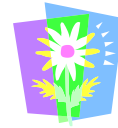




Think of yourself as a toy train. All toy trains de-rail now and then. Pick yourself up, dust yourself off and get back on track..



Words of Inspiration to My Fellow Members



How many of us showed a loss for last month? We all need to do better than this! Let's challenge each other and get down to the business of losing weight.

I do not mean to take away from new members who are doing so well. They've certainly worked hard and deserve their charms and free dues. But why do we let them get away with all the prizes week after week? They're on their way to goal and here we sit watching them become thinner, happier people while we trudge along week after week going up and down.

We tell ourselves that sooner or later it will be us getting those charms and free dues. But how much longer are we willing to wait? Till each new member becomes a KOPS? Then will we do it ourselves? Remember, we could get new members at any time. Are we going to wait until they make their goals too? I can't believe that we are not a little bit envious of people who lose week after week. I know I am at times. We are all human and these feelings are natural. But don't let them override your deepest desire to reach goal.

We shouldn't feel miserable when we lose a small amount; even a quarter of a pound is less we will have to lose the next week. I know it's hard to come in with a loss and still not be best loser. But if you tried to remain in control all week and have a loss to show, be happy for yourself. Try a little harder next week; don't give up

Put your feelings to work for you, not against you. Be competitive; earn the charms, earn the free dues; but most of all, earn the right to be a thinner, happier, healthier person. Say to yourself, "This is the day I'm going to be the best loser whether I win a prize or anything else. I've done the best I can, and I am a WINNER! This is MY TIME!!!!" Below are some quotes I found on the Healthy Weight Forum:

- *Dare to soar - how successful you are is determined by your attitude.
- *Failure is only a fact when you give up. Everyone gets knocked down, the question is: Will you get back up?
- *Accept the risk and then reap the rewards.
- *Identify what you want and go for it.
- *Do you think I can't. I don't want to. I'm feeling stressed, or I can. I want to. I'm feeling exhilarated.
- *Even if you are on the right track, you'll get run over if you just sit there.

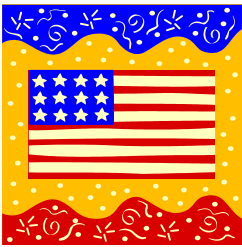


Jan Francis – 601-989-2976 – janfrancisac@yahoo.com – serving the counties of: Attala, Clarke, Covington, Forrest, George, Greene, Hinds, Holmes, Humphreys, Issaquena, Jasper, Jones, Kemper, Lauderdale, Leake, Madison, Neshoba, Newton, Noxubee, Perry, Rankin, Scott, Sharkey, Smith, Stone, Warren, Washington, Wayne, Winston, and Yazoo.

Thank you



I would like to say a very special and heartfelt THANK YOU to all of you! Thank you for allowing me the time to spend with my dad while he was in the hospital. I was able to stay with him each night that he was hospitalized for his open heart surgery. The surgery was a success but the recovery was a bumpy road. He still has quite a way to go but seems to be doing better with each passing day. Thank you, again, for allowing me to be with Dad and Mom during this time. I appreciate your prayers, cards, love and understanding more than I can say. I love you all and look forward to seeing you all soon!



HAPPY INDEPENDENCE DAY

WOW! Soon it will be Independence Day. I hope you each one enjoy the parades, barbecues, picnics, concerts, baseball games, fireworks and whatever else you may be participating in to celebrate our country's independence. Please take time out during the day to say a prayer for those who continue to protect our freedom both here and abroad serving in our nation's military branches. We owe them a great deal of thanks. Have a safe 4th of July!



What a wonderful time we had! I want to thank each and every one of you for making my first MS SRD so much fun. I enjoyed my time with you all and what a great turn-out we had. We had over 300 in attendance and it was great to see so many winners being recognized over the weekend. We have a wonderful King and Queen who is going to represent us at IRD in Nova Scotia and I can't wait to see them as they walk across the stage to be recognized as Mississippi's royalty. Ms Carolyn and I will be there to cheer them on! Thank you again for my SRD 2010 Butterfly Dreams memories!



Are you getting excited? We are going "west"! So get out those cowboy/cowgirl duds as TOPS Goes West, Wild Wild West – April 8-9th at the Clarion Hotel in Tupelo. Have you made your reservations yet? Plan now for a great time to be had by all as we head north for a Wild West party! Reservations can be made by calling 662-844-4343. Be sure to mention to the staff that you are with TOPS to get the discount rate.



I'm available and excited to share our Area Captain's Program - Stress and Time Management. We will discover ways to combat stress, get it under control and not let it control us. Call or email me now to schedule my visit with you and let's learn how to handle our stress.

Our next Area Meeting is in Hattiesburg – July 24th. Mark the day! Newsletter to follow!



For those of you that have internet, you may view the entire newsletter online at www.topsbouquet.org click on MS and then read newsletter. Check us out!