

Creative Living with Sheryl Borden

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“Celebrating our 40th 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.

When March gets here, I start thinking “It’s Auction time again!” So, in addition to taping segments for “Creative Living,” I’m gearing up for the station’s 41st annual online Auction. If you happen to be interested, you can go to: <http://auction.kenw.org> and there are already about 400 items up for bid. The official dates for this year’s Auction are April 20th through the 30th and you can bid anytime. The Auction closes at 8:00 pm on April 30th and everyone is welcome to participate.

I’d like to give you a brief report on the guests I’ve had the please of taping with in February. Unfortunately, these segments won’t air until September 2016 at the earliest.

On February 9th, I met and taped some segments with **Patricia Bates** who talked about meditation in your daily life, meditation in the healthcare field, as well as specific types of meditation, including yoga and tai chi. She also showed how to make a “toolbag” for life, living and love. Her book is titled “Qi Gong Meditations.” I’m sorry but we didn’t get pictures the day Patricia taped, but you can contact her via email at: youcansucceed2@yahoo.com.

On February 18th, I taped with [Marci Baker](#), who is an outstanding quilter and author and enjoyed having her here for the second time.

She lives in Fort Collins, CO and I continue to be amazed that she has time to make beautiful quilts, teach classes as well as write books! Her business is Alicia’s Attic, and her website is: www.quiltwithmarcibaker.com. This time she brought 20-30 quilts to share with us. One segment was on antique quilts, another on hand piecing and quilting, and another on varia-



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tions of the famous Log Cabin design. The best advise she had for anyone interested in learning to quilt is to “start small” so you aren’t intimidated. She showed lots of small items that taught various quilting techniques and through the progression of each one, a person would be ready for more difficult projects in no time at all. Marcie even donated a beautiful quilt for our Auction, along with copies of her books. These are items [#244](#) and [#245](#). I hope you’ll take a look at them.

In case you haven’t heard, my dear friend, Connie Moyers retired the first of the year as the Extension Home Economist for Roosevelt County. I have enjoyed working and knowing Connie for so many years and will miss her coming out to tape with me. She has also helped several other guests with their food preparation prior to their tapings. Congratulations Connie on a long-time and fantastic career with the New Mexico Cooperative Extension Service. It was my honor and privilege to present the Warm Heart of the Sunbelt award from the Roosevelt County Chamber of Commerce to Connie in January. This is the highest honor the Chamber awards and it is only presented when the recipient is as qualified as Connie.

I’ll be sharing topics and guests taped in March in the next Newsletter. In the meantime, I hope you’ll enjoy this recipe Connie prepared the last time she taped with me. It’s easy and delicious.

“Dump” Pork for Oven

- 1 pkg. Taco Seasoning Mix
- 1 jar (8 oz.) apricot jam
- 1 jar (12 oz.) salsa
- 1 1/2 lb. pork chops or loin, cut into 1 inch pieces



For immediate cooking, preheat oven to 350 degrees. Place all ingredients into a large baking dish, turn pork to coat. Bake until center of pork pieces reaches 145 degrees on meat thermometer, 20 to 30 minutes. To freeze: Write instructions on the bag and then place all ingredients into a 1 gallon freezer bag. Lay flat in freezer. Thaw overnight in the refrigerator. Preheat oven to 350 degrees. Dump contents of bag into a large baking dish and bake until center of pork pieces reaches 145 degrees, 20 to 30 minutes.

Sheryl
