

NEWS

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A KITE

Have you ever compared a kite to losing weight in TOPS? I did, and here are a few things I found.

1. It takes effort to get a kite started. It's the same with losing weight. Anything worthwhile is hard to do.
2. A kite has its ups and downs. So do TOPS members.
3. A too-long tail pulls a kite back to earth. Carrying the weight of the world on our shoulders pulls us to food. A kite must have a tail to fly, and a TOPS must have food; so the word is moderation.
4. A kite can get caught in tree branches. Our "tree branches" are plateaus we reach. It takes patience to get started losing weight again, just as it takes patience to get a kite down.
5. A kite needs lots of wind. Wind, for us TOPS, is willpower.
6. A kite string must be held firm so the kite won't get away from you. Our weight will get away from us if we don't have a tight reign on self-control.
7. Finally, the kite string is let out-completely. When the kite has reached its goal, it looks much smaller, so graceful and oh so beautiful. The wind will carry it to great heights. What's prettier than a kite flying high on a beautiful spring day?

You can't fly a kite unless you go against the wind and have a weight to keep it from turning a somersault. The same with man. No man will succeed unless he is ready to face and overcome difficulties and is prepared to assume responsibilities.

