

## CONTROL BOARD

By Larry E. (Red) Williams  
Area Captain

What's in a resolution?

There will be many who resolve to make changes when January 1 rolls around each year: To stop smoking, to lose weight, to exercise more, to get the house arranged, to clean this or that, to stop procrastinating. "Resolution" is from the Latin *resolvere*, to loosen, release. It's interesting to see that one of the definitions deals with music: The passing of a voice part from the dissonant to a consonant tone or the progression of a chord from dissonance to consonance.

I'm not sure I understand all that, but I clearly see the application with regard to our participation in TOPS. For many of us (including me), our weight is "dissonant" (inharmonious) with our desires, so we strive for "consonant" (at one with, in harmony with those desires). Here's the big picture: We realize our present condition of excessive weight is a detriment to our well-being.

So, we "resolve" to get our eating habits under control and to exercise more. That, my friends, is as close as we can come to the best formula for losing our excess baggage.

Rather than striking some kind of New Year's resolution, let us be minded to set goals: "I want to lose 10 pounds by Easter" or "I want to shed 15 pounds by my son's (or daughter's) wedding." I've found that short-term goals are much easier to reach.

Here's a bit about me as your new Area Captain: I am a retired pastor, having been in the ministry for 34 years. Prior to that I was a journalist for the South Bend Tribune (mostly covering high school sports and a variety of other assignments). My wife, Pat, and I are both members of TOPS Chapter IN 0045, meeting in Elkhart. I have struggled with my weight since early adulthood, and, to my utter shame, attained KOPS status in the mid-1980's only to lose it a few months later. Obviously, my aim is to get back to my goal weight this year. (That was one of the motivating factors in accepting this assignment as Area Captain.)

My friends, we are in charge of our personal "Control Board." We cannot depend on someone else to help us reach our weight-loss goal.

For TOPS,  
Larry E. (Red) Williams  
Area Captain

PS: I'd love to hear from you about your victories and struggles.  
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PSS: I'll be planning our area spring rally quite soon. If your club would like to be host, be sure to let me know as soon as you can, before another one steps in ahead of you.