

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 I got ready to do this Newsletter, I realized I hadn’t published a newsletter since May! Where has the time gone? The KENW Auction, which aired live on television 3 nights, along with the online 10 day Auction was a success - thank goodness. As you may or may not know, all of the fund-raisers that KENW has (membership drives and the Auction) are to raise funds for programming. So if you watch public television in your area, I ask you to support your local PBS station.

Then I decided late July would be a good time to schedule my knee replacement surgery. I wasn’t in a lot of pain, but the X-rays showed bone on bone, so I knew it was just a matter of time. I went to the same doctor and was in the same facility as when I had my left knee replacement done 8 years ago, so I knew I’d be in good hands. My husband, Bobby took me to Amarillo, Texas on July 24th for my surgery, and we came home on Sunday, July 26th, and I’m told I did well for 2 days - and then developed a condition call Hepatic Encephalopathy. I can hardly pronounce it but evidently it is a very serious condition. In order to be treated I had to be taken by ambulance to Covenant Medical Center in Lubbock, Texas. I was there 4 days and had numerous scans of the brain, liver, kidneys and heart - as these are the organs that are mostly affected by Hepatic Encephalopathy. After I was released from Covenant, we came home and started all over again in terms of my exercises and using the CPM (Continual Passive Motion) machine, which I did for 21 days. I’m doing better every day, and when I learn more about Hepatic Encephalopathy, I feel blessed to just be alive.

If you are like me and never heard of this condition, here’s a link that fully explains it:

webmd.com/brain/hepatic-encephalopathy-overview?page-4#2



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The University started back in August, and it looks like I'll have a great crew again this semester. We are now taping two days a week with one guest per day. Our student crew leaves at 11:00 each day, and it's not always easy to get staff members at the station to help out by running cameras for us.

Our first taping will be October 6th, and it's with a good friend, Diane Tunnell who works as an Independent Distributor for Stampin' Up! I can't wait to see what techniques she'll demonstrate for us.

Each month I look forward to receiving Connie Moyers' newsletter. I always find article of interest and I love her recipes. With her permission, I am including two that seem very appropriate for this time of the year. I hope you like them.

Ready for Fall Recipes

Farmers' Market Skillet Supper

- 2 lbs. ground beef
- 1/2 cup chopped onion
- 1 cup ea. grated or sliced potatoes, carrots, cabbage, squash or similar vegetables = 4 cups
- Salt and pepper
- 2 cans (8 ozs. ea.) tomato sauce
- 1/2 cup grated Cheddar cheese

In electric skillet, brown meat and drain. Top meat with onion and other vegetables in layers; seasoning with salt and pepper, to taste. Cover with tomato sauce and cook at 350 degrees for 30 minutes or until vegetables are tender. Top with grated cheese and heat until cheese melts.

Note: You can substitute 2 cans (10 ozs. ea.) cream of mushroom soup for tomato sauce and add chopped mushrooms between the meat and vegetables.

Yellow Squash Gingerbread

- 2 cups coarsely shredded yellow squash
- 2 1/2 cups all-purpose flour
- 1/3 cup packed brown sugar
- 2 teaspoons baking soda
- 2 teaspoons ground ginger
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground allspice
- 1/2 teaspoon ground cloves
- 2/3 cup molasses
- 3 tablespoons vegetable oil
- 1 teaspoon vanilla extract
- 1 egg, lightly beaten
- 1 egg white, lightly beaten
- Vegetable cooking spray
- 1 tablespoon powdered sugar

Place shredded squash on several layers of paper towels; cover with additional paper towels. Let stand 15 minutes, pressing down occasionally to remove moisture; set aside. Combine flour, brown sugar, baking soda, ginger, cinnamon, allspice and cloves in a large bowl; stir well. Add squash; stir well and make a well in center of mixture. Combine molasses, oil, vanilla, egg and egg white in a bowl; stir well. Add to dry ingredients, stirring just until moistened. Pour batter into a 9 x 5 x 3-inch loaf pan coated with cooking spray. Bake at 350 degrees for 55 minutes or until a wooden pick inserted comes out clean. Cool in pan 10 minutes on a wire rack; remove from pan and cool completely on a wire rack. Sprinkle with powdered sugar. Makes 18 (1/2-inch slices ea.) servings.

I'll try to do a better job of sending out the Creative Living Newsletter in the future.

Enjoy this beautiful fall weather wherever you live.

Sheryl

