

Hi fellow TOPS Members:

I would like to start by saying congratulations to all those that stepped up to the plate to offer to be elected during elections. Without your help we could not reach our weight loss dreams. You lead the way. So, thank you for all you time and dedication. I would also like to give my sincerest thanks to the outgoing officers. We had a great year last year and a lot of the credit goes to you. Thank you so much for all the help you gave us last year.

Can you believe two months are all ready gone this year? Have you set your dreams for this year? Are you reaching for those dreams? I believe we can reach the dreams we set for ourselves this year. So let's go for it, and make those dreams come true.

I hope everyone has received a copy of the chapter challenge for my area. Let me know if you are having an open house, or awards time I would love to attend. Let me know if your chapter has something to brag about in the chapter shine time. I will be calling to set up chapter visits, and hope to see some of you soon.

It's time for Spring Fling! What is Spring Fling? This is a fun and exciting way to learn about the chapter offices in TOPS. Who may attend Spring Fling? ANYONE. This is open to, of course all officers, but also to any member who may have questions or just wants to know what the Officer duties and responsibilities are. We will have a fun time as we explore what each officer needs to know about their office. I hope to see you there.

SPRING FLING 2010
April 24, 2010
Assembly of God Church
703 Elm
Warsaw, MO 65355
9:00 am - Noon

One of the hardest things to do when trying to lose weight is to shop. What do you look for? The road to weight loss and management doesn't have to be fraught with worry. Following these steps makes it less stressful to focus on buying fruits and vegetables, lean meats and low-fat dairy products.

1. **Stick to the list.** Plan a weekly menu and create a list of

ingredients for those meals.

2. **Eat a healthy meal or snack before shopping.** It's too easy to buy too much when shopping on an empty stomach.

3. **Keep to the outside lane.** Most food stores keep the healthiest choices like produce, meat and dairy on the perimeter with junk food in the middle.

4. **If it can't be said, don't pick it up.** Don't buy anything with more than 5 ingredients and/or anything that includes words too difficult to pronounce.

5. **Go homemade.** Ban convenient, processed food; anything homemade is bound to be healthier and less expensive.

6. **Higher the number lower the fat.** When looking at ground beef remember that the higher the number listed on the package the leaner the meat will be.

Chapter Shine time:

MO 0694, Hermitage: Welcome new member Shirley B.

MO 0703, Laurie: Congrats on your Open house, not just one but two Open Houses. Way to go! A little birdie told me Carol H is having a great start to her weight loss this year. Keep reaching for your dream. We are so proud of you!

MO 0814, Adrian: Welcomes new member Pamela G.

MO 0849, Climax Springs: Top in weight loss for my area last year. Way to go! Renee P. gets a special mention for a great loss for the year.

MO 0911, Clinton: Congratulation on being a chapter for 25 years! This chapter also has had a great deal of new members. Welcome to Wendy T, Cindy C. and Marcia G. They also had a wonderful awards ceremony to honor many of their members way to go Clinton.

MO 1089, Warsaw: Had a NO GAIN meeting. Way to go!

MO 1154, Booneville: Welcomes new member Norma S.

MO 1192, Higginsville: Had an open house where they honored their division winners. Congratulations to everyone.

KOPS Shine time:

MO 0184, Belton: William M. 8yrs and Arlene G. 18 yrs.

MO 0625, Windsor: Dorothy P. 26yrs.

MO 0703, Laurie: Betty B. 5 yrs, Helen S. 11 yrs and Nancy J. 11yrs.

MO 0814, Adrian: Maxine R. 32 yrs.

MO 1089, Warsaw: Mary B. 2yrs, Barbara C. 8yrs, Shirley C. 11yrs, Wilma H. 11yrs. And Viola P. 11yrs.

What a shining example of when our dreams come true. We are proud of you and what you have done. Congratulations to you all. May you have many more years of success.

I hope this month brings you all closer to your dreams as I reach for mine.

Believe in your Dreams
Cindy Story
Area Captain