

Creative Living with Sheryl Borden

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“Celebrating our 35th Anniversary”

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COME SEE ME

If you have time and would like to read my blog, you can go to: <http://sherylborden.wordpress.com/>

I would also like to invite you to “like” me on my [Creative Living with Sheryl Borden Facebook page](#). If it’s easier, just type in Creative Living with Sheryl Borden in the Search Window, and it’ll bring it up.

Happy New Year! I hope each of you had a wonderful holiday season with family and friends. My favorite part of the holidays is having so many people to play games with - family members, neighbors, grandkids and anyone else who stops by! I love to play games. My favorite group games are Bunco, Yahtzee and Chicken Foot. What are your favorites?

I love getting e-mails from you and since the last newsletter, I have had several suggestions for making the Newsletter a better publication and an easier one to read. So, each month, you will see a few changes -- and that’s what the New Year represents, don’t you think? Feel free to e-mail me and add your comments or suggestions.

Instead of making the newsletter 4 or 5 pages long, there will just be “teasers” with a link to the entire article, recipe, or feature. That way, you can go directly to what you are most interested in -- or skip the parts you don’t care to read.

Several of you have commented on how much you like the recipes, so that will definitely be a “keeper.” If there are other categories you are interested in, please let me know.

With the New Year, many of us are trying to lose a few pounds. I ran across a program we taped in 1984, and it was about Weight Control by Behavior Modification. Interestingly enough, the same information is accurate and pertinent today - 28 years later. [Read here to find out more:](#)

In case you have some wine, champagne or other “spirits” left from New Year’s Eve, here are a few recipes that you might like to try. These were taped with a guest in 1987, but they sound good to me. [Here they are:](#)

P.S. If you have any trouble opening the hyperlinks, please let me know.

To unsubscribe, e-mail me at: sheryl.borden@enmu.edu