

Hello TOPS Friends:

I hope all of you are staying warm by putting layers of clothes on to go out in this cold weather. I have heard that this is going to be a very cold winter, so we all need to make sure we are prepared for anything while out on the road, so don't forget to have your emergency kits ready and in your car. Be safe not sorry!!!

I hope you are getting your plans made for open house and if you need any help please call on me and I will help you in any way. My phone number is 417-654-2430 (if you leave a message please leave the date of when you called, thanks.) and e-mail cjgaylord@live.com

I want to put a challenge to each of you this year, at the end of every month to have a reduction in your weight. If you run into a detour go through it and get back on track!!! Weather it is a quarter of a pound or four pounds or anywhere in between. Just make it a reduction in your weight!!! And we will all be winners at the end of the year. And as a group, see if you can have one new KOPS at the end of the year. Get those that are close and give them some extra support to boost them on!!! Everyone, just think, this is MY TIME!!! And we will be winners!!!

Congratulations to our KOPS: ☺

#MO0607 Doris Summers as of 1/12 /10 she has 5 years.

#MO0780 Doris Delible as of 1/16/10 she has 2 years.

#MO0780 Helen Stevens as of 1/2/10 she has 9 years.

#MO0780 O'Della Arnold as of 1/16/10 she has 2 years.

#MO0899 Katherine Rose as of 1/25/10 she has 6 years.

#MO0924 Jaunita Rackly as of 1/10/10 she has 10 years.

#MO1039 Roberta Strait as of 1/1/10 she has 6 years.

(I hope I left know one out, if I did please let me know.)

If you have a date in mind for me to come, even if it is months away please let me know now so I can put you on my calendar. Have a great month.

Hugs & Smiles ☺

Claudia Gaylord AC