

# Creative Living with Sheryl Borden

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Whew! Where has the time gone? We have now been in our new Broadcast Center for almost 5 years, and since moving out of the old building, we are gradually having to find a place for “stuff” that we don’t really need on a daily basis, but we also do not want to permanently discard it. Some of our folks have moved the heavy boxes full of my old Creative Living booklets at least 5 or 6 times, and swear that the next move will be to the nearest dumpster! And, I really don’t blame them. (All of our booklets are now online so they can be downloaded.)

One of the last memos that I received had to do with moving about 7 large boxes containing files of guests who have been on the show during the previous thirty years! I just simply COULD NOT bring myself to throw them away even though we cannot use the taped segments since they were in analog, and we are now only airing high definition, digital shows.

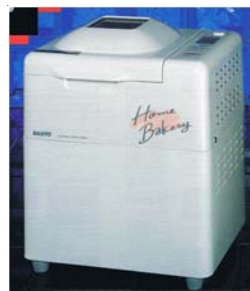
So, I had a thought! I decided that each month I will open a box and randomly pull out a folder of a former guest and share with you some of the contents. It might be recipes, product information, funny stories -- who knows. As is the case with this first file, some of the information is just as pertinent today as it was then. I hope you’ll find some of them interesting because I’m looking forward to going down memory lane one more time.

The file I pulled out today was from a guest who represented Sanyo Fisher (USA) Corp. and she was here in 1992. It’s hard to believe that’s been 18+ years ago. We taped a segment on Healthy Living Trends, Space Savers and New Trends in Home Appliances, and Personal Care Products. In 1992, the key points that were covered in the first segment were:

- Americans are more concerned than ever before with their health

- With the increase in dual-career families and single-parent families, cooking at home is popular again
- Cooking from scratch is also resurging in popularity
- We still don’t have enough time! (What’s new?)

Some of the “new” appliances Sanyo introduced in 1992 were the **Juice Extractor** (\$99.95 SRP with blender/mill). It offered a unique and easy-to-clean design that allowed it to double as a mill and blender.



Another appliance was the **Breadmaker** (\$229.95 SRP). Breadmakers were really big in 1992 and were designed for healthy living so busy people could enjoy fresh-baked bread containing natural ingredients, without the trouble of manually performing the mixing and

kneading process. In fact, the breadmakers could be set to mix, knead and cook automatically -- this was such a new concept at the time.

Also featured was an **Automatic Steamer/Rice Cooker** (\$99.95 SRP). These were promoted as another way to have a healthier diet.

When we taped the segment on **Space Savers**, my guest commented on how counter space was vanishing in the kitchen and space-saving appliances were an important solution to this problem. The ones she showed were: **Mill & Brew Coffeemaker** (\$149.95 SRP) that actually could grind or mill the coffee bean and then brew the coffee in one unit -- and all automatically. This particular unit had lots of unique features that were being introduced in 1992.

How about a **Toasty Toaster Oven** (\$79.95 SRP) that used vertical space rather than horizontal. It also contained 2 compact trays and was touted as the “one appliance that could perform many of the functions of a toaster or sandwich maker -- all in one space saving unit.”

She also showed a **Juice Extractor/Blender/Mill** (\$99.95 SRP) that took up less space, while performing basically the same job as its larger (and separate) counterparts.



And, for those large vacuuming jobs, how about the **SC21 Vacuum Cleaner** (\$69.95 SRP) that was a compact vacuum that was effortless to operate and packed 3.6 peak horse power. Wow!

And, finally Sanyo talked about how we were living in such a busy society, and that it was hard to find time for ourselves. The guest stressed “If you feel good about yourself, you feel good physically, and if you feel good about the way you look, you feel more confident.” (Some things never change, do they?)

Here’s what she introduced to Creative Living viewers in 1992:

- **Foot Gym** (\$199.95 SRP) - a foot massager to soothe the soles of tired feet.
- **Shower Gym** (\$79.95 SRP) - a personal wet/dry massager that offered high-power massage to be enjoyed in the bath or shower.
- **Lady’s Shaver** (\$29.95 SRP) - This wet/dry shaver was designed specifically for women with it’s compact, nice shape. It was battery operated and totally submersible.
- **Men’s Shaver** (\$99.95 SRP) - Featured many of the same features as the Lady’s Shaver but also had a unique ceramic coating on the outside foil which allowed the shaving head to glide smoothly across a man’s face for better operation and smoother shaving. (I guess that was the reason for the additional \$70.00.)
- **Sportable** (\$49.99 SRP)



was designed to entertain the user while enjoying exercise. To be more specific, the Sportable was a personal portable cassette player with a built-in pedometer and clock/timer.

I wonder how many of these products are still on the market. Do you have (or did you have) any of the items? Isn’t it interested to see what the Suggested Retail Prices were in 1992 compared to 2010?

Here’s a recipe that my guest from 1992 demonstrated using the Toasty Toaster Oven. I’m sure we’ve all found multiple ways to make our own favorite Nachos.

## Nachos for One

- Tortilla Chips, about 1 to 1 1/2 cups**
- 2 Tbsp. bean dip**
- 2 Tbsp. chunky salsa**
- 1/4 cup grated Cheddar Cheese**

**Preheat Toasty Toaster Oven for 3 minutes. Cover one tray with foil. Spray the tray with a non-stick cooking spray. Spread the chips lightly with bean dip. Top with salsa, then cheese. Bake for 3 to 5 minutes, or until the cheese is bubbly and the chips are warm. Serve as is, or top with small dollops of sour cream and black olives.**

**I start my first taping for the Fall semester on September 30th, so watch the next newsletter, and I’ll fill you in on what is “to come.”**

*Sheryl*

**Once again, 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)**