

## **And the Winner is...**

This goes out to all the participants of our Weight Loss Challenge – for all their hard work – but especially to Aletha Lang, our Grand Prize Winner!

Do you feel like dancing?  
You seem to float on air,  
and move with a grace that becomes you.  
There is a spring in your step  
and a bounce to your hair;  
you smile more easily than I remember.  
What is this youthful coquettishness  
sneaking into conversations?  
You bat your eyes and simply  
beam, your hands have learned  
an Italian flair, you toss your head,  
you wink, you giggle. No longer  
do troubles weigh you down,  
they slide right off your sleek arms.  
Do you want to electric slide  
to a cowboy tune – spin, step,  
kick, step, kick? Hips sway,  
shoulders shimmy – and don't you  
look amazing? You vied for the prize  
and you won, missy! With toil  
came treasure and a whole new you.  
We were in it together, but you lead  
the way; you persevered and held  
tight to your goals, and now you'll  
be twirling on deck under a Mexican moon,  
on board a cruise ship with mariachi bands  
and festive lights. You have added so many exotic  
dimensions to your already bright persona;  
Italian hands, French sassy, Cowboy  
dancing and a Mexican cruise.  
The world is yours and we are your  
delighted audience – cheering you  
every step of the way. We are  
so proud of you we could burst.  
And we only hope a tiny bit – for old times  
sake – that on your way to the stage  
to pick up all your winnings you trip just a little!

**GREAT END:** Let's hear it for Great Ends – for coming to the end of a great meeting – where we've honored our own and been inspired to carry on to better health, a stronger heart, longer life and a better chance to care for those we love. We take care of us so we can better care for the world. We are the caregivers, the nurturers, the builders of better tomorrows. Right? We'd better start by building better selves! So go out there and take on your challenges and BE GOOD TO YOU!