

Howdy do all!

Let's get right down to it! I have fantastic news! I not only broke the 300 pound barrier this week...I lost 6.2 pounds pushing me WAY past it! I'm down 78.2 pounds in 23 weeks! That puts me at 294.2 pounds WEEEEEE....

I feel sooooooo good...but dang it do I need new clothes! My jeans actually FELL OFF Friday when I was getting ready for work. Too bad they don't sell my size at Goodwill (I went there today looking for shorts for Alex).

I haven't been under 300 pounds in about 6 years...maybe longer. This really is a HUGE milestone for me.

YIPPEE SKIPPY!

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#### LAST CHANCE TO REMIND YOU ABOUT THE RADIO INTERVIEW

My interview is on KMOX-AM this Sunday, 6/24 from 12:10-12:30pm. You can find it in St. Louis & surrounding areas at 1120 on the AM dial. You can also stream live if you have broadband (Cable Modem or DSL) at <http://www.kmox.com/pages/271413.php> You have to register to listen live (no charge to register) and you may have to download an updated Flash Player, so if you want to listen ONLINE then I would suggest trying it out before hand to work out any kinks so you make sure not to miss it.

They are accepting call-ins from listeners. So feel free to call in if you want to tell them how great I am ... LOL...

They are going to give me a copy on CD but it may take a few weeks. When I get it, I'll post it to the website & let ya'll know.

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#### RECIPE OF THE WEEK

Ok, this one I have tried FIRST and dang is it goooooood! Yummy in my skinny tummy...

#### STRAWBERRY PIE

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

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Everyone have a great week! I'll chat with you all next week.  
If you catch my interview, drop me a line and let me know what you think!

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

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

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