

Wow! I thought September usually ushered in the cooler days of fall, but as I write this the temp outside is in the upper 90's. Hope you are staying cool. When you are exercising in the heat please make sure to drink.....drink.....drink, water that is!

I really hope to see as many members as I can at the fall rally on Oct 29. I want to try to meet as many of my members as I can, so you and I can put a face to the names. Let's try to top last years numbers that attended last year! I have some new things I would like to try, as well as some old ideas that have worked so well in the past, so grab a member that has never attended fall rally and show up on the 29<sup>th</sup> in Kearney and be ready for some great awards, fellowship, inspiration, and some great food at our luncheon.

Speaking of fall rally, a few notes that I need to bring up. If you have already sent in your contest forms and fall rally dues, (\$3.00 per current member) thank you very much. If not, please do so by the 10<sup>th</sup> of September. Please do so ASAP so I have enough time to assemble everything and to get all of the awards made so all the members that deserve an award get it. PLEASE NOTE on the form that was sent out to you in August, it was omitted that you need to put down all members that are planning on attending. Please put it on the back of the form. Also TOPS inc. has told us that at any event there are not to be any candid flash photos taken by any members in the audience. There will be time allowed to take pictures of the winners.

Just another reminder, the luncheon will be held following the awards portion of the rally. Please bring a salad or other healthy item to feed approx. 10 people and remember to bring your recipe so others can learn how to make your delicious food.

After the luncheon we will take a short break so we can get to know each other a little better and also so you can voice your opinion on how to improve TOPS in the Central Nebraska area, and I then invite you all to stick around for a short presentation that I will give. I hope you all can stick around; it is very informative and well worth your extra time to help you become healthier!!!

Please also bring one Chinese auction item that day as well.

With school back in session, it is the time of year for a lot of learning to happen. Now is a great time for you or your whole chapter to learn something new about weight loss or just about living a healthier lifestyle. Go to [tops123.com](http://tops123.com) for ideas that you can incorporate into your life.

Until next month.....Let's get lighter!!

Mitch Burnett

Central Nebraska Area Captain