Where did the time go, we are headed for our Major Holidays in the next 2 months? I hope you have friends and family in to celebrate. Just remember it's not what you eat between November and January, it's what you eat between January to January.

One of my chapter members says she only eats the things that are prepared on holidays as during the year you can have the other stuff. Like mashed potatoes, she eats the dressing.

But enjoy yourself, remember the portions and try to get out and walk and drink your water. And if you do overeat then you can get back to your schedule the next day.

Our Tops walk will be held at the Confederate Park in Belton on November 20th we will start at 10 A.M.. Wear your Tops shirt and if you can't walk come And enjoy the visiting.

Kops Honor Society meeting will be December 11th, at Burnet, and will Held at the Tea-Licious back room. It is on the square, very nice place And easy to find.

If your going to SRD in Beaumont, they are taking reservations for the Rooms, just tell them your with Tops, and please don't reserve more Rooms than you need.

Have a safe and good Thanksgiving

Your area captain
Jackie Martell