

Anoka, Chisago, Isanti, Ramsey & Washington Co.

Hello Fellow TOPS.

The holidays are coming quickly. In just two months this year's holidays will be a blur of a memory. Oh but so many temptations or should I say excuses to eat inappropriately along the way. How do we enjoy the festivities and not back slide? Wait! I've got an idea.

Attitude: It's all about attitude, our outlook on life. We can remember the adage that healthy people eat to live, not life to eat. With that in mind how about making a plan? We don't have to deprive ourselves of things we enjoy but we can work the plan into these occasions.

Everything in life is choices. We don't have to over indulge to have a nice time. So, look at the total picture. When at a holiday event have a plan. Enjoy a small amount of some of the food but don't overindulge. Just try to balance calorie for the day involved. I know you can do it.

Good News: Our own Bob Dischinger has been elected as an alternate to the Board of Directors in TOPS. The Board of Directors are all elected by long time members in TOPS. If one of the board members chooses to leave, Bob will step into a Board Position. We're proud of you Bob.

Remind: Don't forget to have the weight sheets signed by the end of the year. Those weight sheets are the official document that accompanies your year-end resumes. Just maybe your chapter has a state division winner.

Warm Regards & Happy Thanksgiving.

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