

# Cooking With Tom

## No-Bake Pumpkin Cheesecake

By Tom Blair

What comes to mind when the days shorten and cooler weather arrives? Cooking! It's time to get back in the kitchen and get out those heirloom recipes. Many of our memories are triggered by scent, such as wood smoke, turkey and pumpkin pie. The pumpkin is the most visible symbol of the Fall harvest.

Pumpkins originated in Central America. Native Americans had many uses for the pumpkin. They roasted long strips of pumpkin over an open fire and even dried strips of it for weaving.

When the European settlers arrived in America, Native Americans showed them the many uses for the pumpkin. The early settlers also developed their own recipes, including filling a pumpkin with milk, honey and spices and baking in hot ashes. From this the pumpkin pie was born.

Try this new version of an old friend and start a tradition of your own.



### No-Bake Pumpkin Cheesecake

#### Ingredients:

- 1 graham cracker ready-to-use-crust
- 1 pkg. (8 oz.) cream cheese, softened
- 1/2 cup sugar or sucanat
- 1/2 cup canned pumpkin
- 2 tsp. vanilla
- 1 - 8 oz. Fat-free frozen whipped topping, thawed
- Cinnamon

1. Beat cream cheese until smooth and gradually blend in sugar.
2. Add pumpkin and vanilla and mix well.
3. Blend in whipped topping.
4. Spoon into crust and sprinkle top with cinnamon.
5. Chill for at least four hours or until set.



Tom is a nationally syndicated columnist specializing in antiques, cuisine and pets. He can be reached at TomBlairScribe@aol.com © Tom Blair 2005

Look for *Boomer Times & Senior Life* inserted in *The Herald Broward Edition\** on Friday, October 7<sup>th</sup>

### Read Anita Finley's "Senior Savvy" column

monthly in the Hometown editions of the **Broward Herald** seen in Ft. Lauderdale, Pembroke Pines, Weston, Plantation and Hallandale



\* Only these zip codes are receiving a complimentary copy of Boomer Times & Senior Life in both home delivery and in racks: 33308, Ft. Lauderdale; 33026, Pembroke Pines; 33327, Weston; 33324, Plantation; 33009, Hallandale.

### Tiger Woods got his first hole-in-one at age 6.

(From: *Random Kinds of Factness*)

## THE AWAKENED LIFE

### How We All Fit Together

Part of a Series

### Speaking of Flowers

A New Jersey couple had a big greenhouse attached to their home, and they kept it filled with flowers—including nasturtiums, rarely grown in a greenhouse.

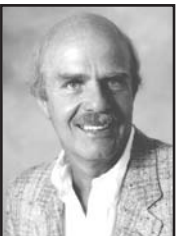
them where she was going, and they drove her there. As they left her, they offered her the bouquet of flowers.

Three days later, they received a note from her, thanking them for the ride and the flowers and telling them what their gesture had meant to her. She had been a practical nurse her whole working life, but had realized that day that she was too old and infirm to continue her work. She didn't want to be a burden to her family, and so she had made up her mind to throw herself in the river—unless God gave her a sign that he didn't want her to. That bouquet had literally saved her life.



One snowy January evening, the husband and wife went off to a rehearsal of an amateur orchestra in a nearby town where they had once lived. They decided to take a large bouquet of nasturtiums to give away at the rehearsal, for they felt that the sunny colors—orange, yellow, red—would warm up that cold night.

How many "chances" were involved in this one incident? If that couple had not decided to take flowers to a rehearsal, if the husband had not taken a byroad, if they had not arrived at the river just as the old woman was approaching it, if she had not recognized their gift as a sign, she would have lost the last several years of her life, and her family would have been deprived of their happiness in caring for her.



Dr. Wayne Dyer

(From Dr. Dyer's book, "You'll See It When You Believe It.")



#### Kaye O'Bara

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[www.edwardarobara.com](http://www.edwardarobara.com)



#### From Dr. Wayne Dyer:

*"I am pleased to be a part of Edwarda's spiritual journey—I know her healing work continues despite what others may see as limitations...But we both know that there is something beyond any perceived limit."*

*Writing A Promise is A Promise is one of my greatest gifts to the world, because it allowed so many to see for themselves the brilliant light that emanates from within you and Edwarda."*

Love and Green Lights, Wayne

*God bless, Mary keep,  
Kaye for all the O'Bara's*

*Friends—They cherish each other's hope.  
They are kind to each other's dreams.*

[Editor's note: Kaye has been caring for her daughter, Edwarda, who has been in a coma for the past 36 years. It has been very expensive. We at Boomer Times & Senior Life encourage each of our readers to contribute whatever possible. As Kaye says, "If each person could send at least \$1, it'd be a blessing. If not, send us a prayer."]



Any financial assistance would be greatly appreciated.  
The check should be made out to:

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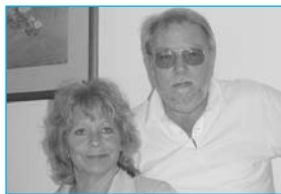
According to the employee manual, Walt Disney himself would have been forbidden to work at one of his own theme parks. Mustaches and beards are not allowed.

(From: *Random Kinds of Factness*)

## WIN A SPECTACULAR "DINNER FOR TWO" AT THE EXCLUSIVE GAUCHO RODIZIO, A BRAZILIAN STEAKHOUSE IN LIGHTHOUSE POINT\*\*

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IDENTIFY THE 2 PHOTOS BELOW. YOU WILL FIND THEM IN THIS ISSUE. WRITE THEIR NAMES and WHO THE ADVERTISER IS and WHAT THEY DO.



1. \_\_\_\_\_ 2. \_\_\_\_\_

Entries that answer correctly will be placed in a drawing. All correct entries will be listed in the November 2005 issue. Only **one** entry per family—per address.

E-mail or send your entry\* with your name, address and phone number to:

"Gaicho Rodozio," c/o **BoomerTimes & SeniorLife**

1515 N. Federal Highway, #300, Boca Raton, FL 33432 ★ or e-mail to [slrife@gate.net](mailto:slrife@gate.net)

\*All entries must be postmarked by October 20, 2005.

\*\*Dinners are offered Monday thru Thursday;

Lunches can be exchanged for dinners by request of winner.

Send your name, address and phone number and we would like to know whether you have been to the Gaicho Rodizio before.