

Heidi's Happenings

April 2017

MESSAGE FROM HEIDI

Hello Everyone! I'm sorry I haven't visited your chapters with the new AC program yet. I'm sure many of you heard of my Aunt Susan's passing. Also, I am getting married in June, so things are a little crazy right now. I'll still be visiting your chapters, it may just be later than you're used to.

I also couldn't find a location for the Spring Workshop so we won't be having one this time.



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Superhero SRD

Your SRD Registration is due soon! Please send those in before the due date. Now is the time to plan the fun! Posters, chapter attire, and lots and lots of superheroes! It will be an inspirational weekend for sure! June 2-3 are the days. Get them on your calendar and book your room before it's too late!

Good Job

334 Roy celebrated 2016 successes! Division winners Jolene Allen and Carol Stokes are being celebrated. Also KOPS, Dianne Cox, Darlene Spiers, Duane Westbroek, Judy Parks, Linda Roy, and Annette Westbroek. The theme of the night was Flying to Greater Heights.

If your chapter has done anything noteworthy lately, please email it to me to be included in the newsletter!



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Spring Salads

Try out some of these salad mixes, using the amounts you enjoy!

Spinach Salad:

Spinach leaves, berries, celery, bacon bits, red onion, pecans, and raspberry vinaigrette dressing.

Organic Greens Salad:

Organic greens, cherry tomatoes, green onions, edamame, cucumbers, red peppers, sunflower seeds, avocado, and balsamic vinaigrette.

Winter Salad:

Mixed green leaves, green apples, walnuts, raisins, grated carrot, feta cheese, and poppy seed dressing.

Kale Lemon Salad:

Chopped kale, parmesan cheese, pine nuts, pomegranate seeds. Mix equal parts olive oil and lemon juice to make dressing.

Mexican Salad:

Romaine lettuce, tomatoes, green onions, avocado, shredded cheddar, black beans, crumbled blue corn chips, Catalina dressing.

Food of the Month

Spinach

- Calorie for calorie, leafy green vegetables like spinach provide more nutrients than any other food.
- Raw spinach has a mild, slightly sweet taste that can be refreshing in salads, while its flavor becomes more acidic and robust when it is cooked.
- Researchers have identified more than a dozen different flavonoid compounds in spinach that function as anti-inflammatory and anti-cancer agents.
- Spinach is also a great antioxidant!



Exercise Tip: Listen to music or audio books while you exercise. This can make the time go by faster.