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Dear TOPS Chapter Members,

Another month is behind us, and we look forward now to the upcoming fall season. As we walk outdoors in this beautiful weather, (traveling down the "Road to Success") we see, in full view, the subtle beginnings of what is to come; cooler weather, fall varieties of asters and mums in our flower gardens. And as we continue down our "Road to Success", we see an upcoming big event...our Fall Rally, **"Going The Extra Mile"**! I hope that many of the chapters have their posters made and have begun their travels with the rules outlined in my July newsletter to you.

There are some exciting additions to the Fall Rally. We will have two speakers.
Speaker #1, Diane Stoetzel, our TOPS Coordinator
Speaker #2, Tina Burt, Motivational Speaker

Please do not forget to offer new members \$5.00 off their annual membership by submitting the coupon (a copy below) with a check for \$21.00, to Diane during the months of August and September only. You still have approximately 4 weeks left before this contest expires. I can report to you, that in the first 3 weeks of the contest, 6 new applications arrived in Diane's mailbox, and I wish to congratulate the following chapters for their efforts.

WI 1005, Princeton, 1 new member
WI 1125, Wisconsin Rapids. 1 new member
WI 1181, Dorchester, 1 new member
WI 1247, Wisconsin Rapids, 1 new member
WI 1385, Montello, 2 new members

I will continue to update you in my next letter with the chapters and number of new applications, as they are processed.

Weight Recorders, I will need the weight reports sent to me on or before October 5. Thank you in advance for completing them in a timely manner. Having the reports come to me early helps me tremendously in the printing of certificates.

I have visited and presented the "SUPER FOODS" educational program to all but 5 of my chapters to date, and everyone has raved about this wonderful program. I would like to take this opportunity to thank you, TOPS, Inc., Club and author, Dena McDowell, MS, RD, CD. You deserve all the accolades!

As I leave you for this month, I give you the following little poem:

A Smile For You!

Smiling is infectious, you catch it like the flu,
When someone smiled at me today, I started smiling, too.

I passed around the corner and someone saw my grin,
When he smiled, I realized I'd passed it on to him!

I thought about that smile, then realized its worth.
A single smile just like mine could travel around the earth!

So, if you feel a smile begin, don't leave it undetected,
Let's start an epidemic quick, and get the world infected!

Hugs,
Pat Akey
Area Captain

\$5.00 OFF COUPON

CHAPTER WI _____, CITY _____

NEW MEMBER NAME _____

THIS IS FOR NEW MEMBERS OR RETURNING MEMBERS (OVER ONE YEAR ABSENCE). COUPON MUST BE WITH APPLICATION. PLEASE DO NOT USE STAPLES WHEN SENDING A CHECK FOR \$21.00 WITH THIS COUPON TO DIANE STOETZEL.