

OCTOBER 2013 - TOPS Norfolk and Bristol Counties

Gail Lewis – Area Captain

Hey Everyone.....I can smell fall in the air, the temperatures and leaves dropping and the tendency to hibernate. Let's fight that battle and go out for a nice walk and enjoy all the autumn has to offer. The trees and bushes are beautiful.....enjoy them. I certainly will. It's another great day to celebrate life. Have a wonderful month.

**A word of wisdom about goals:
FEEL IT, NAME IT AND GO FOR IT.**

INSPIRATION WORKSHOP – Our next workshop will be on Saturday, November 2, 2013 at the Duxbury Senior Center. We will focus on the holidays and how to get through November 2nd to January 2nd. You know it can be done but just need a gentle reminder. That's what we're going to be there for. We'll have lots happening including, but not limited to, a guest speaker from TOPS, a computer informational instruction, maybe a little help with sprucing up your holiday wardrobe, helpful hints and tips for the hungry, food ideas, and much much more. Plan on coming – the address is below.

**Saturday, November 2, 2013 – Registration from 8:30 – 9:15 – starts at 9:30 – 1:30
Cost: \$3.00 PP – if you bring a guest, your guest is free (and you get a special prize)**

**Duxbury Senior Center
10 Mayflower Street
Duxbury, MA 02332**

FALL RALLY – UPDATE

Fall Rally was Saturday, October 5th and if you attended, I'm sure you had fun. Thanks goes out to Ron Azzu for all he and his committee's hard work to make our day enjoyable. Lots of information and encouragement.

My special thank you to all those members who helped out with the SRD presentation (Thanks Somerset) and for the awesome hand outs to leaders, the TOPS Survival Kits (Thanks Attleboro). Without the people of TOPS, we just couldn't get it all done.

NEW MEMBERS

Rosie reminded everyone at Fall Rally about this special drawing that she is doing, see below. Get those new members in for another chance at that \$100 drawing at SRD.

Read on.....

Rosie Smith, our Massachusetts Coordinator, has a special drawing she will be doing at SRD in the Spring. For every new member you have at your chapter, a ticket will be entered for your chapter at a special drawing being held at SRD. For example, if your chapter has 5 new members, your chapter will have 5 tickets put into this special drawing that is worth \$100 dollars (it's cash people) that will be given to your chapter to do as you want. What a great way to raise money for your chapter. Get the word out to your community about TOPS and see if you can get some new members in.

CHAPTER VISITS

Thank you everyone for inviting me to your chapter. I've got everyone either visited or scheduled.....another good year in our counties. Let me know if you need anything.

TOPS WEB site: Make sure you visit the Massachusetts WEB site –

www.MATOPS.com - lots of great things posted out there.

SRD

SRD next year will be very close to our area.....it will be at the Sea Crest Hotel in Falmouth on March 29 and 30. Barbara Pacheco and I are the chair people for this convention and are hoping to have a great representation from our area. Now is the time to think about some kind of fund raising events that you can do to raise some money to either send people from your chapter or pay part of the registration for your members. Any kind of fund raising can be done – be creative and work at it. Hey, it may keep you out of the refrigerator for a while!!!

LEADERS CORNER

Here is some information directed to leaders on some new things that have happened in the TOPS world – if you already know, great....if you don't, this will be good.

Our TOPS NEWS magazine will now be sent once every other month.

There is a clarification on TOPS Rule #9c : Members who choose not to weigh in at a meeting may not vote on any matter or enter into discussion of business. However, they may participate in the program, songs, pledges and general weight discussion.

Rule #9 If an Officer chooses not to weigh in but stay at the meeting they may not hold their duties as an Officer that night.

The on line member must bring in their proof of payment and the Chapter must send that to Rosie along with a Membership Application with the first date and weigh-in that the on line member came to the Chapter.

The registration and re-in statement fees for KOPS has been increased from \$4.00 to \$5.00 beginning September 1, 2013.

For anyone at Fall Rally that was looking for the cookie recipe, here it is.

22 calories per cookie.

TRAIL MIX COOKIES

½ cup Applesauce (can use applesauce with cinnamon – all natural is the best)

½ cup white sugar (can substitute splenda)

½ cup brown sugar (can substitute with brown sugar splenda)

1 ½ tsp vanilla 2 egg whites 1 ¼ cups flour

1 tsp baking soda ½ tsp salt ¾ tsp cinnamon

1 ¼ cups quick cooking oats

½ cup semi sweet chocolate chips (I used mini chips – they spread better)

½ cup chopped walnuts (can substitute with roasted sunflower seeds)

½ cup dried cranberries (can substitute raisins)

Preheat oven to 350 degrees. Grease 2 baking sheets.

Beat applesauce, white sugar, brown sugar, and vanilla in a large bowl. In another bowl,

use an electric mixer to beat egg whites until they are frothy and begin to firm up. Fold egg whites into applesauce mixture. Combine the flour, baking soda, salt, and cinnamon. Fold into the egg mixture. Stir in the oats, chocolate chips, walnuts, and cranberries. Drop by heaping teaspoons on prepared baking sheets. Bake cookies in preheated oven until set and lightly browned, about 6 to 10 minutes. Remove immediately to wire racks to cool.

INSPIRATION

Your Brain on Sugar Is sugar worse for you than, say, cocaine? According to a 2012 article in the journal *Nature*, it's a toxic substance that should be regulated like tobacco and alcohol. Researchers point to studies that show that too much sugar (both in the form of natural sucrose and high-fructose corn syrup) not only makes us fat, it also wreaks havoc on our liver, mucks up our metabolism, impairs brain function, and may leave us susceptible to heart disease, diabetes, even cancer. So far, no federal action has been taken (advocates blame industry lobbyists), and experts say simply raising awareness isn't enough, especially when 80 percent of our food choices contain sugar. "It's like watching a train wreck in slow motion," says coauthor Laura Schmidt, Ph. D., a researcher at the University of California, San Francisco.

Nevertheless, after the shock of hearing the news, many of us shrugged and turned back to our cupcakes. Yet, truth is, women in their 20s and 30s may already be feeling the effects of too much sugar without even realizing it. Here, the most common sugar-induced issues and how to beat them to prevent long-term damage—and feel your best right now.

STRESS EATING For a pick-me-up, you may feel the urge to inhale a bag of M&M's or scarf down a box of cookies. But the impulse goes deeper. To examine the hold sugar can have over us, substance-abuse researchers have performed brain scans on subjects eating something sweet. What they've seen resembles the mind of a drug addict: When tasting sugar, the brain lights up in the same regions as it would in an alcoholic with a bottle of gin. Dopamine—the so-called reward chemical—spikes and reinforces the desire to have more. (Sugar also fuels the calming hormone serotonin.)

THE FIX In times of stress, dieters are more likely to binge, studies conclude. That said, a cookie once in a while (say, twice a week) is fine, but on most days go for oatmeal with brown sugar, suggests Jeffrey Fortuna, Ph.D., a health and behavior lecturer at California State University, Fullerton. The whole grains fill you up and the sweetness is just enough to release serotonin.

INEXPLICABLE WEIGHT GAIN You stay away from burgers and drink diet soda. But sugar—both real and artificial—is the secret saboteur. When the pancreas senses sugar, the body releases insulin, which causes cells in the liver, muscle, and fat tissue to take up glucose from the blood, storing it as glycogen for energy. Eat too much at once, though, and insulin levels spike, then drop. The aftermath? You feel tired, then

crave more sustenance to perk up. Faux sugars don't help. "Artificial sweeteners travel to the part of the brain associated with desire but not to the part responsible for reward," says Dr. Gene-Jack Wang, a researcher at Brookhaven National Laboratory in Upton, New York. Nor do they trigger the release of the satiety hormones that real sugar does, so you're more likely to consume more calories.

THE FIX Feed sweet cravings with fruit (the fiber will help keep insulin in check), and sub in sparkling water for diet soda. If you must indulge, go for a small snack made with real sugar, and eat slowly. Add fruit or yogurt to feel fuller and prevent a crash.

BRAIN FOG Blanking out in the middle of a meeting? Research out of the University of California, Los Angeles, suggests that sugar forms free radicals in the brain's membrane and compromises nerve cells' ability to communicate. This could have repercussions in how well we remember instructions, process ideas, and handle our moods, says Fernando Gómez-Pinilla, Ph. D, author of the UCLA study.

THE FIX Stay under the USDA limit of 10 teaspoons (40 grams) of added sugar a day. Read labels and available nutrition information at chains: A 16-ounce Starbucks vanilla latte and Einstein Bros. bagel will max out your day's allotment! A wiser choice: black coffee and plain yogurt with antioxidant-rich blueberries and walnuts, sweetened with honey.

AGING SKIN Sugar causes premature aging, just as cigarettes and UV rays do. With young skin (generally under 35), when skin support structures collagen and elastin break down from sun or other free-radical exposure, cells repair themselves. But when sugar travels into the skin, its components cause nearby amino acids to form cross-links. These cross-links jam the repair mechanism and, over time, leave you with premature wrinkles.

THE FIX Once cross-links form, they won't unhitch, so keep sugar intake to as close to zero as you can. "It's the enemy," says Dr. William Danby, a dermatologist with Dartmouth Medical School in New Hampshire. Avoid soda and processed pastries and trade sugar packets for cinnamon—it slows down cross-linking, as do cloves, oregano, ginger, and garlic.

A SLUGGISH WORKOUT Muscles need sugar for fuel, so carbs (which break up into glucose, a type of simple sugar) can kick-start your morning jog. But fruit or prepackaged snacks touting "natural sweeteners" contain just fructose, which is metabolized in the liver, not the muscles. The result: bloat, or even the runs.

THE FIX A glucose-packed snack with just 4 to 8 grams of fructose—it'll help increase glucose absorption, says Dr. Richard Johnson, professor of medicine at the University of Colorado, Denver. Try a sports drink like Gatorade or trail mix with dried fruit an hour before your workout.

That's it for October – have a great month. Gail Lewis – gailistops@verizon.net