



GOT YOUR ROAD IN YOUR MIND!!!!

OUR AREA NEWSLETTER

September, 2011... Marsha Piatt, Area Captain ~ 330-274-8933 or mapiatt@aol.com

CONGRATULATIONS to these Chapters with new members listed from July 12 – August 31. 221~1, 300 ~ 1, 595 ~ 2, 1174 ~ 3, 1523 ~ 1, 2204 ~ 32078 ~ 1. Congratulations to all and welcome to TOPS and your weight loss journey.

Congratulations to 2204 for having another no gain meeting lately. Good for you. Keep it up!

Rally: Be sure to mark your calendar for **October 8**. Where else can you spend a day with good friends, have fun, encouragement and lunch for a total of \$25? Be sure to remind your chapters to make sure their talented members participate in the talent show! Also get busy on those posters. **Remember the deadline for all forms is September 23.** Please encourage all members to come.

Remember if you have something you want in my letter, let me know!

REMEMBER: LEADERS: PLEASE read all mail to chapter members. Whether it is from me, Elaine or Headquarters! It is to be read in chapter unless otherwise stated. Again this month.....as usual ~ ~ I ask **PLEASE** pay attention when a member is no longer coming to chapter. Please call them and find out why and if you can help in any way to get them to come back. If you would like me to contact them please let me know! ALSO **PLEASE** pay attention to your member **renewal dates**.

All LEADERS: It is now time to start thinking about maybe holding an **OPEN HOUSE**. If I can help you please let me know. Be sure to let me know your date so if possible I can come! Plan to hold your Open House before Rally and receive a certificate at Rally!

Today's Tip

What's for dinner? Most people answer this question when it's just about time to eat. If you were scheduled for a flight would you wait until just before leaving the house to pack your suitcase? Plan your meals ahead of time! You're more likely to stick to healthful eating by developing this habit! In many cases, you can also cut up the vegetables ahead of time, essentially reducing your prep time..

Thought

Forget the gas guzzler:

The most expensive vehicle to operate, by the mile, is the shopping cart!!!

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"I'm not overweight, I'm upscale."

VACATION????

Herb asked his pal Fred how his vacation was. Fred responded "Great, It only rained twice.....Once for three days and once for four." Hope yours was better than this!!!

RECIPE CORNER

Green Pizza

6 servings | Active Time: 20 minutes | Total Time: 30 minutes

1 pound prepared pizza dough, preferably whole-wheat

2 cups chopped broccoli florets or spinach

1/4 cup water

Pinch of salt

Freshly ground pepper to taste

1/2 cup prepared pesto

1 cup shredded part-skim mozzarella cheese

Preparation

Position oven rack in the lowest position; preheat to 450°F. Coat a large baking sheet with cooking spray.

Roll out dough on a lightly floured surface to about the size of the baking sheet. Transfer to the baking sheet. Bake until puffed and lightly crisped on the bottom, 8 to 10 minutes.

Meanwhile, cook broccoli or spinach in a little water in a large skillet over medium heat, covered, until crisp-tender, about 3 minutes. Season with salt and pepper. Spread pesto evenly over the crust, top with the broccoli or spinach mixture and sprinkle with cheese. Bake until crispy and golden and the cheese is melted, 8 to 10 minutes.

Nutrition Per serving : 323 Calories; 13 g Fat; 4 g Sat; 7 g Mono; 19 mg Cholesterol; 33 g Carbohydrates; 15 g Protein; 3 g Fiber; 511 mg Sodium; 241 mg Potassium 2 Carbohydrate Serving

Exchanges: 2 starch, 1 vegetable, 1 medium fat meat, 1 1/2 fat

The Eagle and the Grasshopper

Once upon a time there was a grasshopper, who through diligent practice, became one of the best hoppers in the land. She loved hopping so much, she began teaching other grasshoppers how to hop. She was very disciplined and required they faithfully follow her commands. She told her students what to eat, when to eat and how to eat. During their practice sessions, she barked out orders telling them exactly what to do. Soon, baby grasshoppers that had never hopped before were learning how to hop, adults that could barely hop were hopping much better, and even those who already were good hoppers could now hop much higher. The teacher felt very fulfilled. Then one day a creature showed up that she had never seen before - an eagle. She was determined to teach the eagle how to hop, as she was certain that hopping was the path to fulfillment and enlightenment. But every time she approached the eagle, he just said, "There is no need." She kept trying, but the eagle insisted, "There is no need." Finally, at a large gathering of all the grasshoppers, she pointed to the eagle and announced angrily, "No matter what I say or do, this stupid eagle will never learn how to hop. He does not understand us." The eagle looked at the grasshoppers and said, "You are content with hopping, but I can fly." "Stop this foolish talk of flying!" screamed the teacher. "Flying is just imagination and fantasy." She turned to the grasshoppers and said, "Any time such thoughts arise, immediately focus your energy back on your hopping - this is how you will become enlightened." "You know nothing about flying!" said

the eagle with a commanding voice that silenced the grasshopper. The eagle turned to the grasshoppers. "I can show you a world far beyond your grass fields. If you listen to me, I will teach you all to fly." The eagle waited for them to respond, but when he looked around, incredibly, all he saw were blank looks on the faces of the grasshoppers. He walked away, very sad. Later that day, while soaring far above the tall grass of the fields, an insight emerged from deep within the eagle's innermost being. He realized that to communicate with the grasshoppers, he would have to speak the grasshopper's language - the language of hopping. The next day, the eagle returned to the grasshoppers' world and began hopping with them. The grasshoppers were surprised. Not only could the eagle hop, but he could hop as well as any of them. The teacher kept a wary eye on the eagle. She feared her grasshoppers would get swept away by the eagle's stories. But the grasshoppers were curious and some of them began to sneak away to talk to the eagle. "How is it that you know how to hop and yet you talk of flying? It goes against our teacher's orders." "Hopping is useful, but when you can fly, it is no longer necessary." "Tell us more," said the grasshoppers. The eagle began describing the world beyond the grass fields, a world that included mountains, rivers and oceans. He sensed they were nervous but assured them was nothing to fear. The grasshoppers asked, "What's it like to fly?" "When you are flying, you are totally at peace. Sometimes, I feel like I am connected with everything and watch as everything happens automatically without any effort on my part. I am no longer an eagle flying, but I become flying itself." Later that day, a solitary, brave grasshopper approached the eagle and asked, "Can you take me flying?" The eagle nodded and gently took the grasshopper in his powerful talon. With a few beats of his wings they were aloft. Circling overhead, the grasshopper could see the mountains, rivers and ocean that the eagle had described, far beyond the familiar grass fields. Careful not to go too high, the eagle soon returned the grasshopper to the ground. Hearing the commotion, the other grasshoppers rushed over to find out what had happened. "He took me flying!" announced the brave grasshopper proudly, but then admitted, "I got dizzy. I didn't like it." "But our teacher has told us that flying is just imagination." said another grasshopper. "Bless your teacher and be grateful to her, for she has taught you to hop," said the eagle. "But now you know the truth." The eagle looked deep within the eyes of the brave grasshopper. Though she was still a bit dizzy, he saw a spark within her very being. He looked at the others and saw that the spark was already spreading to them. Soon, they would no longer be content with just hopping - they would all want to fly. "My work here is done," announced the eagle abruptly. "Some day you will all learn to fly!" "But if you leave, who will teach us?" "Rest assured, as it has always been, when the student is ready, the teacher will appear." With that, the eagle unveiled his powerful wings and soared off into the sky. **Remember** we can all be what we want to be and do what we desire if we just give it a good try! We as TOPS can use this story to describe our want to be KOPS.