

## **Jan's News in Central Alabama    October 2010**

Commitment leads to action. Action brings your dream closer. *Marcia Wieder*

### **The Doctors TV Program "52 Ways to Lose Weight All Year Long" Continued.....**

#### **44. Become Part Time Vegetarian**

Have 3 meatless meals a week

#### **45. Cut Out Sweet Drinks**

Drinking one 20 ounce soda a day is enough to keep an extra 16 pounds on your frame.

#### **46. Brown Bag it Once a Week**

You will save thousands of calories, not to mention hundreds of dollars over the course of a year.

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### **Happy Anniversary!**

AL 0110, Tuscaloosa    October 7, 1969

AL 0380, Gadsden    October 11, 1983

AL 0383, Birmingham    October 10, 1983

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### **Mark Your Calendar with these Important Dates:**

November 6, 2010    SRD Meeting    Doubletree Hotel Birmingham    10:00 a.m.

January 8, 2011    SRD Meeting    Doubletree Hotel Birmingham    10:00 a.m.

February 12, 2011    SRD Meeting    Doubletree Hotel Birmingham    10:00 a.m.

March 12, 2011 SRD Meeting Doubletree Hotel Birmingham 10:00 a.m.

April 1-2, 2011 "TOPS Bonanza" SRD in Birmingham

July 7-9, 2011 IRD "Happy Days with TOPS" in Milwaukee, WI

I would like to congratulate again all the winners from Fall Rally. It was so inspirational to see what you accomplished in just three months. Central Alabama loss 537.8 pounds and walked 7735.7 miles during the months of June, July, and August. Let's keep working hard. Some members could lose enough weight to be a Division Winner at SRD. Some members could even become a KOPS by December 31, 2010 and graduate at SRD and be in the Circle of Light.

I would also like to thank everyone who had anything at all to do with the preparation of the Fall Rally. Thank you so very much for all your help.

If you have any concerns or problems, please call or e-mail me. I am here to help you and your chapter.

Because I care,

Jan Causey

TOPS Area Captain

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