

Press Release

“CREATIVE LIVING” Presents the 7800 Series

The up-coming #7800 series of ***“Creative Living with Sheryl Borden”*** will begin the 44th 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 #7800 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 preparing raw taco meat, flatbread and shish kabobs and preggatinis. Information on the importance of incorporating milk and dairy products in the diet, working with candy melts and fig nutrition and recipes will also be featured. Other topics include gourmet and gluten-free cooking, New Mexico cuisine and the Mediterranean diet.

In the area of sewing and fashion, topics will include creating flattering outfits, making jeans that fit, quilting with a lightbox, and thread sketching. Other information will be presented on embellishing garments, facing a different direction, zipper application and applique ideas. Other topics will be on using Fast2Fuse, making totebags, and cutaway applique for small spaces.

Some of the topics that pertain to home, hearth and health include home remodeling, collaging a wall, decorating with pattern as well as color and how to take control of your health. Other topics will include products to help people age in place, ozonated water generators, creating a mood board and making small improvements to a room.

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Crafters will enjoy learning to create their own fabric, working with pressed flowers, card kits, and making a decorative planner. Other topics include making decorative signs, working with Kraft-tex, and woodburning projects. Many more craft-related topics are also featured, including using colored pencils on fabric, making ten cards in ten minutes, and ink embossing folder techniques.

Other topics to be covered in this #7800 series include the power of GET statements, the hero's journey for highly creative people, creating a monthly budget, growing orchids, painting with pastels and basic soap making - just to name a few.

As evidenced by the wide variety of topics, everyone can benefit from ***“Creative Living with Sheryl Borden.”*** An attractive booklet, titled *“The #7800 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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