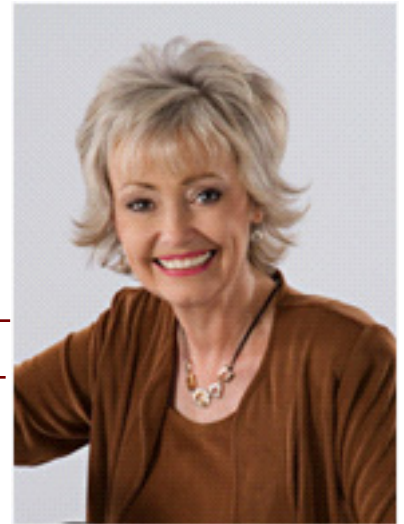


Creative Living with Sheryl Borden

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I love birthdays! I love planning and hosting birthday parties for others. I belong to a sorority in town, and one of our charter members will turn 90 on August 5th. So, for over a year, several of us have been planning a huge community-wide birthday party for this special lady. Her name is **Eunice Schumpert**, and she is truly one of the most gracious, lovely, caring people I have ever met. At the age of 90, she still teaches piano and voice lessons in her home studio five days a week, plays the piano and organ for her church every Sunday and never turns down a request to sing or play for funerals, weddings or other occasions. To say I admire this lady is an understatement. She has played a very important part in my life for many years. I've been blessed to spend time with her through the years, and she has always been such a wonderful role model and mentor for me -- and for many, many others.



As you can imagine, many of us wanted our children to take piano lessons from Eunice. My oldest son was a student for several years, and although he never excelled at playing the piano, he does remember fondly spending time with Mrs. Schumpert. We parents always looked forward to attending the piano recitals she held in her home each Spring and nervously waited for the time for our own child to perform. Eunice was equally proud of all of her students, and several have really excelled.

This exciting occasion will take place on Sunday, August 7th at the local Woman's Club Building from 2:00 - 4:00 p.m. I hope lots of her family and friends

attend to show their love and respect for this special lady.

Since she told us that her favorite color is purple, we are decorating in purple, lavender, silver and touches of black, and I know it's going to be gorgeous.

Eunice is one of those people who always lets others know when they've done something good, or excelled at something, and she always tells us that she loves us. We should all be so open with our compliments and less critical of others. Speaking for myself, I have learned so much from the example Eunice has lived by, and I hope I can strive to be a better person -- a person just like her.

Next month, I'll share some of the photographs that will be taken during this 90th birthday celebration of the life of our dear Eunice.

Do you have someone in your community who does so much for others; someone who inspires others; someone we hope never to forget? Write me her story and let's share these people with others.

Happy Birthday, Eunice. I love you dearly.

Speaking of birthdays, just as soon as Eunice's big day is over, my next birthday project is planning my grandson, **Dillon's** 10th birthday party, which will be on Saturday, August 20th. He wanted to have a "Cruise" theme for his party this year, so we are having a swimming party at the Country Club for 12 boys and girls. Besides the swimming, we will do several water games, have cake, open gifts and more swimming. As always, I have the honor of baking his birthday cake, and it will have a Carnival Cruise ship sailing in an ocean of water -- along with ten candles to blow out.

Do you like to learn new computer programs? I've used PageMaker for many years to design newsletters, brochures, programs, etc. Adobe no longer offers support on this out-dated design program, so I'm trying to learn InDesign, which is similar but also has its differences. I've spent many hours reading a tutorial I downloaded from the Internet, along with doing practice lessons in a book I bought from Adobe. I actually took an online class two years ago on



InDesign, but if I don't use something regularly, it's easy to forget all the shortcuts, tips and keystrokes that make designing much easier. This newsletter is the first one I've ever designed completely in InDesign, and although it's taken longer than usual this month, I have learned a lot. Maybe next month, I'll be faster!

I'm scheduling additional guests for October and November for taping. Still have a few openings if you have any suggestions.

A Glance From the Past

In looking through some "old files," I came across a guest by the name of Jane Hager, and she taped with me in February, 1984, and she represented the National Pork Producers Council in Des Moines, IA.

Jane discussed "today's lean pork," talked about the proper cooking temperature for pork, and explained how to buy pork. We also talked about the nutritional aspect of pork, its versatility and the advances pork was making in the fast food area.

DID YOU KNOW:

- Pork has 206 calories in a 3-ounce serving compared to 228 in beef, 133 in chicken, 332 in lamb and 183 in peanut butter.
- Pork is a "nutrient dense" food, high in nutrients for the calories consumed. This makes pork a perfect food for dieters.
- Pork is 98 percent digestible, one of the highest percentages for any type of food.

- Today's pork contains 50 percent less fat than the pork of 30 years ago. (I wonder if this has improved even more since 1984?)

Jane prepared several different recipes, but the ones she cooked on the grill were especially delicious. You might like to try this one.

Honey Apple Pork Chops

- 4 pork loin chops (8 ounces each), about 1 inch thick
- 1 1/2 cups apple cider
- 1/4 cup lemon juice
- 1/4 cup soy sauce
- 2 tablespoons honey
- 1 clove garlic, minced
- 1/4 teaspoon pepper

Combine all ingredients, except pork chops; mix well. Place chops in a shallow dish; pour marinade over chops. Cover and refrigerate overnight, turning meat occasionally. Remove pork chops from marinade. Place on grill approximately 6 inches above low to medium coals. Grill for 40 to 50 minutes, turning and basting with marinade every 10 to 15 minutes. Makes 4 servings.



Each month when I send out the Creative Living newsletter, I hear from a few readers. I always appreciate you taking time to read the newsletter, or to share your comments or ideas. There is one reader in particular who always sends me a nice long e-mail -- and it's usually from some far-reaching location. This last month, she was visiting/cruising in Scotland. Her name is Yvonne Lanelli, and she resides in Alto, New Mexico -- when she's not traveling. She is an adventure writer/photographer and has such interesting stories to tell. She was kind enough to share a few money-saving

ideas for anyone who does travel and who wants to make those pennies (or bills) stretch farther. Here are her comments in her own words:

Greetings from Scotland!

Hi, Sheryl,

When I opened my Inbox and discovered your latest CL newsletter, I was so tickled to get it that I immediately downloaded it to the Desktop of my baby laptop to savor later when I'm not working my way through nearly a hundred emails. You see, dear Sheryl, I'm aboard my favorite expedition cruise ship, the MV Clipper Odyssey, currently plying the seas surrounding Scotland. Whenever I'm in port and not on tour with the pax (passengers in the travel biz), I pack baby laptop (1.5 kg) in my backpack and beeline for the local public library.

Did you know that virtually every library in the world is connected to the Internet? For research purposes, of course, but everyone also offers Internet via their computers or Wifi if you have your own. Cost: Zero. (OK, sometimes there's a one-time registration fee, but it's minimal. In some libraries, such as the NY Public Library, one must sign up on a waiting list, but it's still free and you're guaranteed time.)

But I digress. . . . So I found myself in the public library in Kirkwall, Scotland on 11 July, answering emails and doing Internet research for my columns—I'm still a working writer/photographer, y'know. To save precious time, I always open a Word doc on Desktop and when I receive a long letter, I simply Copy and Paste its contents onto said Word doc, Save, then read and reply offline at my leisure. Then at the next library in the next port I connect, Copy and Paste the Word doc into an email, Send, and voila, have saved 99% of my Internet time.

That's what I'm doing now. After Saving your latest CL Newsletter on Monday the 11th, I opened it today (Wednesday the 13th), relished every word, became inspired to write you, and am doing so offline on the ship. We will be in Kirkwall again on 18 July and once again, I will beeline to the library to send this. Beats the heck out of postcards. . . .

This method, BTW, is how I stay connected with my friends and family, especially my parents and housesitters. I've done this literally on every continent except Antarctica and that's because there isn't Wifi there!

But I digress again. . . . I did so enjoy your CL Newsletter and am definitely looking forward to your shows in September since I return home in early August. The main reason I'm writing—other than to chat with a dear friend—is to share with you, and possibly your readers/viewers if you deem appropriate, a hint I realized yesterday in Lerwick, Scotland.

I was strolling this charming Shetland town's narrow, winding streets, peeking into shops filled with gorgeous Scottish woolens and custom jewelry, inhaling tempting aromas drifting from Asian and Indian restaurants, bakeries and cappuccino cafes, when I spotted it—my favorite shopping venue.

You're going to laugh. Most people do (if they don't sneer.) In the UK, they're called Charity Shops. In the US, we call them thrift, Goodwill or Salvation Army stores. I call them the Best Places in the World to find bargains and treasures.

For example, I once found myself in Alaska without rain gear. Not good. Instead of heading to the Columbia outfitter to spend a couple hundred bucks, I headed for Sallie's, the local Salvation Army store, and bought an orange rain slicker and yellow rain pants for \$5.

In Edinburgh last year I never imagined I'd need a heavy sweater-- in August. Strolling the Royal Mile, the famous street that runs between Holyrood Castle and Edinburgh Castle, I passed dozens of boutiques purveying exquisitely fine Scottish woolens for exquisitely fine prices. Next door to one of them was a Charity Shop supporting the Scottish Humane Society. Ten minutes later, I walked out wrapped in a gorgeous gray heather sweater with a designer label and the Humane Society was five pounds richer—about \$8.

So when I spotted a Charity Shop in Lerwick, I popped in. I didn't need anything, but on e can always find a used paperback or two. HERE'S THE POINT OF THIS VERY LONG LETTER: on several shelves were folds of fabric, skeins of yarn, assorted craft items, etc. And, most looked new. And all were incredibly cheap. So here's my suggestion for you and your readers/viewers: check out secondhand shops (in your neighborhood, of course, you don't have to be in Scotland, but that would be fun. . .) for craft and sewing supplies.

Took me long enough to get to the point, didn't it? Longer than it took to buy a cute iridescent silk evening purse perfect for the Captain's party tonight and a navy blue tunic with several zippered pockets, perfect for travel and not a mark on it. The Save the Children Fund is about \$7 richer, too. . . .

Love,

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As always, I invite you to share tips, techniques, ideas and recipes with me to include in future newsletters. If you have ideas for guests for "Creative Living," I'd love to hear about them, too.

Sheryl