

Press Release

“CREATIVE LIVING” OFFERS 5900 SERIES

The up-coming #5900 series of “*Creative Living with Sheryl Borden*” 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 #5900 series, which will begin _____ at _____ on _____, will include sewing and fashion, foods and nutrition, health, along with information for the home, crafts and a variety of other consumer-related topics.

Food-related topics will include entertaining with food and wine on a budget, pleasing picky eaters, making a variety of food-related gifts and some speed cooking tips. Information on cooking potatoes, strawberries, salmon, gluten-free bread, and citrus will also be presented.

In the area of sewing and fashion, topics will include making a memory quilt from tee-shirts, making and apply welt cording, fast collar applications, making perfect pleats and quilting basics. Other information will be presented on turning knitting and crochet blocks into pillows, using embroidery to make a patch, faux hand-looking applique and the miracle of quilt blocking.

Some of the topics that pertain to the home include selecting rugs, decorating on a budget, making a window valance, and organizing a home office. Other topics will include creating the perfect ambiance, ways to pickle or lime wax a floor, and some kitchen tips.

Crafters will enjoy learning to use a Klic-N-Kut machine, pressing flowers, making inkblot butterflies, sponge painting, making jewelry and accessories, using rubbing plates and gift making. Information will also be presented on green projects made from recycled materials, making center-pieces, decoupage art and more, and making designer stationery.

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Information on the health benefits of forgiving, questions for a remodeler, four steps to total fitness and choosing happiness after divorce will be presented. Other topics, including journaling, projects to pamper our pets, weed control products, achieving your dreams, and image secrets for improving sales, will round out the topics on this series.

As evidenced by the wide variety of topics, everyone can benefit from “*Creative Living with Sheryl Borden.*” An attractive booklet, titled “*A Tradition - Creative Living 5900 Series*” is available to viewers FREE of charge by downloading it off the internet. Viewers can go to www.kenw.org and print off the entire booklet -- or just print off specific pages of interest.

A new e-Newsletter is also available free of charge - viewers just need to subscribe by entering their e-mail address on the web page. This will be filled with up-to-date and interesting information from guests before their segments actually air -- so it's a sneak preview of sorts. DVDs of all “*Creative Living*” shows are available on the website, too.

“*Creative Living with Sheryl Borden*” is a production of KENW-TV, Portales, New Mexico, the public television station serving Eastern New Mexico and West Texas. 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 34th season. 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 and then click on “*Creative Living.*”

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