

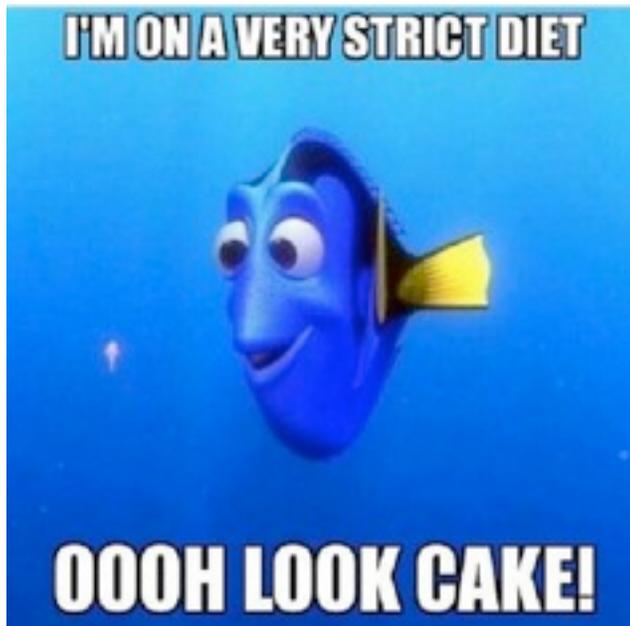
# Heidi's Happenings

November 2016

## MESSAGE FROM HEIDI

Hello, everyone! I was really happy to get to see some of you at Fall Rally! We missed those of you who couldn't make it. It was a fun meeting!

It is once again getting close to the end of the year. I have scheduled visits with several of your chapters, and will try to make it to everyone before the year is over. Thank you for being so accommodating since I am traveling a ways to get there. I appreciate you!



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[www.whywelovetops.com](http://www.whywelovetops.com)

TOPS website: [www.tops.org](http://www.tops.org)

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## Holiday Charm

I will be doing my Holiday Challenge again this year! If you weigh less at the first weigh-in of January than you do at the weigh-in before Thanksgiving, you will get a charm from me. The holidays can be a difficult time, so this is just a little something extra to keep you motivated. KOPS need to be under goal the first weigh-in of January to earn the holiday charm.

## Congratulations!

UT 368 St. George had two no gain meetings last month, and they have a new member! Good job, 368!

## Holidays are coming

The Holidays are coming! Make a plan. Don't cancel TOPS meetings during the month of December, unless your meeting falls on the holiday itself. We all need the reminder, the support, and the weigh-in during this time of year.

You can find pictures of Fall Rally on the website version of this letter [www.whywelovetops.com](http://www.whywelovetops.com).

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## Spaghetti Squash Casserole

### Ingredients

2/3 cup apple cider  
2 tablespoons olive oil  
2 tablespoons apple cider vinegar  
2 tablespoons coarse-grain Dijon mustard  
2 tablespoons honey  
2 teaspoons chopped fresh thyme  
1/4 teaspoon salt  
1 1/2 pounds carrots, peeled and cut into sticks  
1 1/2 pounds parsnips, peeled and cut into sticks  
Aluminum foil

### Directions

1. Preheat the oven to 400 degrees F. Line a roasting pan with aluminum foil; set aside. In a very large bowl whisk together the apple cider, oil, vinegar, mustard, honey, thyme, and salt. Add carrots and parsnips and toss to coat. Transfer vegetables and liquid to the prepared roasting pan; spread in an even layer.
2. Roast, uncovered, for 35 minutes or until vegetables are tender and liquid has evaporated, stirring twice during roasting.

*Exercise Tip: Set realistic goals. You may not be able to walk a 5K yet, but you can walk every day.*

### Food of the Month

## Parsnip

- Parsnips are sweeter than a carrot, but they have lots of dietary fiber which is good for your digestive system.
- Parsnips are high in antioxidants, like Vitamin C, as well as nutrients that help stop cancer cells from duplicating.
- Select fresh, firm, medium sized parsnips. The thinner ones are more stringy.
- Parsnips can be cooked and mashed with potatoes, leeks, and cauliflower.



**FALL RALLY 2016  
ST. GEORGE**

**A HUGE THANKS TO  
EVERYONE WHO  
HELPED OUT! 368 ST.  
GEORGE FOR HOSTING,  
LINDA AND PAULINE  
FOR SPEAKING, AND  
OUR STATE ROYALTY!**





**STATE QUEEN, ROBIN  
LUKENBACH**



**STATE KING, CRAIG  
SCOTT**

