



NEWS AND VIEWS FOR CALIFORNIA TOPS
Serving Orange and Los Angeles Counties



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KOPS CORNER

Congratulations NEW KOPS registered since the last newsletter!

Donna Connelly – CA 0180, Garden Grove

Jose Velasquez – CA 0428, Santa Ana

Jane Salinas – CA 0114, Montebello

And welcome back, from CA 0386, Gardena

Reinstated KOPS **Henry King Sr**

SRD IN VISALIA REPORT

Our Area is proud to boast about our 2 State Royalty who were honored at SRD.

KING Fred Dougherty from CA 1281 in Covina lost 55 pounds to goal and KING runner-up

Verne Tournay from CA 0180, Garden Grove lost 52 pounds.

Although they were not able to attend, we congratulate State winners **Lisa Cuning, Charlotte Courtright, Armando Rangel, King Solomon Bussell, Joe Velasquez** and **Albert Paradis** for their successful weight loss that earned them Divison honors as best in California.

I want to extend my thanks to those in the Area who helped in so many ways including hostessing a Tea Table, entertaining, volunteering and leading exercises. We had a fantastic time.

California members lost a total of 42,099.25#

NOW IT'S TIME TO GET READY FOR SOME BOOT SCOOTIN' FUN AT OUR RALLY ON SEPTEMBER 24 IN LA MIRADA

Look for registration and information next month but circle your calendar now so you don't miss our Boot Scootin' TOPS Rally

OUR NEXT WORKSHOPS

REMEMBER THERE ARE NO MEETINGS IN JULY
Downey AUG 2

9:30 am arrival time & meeting starts at 10:00 am
Light and Life Church - 9245 Florence Ave

Anaheim AUG 2

6:30 pm arrival time & meeting starts at 7:00 pm
Victory Baptist Church -227 N. Magnolia

Northridge AUG 6

9:30 am arrival time & meeting starts at 10:00 am
Northridge Christian Church
18901 Chatsworth Street

LAST CALL FOR AREA CAPTAIN DONATIONS

THANKS SO MUCH FOR ALL YOUR SUPPORT TO OUR AREA CAPTAINS! FOR THOSE THAT STILL WISH TO CONTRIBUTE TO THE AREA CAPTAIN'S IRD FUND, PLEASE SEND YOUR PERSONAL OR CHAPTER DONATIONS TO ME THIS WEEK FOR ONE LAST CHANGE TO EXPRESS YOUR APPRECIATION FOR ALL THEY DO IN OUR AREA.

Are you getting FIT?

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Family Fun is Fantastic

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If you

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Take Time for TOPS Together!

Get "FIT" was introduced in last month's newsletter. I hope you are thinking of ways to encourage your family to join you at TOPS as you take off pounds sensibly together! The winning chapter will earn their cash reward at our Rally.

DID YOU KNOW?

Brisk Walks improve memory.

Exercise is good for everyone, but recent research indicates that it has special benefits for older people. In a study funded by the National Institute on Aging, 120 people ages 55 to 80 were divided into two groups, with half instructed to walk for 40 minutes a day three times a week. The other half did exercises to stretch and tone their muscles. After one year, the scientists measured the size of the participants' hippocampus, a section of the brain that tends to shrink with age. In the walking group, the volume of the hippocampus had increased by 2% while in the other group it had decreased by 1.5%.

So whatever your age, remember that taking a brisk walk can keep you healthy throughout your life in many different ways.

Hugs, Karen

