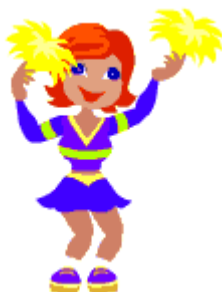




Well friends we have two months left in this year, where has the time gone? Now the real question is what we are going to do with the rest of the year. Have you met the goal you set at the first of last year, if not chances are you do not have enough time left to reach it, but all is not lost we can do “something” but it is up to you to decide what that something is. The report is that most people will gain between 10 and 15 pounds from Halloween thru New Year. That is an odd that you can beat!!!! How much better would you feel if you weighed the same on the first weigh in of Jan. that you weigh right now. Now is the time to start thinking about what you will do or change to accomplish this.

My thoughts for today:



There are all kind of “isms” in the world, and two that greatly affect you are of your own making: optimism or pessimism. Our victory or defeat lies mostly in our mind, in what we “think” we can or cannot do...excerpt from Today is Mine, Leroy Brownlow.

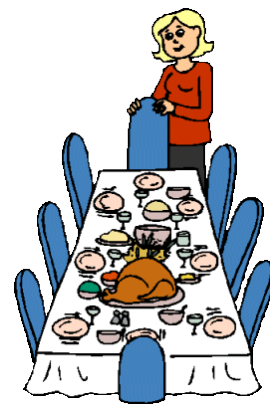
I choose to be a successful positive thinker...I will succeed.

What does your thinking say about you? You are the one that controls your thoughts be they negative or productive.

Elaine Luce, Area Captain down in the valley Said I had to break some bad habits and the first thing I had to change was “My stinkin’ thinking”! I had to change the bad habit of thinking “I can’t do this to one of “I am doing this again” AND she is, having only one gain since SRD in Corpus Christi. One of the ladies in our chapter tonight announced.... “this is my last gain, I AM going to turn things around. Are you ready to make a commitment like that, You CAN and WILL...if you just set your mind to it and follow the things that you know to do. BUT you are the only one that can make the change and it has to start with the thinking between your ears and then go all the way down to your heart . YOU CAN!!!

We have some serious eating holidays coming up!!!! How will you handle them, will you be in control of the fork. Now is the time to start making plans for how you will handle each meal. Those high calorie desserts may be so good at the moment but that taste can quickly turn sour when we step on the scale. You do not have to do without dessert or any food as far as that comes, but a smaller slice or maybe a different choice can be just as pleasing and a much better feeling of yourself.

You still have two months to finish what you have started ...are you going to finish it with determination and be the winner or are you gonna decide “I’ll just go ahead and eat and start a new the first of the year. That is a decision that only you can make....I hope you will join me in helping President Barb Cady with a 10 pound loss for the year, so TOPS can achieve the ONE MILLION pound loss.

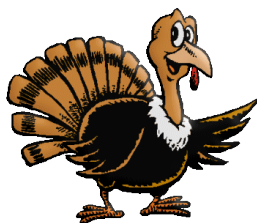




I have met with some small chapters who are planning an open house for the first of the year, maybe that is what your chapter should be thinking about. TX 0636, Burkburnett, just had a real nice “Turn Over a new Leaf” Open House, plan one now because the first of the year people begin to think about losing weight. Should you chose not to have an open house consider a “BIG” welcome back meeting and contact all that have dropped by the wayside and let them know how much you would love to have them back.

May you remember and enjoy your many blessings at this Thanksgiving season and above all....Remember to “STUFF the TURKEY....NOT YOURSELF.”

TOPS HUGS to ALL.



Vernie