

Quote of the Week:

"A man's health can be judged by which he takes two at a time - pills or stairs."

- Joan Welsh



# Fat to Fab



ISSUE 23

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## Food For Thought

It's been a weird 24 hours. Monday, May 19th is Alex's 4th birthday. We had a full weekend planned. Friday night we were going to take him to a local carnival that is in town. Saturday was going to be weigh-in then off to Six Flags. Sunday was going to be my cousin's high school graduation and then Monday we were going to take him to Chuck E Cheese's or Monkey Joes (one of those places with all the big blow-up things.) BUT...God had other plans. We were leaving Craig's work and Alex spiked a fever and had another febrile seizure. However, we didn't know it was a fever. He fell straight on his face so we thought maybe he was seizing because of the fall. We called 911 and they took him to Cardinal Glennon. They finally said it is another febrile seizure and he had a viral infection. Since it's viral, the just treat the symptoms, so we've been giving him Tylenol and Motrin. So, we are spending the weekend at home. I did attend a co-workers birthday party for a couple hours. And I will still go to my cousin's graduation party. But all the "fun" stuff is out until he's back on his feet. He has really started feeling better. He's eating, which he didn't do at all on Friday. So that's always a plus. We're going to call his doctor on Monday and get an MRI scheduled for him to make sure there isn't anything else causing the seizures. Keep him in your thoughts and prayers. And although they probably won't ever know I'm thanking them - I want to thank all the people that helped us when this all happened. The bystanders, the firemen, the policemen, the EMTs, the nurses and the doctors. Thank you.

## Weekly Weigh In

**Previous Weight:** 205.2 lbs  
**Current Weight:** 203.2 lbs  
**Weekly loss/gain:** - 2 lbs  
**70 Week Total Loss:** 169.2 lbs  
**Pounds left to ONEDERLAND:** 3.4 lbs  
**Pounds left to WW goal:** 48.2 lbs  
**Pounds left to personal goal:** 53.2 lbs

**Wow! Another multiple pound loss...I'm completely thrilled!!**

## Sponsorship Central

### Current Sponsors:

Pounds 166 - 170: Glenna Evans  
 Tammy Newell  
 Lisa Mailman

### Upcoming Sponsors:

Pounds 171-175: Gay Will  
 Jennifer Luongo  
 Trikisha Harris

176-180: Terrie Riley  
 Lori Boone

**Only .8 pounds to go!**

## Recipe of The Week:

Clip & add to your recipe box!

### Lemon Blueberry Poppy Seed Cupcakes

#### Ingredients

1 box Pillsbury Reduced Sugar cake mix  
 1 20-oz can Comstock Blueberry Pie Filling  
 2 Tbls poppy seeds

**POINTS®** Value: 2  
 Servings: 24

#### Instructions

Preheat oven to 350 degrees. Combine entire box of cake mix and entire can of pie filling in a large mixing bowl. Mix in poppy seeds (if desired). Spray standard size muffin tin with non stick spray. Spoon 1/4-cup into each muffin cup.

Bake according to package directions. You may need to bake a bit longer as this is a VERY moist cake.

## Chewin' the Fat

### Which Weight Watchers program do you follow?

I have only followed the Flex program during my journey. I keep telling myself I will do Core once I hit my first plateau, but I haven't hit one yet. I'm prepared, but not anxious...hehe. I do see lots of pros to

the Core program. But I'm very nervous, because I like the structure. I like to know that when my Points are gone, I'm done eating. I don't seem to have that "switch" that switches on to tell me I'm full. Not until I'm completely miserable. But, I guess I have to learn some day.

Please E-Mail me your questions and I'll answer them here.  
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**Get out and exercise with your kids!**