

Press Release

“CREATIVE LIVING” Presents the 7500 Series

The up-coming #7500 series of “*Creative Living with Sheryl Borden*” will continue the 42nd 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 #7500 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 gluten-free snacks, cooking with kale, figs and fitness, plating techniques and cajun cooking. Information on teaching kids to cook and bake, knowing which milk is the best choice, top-coating and marbling cookies and powering up with peanuts will also be featured. Other topics include sharing recipes from La Fonda, one of the original Harvey Hotels.

In the area of sewing and fashion, topics will include exposed zipper techniques, sewing projects for kids, using deColourant to personalize sewing projects and non-traditional Sashiko. Other information will be presented on satin stitching, making exotica quilt blocks, appraising antique quilts, and using fast2fuse. Other topics will be on making a slimming sweatshirt, making fleece baby blankets, hand piecing quilting techniques, and the details of making jeans.

Some of the topics that pertain to home, hearth and health include how to collage a wall, how to start a home remodel, new uses for vintage crates and boards, home designing with pattern and ways to create a photo display frame. Other topics will include using mindfulness to improve health, pediatric and primal dentistry, lifestyle changes to improve sleep and the effects of snoring on relationships.

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Crafters will enjoy learning to make filigree ornaments, needle sculpting a doll, bible journaling and ways to organize photos for scrapbooking. Other topics include woodburning celtic knots, making pom poms and tassels, creating with file folders and double dry embossing tips. Many more craft-related topics are also featured, including crafts made with coloring pages, using Fast 2 Fab products, and making pop-up cards.

Other topics to be covered in this #7500 series include floral designing tips, water-retaining plants, homemade soap making, Plein air landscape painting and taking care of jewelry.

As evidenced by the wide variety of topics, everyone can benefit from ***“Creative Living with Sheryl Borden.”*** An attractive booklet, titled *“The #7500 Series”* is available to viewers FREE of charge by downloading it from 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.”***

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