

## OUR AREA NEWSLETTER

July, 2010      Marsha Piatt \* \* 330-274-8933 or mapiatt@aol.com

First of all I would like to welcome chapter #2200, Streetsboro to our TOPS Area!!!! We welcome you to our TOPS family.

**Congratulations to:**

Chapter OH 0221, Akron for having two No Gainers this month one on June 25 and one on July 2.

Chapter OH 2200, Streetsboro for having a No Gainer on June 29.

**A SPECIAL CONGRATULATIONS to Goldia Morgart** from Chapter 220, Akron on reaching her **100 pound loss** mark!!!! **Weigh to goal Goldia!** We are proud of you!

**If your chapter has a No Gainer or something special going on Please let me know.**

**NEW MEMBERS!** These are members that I know of that joined between June 1 and July 1.....Welcome

Chapter OH **221** ~ ~ 1 member

Chapter OH **657** ~ ~ 2 members

Chapter OH **883** ~ ~ 1 member

Chapter OH **978** ~ ~ 1 member

Chapter OH **1182** ~ ~ 6 members

Chapter OH **1183** ~ ~ 1 member

Chapter OH **1523** ~ ~ 1 member

Chapter OH **2200** ~ ~ 9 members

Congratulations to all and I am sure each new member will become a big Winner!!!

**Rally!! Another Reminder (Guaranteed this won't be the last reminder LOL)**

Remember our area Rally will be held on October 9 at Marlinton High School. The theme will be Nursery Rhymes. Get working on the Jack and Jill Summer Challenge!!! Think about those chapter ID's and Posters. Remember to keep the Nursery Rhymes theme. Start thinking about getting your skits and talent ready!!! I know we have a lot of good skit writers in this area! Keep them simple, but fun! Please encourage your chapter to come and to participate in Rally. This is a fun filled day.

### Recipe Corner

**BROCCOLI CHICKEN** 4 servings

4 boneless, skinless chicken breasts

1 lb. fresh broccoli, cut up

1 large sweet onion, sliced

2 T. lemon juice

1/2 t. salt

Pepper to taste

In large nonstick frying pan, lightly brown chicken breasts. Place broccoli and then onion over chicken. Pour lemon juice over top and add salt and pepper. Cover with lid. Simmer 20 minutes or until chicken is done.

Exchanges ..... 4 very lean meat, 2 vegetable

Calories..... 210

Calories from Fat..... 5

Total Fat..... 5g (10%)

Saturated Fat..... 1g (7%)

Cholesterol..... 83 mg (28%)

Sodium..... 401 mg (17%)

Total Carbohydrate ..... 9g (4%)

Dietary fiber ..... 3g (15%)

Sugars ..... 3g

### Food for Thought

**“Always continue the climb. It is possible for you to do whatever you choose, if you first get to know who you are and are willing to work with a power that is greater than ourselves to do it.”**

Protein ..... 32g

**This is a good summer picnic dish. I serve this with Pita chips and some fat free sour cream.**

**BLACK BEAN SALSA**

- 1 15-oz. can black beans
- 1 15-oz. can garbanzo beans
- 1 15-oz. whole kernel corn
- 1 15-oz. can diced tomatoes
- 1 small can sliced black olives
- 1 T. thyme
- 2 T. finely chopped onions
- 1 T. minced garlic
- 1 T. Italian seasoning
- 2 T. dried parsley
- 1 T. dried celery leaves
- ¼ cup olive oil

Drain beans and corn and rinse well. Combine all ingredients and mix well. Chill two hours.

16 servings      1 serving = ½ cup

Exchanges .....	1 starch, 1 fat
Calories .....	110
Calories from Fat .....	45
Total Fat .....	5g (9%)
Saturated Fat .....	1g (7%)
Cholesterol .....	0
Sodium .....	225 mg (9%)
Total Carbohydrate .....	15g (6%)
Dietary Fiber .....	4g (20%)
Sugars .....	1g
Protein .....	4g

**Remember a medium vanilla cone from DQ is 340 calories, 10 grams of fat and 54 grams of CARBS!!! FYI**

**“TOPS DREAM”**



You can dream also!!

I dreamed I was an astronaut who soared among the stars.  
 I dreamed I made my travel plans on Jupiter and Mars.  
 I dreamed I was a mountaineer who climbed the highest peak.  
 I dreamed I was a scientist with wondrous cures to seek.  
 I dreamed I was a butterfly who flitted among the flowers.  
 I dreamed I was a pendulum as the clock ticked away the hours.  
 I dreamed I was a lazy cat just sleeping in the sun.  
 I dreamed my life was nearly o’er and I’d missed all the fun.  
 And then I dreamed a wondrous dream, it made my faint heart sing.  
 I dreamed I’d found a goal in life, a personal precious thing.  
 I dreamed that I could change my life, to be the best I can.  
 I dreamed that I could win this goal, by helping fellow man.  
 I dreamed the most important quest is well within our reach.  
 We can lose weight, improve our lives, for this at TOPS they teach.  
 I dreamed that if I truly tried to seek out friends who care,  
 I’d find them at a place called TOPS with common goals to share.  
 I dreamed that TOPS does have a plan to help me on my way,  
 As long as I will do my part, they’ll help me if I stray.  
 I dreamed support, a helping hand is always to be found.  
 TOPS – Not a Dream – a reality, the most caring group around.  
 Written by, Eleanor Hardie, TOPS #ON 4297, Brantford

