



TOPS SENTINEL



“Helping you to watch over and protect your health as you Take Off Pounds Sensibly.”

LYDIA PARISH, Area Captain #6301

lydiamcparish@aol.com - 818.621.4403

February Calendar

- 3rd—9:30 AM TOPS CA0764, Chatsworth Super Foods A/C Program
- 3rd—1:30 PM TOPS CA 0139, Northridge Super Foods A/C Program
- 5th—WORKSHOP - Karen Tinlin
18901 Chatsworth, Northridge 91326
- 11th—10:00 AM TOPS CA 2185, Woodland Hills—Super Foods A/C Program
- 14th—10:00 AM TOPS CA 0572, Quartz Hills—Super Foods A/C Program
- 15th—9:00 AM TOPS CA 1989, Northridge Super Foods A/C Program
- 19th—11:00 AM Tri-Valley KOPS Society Lunch—Marie Callenders in Northridge
- 22nd—10:30 AM TOPS CA 0041, North Hollywood—Super Foods A/C Program
- 25th—10:00 AM TOPS CA 0073, Canoga Park—Super Foods A/C Program

TOPS S.R.D.

Our 2011 TOPS State Recognition Day is being held on May 12th, 13th & 14th at the Visalia Convention Center.

Chapter Leaders should have received their SRD registration packets. If any chapters hasn't received their copy, it is also posted on our website www.whylwlovetops.com so you can print out a copy or copies. Be aware there are deadlines for registration, participation in different events or to order shirts and pinettes so get your forms in on time.

*Trust me.
Tight-fit jeans and
loose-fit skin are one
bad combination.*



Thoughts to Ponder:

- Why does the sun lighten our hair but darken our skin?
- Why can't women put on mascara with their mouths closed?