

# Creative Living with Sheryl Borden

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*"Celebrating our 39th 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.

What a difference a day makes - right? We were rocking right along, doing our day to day activities, and wham! **Duane Ryan**, our Director of Broadcasting for over 40 years, received a call from DirecTV telling him that KENW would NOT be carried on its satellite system after December 31st. He was told this was going to happen because the Nielsen Company moved KENW-TV to the Amarillo, Texas Designated Market Area (DMA) from the Albuquerque/Santa Fe DMA! Now, this may not sound like much to you, but to KENW it is a major fiasco. With Nielsen arbitrarily moving us, Dish and DirecTV will no longer carry our signal. This means that none of our viewers who receive our signal on the small dishes will be able to see us anymore - they will not be able to watch News 3 New Mexico, they will not be able to receive our EAS weather alert signals, they will not be able to see Creative Living nor any of our other shows and documentaries from our station.

In addition to the loss of viewers, we will no longer be able to appeal to a much larger audience for funding support.

We are currently mounting a **"SAVE KENW-TV!"** campaign because we truly believe that since we are located in New Mexico (not Texas), and because we receive a significant amount of funding from our NM legislature and since 6 of our 8 transmitters/translators are located in NM, we should be permanently moved back to the Albuquerque/Santa Fe DMA - and **we need your help** to make this possible.

If you are a Dish or DirecTV viewer and would be willing to "voice" your concern, please go to: <http://tinyurl.com/p4tluzr> or <http://tinyurl.com/qy2vsu4> and sign our **SAVE KENW-TV** petition. Time is of the essence as this major change will take place on January 1, 2015 unless we can convince Nielsen to move us back, and to ask Dish and

DirecTV to continue to carry our signal.

Thanking you in advance for your support, I hope I can report good news in the next newsletter.



Now on to more positive things! I've had wonderful guests during November, and we have taped some exciting segments that I think you'll enjoy seeing as soon as they air (if we're still on the air!)

To unsubscribe, e-mail me at: [sheryl.borden@enmu.edu](mailto:sheryl.borden@enmu.edu)

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My dear friend, **Pat Baird** has been appearing on Creative Living for over 20 years, and all of us at KENW enjoy it when she comes to tape. Pat was here on November 6th, and she did one segment on the benefits of eating fish, and the second segment was on losing weight and feeling better - something we are all interested in. The best part of Pat's visit is going to the annual First United Methodist Church's turkey dinner. When we walk in, everyone greets her like she is "one of the locals!" She's from Greenwich, CT and I wish we lived closer, but her visits are one of the highlights of my life.

Another guest who was here in 2011 also came back to tape. **Clare Rowley**, President of [Creative Feet LLC](http://www.creativefeetllc.com), taped five different segments this time. When she was here before, I received so many emails and Facebook posts asking "How does she paint her sewing machines?" so when we scheduled her visit on November 13th, I specifically asked if she would show us how. She brought EIGHT different hand painted machines, and they were all works of art. Even though I don't think I'll paint my machine, I was so interested in learning her techniques. (You can go to YouTube and see an entire video on the process. Here's the link: <http://www.youtube.com/watch?v=JjfaPjWYbA8>)

The other 4 segments were on making a fleece baby blanket with yarn binding using her Sequins 'n Ribbon presser foot, making a baby security shawl using Minky stretch fabric, Stick and Rinse and the Pearls 'n Piping and Satinedge presser feet, making a Mug Rug using the same two feet, and finally, she showed how to embroider a tee-shirt on a regular sewing machine using octi-hoops.

On November 23rd I enjoyed meeting and working with **Maria Benardis**, who has written a wonderful book titled "*Cooking and Eating Wisdom for Better Health*." When we first talked, she was living in Australia and airline service prohibited her from reaching Portales (which is in the middle of nowhere in terms of air travel), but in the meantime, she moved to New York city and we rescheduled her visit and I'm so glad we did.

Maria taped 4 segments on how to eat and cook consciously, i.e. How to adopt stress-free cooking at home, eating for longevity, ingredients and their healing powers and 10 ways to build a whole food/healthy kitchen on a budget! Her cookbook is titled "Cooking & Eating: Wisdom for Better Health," and she emphasized how the wisdom of ancient Greece can lead to a longer life." It contains 50 recipes, and I'll post the one she showed on air: Hippocrates's Carrot Soup - it was delicious. Her website is: [www.mariabena-rdis.com](http://www.mariabena-rdis.com) and I know she will be happy to hear from you.



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One of my favorite newsletters is the one I get from **Connie Moyers**, NM Cooperative Extension Service. I always like the recipes she shares - and I thought you might like them, as well. Thanks Connie.

## Pumpkin Pie Ice Cream Fantasy

- 1 baked pumpkin pie\*
- 1/2 gallon premium vanilla ice cream
- Caramel topping
- Toasted pecan halves

Place cooked pie in freezer for 1 hour; remove pie from freezer and chop 3/4 of pie into 1-inch chunks. Allow ice cream to stand about 8 to 10 minutes at room temperature to slightly soften.



Chunk up ice cream into a large bowl. Gently fold in pie chunks until just combined, but pie and ice cream should still be in separate chunks. To serve, scoop each serving into a wine glass or dessert bowl. Drizzle with caramel topping, and top with pecans.

\* Use a frozen pumpkin pie, baked according to package directions, deli-baked pie or better yet, make your own. Let it cool completely and freeze about an hour for easy chopping. This idea also works with a baked pecan pie, just omit the toasted pecans.

## Pumpkin Cheesecake Bars

### Layer 1

- 1 pkg. (16 ozs.) pound cake mix
- 1 egg
- 2 tablespoons butter, melted
- 2 teaspoons pumpkin pie spice

### Layer 2

- 1 pkg. (8 ozs.) cream cheese
- 1 can (14 ozs.) sweetened condensed milk
- 1 can (16 ozs.) pumpkin
- 2 eggs
- 1/2 teaspoon salt
- 2 teaspoons pumpkin pie spice
- 1 cup chopped nuts



Preheat oven to 350 degrees. In a large mixing bowl, combine

layer 1 ingredients until crumbly. Press into bottom of a 15 x 10 x 1-inch jelly roll pan. Beat cream cheese in a large mixing bowl. Gradually beat in re-maining ingredients excluding nuts. Mix well. Pour over crust. Top with nuts. Bake 25 minutes, cover and chill. Cut into bars. Store in refrigerator. These bars also freeze well after baking.

## Whipped Pumpkin Pie

- 1 can (15 ozs.) pumpkin
- 1 pkg. (10 ozs. ea.) mini marshmallows
- 1 teaspoon cinnamon
- 1 container (12 ozs.) frozen non-dairy whipped topping, thawed
- 2 (9-inch) graham cracker crusts



Combine pumpkin, marshmallows and cinnamon in a heavy saucepan; stir over low heat until marshmallows are melted. Remove from heat: cover and let stand until mixture reaches room temperature. Fold in whipped topping. Divide evenly into pie crusts; chill for one hour. Makes 2 pies; each serves 8.

## Pumpkin Trifle

- 1 box (18.25 ozs.) spice cake mix, cooked according to pkg. directions and crumbled
  - 2 1/2 cups cold milk
  - 1 can (15 ozs.) solid-pack pumpkin
  - 4 pkgs. (3.4 ozs.) *each* instant butterscotch pudding
  - 1 teaspoon ground cinnamon
  - 1/4 teaspoon ground nutmeg
  - 1/4 teaspoon ground ginger
  - 1/4 teaspoon ground allspice
  - 1 carton (16 ozs.) thawed frozen whipped topping
- Garnish with Maraschino cherries, if desired



Set aside 1/4 cup cake crumbs for topping. Divide remaining cake crumbs into four portions; sprinkle one portion into a trifle bowl or 3 quart serving bowl. In a large bowl, combine the milk, pumpkin, pudding mixes and spices; beat until smooth. Spoon half into the serving bowl. Sprinkle with second portion of crumbs. Next layer half of the whipped topping on the crumbs. Sprinkle with third portion of crumbs. Top with remaining pumpkin mixture, then remaining portions of crumbs and whipped topping. Sprinkle the reserved crumbs around the edge of bowl. Top with cherries, if desired. Makes 12-15 servings.

**Merry Christmas & Happy New Year**