

# Press Release

## **“CREATIVE LIVING” Presents the 6400 Series**

The up-coming #6400 series of “*Creative Living with Sheryl Borden*” will celebrate the 36th Anniversary of the show, and is produced in high definition, and will feature something of interest on every show for every member of the family.

This series will provide information on a wide variety of topics. The #6400 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 turkey tips for all cooks, bread dough recipes, healthy snacks and cooking and serving “clean” food. Information on making dessert cups, candy pinwheels, slice and bake cookie dough gifts, and rubber stamping cookies will also be featured. Other topics include quick and easy food dishes, using all-natural nutrient foods, holiday baking, teaching kids to bake and using grapefruit juice, sections and more.

In the area of sewing and fashion, topics will include making a tech tote and kindle cozy for electronics, machine piecing and machine embroidery. Other information will be presented on hand-made sewn gifts, designing and fitting strapless gowns, quilt time savers, making jeans and a swimsuit cover up.

Some of the topics that pertain to home, hearth and health include using candles to make events special, creating calcified ruins on walls, safety standards for Roman Shades, and finding inspiration in Italian marble floors. Other topics will include diabetes and obesity, preparing furniture to be sold on Craigslist, picture hanging tips, and using indoor decor on the outside.

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Crafters will enjoy learning to do Shibori dyeing with Rit fabric dye, adding hardware embellishments with needlepoint, making corrugated cover notebooks, and stuffed embroidery. Other topics include stamping ideas, needle felting, art glitter fabric panels, making magazine purses and mini books, green decor, crocheting a curly scarf and working with vellum papers. Many more craft-related topics are also featured.

As evidenced by the wide variety of topics, everyone can benefit from “*Creative Living with Sheryl Borden.*” An attractive booklet, titled “*The 6400 Series*” is available to viewers FREE of charge by downloading it off the internet. Viewers can go to [www.kenw.org](http://www.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, and is in its 36th season. “*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 on the World Wide Web. The address is: [www.kenw.org](http://www.kenw.org) and then click on “*Creative Living.*”

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