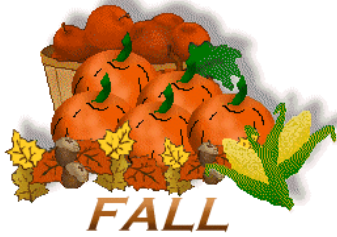


Clara's Comments – October 2011



Hello and how is everyone doing now that Fall is upon us? We only have a few weeks left in this year to accomplish what we set out to do in January - - - are you where you want to be? Thanksgiving and Christmas will be here before we know it, and we all know that Holidays are a hard time to stick to our eating plans; just keep in mind that being slim and healthy is far better than anything we can put in our mouths for a few minutes.

It was great to see so many of you at Fall Rally here in Midland; Congratulations to all of the winners and if you weren't one of them, I hope you were inspired to be one of the winners next year and be recognized for your good weight loss and maybe even be recognized as a new KOPS. Congratulations to Marguerete Hunter of TX 560 Odessa for being our newest KOPS – and Arlene Johnson of TX 927 Abilene for being the KOPS with the most consecutive years – 39. We had many recognized for having lost 10# or more since the first of the year, and 28 KOPS were recognized; congrats to all of them.



We will be having our quarterly KOPS Honor Society meeting in San Angelo on the 12th of November, so I am looking forward to seeing many of you there. San Angelo does a great job of hosting the KHS meetings, so I know it will be a good one. We will be electing new officers to serve for the next two years and will be deciding where the quarterly meetings will be held for the coming year, so you don't want to miss it.



KOPS in the area with anniversaries in September & October:

Ruby Nell Patton - TX 111 Odessa – 17 years on 10/4
Jo Ann Monse - TX 201 San Angelo – 2 years on 9/22
Margie Miller - TX 560 Odessa - 38 years on 9/10
Carrie Sample - TX 1723 El Paso - 8 years on 9/25
Leola Newton - TX 21 Big Spring - 1 year on 10/19
Olnee Menges – TX 21 Big Spring – 1 year on 9/20
Dorothy Deen – TX 87 Lubbock – 9 years on 9/23
Marian Kimbler – TX 1352 Breckenridge – 12 years on 10/16
Lillie Funderburg – TX 1764 Colorado City – 3 years on 9/22

In September I attended an SRD planning meeting in Dallas and stayed at the beautiful InterContinental Hotel where SRD will be held next year. Once again everything will be in one location and there are MANY MANY restaurants in the area, so it won't be hard to find a place to eat. SRD will be April 13th & 14th and you can make reservations NOW at the InterContinental Hotel; TOPS rate is \$115 plus tax – be sure to ask for the TOPS rate. The phone number is (972) 386-6000.



Until next month when I visit with you again, may all your weigh-ins be losses or have you in leeway if you are KOPS.

TOPS (((HUGS)))☺ TO ALL,

Your Area Captain

Clara

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