

# Press Release

## **“CREATIVE LIVING” Presents the 7300 Series**

The up-coming #7300 series of “*Creative Living with Sheryl Borden*” will continue 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 #7300 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 dough sculpting, DASH Diet, slice ‘n bake cookie dough gifts, kid-friendly freekeh meals, and easy ways to ‘kick up’ nutrition. Information on cooking with artichokes, California figs, gazpacho, grapefruit, and cupcakes will also be featured. Other topics include teaching children about baking, nutritious drinks, New Mexico favorite recipes, treat pops, and new gluten-free products.

In the area of sewing and fashion, topics will include uses for scrap fabrics, using a double cord presser foot, needlework maps and books, reversible cross stitch embroidery, Fast-2Fuse projects, antique quilts, painted quilt blocks and making pin cushions. Other information will be presented on making the slimming sweatshirt, log cabin quilts from a new angle, creating with TAP, custom needlework canvases, bookmarks for literacy, and buying a serger.

Some of the topics that pertain to home, hearth and health include help for asthma sufferers, mindfulness, how to use indoor decor outside, restoring family heirlooms, pallet projects and storage solutions. Other topics will include pediatric dentistry, meditation and yoga, how music heals the brain and creating a life vision.

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Crafters will enjoy learning to work with a new clear casting epoxy, monoprinting with a gel press, bible journaling, and using chalk paint. Other topics include working with silicone putty, background basics with stamps and inks, using 3-D elements in scrapbooks, and “green” decor. Many more craft-related topics are also featured.

Other topics to be covered in this #7300 series include floral designing, steps to protect children from bullying, pet health to decrease dehydration, choosing a pet guinea pig, ridding the house of a snake, the AchieveMore method, gardening with a smart pot, making centerpieces, and five things you should know about pet food.

As evidenced by the wide variety of topics, everyone can benefit from **“Creative Living with Sheryl Borden.”** An attractive booklet, titled *“The #7300 Series”* is available to viewers FREE of charge by downloading it from the internet. Viewers can go to [kenw.org](http://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](http://kenw.org) and then click on **“Creative Living.”**

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