

# Press Release

## **“CREATIVE LIVING” Presents the 6900 Series**

The up-coming #6900 series of “*Creative Living with Sheryl Borden*” will continue to celebrate the 39th anniversary of the show, which is produced in high definition, and will feature something of interest for every member of the family.

This series will provide information on a wide variety of topics. The #6900 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 information and recipes for making treat pops, candy pinwheels, as well as cooking legumes, figs, and canapes. Information on chia seeds in a Paleo diet, night shade substitutes, and gluten-free online resources will also be featured. Other topics include helping children learn to bake, cooking with fish, enjoying grapefruit, and health supplements.

In the area of sewing and fashion, topics will include making quilts, mug rugs with a classic look and texturing fabric or garments. Other information will be presented on sewing projects for kids and turning machine embroidery into a home business.

Some of the topics that pertain to home, hearth and health include five components of fitness, losing weight and feeling better, eating for longevity, and ways to avoid computer eye strain. Other topics will include unique storage solutions, converting Roman shades, making fall tablescapes, paint colors for your home, design tricks to re-shape a room, making custom upholstered headboards, and ways to build a whole food/healthy kitchen.

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Crafters will enjoy learning to make purses, working with various inks, turning PVC into doll houses, creating with hearty clay and making glitter home decor items. Other topics include making fabulous frames, using fabric markers, creating perfect party favors and making your own background paper, as well as bottle cutting, and punch art. Many more craft-related topics are also featured.

Other topics to be covered in this series include growing pumpkins and gourds, taking care of jewelry, travel tips, floral designing, protecting children from bullies, and Zentangling.

As evidenced by the wide variety of topics, everyone can benefit from ***“Creative Living with Sheryl Borden.”*** An attractive booklet, titled *“The 6900 Series”* is available to viewers FREE of charge by downloading it off the internet. Viewers can go to [kenw.org](http://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. ***“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. The address is: [kenw.org](http://kenw.org) and then click on ***“Creative Living.”***

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