

Press Release

***“CREATIVE LIVING”* Presents the 7600 Series**

The up-coming #7600 series of ***“Creative Living with Sheryl Borden”*** will begin the 43rd 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 #7600 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 cooking for two person households, New Mexico favorite cuisine, recipes for preparing king salmon, and easy ways to kick up nutrition. Information on tasty Thai recipes, easy heart-healthy meals and a morning protein breakfast will also be featured. Other topics include smart snacks, teaching children to bake and what’s new for the holidays.

In the area of sewing and fashion, topics will include making pants that fit, beginning quilting tips, using stabilizers, thread sketching and machine techniques for more enjoyable sewing. Other information will be presented on creating simple costumes for kids, pashmina possibilities, and collage quilting with kids. Other topics will be on making custom upholstered headboards, an overview of the language of sewing and paper piece quilting using a lightbox.

Some of the topics that pertain to home, hearth and health include mindfulness for children, youth and parents, upgrading your cabinet hardware, easy ways to create new wall decor and aging gracefully. Other topics will include how to layer a bed, growing plants in fabric pots, caring for succulents, making homemade soap, pro-active aging and choosing the perfect paint for your home.

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Crafters will enjoy learning to create unique greeting cards with fabric, making upcycled leather jewelry and embossing on velvet with stamps. Other topics include creating mandalas, faux monoprinting with styrofoam and fun foam, and using permanent-fabric couture ink. Many more craft-related topics are also featured, including crafting with rhinestones, chalkboard layering techniques, tools for embellishing, and new card-making ideas.

Other topics to be covered in this #7600 series include making birdhouses, crafts made with antlers, floral designing made easy, pyro-tangle work, making bronzed columns, and painting with expressive color.

As evidenced by the wide variety of topics, everyone can benefit from ***“Creative Living with Sheryl Borden.”*** An attractive booklet, titled *“The #7600 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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