

THE WIZARD OF TOPS

JOYCE TURNER'S ADAPTATION OF SKIT

Characters:

Narrator
Dorothy
Lion
Tin Man
Witch
Wizard
Scarecrow

NARRATOR: (Intro.)

Scene I

We join Dorothy walking along a Yellow Brick Road after a cyclone had touched down in (Name of your meeting place) on (your meeting day). TOPS members attending a meeting at the (meeting place) made it safely to the basement of the church, but Dorothy, a KOPS, ran to grab her copy of THE CHOICE IS MINE. In those few seconds, the storm hit and the 2nd story of the church was airlifted to a mysterious land. Fortunately, for Dorothy, the inhabitants (called Munchkins) were a healthy lot. They had heard of TOPS – but never having deviated from a healthy lifestyle – could not direct her back to her chapter. Instead, they told her the Wizard of TOPS might help her. She would surely know the way. All she had to do was follow the Yellow Brick Road which stopped at her abode. They packed her up with a basket of healthy snacks and water to provide sustenance for the trip – and off she went down the Yellow Brick Road. Let's join her there.

Dorothy enters: (*happily chanting or singing – whichever she's comfortable with*) I'm off to see the Wizard, the wonderful Wizard of TOPS, I'm off to see the Wizard....

(*Suddenly, the infamous Wicked Witch of Gluttony appears. (Note: The Wicked Witch is extremely overweight (might need some padding) and is dressed in typical witch fashion, clutching a broomstick.*)

WICKED WITCH: So, here you are my pretty! I've heard all about you, Dorothy, from my little Munchie friends! They tell me that you're off to see the Wizard of TOPS hoping that he will be able to help you to get back home. I have a better idea! Look what I've got here – I've got goodies! Stick around with me – we'll party together. Cookies, candy and chips. Look I've got soda too!

DOROTHY: Oh no! I want to get back to my TOPS home. It's a great weight loss group where people help each other all the time. I'm a KOPS now. I used to be overweight but am enjoying all the joys of weight loss. I am happier, have more energy and my back, knees and hips don't ache any more. I can walk long distances without getting out of breath. I feel light and able to do the active things I want without extra poundage hindering me. Why don't you come with me? My chapter will welcome you and help you lose weight too.

WITCH: Lose weight? On no! I'm the Witch of Gluttony! I LOVE FOOD. Food is my best friend. It keeps me company when I'm lonely, it comforts me when I'm sad and anyway I just love how it tastes. Here, just try this (*holding out chocolate*). You've never tasted anything like it! Just one little bite can't hurt.

DOROTHY: Thanks, it's nice of you to share – but NOTHING COULD TASTE AS GOOD AS MY NEW WAY OF LIFE FEELS!

WITCH: (*looking at the audience*) I can see I'm not going to get anywhere with her right now – but just you watch! I'll catch her at a weak moment and get her to eat with me. I HATE TO BE THE BIGGEST PERSON AROUND. I'll get her to join me yet. I'll find a way to divert her from ever getting to see the Wizard. I'll lure her into a food coma yet!

NARRATOR: Dorothy continues along the Yellow Brick Road determined to reach the Wizard before nightfall.

DOROTHY: I'm off....

SCARECROW: (*just outside the door – behind a cornfield decorated easel (either husks or picture - with a pole up his back)*) Help!

DOROTHY: Oh my! What was that??

SCARECROW: Over here, over here!

DOROTHY: (*moves the easel*) Oh my! Oh my! Did you speak?

SCARECROW: Yes, please help me. I want to get down from this pole!

DOROTHY: (*removes pole – broomstick??*) How did you get up there?

SCARECROW: Oh some men made me to scare away the birds – but I'm not smart. You see, they didn't give me a brain. And I've been drying up in the sun. I'm thirsty and stiff from hanging around.

DOROTHY: My name is Dorothy. I'm a bit tired from my journey and getting thirsty too. Let's have some water from my basket. Then I want you to come with me. I understand the Wizard can solve problems. Maybe she can help you with a brain.

SCARECROW: Thank you, Dorothy. They each drink water.

(While they are drinking, the witch appears with a 6-pack of Soda)

WITCH: *(cackling)* Here my sweet. Look what I've brought you! Why would you drink that water? It's tasteless, let's all enjoy some bubbly soda together.

DOROTHY: No thanks. Those are empty calories – artificial flavoring, artificial color and sugar. It may give me an instant high but then I'll sink low. I'll stick with water thanks. We've got lots of walking ahead of us. I'll need my energy.

WITCH: *(to audience)* This girl knows too much! But I'll catch her yet!! She'll get overtired. With her guard down, I'll be able to divert her. She'll NEVER get to the Wizard of TOPS if I can help it!

Meanwhile – a lion is sneaking up and listens

LION: Roars *(a not very scary roar)* –

Dorothy and the Scarecrow look startled and back away.

LION: Oh, I didn't mean to scare you. I overheard you. How did you stand up to that wicked witch? She tempts me all the time with her "treats". Even though I don't want to, I give in. You see, I have NO COURAGE. NO COURAGE to stand up to her and say no to her junk food. Then after I eat it, I don't feel very good and resolve next time to say "no". But I just don't have courage. No courage at all.

DOROTHY: Oh lion – please come with us. We're off to see the Wizard, the Wonderful Wizard of TOPS. I'm sure she can find a way to give you the courage you want. I'm sure she'll help you to say no!

WITCH: *(who has been lurking off to the side)* - Oh no, I can't let this happen. I had him in my clutches! I MUST find a way to stop this from happening. I will, I will find a way!!

DOROTHY AND SCARECROW *(cap their bottles, place them back in the basket and continue arm and arm with the lion on the yellow brick road. All singing together)* "We're off to see the Wizard, the Wonderful Wizard of TOPS."

(They exit into the hall and the singing fades) (Narrator also exits and enters the door by the Tin Man) (Just before this the tin man has crept into the back of the room and is standing stiffly without moving just inside the doors)

SCENE CHANGE:

NARRATOR: Our story will continue momentarily – but we need everyone to turn their chairs around to the back.

(Narrator exits and enters the back door when it's time for her next part.)

NARRATOR: As we were rearranging chairs, a number of hours have passed in the skit. As we rejoin Dorothy, the Scarecrow and the Lion they have walked a number of miles through the heat of the day and are tiring.

(Dorothy, Scarecrow and Lion reenter room and stop, startled in front of the tin man)

DOROTHY: Oh my! What's that!

TIN MAN: *(makes a grunting sound trying – but unable to speak)*

DOROTHY: Oh my! He's rusted! *(rummages in the picnic basket and pulls out Olive Oil)* I'm so glad that when the munchkins packed our meals and snacks that they included olive oil for our salads. Let's use it to oil his jaw and see what he's trying to say.

(Dorothy, Scarecrow and Lion pretend to apply the oil)

TIN MAN: *(slowly begins to move his jaw and speak – gravelly at first and then normally as the oil takes effect)* Oh thank you! It's been such a long time since I could move!

LION: What happened?

TIN MAN: I'm not sure. But I have had lots of time to think about it and I have a theory.

SCARECROW: I'd like to hear it.

TIN MAN: Well, It's just a guess. But the witch of gluttony used to bring me all kinds of snacks and goodies. She loves getting others to overeat with her AND I think she likes me. I grew very fat but didn't like carrying the extra weight around.

LION: Well, you're certainly not overweight now. What happened?

TIN MAN: Well, I decided I'd no longer eat all those unhealthy snacks and that I'd get more exercise. That didn't give me much time to spend with Gluttony. I began to lose

weight and feel really good but she got very angry. Gluttony likes to surround herself with heavy people. Now I'm thinking she played a trick on me.

SCARECROW: What kind of trick?

TIN MAN: One day she came to me and said she'd heard of a new diet. That I'd lose weight really fast if I tried it. It was an easy one too. All I had to do was eliminate **ALL** fat from my diet. I couldn't have even a drop of oil or anything containing fat. I started right away. Now I feel pretty stupid. I was so anxious to lose more weight, that I didn't pay attention to what was happening to my body. Now I realize that my joints slowly began to stiffen up. I just ignored it and thought it was because I'm getting older. Then one day, I couldn't move at all! Do you think having **NO** fat could do that?

DOROTHY: Why don't you come with us? We're off to see the Wizard of TOPS and I think she will know the answer to your question.

TIN MAN: My heart doesn't seem to be working properly either. Do you think she can help with that?

SCARECROW: While we oil the rest of your joints, let's have some more water and an apple and piece of string cheese – my salad from lunch is beginning to wear off.

(Witch appears through the doors)

WITCH: *(to the audience)* Oh no, they are getting VERY close to the Wizard now. This looks like my last chance to stop them. I'm going to pretend to join them – then I'll be in a better position to get them off track. I'll pretend to join their group, try their way of eating, and then be able to lure them back to eating with me.

(Gluttony joins the group)

WITCH: Hey there. Do you have enough for me? I'm realizing that I haven't had anything but processed food, chips, candy, cookies and soda for a very long time. Maybe I'll just try what you're doing and join you in visiting the Wizard. *(turns to audience and whispers – just watch me! I'll get them now!)*

(Everyone shares food with her, oils the Tin Man, packs up the remnants in the picnic basket and continues on to the Wizard who is sitting at a table)

(As they approach – the Wizard)

Dorothy: Oh look! I see her! We're almost there!

(Wizard stands, smiles and waves)

(When they reach her)

Wizard: Welcome everyone. How can I help you?

Dorothy: I want to get back to Chapter 460 Wilmington, MA. I don't know the way.

Lion: I don't have the courage to stand up to temptation! Can you give me courage??

Tin Man: I went on a no fat diet. Can you tell me if that's why I got so stiff? And my heart doesn't seem quite right. What do you advise for that?

Witch: *(turns first to audience)* Now's my real chance to get LOTS of people off track! They'll all want my treats!! *(turns back to the Wizard)* I think I'd like to go with Dorothy to (TOPS Chapter ID/Name) and see why people want to lose weight! *(turns back to audience)* Hahahahahahahah!!!

Wizard: Why, Dorothy, your request can easily be filled. TOPS has a wonderful website – www.TOPS.org - it lists all the chapters, locations, leaders, times and has a wealth of other information. Then we'll use Mapquest and you'll be back to (Name of home town) before you know it! Let's look. *(Sits down at the computer and punches keys)*

Lion: Do they tell you how to get courage on the website too?

Wizard: TOPS.ORG has a wealth of information – but it's best used in conjunction with attending meetings. Members have personal experience with standing up to temptation. You gain strength and a new way of thinking when you join regularly with others who are also seeking a healthy lifestyle. Dorothy, I see you are holding THE CHOICE IS MINE.

Dorothy: *(Dorothy looks down at the book she is holding)* Oh, I forgot, I was so focused on finding my way home, that I forgot I had it. I could have showed Lion pages 109, 125 and 155 which give hints on handling temptation. It also tells why fat is necessary in our diets. Tin Man can read about that and also find a food plan that will keep him trim and be healthy too.

Wizard: I am not a doctor. Before anyone starts any weight loss plan, they need to see their physician. But once they are checked out and have an optimum weight goal set by their doctor, TOPS Meetings, TOPS.ORG, and The Choice is Mine can all give the support and information necessary to help one reach and maintain their goals.

Scarecrow: And what about a brain?

Wizard: At TOPS you will learn that you ARE an intelligent Scarecrow. If you really didn't have a brain, you couldn't walk or talk or even think to ask a question. What you need is more self-confidence to know that you have the ability to get the knowledge to manage your life in a healthy, happy manner. TOPS friends can help you with that. Here's a TOPS hug to show you are cared about as you begin a new way of living.

NARRATOR: Off they all went to TOPS Chapters. A year has passed and each has found a healthy food plan. Scarecrow is including plenty of Complex Carbs to keep his brain fed. Tin Man is including a healthy amount of unsaturated fats to keep his heart healthy and joints lubricated. Lion is learning techniques to stand up to temptation and wonder of wonders – Gluttony found herself trying more and more healthy foods – despite her twisted plan. AND, she even started trying flavored waters. Much to EVERYONE’S surprise, her disposition began to change as her body responded to a healthier diet. What’s more, the TOPS members made her feel welcome despite her negative attitude. Who knows, some day she may even decide she’d like to join us in Taking Off Pounds Sensibly!

PROPS AND SCENERY ITEMS NECESSARY

Wizard Props

Yellow paper (Route will start at one hallway door – loop around the front of the room and then back towards the doors (scarecrow place herself behind the easel just outside the open door after Dorothy Enters – Possibly we can find rig up some **corn husks or large picture of cornfield to go on easel** so that Dorothy can push them away (attached to the easel) to find the scarecrow)

Witch Costume – Broom, padding

Picnic Basket

Healthy Food - lettuce, olive oil (for oiling tin man), string cheese

Water

Unhealthy Food – Chips, Soda, Candy

Lion Costume (at least mane and tail – face paint???)

Tin Man

Wizard

Scarecrow (Pole to be up her back)

Dorothy (youngish clothes)

The Choice is Mine

Laptop computer on table with wizard

Decoration for easel