

ALLEGANY COUNTY ASSOCIATION
for
FAMILY AND COMMUNITY EDUCATION

PO Box 676
Cumberland, MD 21502

November 1, 2010

Theresa Stahl, RD, LDN
13005 Lewis Heights Drive
LaVale, MD 21502

Dear Theresa:

My thanks to you is so overdue, but no less sincere. I apologize.

I want you to know that your presentation, "Eat Well and Feel Well: Tips to Reduce Stress and Increase Energy," that you gave on October 13 for our Regional meeting at the Cumberland Country Club was the highlight of the day.

Comments abounded among the fifty members and guests that they learned new things and were reminded of some they forgot. Also, that you covered the topic well and was right on target as to what our affiliates, the National and Maryland Associations for Family and Community Education, requested because of their emphasis this year on nutrition.

Theresa, I must add that your beauty, poise and speaking ability was delightful. Any group that is fortunate enough to be able to engage you will be blessed.

Sincerely,



Lessie Lee Spates
President

cc: Dr. Jennifer Thorn Bentlejewski