

Press Release

“CREATIVE LIVING” Presents the 7200 Series

The up-coming #7200 series of “*Creative Living with Sheryl Borden*” will start the 41st year of the show, which is produced in high definition, and features something of interest for every member of the family.

This series will provide information on a wide variety of topics. The #7200 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 baking chili rellenos, cooking with kale, beans for good health, as well as turkey tips, gluten-free recipes and products. Information on the versatility of fish, preparing meals and menus, building a whole food kitchen and celebrating salty will also be featured. Other topics include preparing sauces, baking with figs, holiday cooking, and decorating cakes and cupcakes.

In the area of sewing and fashion, topics will include different quilting projects, making baby blankets and teaching children to sew using the FunStitch Studio. Other information will be presented on hand quilting and hand piecing as well as making felted cuffs.

Some of the topics that pertain to home, hearth and health include new decorating inspirations for your home, dentistry updates, mindfulness, and meditation. Other topics will include bath designs, feeding your kids right and making fall tablescapes.

Crafters will enjoy learning to make resin projects, creating with Kraft-Tex, making purse treat holders and a junk journal. Other topics include using incandescence paints, making fringe flowers, creating zentangles on various surfaces, bible journaling and learning color through

coloring, along with crafts made with coloring pages. Many more craft-related topics are also featured.

Other topics to be covered in this 7200 series include travel awareness accessories and tips for traveling, adopting homeless animals, chemical look-alikes, floral designing, using a compost sac and pro-active aging.

As evidenced by the wide variety of topics, everyone can benefit from ***“Creative Living with Sheryl Borden.”*** An attractive booklet, titled *“The #7200 Series”* is available to viewers FREE of charge by downloading it off the internet. Viewers can go to kenw.org, then click on the Creative Living tab, and scroll down to “Booklets.” All of the booklets can be printed free of charge.

An e-Newsletter is also available free of charge - viewers can 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.

“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 and then click on ***“Creative Living.”***

###