

Press Release

“CREATIVE LIVING” Presents the 7100 Series

The up-coming #7100 series of ***“Creative Living with Sheryl Borden”*** will continue the celebration of 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 #7100 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 coconut flour, burkey and figs as well as foods for those who are gluten intolerant. Information on cooking black quinoa, California salmon, making snack cakes and canapes will also be featured. Other topics include preparing holiday desserts, making gourmet and gluten-free recipes and cooking from the New Mexico Farm Table cookbook.

In the area of sewing and fashion, topics will include embroidering tee-shirts with a regular sewing machine, hand knitting by machine, choosing stabilizers for crafts and sewing, using various presser feet and hand beading. Other information will be presented on making greeting cards from fabric scraps, sewing hidden plackets, beginning sewing projects for children, and how to choose a sewing machine.

Some of the topics that pertain to home, hearth and health include quick ways to change or update your home, decorating a mantle, pediatric dentistry and eating kale for clear vision. Other topics will include seasonal decorating with clear glass holders and a discussion on how kitchens have transformed since the 20th century.

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Crafters will enjoy learning to make resin projects, working with silicone putty, using fabric markers and clayboard, as well as ink pads and embossing folders.. Other topics include making duck tape puches, Kinkajou bottle cutting, making papier mache caricatures and using ribbon in needlepoint projects, along with Nuno felting. Many more craft-related topics are also featured.

Other topics to be covered in this 7100 series include making centerpieces, working with succulents, smart pots and water-retaining plants, as well as party planning decor on a shoe-strong, packing tips for traveling, and conquering chaos in your closet.

As evidenced by the wide variety of topics, everyone can benefit from ***“Creative Living with Sheryl Borden.”*** An attractive booklet, titled *“The #7100 Series”* is available to viewers FREE of charge by downloading it off the internet. Viewers can go to kenw.org, then click on the Creative Living tab, and 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.

“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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