

Hi all. Is everyone ready for the big July 4th festivities?

I want to start off my update with something completely unrelated to weight loss. But I think it's very appropriate given that Independence Day is just around the corner.

Today on my way home from Weight In, I was driving down Lindbergh and noticed all kinds of police cars. First thing I thought of was "last day of the month". Then I drove past Lindbergh High School & saw hundreds of motorcycles...so then I thought "Bikers for Babies". There were people sitting in lawn chairs all along Lindbergh. So I called Craig and asked him to get ready cause I was going to pick him & Alex up and let Alex see all the motorcycles. So we get up there and they file out of the H.S. parking lot and stop in the "chicken lane" on Lindbergh. So we thought maybe they were going to meet up with some others, so we drive down a street a bit and park in a shopping center and take our chairs to the side of the road. After waiting about 45 minutes, it strikes me. Was this the funeral for the US Soldier (Daniel P. Riordan) from St. Louis that was killed earlier this week in Iraq? It was! It was the most moving thing I have ever been a part of. The Patriot Guard Riders (<http://www.patriotguard.org/>) escorted the funeral procession to Jefferson Barracks from the Funeral Parlor. Seeing that hearse with the casket of that brave soldier was too moving for words. All I could do was cry and say thank you. I just hope his family knows he did not die in vain. It's soldiers like him and all the many others (living & fallen) that give us our Independence and we appreciate every one of them.

Anyway....back to the purpose of this email...

After that crazy big loss of 6.2 pounds last week. I had a little bit of a gain this week. It was only .4. I'm not concerned. I did have quite a bit of soda last night (diet, but still...it wasn't water) at a jewelry party. I think my body is just "adjusting" to it's new numbers.

So that makes a total loss of 77.8 pounds in 24 weeks. I'm going to have Craig do my measurements tonight and see if my inches have gone down...that's the most important thing!

The interview last week on KMOX went off great! I have received emails from a couple of people that heard me on the radio and checked out my website. Monica sent me an email and said she would like to do a follow-up interview when I get closer to goal...that will be cool! As soon as I get my copy of the interview on CD & get it posted, I will let you all know so you can listen to it.

Recipe of the week.

My recipe this week is a great one for the summer grilling season!

CAJUN SAUSAGE & BEANS

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

Hope you all have a great 4th of July. Craig, Alex & I will be on vacation 7/4-7/8 but I will still be going to Weight Watchers and sticking to plan. But we'll get more exercise in because we want to go to Six Flags, the Zoo & Raging Rivers....FUN!

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

"There is one quality that one must possess to win, and that is definiteness of purpose, the knowledge of what one wants, and a burning desire to possess it."
- Napoleon Hill

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