

Hi gang! I had a great birthday week. I even had birthday cake! You can take a peek at it here: <http://www.sponsormyweightloss.com/photos.html> Scroll to the bottom. You can also see the awesome flowers my Aunt Pat & Uncle Bob sent me for my birthday...very creative!!!

I did great this week, yet again...and lost another 1.6 pounds! That puts me at 258.2 pounds. I'm down 114.2 pounds in 41 weeks! I'm now down from a size 36W pant, to a size 24W/26W. AAAAHHH! I even amaze myself!

I hope you guys got a chance to get out and enjoy this beautiful weekend. We took Alex to the Arch on Saturday, but the rides to the top were sold out. We rode Metrolink and walked from the Laclede's Landing station, to the Arch...Alex kept saying, "I wanna touch the Arch." So we let him touch it and then walked back down Chestnut to 4th street, stopped in Craig's office building for a potty break...then back down Washington Avenue to the Metrolink Station again. Alex walked the entire thing with us. No stroller for that big boy! Then, Saturday night we went to Grants Farm for their Halloween Party. We parked at the Affton Athletic Club and walked all the way there...through the park and back (still no stroller). We walked about 4 or 5 miles total on Saturday. My feet hurt so bad today. But I still went to the gym and took Alex to the park.

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## WEEK 5 VIDEO

My week 5 video is up and running! Please take a look. And PLEASE watch and re-watch all my previous videos too. You can rate the videos multiple times too, you just have to be sure to log out of Youtube.com each time.

[http://www.sponsormyweightloss.com/video\\_diary.html](http://www.sponsormyweightloss.com/video_diary.html)

Also, please forward to all your friends and family and ask them to help too!

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## KPLR WB11 TV INTERVIEW IN T MINUS 30 DAYS AND COUNTING

The date has been set for the interview. It's going to be Tuesday, November 27th, 2007 at 9pm. For those of you in St. Louis, of course that's channel 11. For those of you that are NOT in St. Louis, I'm hoping they will have the story on their website so I can put a link on my page or get a copy on DVD so I can upload it myself. Don't worry, I will send reminders.

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## RECIPE OF THE WEEK

My recipe this week is one of our favorites. It's nice and creamy and tastes complete fattening, but it's not.

## CREAMY POTATO SOUP

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

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I hope you all have a great week and a very HAPPY Halloween! Try not to eat too much candy. You know I won't!

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

<http://www.sponsormyweightloss.com>

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