

Hello all! What a fabulous weekend we are having. We had Alex's 3rd birthday party today at the park. It was a great turn out! We had pony rides, a petting zoo & lots of food & fun.

Ok, so after my .8 gain last week, I lost 3 pounds this last week. Yeah!!

For those of you keeping score, that is 64 pounds in 18 weeks.

RESPONSE TO YOUR REQUESTS

I added a new feature to my website for those of you that have asked if it's ok to pay for a couple weeks of my WW as your sponsorship. It's a button linked to our PayPal account. Just follow the secure link and the instructions.

RECIPE OF THE WEEK

I think you guys will like my recipe of the week. It's a great cherry pie recipe.

<http://www.sponsormyweightloss.com/recipeoftheweek.html>

UPDATE ON THE INTERVIEW

Many of you have asked if my interview on KMOX is going to be live or pre-recorded. I had assumed it would be live. I emailed the producer to ask and she said, yes, indeed it would be live. I'm even more excited now. It's on the same day as a Cards game, so I'm going to ride metrolink and walk (hopefully it won't be raining). I'll get my exercise in...that's for sure! I will keep you informed of any new updates,

I am The Incredible Shrinking...
Tracie Sanderlin - The Happy Loser

<http://www.sponsormyweightloss.com>
<http://www.sponsormyweightloss.com/blog>

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