

# DEAR TOPS FRIENDS: March News

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By now most of you have had your election of Officers and I want to congratulate each of those that stepped up to the plate. It is an honor to have you on the team!!! I do hope you have sent Randy your L-001: Officers Chart, so I can get one. Together I know we can have a very successful year. Remember I am always here for you!!!

I want everyone to know we have a new group in St. Robert and I am looking forward to seeing them grow, they are a very motivated group and they will help us stay focused on our goal. Welcome St. Robert!!!

Just in case you have forgotten our goal: It is to have everyone in every chapter try and have a loss for the month. I hope you are all keeping this front and center. I know we can do this if we follow the TOPS guide lines. I hope everyone in every chapter knows that I am here for you and I will help in whatever ways you need, [cjgaylord@live.com](mailto:cjgaylord@live.com) or 417-654-2430.

## Congratulations March KOPS:

MO0326 Nancy Anderson- 3/27/10- 8 yrs. consecutive - 13 yrs. cumulative

MO0468 Julie Witt- 3/24/10- 6 yrs. consecutive - 16 yrs. cumulative

MO543 Corma Mc Neil-3/03/10- 11 yrs. consecutive -19 yrs. cumulative

MO0686 Lanae Gillespie-3/07/10- 3 yrs. consecutive

MO0688 Sue Conway-3/26/10- 3 yrs. consecutive - 10 yrs. cumulative

MO0780 Bill De Lisle-3/12/10- 2 yrs. consecutive

MO0799 Beverly Barnett-3/03/10- 1 yr. consecutive - 6 yrs. cumulative

MO0924 Mary Surritte-3/24/10- 2 yrs. consecutive - 9 yrs. cumulative

MO0974 Barbara Sweaney-3/30/10- 1 yr. consecutive

MO1055 Glennis Hogan-3/11/10- 2 yrs. consecutive

MO1055 JD Allen-3/02/10- 6 yrs. consecutive - 9 yrs. cumulative

MO1098 Frances Anderson-3/22/10- 6 yrs. consecutive

MO1164 Geneva Starnes-3/29/10- 4 yrs. consecutive

MO1173 Betty Potter-3/09/10- 12 yrs. consecutive

Again congratulations for all your hard efforts!!! KOPS are the back bone of each and every group. Thanks!!! If I have left anyone out please let me know!!!

Two factors that control your appetite: 1. - Eating regular meals and snacks-If you eat consistently, you won't get to the point of feeling famished and out of control. 2. -Eating well-balanced meals and snacks-A combination of protein, fat and fiber buy's an extra hour of satiety.

Just a reminder that I need to know who is coming to the "Spring Fling"-Going Hawaiian no later than March 7<sup>th</sup>. Please!!!

And those chapters that have not given me a date for me to come back and see them I will be calling soon. When you have your open house, I will come if you want me to. I am here to help in whatever way I can.

Hugs & Smiles,

Claudia Gaylord Area Captain ☺