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# How to get to Carnegie Hall? How to fit into your gown?

Thursday, May 18, 2017

Practice, practice is the jovial answer to the first part.

Info

As for losing the weight to fit into your performance gown, that's where Spark People comes in.



When I posted this picture of my DD (Hayburner1969) on my feed, I received several inquiries.

Some about the performance, some about the significance of her "horsey" screen name and some about how she did it.

I was going to try to blog the answers when I saw that she posted a blog today.

She has realized what we all do eventually. Stay connected on Spark.

The program works but we are all an "experiment of one" and tweaking the principles to fit your own unique situation is necessary to reach our goals.

In her own words this is how she did it.

Finding What Works... Rolling Along (Hayburner1969)

www.sparkpeople.com/mypa ge public journal individu al.asp?blog\_id=6363491

I know Jeannie appreciates the support she receives here. Her Dad & I will soon be on our way to NYC support her in person

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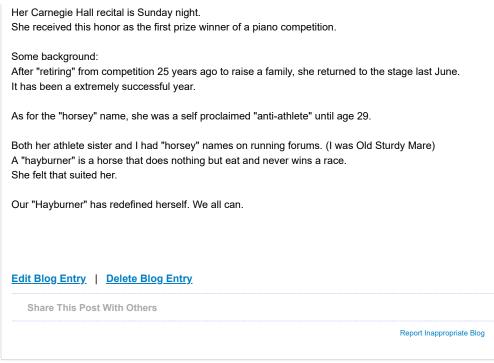
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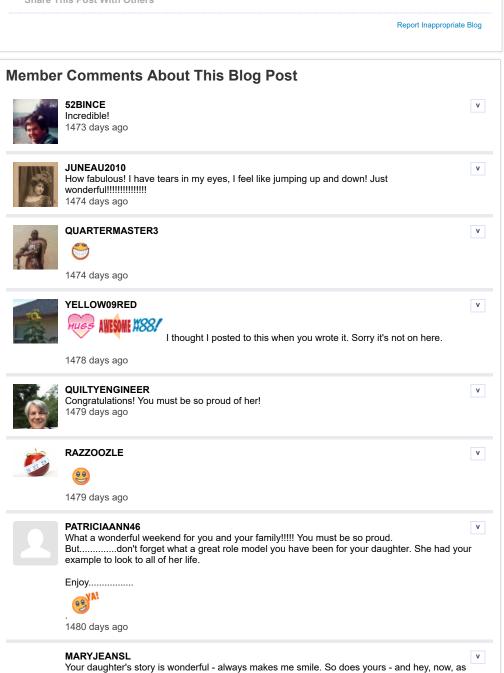
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of Sunday, both of you have performed at Carnegie Hall. Fantastic! 1480 days ago



52BINCE

This is 'Beyond" Excellence! ..... What a tremendous accomplishment .... and your parents are rightfully SO proud!





#### **JEANKNEE**

Having grown up with horses, I was familiar with the term hay burner. The horsey names for



the running forum makes me

Sure sounds like Jeannie has had an incredible year. So excited for her and the family. Enjoy yourselves this weekend!

1481 days ago



#### **POLSKARENIA**

And there won't be any prouder parents watching on Sunday night! 1481 days ago



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### SUSIEMT

What a testament to Hayburner!!! Spoken like a proud mama! 1481 days ago





#### INCH\_BY\_INCH



1482 days ago



#### SLENDERELLA61

Thanks! I know you are so very, very proud!! You sure should be. 1482 days ago





#### **PHEBESS**

She is going to totally rock that recital, looking gorgeous and wowing the crowd!!! Not to mention making her parents very very proud! 1482 days ago



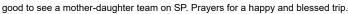


## **GINIEMIE**

Your daughter is a trip and I love her name, I know that she does more than "eat hay". It's so













1482 days ago



#### NANCY-

Congrats to you all on all your achievements. 1482 days ago



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#### MBPP50



1482 days ago



#### WATERMELLEN

Wow!! Love the explanation -- and the family pride so richly earned. And: since she's part of the Spark family we can participate too!! 1482 days ago





#### **HEALTHYANDFIT27**

Both daughter and Mom are awesome! What an honor! 1482 days ago

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