



TOPS Area Captain #6047

Wayne Rice - 1614 South Ash Place, Broken Arrow,

OK 74012

918/251-9-032-home

email – mroktops@cox.net

918/695-2722-cell



Hello to Everyone,

Well the Holiday season are approaching to quick for me. I hope everyone has a Happy Thanksgiving. Some tips to include Super Foods during the holiday: make your own snacks packs by measuring out portions of nuts, fresh cut vegetables or whole-grain crackers. Keep the packs handy at your desk or in your car for when hunger hits. Have a piece of fruit as part of your breakfast every day. Dried fruit counts, too. If you drink juice, pour half of your usual amount into a glass and fill the rest with sparkling water. To help feel fuller longer, aim to eat more food high in water—including fruits, vegetables and cooked grains (remember color is the key). Choose grains or starchy foods with at least three grams of fiber per serving. Try one fruit and one vegetable that you have never tried before. Aim for two meatless dinners, beans makes for a great high-fiber, lean protein, and alternative to meat.



I have two more area fun-shops; hope to see everyone at the one in your area. Be sure you turn in your funday report for each. The first is this Saturday November 5th in Midwest City for Oklahoma City, invitation is out an awards are being made. Theme is Lady Luck visit TOPS.

Then on November 19th in Blanchard, hosted by TOPS #OK466, Blanchard for southwest, invitation is out. Theme the Flavor of Fall with TOPS. I want to say thank you for all that attended the fun-shops this year. They have been fun. If your chapter would like to host a fun-shop in your area please let me know.



I hope everyone is continuing to lose weight. I have 3 more scheduled visits for chapter; On November 2-TOPS #OK627, Noble and November 10- TOPS #OK711, Blanchard and TOPS #OK710, Durant. I want to be sure to get to all my chapters before time runs out. If this date will not work for your chapter let me know. I always enjoy visiting all my chapters.



Remember SRD May 4-5, 2012; hope everyone is planning to attend. Theme TOPS Mardi Gras Magic to be held at the Southern Hill Marriott Hotel, in Tulsa, OK. Remember the sleeping room you reserved will not be ready till 3:00 pm, even though workshops start at 10:00 am. The Promotional and Hospitality room will be open on Thursday May 3, 2012 at 6:00 pm, also early chapter packet pick up.

TOPS care

Wayne Rice
TOPS Area Captain



TOPS Area Captain #6047

Wayne Rice - 1614 South Ash Place, Broken Arrow, OK 74012

918/251-9-032-home email – mroktops@cox.net 918/695-2722-cell

Southwest Area Fun-Shop Award given for 2nd quarter 2011 on 9-24-11

TOPS in Black – Janet Dalton 1st place from TOPS #OK573, Rush Spring with 25 # loss, Patsy Brownen form TOPS #OK041, Chickasha with 14 # loss and B J Hines from TOPS #OK113, Duncan with 11.25 # loss.

KOPS below goal – Shirley Hanus 1st place from TOPS #OK397, Ardmore 6.92 # below, Shirley Buchanan 2nd place from TOPS #OK041, Chickasha 4.80 # below and Melba Langham 3rd place from TOPS #OK573, Rush Springs 4.54 # below.

Exercisers – Gerald Curtis 1st place from TOPS #OK708, Duncan with 213 hours, Carol Gilpen 2nd place from TOPS #OK562, Frederick with 200 hours and Jean Humphrey 3rd place from TOPS #OK041, Chickasha with 183 hours.

Walkers – Gerald Curtis 1st place from TOPS #OK708, Duncan with 483 miles, Anna Edens 2nd place from TOPS #OK041, Chickasha with 321 miles and Carol Gilpen 3rd place from TOPS #OK562, Frederick with 300 miles.

SLIM bars: Janey Newby from TOPS #OK327, Lawton with 13.75 # loss and B J Hines from TOPS #OK113, Duncan with 11.25 # loss.

Trophy dangle: Janet Dalton from TOPS #OK573, Rush Spring with 25 # loss and Letitia Bugner from TOPS #OK041, Chickasha with 12.5 # loss.

Candle dangle: Shirley Hanus from TOPS #397, Ardmore 6.92 # below, Shirley Buchanan from TOPS #OK041, Chickasha 4.8 # below, Melba Langham from TOPS #OK573, Rush Spring 4.54 # below, Darline Pennington from TOPS #OK397, Ardmore .94 # below and Joan Leving from TOPS OK573, Rush Springs .15 # below.

WOW Bar: J’Nell Ash from TOPS #OK572, Duncan 2 # below.

Traveling Bear went home with TOPS #OK573, Rush Spring for a 5.11 # loss per member

Walking Stick went home with TOPS #OK041, Chickasha for traveling 508.3 miles as a chapter

Southeast Fun-Shop Awards given for 3rd quarter 2011 on 10-15-11

KOPS below goal – Betty Cole 1st place from TOPS #OK508, Antlers 6 # below, Irene Gragert 2nd place from TOPS #OK647, Allen 5.83 # below and Jo Welch 3rd place from TOPS #OK591, Poteau 4.5 # below.

Exercisers – Jim Fobb 1st place from TOPS #OK508, Antlers 246 hours, Betty Work 2nd place from TOPS #OK508, Antler 136 hours and Dorothy Lewis 3rd place from TOPS #OK508, Antler 110 hours.

Walkers – Betty Cole 1st place from TOPS #OK508, Antlers with 260 miles, Ramey Horton 2nd place from TOPS #OK508, Antlers with 256 miles and Mary Dixon 3rd place from TOPS #OK647, Allen with 215 miles.

Trophy dangle: Dee Allen from TOPS #OK624, Quinton with 18.5 # loss.

Candle dangle: Betty Cole from TOPS #OK508, Antlers 6 #below, Judie Qualls from TOPS #OK456, Gore 3.22 # below, Jo Welch from TOPS #OK591, Poteau 4.5 # below, Irene Gragert from TOPS #OK647, Allen 5.83 # below, Betty Work from TOPS #OK508, Antlers 4 # below and Melba Garman from TOPS #OK508, Antlers 4 # below

Traveling Bear went home with TOPS #OK456, Gore for a 5.33 # loss per member

Walking Stick went home with TOPS #OK456, Gore for traveling 1,221 miles as a chapter