

Creative Living with Sheryl Borden

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"Beginning our 38th Season"

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COME SEE ME

If you have time and would like to read my blog, you can go to: <http://sherylborden.wordpress.com/>

I would also 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.

Can you believe it - September is over and it's already October. Only 86 more days til Christmas!

We have now officially started taping for the Fall semester. Again, I lucked out and have a great crew to work with. They are a fun group of students, they work hard and are willing to help in any way they can to make the taping go smoothly for me and for the guests. Who could ask for anything more!

Pictured below are: (l-r) Malcolm Butters, Melanie Lewis, Versia Hodges II and Adrian Vaughn. Not pictured is Shawna Dean who was ill.



My first guest this semester was **John Vollertsen**, better known as Chef Johnny Vee. He owns and operates [Las Co-sas Cooking Schools](#) in both Santa Fe and Las Cruces, NM and John's been on the show several times. We always look forward to his visits - and it's not just because he's a good cook. He is so personable and great to work with - and he's a good cook! Of course, the students enjoyed getting to eat when the taping was over. Sometimes I wonder how many college students we've "fattened up" through the past 37 years - that would be an interesting statistic! Let me know if you were one of them! ha

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John did three segments: Wonders with Wontons, Luscious Legumes and Shrimply Delicious. In the wonton segment, he showed how to use store bought wonton wrappers to make a Steamed Salmon Dumpling recipe and a delicious lemon dessert. As always, I'll post these recipes on the [Creative Living](#) webpage under [Recipes](#) so be sure and check those out! Chef Johnny Vee then demonstrated how to cook with healthy legumes and discussed why they are so good to add to your diet. He prepared a Cannellini Bean Dip and Tex Mex Veggie Chili. In the third segment he demonstrated how to cook with inexpensive and versatile shrimp and prepared three recipes - all delicious.



My second guest for the September 19th taping was **Will Post**, whom I had not met nor had the pleasure of working with before. We literally transitioned from "people food" to "pet food." Will is the CEO and Founder of [Hound & Gatos Pet Food Corp.](#) and he's from Atlanta, GA. Will taped three segments that all pet owners will want to pay close attention to. One was on Five Ways a Pet's Diet Can Impact Their Health; another was on Five Things to Know About Pet Food; and lastly he explained "Five Common Cat Health Problems."



To finish out the month, my dear friend, **Connie Moyers** taped three segments representing [Rhodes Frozen Rolls](#), [Bertolli Extra Light Olive Oil](#), [California King Salmon](#) and [Morehouse Mustard](#). Her recipes will also be posted on the website listed above.

What I've always liked about Connie's recipes through the years is that they usually contain few ingredients, they are quick and easy to prepare and best of all, they taste good! My favorite recipe was a dessert she prepared using the Rhodes Frozen Rolls - much like what some call Monkey Bread! Hope you'll try it and some of the other recipes.



October brings some previous guests as well as some "brand new" ones. I hope you'll let your local PBS station know that you appreciate them carrying "**Creative Living**" and if you don't receive the show, give them a call and request it - it's a free offer to all PBS stations!

Sheryl