

Press Release

“CREATIVE LIVING” Presents the 6300 Series

The up-coming #6300 series of “*Creative Living with Sheryl Borden*” continues to celebrate the 35th Anniversary of the show, and is produced in high definition, and will feature something of interest on every show for every member of the family.

This series will provide information on a wide variety of topics. The #6300 series, which will begin _____ at _____ on _____, will include sewing and fashion, foods and nutrition, home, hearth and health, along with information on crafts and a variety of other consumer-related topics.

Food-related topics will include making candy bark, cookie monster sandwiches, homemade marshmallows and turkey meals. Information on the new dietary guidelines, beans and vegetables in the gluten-free diet and a unique school lunch program that generates little or no garbage as well as food gifts from the kitchen and using pressure cookers will also be featured. Other topics include teaching kids to bake, tradition-rich family baking and cooking California figs and more.

In the area of sewing and fashion, topics will include upside down bobbin work, rotary cutting skills, sewing with stretch knits, making bolster pillows and 90-minute quilts. Other information will be presented on angle play with quilts, how to gather different fabrics, fitting and designing knits and strapless gowns.

Some of the topics that pertain to the home include outdoor and indoor picnics, online room planning, floral arranging, one-step furniture makeovers and ways to convert Roman shades so they are safety compliant. Other topics will include refinishing a vanity, adding embossed designs to walls, as well as decorating a mantle, dairy foods for the lactose intolerant and strong women, strong bones.

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Crafters will enjoy learning to use beeswax for collaging, creating with Hearty Clay, making duck tape rosettes and pouches and techniques for creating fiber postcards. Other topics include peel and stick photo frames, handmade gifts, easy designs with edger punches, embellishing a handmade doll, making glitter embellished boxes and fantasy film butterflies. Many more craft-related topics are also featured.

As evidenced by the wide variety of topics, everyone can benefit from “*Creative Living with Sheryl Borden.*” An attractive booklet, titled “*The 6300 Series*” is available to viewers FREE of charge by downloading it off the internet. Viewers can go to www.kenw.org, click on the Creative Living tab, and then scroll down to “Booklets.” Any of the booklets can be printed free of charge.

An e-Newsletter is also available free of charge - viewers just need to subscribe by entering their e-mail address on the web page. The e-Newsletter is filled with up-to-date and interesting information from guests before their segments actually air -- so it’s a sneak preview of sorts.

“*Creative Living with Sheryl Borden*” is a production of KENW-TV, Portales, New Mexico. The show is distributed by Westlink, and is carried on more than 118 PBS stations in the United States, Canada, Guam and Puerto Rico, and is in its 35th season. “*Creative Living with Sheryl Borden*” is listed in Wikipedia as one of the longest running shows on television. Viewers can see what’s on the show by visiting KENW’s home page on the World Wide Web. The address is: www.kenw.org and then click on “*Creative Living.*”

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