

Press Release

“CREATIVE LIVING” Presents the 7400 Series

The up-coming #7400 series of “*Creative Living with Sheryl Borden*” will begin 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 #7400 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 snack cakes, cooking with fresh figs, preparing tasty tacos and edgy enchiladas, and making your own hummus. Information on gluten-free cooking, including protein in breakfast menus and baking for special needs will also be featured. Other topics include ingredients and their healing powers, how to adopt stress-free cooking at home, and preparing easy heart-healthy meals.

In the area of sewing and fashion, topics will include quilting with heavier, darker fabrics, scrappy applique and stitch and rip jackets. Other information will be presented on sewing knit leggings, making a cathedral window quilt, presser feet techniques, and thread sketching. Other topics will be on catch and release for fabric texture, quilt as you go, how to customize handbag patterns with applique, collage quilting with kids and zippers for great garments.

Some of the topics that pertain to home, hearth and health include getting creative with wall decor, upgrading your light fixtures, how to detect sleep disorders, getting organized and unexpected wood decor. Other topics will include basics of soap making and making fizzy bath bombs, as well as foods that help your vision.

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Crafters will enjoy learning to make decorative creative planners, artist trading cards, using freezer paper stencils to embellish fabric, the design process of making pop up cards, creating mandalas and felting for fun. Other topics include loom knit projects, making duct tape pouches, making a lovepop story book album and making purse treat holders. Many more craft-related topics are also featured.

Other topics to be covered in this #7400 series include making choices, conquering chaos in your closet, eliminating the spread of germs from your pets, choosing a pet parakeet and getting to know and appreciate your dairy farmers.

As evidenced by the wide variety of topics, everyone can benefit from ***“Creative Living with Sheryl Borden.”*** An attractive booklet, titled *“The #7400 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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