

Oregon State TOPS Queen



Mistress of Ceremonies, May Brown, is shown placing the robe on the shoulders of Mrs. Herb (Sylvia) Wenke as she was crowned Oregon State Queen at the Recognition Day held in Portland.

"Take Off Pounds Sensibly" (TOPS) is a international organization. The purpose of which is just what the name implies. It was organized originally with the same idea as Alcohol Anonymous with group therapy being used to help members lose weight.

Loosing weight is the goal but, attending the meetings which are well planned, are interesting and fun with members enjoying the competition and inspirations with their fellow members. Mrs. Ester Mantz is the founder of TOPS.

The Nyssa Sugar Beat TOPS was organized in January of 1970 and meet each Tuesday at 7:30 p.m. in Room #1 of the high school building. It is open to men, women, or children interested in losing weight. Belonging to TOPS has more benefits than just losing weight as Mrs. Herb (Sylvia) Wenke of rural Adrian can testify. She was honored in Portland at the TOPS State Recognition Day (SRD) 1971 convention held May 14 and 15th at the Hilton Hotel Ballroom. She was crowned Oregon State Queen of TOPS for losing the largest amount of weight in 1970 in the Oregon TOPS clubs.

Mrs. Earl Kygar, Mrs. Emma Hite, Mrs. Myron Gossard and Linda McPartland accompanied Mrs. Wenke on the trip. The group came back with a lot of new ideas and inspiration for the local TOPS club.

The Convention opened Friday with registration, followed by a general assembly, question and answer period and a Fellowship Luncheon.

Work Shop sessions in the afternoon were followed by a Supervision and Area Captains Dinner. In the evening the "Backslider Best Loser" was honored.

Saturday's program included guest speakers and different division losers throughout the State were honored.

The evening banquet was in honor of all the division winners. Sylvia Wenke was presented two dozen red roses, a trophy, a beautiful crown tiara and many other gifts. By placing in the Oregon State Recognition Day, Sylvia qualifies to go to the International Recognition Day (IRD) finals July 8-9-10 in Washington D.C.

Sylvia's success story is an inspiration, and is printed below in Sylvia's own words.

SUCCESS STORY
When the Sugar Beat TOPS were organized in Nyssa in Jan. 1970, I heard the announcement on the radio and wished I had the courage to attend. Then a week or so later when my Avon Lady and I were visiting over a cup of coffee and she turned down a freshly made doughnut because she had the courage to join, I asked her if I could attend the next meeting with her. And so on Jan. 27 with knees shaking I walked into

my first TOPS meeting. Everyone was very friendly and I felt very welcome but I really wanted to run instead of stepping on those truth telling scales. The awful truth turned out to be 273 1/2 pounds.

The first week wasn't to bad. I simply ate the usual things, only I cut down my usual servings and left out most of my many snacks and nibbles. I was thrilled with my first loss-- 7 3/4 pounds. That made it easier to stick with it the next week and the pounds began to come off steadily. As the weeks and months went by I learned to change my eating habits. I wrote down all calorie intake and was astonished at how easy the pounds came off. The more I lost the more I wanted to lose. Almost every day I did the exercises that we learned at our TOPS meetings. The cheers and compliments of all my fellow members helped my will power tremendously.

Another thing that helped is a story of its own. For several years I had been after my husband to cut down on his smoking. He would jokingly say "When you lose 100 pounds I'll quit smoking." He made this statement in front of friends and family many times and it usually put an end to the conversation since I felt it was utterly impossible for me to lose weight. Well when I joined TOPS I reminded him of his bargain but he didn't seem worried. However, when I had lost 50 pounds in 3 months I knew I could lose another 50. This gave me an added incentive to lose. I'm happy to say that another three months brought the needed additional 50 pounds loss and my husband did quit smoking.

This left another 20 pounds to go to reach that dreamed of goal. These pounds weren't as easy to lose but with everyone encouraging me and helping build my ego by telling me how nice I was looking, I stuck with it. It took another two months to shed that last twenty pounds.

I never dreamed I could lose over 100 pounds and certainly not in a short eight months. I can't say that it was terribly hard to do. With everyone cheering along the way it became easier and easier or perhaps my desire became stronger and stronger. I am very thankful for the encouragement of all the TOPS members. I know I never could or would have done it on my own. It is wonderful to feel so good and have so much energy.

I feel like a new person and I guess I look like a new person too as friends that I haven't seen for several months pass me by on the street and don't recognize me. I hardly recognize myself in the mirror and it's a wonderful glorious feeling. I shall be forever grateful to TOPS.



Pictured above is the new Sylvia Wenke after having lost 120 1/2 pounds in a period of eight months through will power and the help of her co-members of the Sugar Beat TOPS.



The above picture shows Mrs. Wenke after she had already joined TOPS and had lost 30 pounds.

FOOD BUDGETS Thrive ON OUR GREAT VALUES

T-BONE STEAK

\$1.19
lb.

PICNIC STYLE

HAM

39¢
lb.

FRESH FROZEN

WHOLE FRYERS lb. **29¢**

FRESH

POTATO SALAD 4 lbs. **\$1.00**

BULK

WIENERS lb. **53¢**

BONELESS

SIRLOIN STEAK lb. **\$1.29**

WE WILL BE CLOSED SUNDAY, MAY 30 FOR MEMORIAL DAY OPEN MONDAY, MAY 31.

WATERMELONS

JUICY RIPE

lb. **8¢**

CANTALOUPE

FIRM, GOLDEN RIPE

3 for \$1

GARDEN FRESH

RADISHES & GREEN ONIONS 3 BUNCHES **19¢**

GOLDEN RIPE

BANANAS

lb. **10¢**

HOLLAND DUTCH ICE CREAM

1/2 GAL.

57¢

HOME DAIRIES 1/2 PT.

SOUR CREAM 2 for **59¢**

NABISCO 10 OZ. PKGS. **2 for 79¢**

WAFFLE CREAMS 2 for **79¢**

LIBBY'S 6 OZ. CANS **3 for 79¢**

PITTED OLIVES 3 for **79¢**

1/2 DOZ. PACK. **4 for \$1.00**

EDDY'S BUNS HAMBURGER & HOT DOGS **4 for \$1.09**

CARNATION 6 1/2 OZ. CANS **3 for \$1.09**

CHUNK TUNA LIBBY'S 17 OZ. CANS **4 for \$1.00**

FRUIT COCKTAIL 4 for **\$1.00**

HAMM'S BEER

6 PACK

99¢

11 OZ. BOTTLES

Reynolds Wrap

Over-Tempered for Flexible Strength

REYNOLDS FOIL

25 Ft. ROLLS

4 for \$1

FROZEN FOODS

FLAVORLAND 10 OZ. PKGS. **5 for \$1.00**

STRAWBERRIES 5 for **\$1.00**

MORTON'S 8 in. CREAM PIES

4 for \$1

SHASTA CANNED POP

SHASTA COLA

12 OZ. CANS **10 for \$1**

BROIL BEST CHARCOAL

10 LB. BAG

59¢

SUNNYSIDE EGGS

EXTRA LARGE

doz. **39¢**

VAN CAMP'S PORK & BEANS

31 OZ. CANS

3 for 79¢

PANTRY PACK

100 COUNT PKG.

45¢

LAY'S POTATO CHIPS

9 OZ. PKG.

39¢

VALUABLE COUPON

3 LB. TIN COFFEE \$2.19 WITH COUPON

Good week of 5/27-5/31 **\$2.69** WITHOUT COUPON

BAR-B-Q SAUCES

KRAFT 18 OZ. JARS

3 for \$1

NALLEY'S DILL PICKLES

48 OZ. JAR

59¢

SALE DATES --- MAY 27, 28, 29 & 31

GOOD FOOD COSTS LESS HERE

Wilson's

THUNDEREGG MALL - GOLD STRIKE STAMPS TOO!