

# Press Release

## ***“CREATIVE LIVING”* Presents the 8000 Series**

### **Celebrating our 45th Anniversary**

The up-coming #8000 series of ***“Creative Living with Sheryl Borden”*** will begin the 45th 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 #8000 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. A new addition to each show will be a “Remember When” segment, and it will be a fun way to look back on earlier shows.

Food-related topics will include tips for hosting a dinner party, making pasta, shrimply delicious, bread sculptures and entertaining with Texas citrus. Information on cooking with fresh ginger, stenciling on cookies, food and wine pairing and nutrition on a budget. Other topics include gluten-free cooking, cooking with kids, and fresh herbs from the garden.

In the area of sewing and fashion, topics will include painting lace, smocking, stumpwork and reversible cross stitch embroidery. Other information will be presented on making totebags, using ribbon on needlepoint, and using a regular sewing machine for embroidering on tee-shirts. Other topics will be on how your wardrobe can improve communications, fine tuning your rotary cutting skills and making a bread box basket.

Some of the topics that pertain to home, hearth and health include getting organized, making a four-diamond roman shade, and tips for stress-free living. Other topics will include how to avoid computer eyestrain and mindfulness.

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Crafters will enjoy learning to quilt using a lightbox, making a fragment fabric collage, new techniques in pressing flowers, and digital scrapbooking. Other topics include working with cement projects, making upcycled leather jewelry, fashion embellishments and home décor, and the beauty of clayboard. Many more craft-related topics are also featured, including painting with chalk paint, photo transfers and faux printing with TAP, and making quotable canvases.

Other topics to be covered in this #8000 Anniversary series include making boutonnieres, introducing a lizard to your indoor plants, staying upbeat and positive in tough times, and why houseplants are good for you.

As evidenced by the wide variety of topics, everyone can benefit from ***“Creative Living with Sheryl Borden.”*** An attractive booklet, titled *“The 45th Anniversary Series”* is available to viewers FREE of charge by downloading it from the internet. Viewers can go to <http://kenw.org/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: <http://kenw.org/kenw.org> and then click on ***“Creative Living.”***

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