

# Press Release

## **“CREATIVE LIVING” Presents the 40th Anniversary Series**

The up-coming #7000 series of “*Creative Living with Sheryl Borden*” will celebrate the 40th anniversary 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 #7000 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 information and recipes for cooking with kale, making gazpacho, chicken stock, and country desserts, as well as foods for those who are lactose intolerant. Information on cupcake basics, food truck cookery, on the go snacks, and using fruit in beverages will also be featured. Other topics include rubber stamping cookies, making woodland animal cakes, and using fresh herbs from the garden. Another discussion will be on the healing power of certain ingredients.

In the area of sewing and fashion, topics will include using a double cord presser foot, hand knitting by machine, selecting fabrics for quilts, and choosing jeans that fit. Other information will be presented on beautiful finishes for unlined jackets, making a baby shawl, dying silk fabric, and sewing with sergers.

Some of the topics that pertain to home, hearth and health include making centerpieces and floral arrangements, hanging pictures, and creating a life vision. Other topics will include

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reducing allergens in the home, design tips for small space living, the role metabolism plays in fitness, protecting our vision, and optical illusions for interior design.

Crafters will enjoy learning to make cuff bracelets, faux quilting with stamps, kitty sock crafts, and making simple kids' costumes. Other topics include cardmaking techniques, projects featuring duct tape, working with Decoart chalky paint and using zentangles on fabric. Many more craft-related topics are also featured.

Other topics to be covered in this anniversary series include hummingbirds, organizing in the middle of chaos, making money as you travel and five common cat health problems.

As evidenced by the wide variety of topics, everyone can benefit from ***“Creative Living with Sheryl Borden.”*** An attractive booklet, titled *“The 40th Anniversary Series”* is available to viewers FREE of charge by downloading it off the internet. Viewers can go to [kenw.org](http://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. ***“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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