

## *Declaration of Thin-Dependence*

*We, the people of TOPS \_\_\_\_\_,  
\_\_\_\_\_, in order to create more healthful  
bodies, provide better eating habits and insure inner  
tranquility, hold these truths to be self-evident:  
Sensible Dieting and Consistent Calorie Counting  
lead to reaching and maintaining our Goals.*

*Current date: \_\_\_\_\_*

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**Have your fellow chapter members join you in signing this declaration of independence from overweight, which has room at the bottom for your signatures. TOPS #NJ 131, Browns Mills, submitted the idea. From the July 1977 Tops News**