

Weight loss success

Hopkins makes healthy change

BY **LACY GARRISON**
Reporter for the Southern Standard
(McMinnville, Tennessee)

Looking for a little local weight-loss motivation? Check out Tina Hopkins' success story and learn how her lifestyle change affected not only her, but her husband, Wayne.

Like many women, when Tina looked in the mirror, she didn't like what she saw. She also said she didn't like how she felt.

"I had exercised and had a USA gym membership for years, but for some reason I couldn't grasp the concept that I couldn't out-exercise a bad diet," explained Tina. "So, I sought counseling from a nutritionist at Murfreesboro Medical Clinic because I wanted to make a permanent change."

Losing weight takes hard work and persistence and Tina said that her nutritionist helped her identify several helpful tactics including an app called MyFitnessPal. This app helps her easily track her calories. So far, Tina is down 50 pounds but she's working to lose 30 more to meet her personal goal.

"A lot of people go in

thinking eating less helps with losing weight, but now I eat three meals and two snacks because I learned that when you're eating, you are activating your metabolism," said Tina.

Tina's husband Wayne hadn't planned on changing his habits, but he decided to follow Tina's lead and lost 46 pounds.

"Tina jokes that I benefited from her hard work, but I'm completely on board with our new lifestyle and I'm enjoying the benefits of our healthier choices," said Wayne.

Tina hopes to encourage others to find sustainable weight loss solutions. Here are the 10 things she shared about what she's learned on her journey:

1. You cannot "out-exercise" a bad diet.
2. Diet is not a dirty word. We are all on a diet. Some choose healthy, some don't.
3. Praying for strength as you make changes helps!
4. If I don't take care of me now, I could become a burden to others later.
5. My risk for diabetes has decreased with every pound I've lost.



Photo provided

Pictured are Tina and Wayne Hopkins on Jan. 5, 2018 at the start of their healthy lifestyle.



Lacy Garrison photo

Nine months later, Tina has lost 50 pounds, while Wayne has lost 46 pounds. This photo was taken recently on Sept. 16, 2018.

6. Salads are not always healthy.

7. I wake up every day feeling accomplished now.

8. Planning ahead and journaling your nutrition is a must.

9. God wants me to take care of this body (His temple).

10. I eat to live. I no longer live to eat.

When asked about her favorite snacks, she said she enjoys an apple with one tablespoon of Smart Balance peanut butter or some baby

carrots. Tina also wanted to share her favorite dinner recipe:

VEGETABLE TORTELLINI SOUP

- 15 ounce can sliced carrots, drained
- 15 ounce can diced tomatoes
- 4 cups vegetable broth
- 1 1/2 tsp Italian seasoning
- 9 ounce package refrigerated cheese tortellini
- 2 cups fresh spinach, chopped

Grated Parmesan cheese, optional

Add all ingredients (except tortellini and spinach) to a heavy cooking pot set over medium heat. Cook covered for about 10 minutes.

Remove lid and stir in tortellini. Cook 5-7 minutes until tortellini is tender.

Remove from heat and stir in spinach. Let the spinach soften from the heat of the soup.

Serve warm with grated Parmesan cheese, if desired.

2 cups = only 203 calories

For those who claim "they're too busy," Tina has a message for you.

"We are all busy, but my husband and I now make time to exercise and eat healthy," said Tina passionately. "I have five grandchildren, work full time and my husband pastors Turning Point United Pentecostal Church, but you can't be too busy to let your health go. Make it a priority."



Photo provided

Classical guitarist Peter Fletcher will be at Magness Library for one performance Saturday at 7 p.m. Tickets are available by contacting the library at 473-2428.

Acclaimed guitarist to perform at library

Peter Fletcher is an American classical guitarist based in Detroit and New York City, performing over 100 concerts a year. He will present his unique program at Magness Library Saturday, Sept. 22 for one performance starting at 7 p.m.

Doors will open at 6:30 p.m. for the program taking place in the library auditorium. Tickets are limited, but are on sale for \$30 by calling the library at 473-2428, or for purchase at the door.

According to library director Brad Walker, "Peter is an incredible performer and has been greatly enjoyed at his past performances here in McMinnville. His solo recital includes a repertoire that includes selections from the Renaissance Period through the 20th Century."

Fletcher performs over 100 concerts a year, and

his recordings on the Centaur Records and Towerhill Recording labels have been critically acclaimed. His solo recital in 2017, at the prestigious Carnegie Hall in New York City, was extremely well received, as well as his 2018 performance on the cathedral cultural series, at the Cathedral of the Most Blessed Sacrament in Detroit.

His recital program will begin with two renaissance works by Santiago de Murcia and Alonso Mudarra, and features "Jesu, Joy of Man's Desiring" and "Lute Suite No. 1" by J.S. Bach, Paganini's ever-popular "Caprice No. 24" and a favorite among audiences, "Recuerdos de la Alhambra."

The concert will culminate with Isaac Albeniz's "Rumores de la Caleta," one of the most exciting Spanish works in the classical guitar repertoire.

Hayride offers history, mystery

It's time to make online reservations now for the 13th Annual History Hayride at Edgar Evins State Park on Saturday, Oct. 13 at scheduled times throughout the afternoon and evening. The cost is still \$15 per person. It offers history, mystery and theater, and usually sells out quickly. This is not a Halloween-themed event and is not for young children or others who have trouble sitting quietly for about 2 1/2 hours.

The easiest access to the link for making reservations is on the Friends of Edgar Evins State Park website at: www.foeesp.com/history-hayride

If you need help making online reservations, call the park office for contact information for Fount Bertram, President of Friends of Edgar Evins State Park for assistance. The park office phone numbers are: (931) 858-2114 or toll free at 1-800-250-8619.

Ten wagons will leave at approximately 30-minute intervals from the park office and return approximately 2 1/2 hours later.

Each wagon will make about nine stops where costumed characters will portray historic characters and tell about long ago events in and around the park. The audience will remain on the wagons during the entire circuit. A tour guide will add narration between stops during the ride. Reservations will be for specific report times from 1 p.m. to 6:30 p.m.

The Friends of Edgar Evins State Park will provide complimentary hot beverages and sell individual sized servings of home baked cookies and brownies in the park office. There will also be complimentary marshmallows to roast over the campfire in front of the office.

Friends of Edgar Evins State Park is an all-volunteer nonprofit organization with the purpose of helping the park. The History Hayride is a fundraiser by the Friends in cooperation with park staff. More information about the group and how to join may be found on the website at www.foeesp.com or the Facebook Page at www.facebook.com/friendsofoeesp

For those who wish to make this an overnight or weekend outing you may make reservations for lodging at www.tnstateparks.com/EdgarEvins or call the park office.

The park is located at 1630 Edgar Evins Park Rd., Silver Point. It is approximately 20 miles north of Smithville, 20 miles west of Cookeville and 60 miles east of Nashville. From I-40 take exit 268 at State Highway 96 and Center Hill Lake.



During prohibition, Luke Denny hauled illicit whiskey without being caught. On the History Hayride, Gerald Melton sometimes artfully and humorously portrays the colorful character.