

Taking Off Pounds Sensibly

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With the holidays approaching, we need to really work at learning what a portion is. Do you know the difference between a serving size and portion size? Serving size is what is presented on our plate; however, the portion size is what we choose to eat.

- Knowing food portion sizes is important. Having “some” of any food is simply guessing.
- We don't have to eliminate our favorite foods - we do need to know how large a portion of them we are eating and account for them in our daily calorie total.
- Being aware of portion size and eating that size consistently is what will lead to success in weight reduction.

Scarecrow News

TOPS WALK

Saturday, November 12th at 9am, I am hosting a TOPS walk in Owasso at the Centennial Park on 86th St N. There are many trails to choose from. Please wear your TOPS T-shirt for a group picture. Water will be provided.

2012 FUN DAYS

3/17 TOPS#OK570, Miami will be hosting in Miami.

6/9 TOPS#OK694, Pryor will be hosting in Claremore

8/4 TOPS#OK451, Claremore will be hosting in Claremore

10/27 TOPS#OK667, Owasso will be hosting in Claremore



FALL FUN DAY/WORKSHOP

I want to thank TOPS#OK648, Wagoner for hosting our wonderful the 3rd quarter Fall Fun Day/Workshop on Saturday, October 15th and for all those in attendance. The theme was Falling Into the Holidays. Everyone enjoyed the entertainment, food and fellowship along with the Apron Contests.

Winners of the Holiday Apron

1st Place TOPS#OK648, Wagoner, Claudia Sable

2nd Place TOPS#OK065 Tulsa, Martha Rutledge

3rd Place TOPS#OK065, Tulsa, Nancy Holt

Winners of the Vintage Apron

1st Place TOPS#OK648, Wagoner, Betty Lunsford

2nd Place TOPS#OK298, Collinsville, Thelma Adams

3rd Place TOPS#OK065, Tulsa, LaVern Hines

3rd Quarter Awards

Exerciser

1st Place Mary Harlow, TOPS#OK015, Bartlesville, with 397 hours

2nd Place Thelma Adams, TOPS#OK298, Collinsville, with 106 hours

3rd Place Marilyn McClellan, TOPS#OK142, Pryor, with 83 hours



Walking

1st Place Mary Harlow, TOPS#OK015, Bartlesville, with 432 miles
2nd Place Kayloni Daniels, TOPS#OK648, Wagoner, with 304 miles
3rd Place Kristina Cobler, TOPS#OK451, Claremore, with 223 miles

SLIM Bars

Brenda Weller, TOPS#OK694, Pryor- 10.25 loss
Andi Knox-Mitchell, TOPS#OK451, Claremore- 11.75 loss
Shirley Pittman, TOPS#OK295, Tulsa- 12.0 loss
Connie Owens, TOPS#OK135, Sand Springs- 13.25 loss
Kristina Cobler, TOPS#OK451, Claremore- 14.0 loss
Mary Moore, TOPS#OK493, Claremore- 16.0 loss
Bernadette Hill, TOPS#OK493, Claremore- 16.25 loss
Stacey Dutton, TOPS#OK667, Owasso- 16.5 loss
Kayloni Daniels, TOPS#OK648, Wagoner- 27.0 loss

Trophy Dangle

Nicki Bonner, TOPS#OK694, Pryor- 13.6 loss
Susan Walls, TOPS#OK506, Miami- 14.5 loss
Karen Keith, TOPS#OK142, Pryor- 23.8 loss

WOW Bar

Judy Phillips, TOPS#689, Westville
Jean Randall, TOPS#295, Tulsa

Candle Dangle

Thelma Adams, TOPS#OK298, Collinsville
Norman Baker, TOPS#OK694, Pryor
Mary Harlow, TOPS#OK015, Bartlesville
Claudie Hartsell, TOPS#OK074, Broken Arrow
Nancy Lunsford, TOPS#OK567, Nowata
Elease Lyons, TOPS#OK648, Wagoner
Marilyn McClellan, TOPS#OK142, Pryor
Helen Ostroski, TOPS#OK648, Wagoner
Terri Schon, TOPS#OK694, Pryor

KOPS Below Goal

1st Place Nancy Lunsford, TOPS#OK567, Nowata
2nd Place Norman Baker, TOPS#OK694, Pryor
3rd Place Helen Ostroski, TOPS#OK648, Wagoner

TOPS In Black


Jolene Gingerich, TOPS#OK567, Nowata
Nicki Bonner, TOPS#OK694, Pryor
Bernadette Hill, TOPS#OK493, Claremore

The Traveling Bear

Went home with TOPS#OK015, Bartlesville

The Walking Stick

Went home with TOPS#OK298, Collinsville



LEADERS CORNER

The holidays are just around the corner. We need to do programs geared to helping and supporting our members during this busy and stressful time.

Philosophers and theologians preach the benefits of a *positive attitude*. The message is not new. You need to be a person who *thinks positive, acts positive, speaks positive* and then your *attitude will be positive*. At the beginning of any task, including weight loss, it is your attitude that determines your success.



Have a Blessed & Happy Thanksgiving.
Losing together a pound at a time.
~Kathy