knee surgery, I landed hard on my hip, and it is so bruised! (Another reason that exercise may not be as good for a person as we think! ha)

About that time, the snake started moving and fortunately, he went away from me (I probably scared him to death!) and not towards me because I was having a hard time getting up since I've had knee surgery. I don't think I've ever been so scared in all my life. I finally got my phone out as I was scurrying over to the other path (away from the snake) and called my husband. I was so out of breath he could hardly understand me. Anyway, I made it home safe and sound, but still shaken up. I'm not going anywhere on a walk that is not on pavement ever again. I guess if I had stayed on the walking paths, and not crossed to the other area, I would have been fine. Only one small scratch on my left knee and I'm grateful for that.

Have you had a scary encounter? Let me know. (My son told me later that the snake was a bull snake and it wasn't anything to be afraid of! That's easy for him to say.)



## SCHEDULING CREATIVE LIVING GUESTS

One of the most fun times I have is looking for new guests to be on the show. Although I LOVE having repeat guests, I also enjoy having someone come for the first time -- and hopefully, it will be an on-going thing for them as with most of my other guests.

When I first started the show (over 30 years ago), I would borrow a publication called the HEIB Directory from a friend who belonged to this group. It stood for Home Economists in Business, and this was part of the American Home Economics Assn. Neither group now exists under those names, but...

Anyway, I would look through this 2 inch thick book, and try to find companies I had not had on the show before. Then I would write them a letter (keep in mind this was before e-mail) and invite them to be on the show. Then, if they were interested, they would call me. If not, I never heard back from them and had no way of knowing whether they even received my letter or not.

Well, now with the internet, it is so much fun. I can find companies, pictures of some of their spokespersons, a blog from some of them, even short video clips of other media they have done. And, then I send them an e-mail, and they either call or e-mail back if they're interested. It's almost instant reply.

I have been in contact with some wonderful people the last few days, and have in fact, already filled my taping calender through the end of 2010. Now, when I talk to someone, I schedule them to tape in 2011. I can't wait to start taping with these guests -- and then airing the segments so you can meet them as well.

We will start taping for this semester on September 23rd, and we'll have a new crew of students to work with. Things get much more exciting on campus when the students come back from their summer breaks! Guess that means it's time to go to work!



## New Creative Living Series to Begin in September!

The 6000 series of Creative Living will begin in September and run through March 2011. I'm working on the new booklet that will accompany the show. If you haven't checked out our current and past booklets, you can do so by going to the website. Here's the link:

<http://www.kenw.org/cl-booklet.html>

Just cut & paste it in your web browser, and then you can open lots of different booklets.

Here's what the newest 6000 series booklet cover will look like:

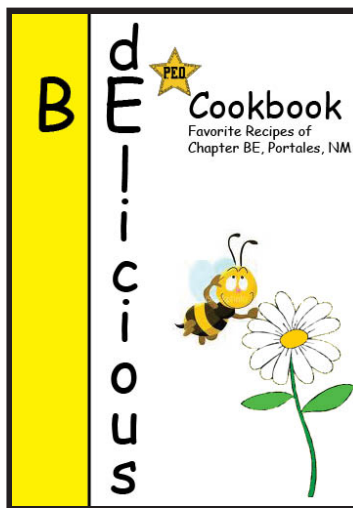


A good (and talented) friend, Wanda Newberry works here at the University, and she designed this, and I am always so pleased with her work. She's amazing. These are some of the guests who will be appearing on the new series. From left to right, top row: Peter Fogel (an author and speaker,) Connie Moyers (Western Research Kitchens), and Sara Mower (Roylco, Inc.) Left middle is John Sandbakken (National Sunflower Assn.) and lower left: Debbie Caffrey (Debbie's Creative Moments), and the last picture is Kris Wrede (Kismet Potions.)

All in all, I think you'll enjoy the new series and the information my guests will be presenting. If your station doesn't carry the show, call and ask for the Program Manager or Director and remind them that "Creative Living" is a free year 'round offer. Too good to be true, huh?

## COOKBOOK

I just recently compiled a cookbook of old fashioned, homemade recipes from members of a sorority I belong to. So far, I have been so excited about the ones I've tried. I thought I might share a couple of my favorite recipes for you to try this summer.



## Ziplock Omelet

This works great! Good for when family and friends are together and the best part is that no one has to wait for their omelet!

Have guests write their name on a quart-size Ziploc freezer bag with permanent marker. Crack 2 eggs into the bag; shake to combine them.

Each guest can add their choice of "extras", such as: cheeses, ham, onion, green pepper, tomatoes, hash brown, salsa, etc. Make sure to get the air out of the bag and zip it up. Place the bags into rolling, boiling water for **EXACTLY** 13 minutes. You can usually cook 6-8 omelets in a large pot. Open the bags and the omelet will roll out easily. Serve with fresh fruit and coffeecake.

## Oatmeal Lace Cookies

- 1 stick butter, melted
- POUR OVER AND COAT:
- 1 1/2 cups Old Fashioned Oats
- ADD:
- 1 egg, beaten
- 1 tsp. vanilla
- 3/4 cup sugar
- 1 Tbsp. flour
- 1 tsp. baking powder
- 1 cup chopped pecans

Drop by teaspoon on **RELEASE** foil-covered cookie sheet. Bake 8-9 minutes @ 350 degrees. Cool and lift off foil. (These are delicious!)

I hope you enjoy the remainder of the summer and stay cool! Sheryl

**I invite you to share tips, techniques, ideas and recipes with me to include in future newsletters. Also, if you have ideas for guests for "Creative Living," I'd love to hear about them, too. You can e-mail me at:**

**[sheryl.borden@enmu.edu](mailto:sheryl.borden@enmu.edu)**