



October has gone by quickly. I hope that all the goodies with a gazillion calories are gone. Or even better yet, that you managed to avoid temptation and not had any at all.

We have Thanksgiving and Christmas coming up, so lets remember the old saying "A MOMENT ON THE LIPS, FOEVER ON THE HIPS". We can really enjoy Thanksgiving and Christmas and make healthy choices without consuming a bunch of empty calories.

The clock is ticking on our way to our last weigh in of December. We still time to reach our personal mini goals. [Because remember that last year TOPS lost 436 TONS!!!](#) And that was done one pound at a time. [The Texas chapters lost 871,266 lbs. in 2010!](#)



Chapter 1871 Hico, is having an open house on November 15, at 9:30 am. They have a special guest speaker attending, our very own State Queen: Karen Norrod. The address is: 100 N. Railroad, Hico, Texas, which is the Hico Community Center. If you need more information, call Wanda Bullard @ 254-796-2103.

All chapters have been sent the new pages for the chapter manual. Be sure to remove the old pages, and keep the new ones to keep the chapter manual current. Please remember that the chapter resume has to be mailed to Cindy Moore, no later than Jan. 8, 2012.

#### NOVEMBER RECIPE OF THE MONTH

##### POTATO SOUP

1/3 CUP INSTANT POTATOES  
3/4 CUP CHICKEN BROTH (HEATED)



Mix this together, on top you can add a tablespoon low fat cheese, and a teaspoon of bacon bits. Very good for a cold day.

**DID YOU KNOW?? RESEARCH SHOWS THAT FOOD CRAVINGS CAN BE TRIGGERED BY ANY SITUATION ASSOCIATED WITH EATING.**

TAKE CARE, I CARE  
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