

This weight-loss program is an exercise in futility

Ads keep popping up on my computer for exercise plans. Since my computer seems to know more about me than I know about myself, I figure I should pay attention. It's the only thing I can afford.

Most of the ads are geared toward older men. Check. As such, they are low impact. Check again. The prevailing ads are for chair exercises.

Hey, if the chair wants to exercise, who am I to stand in its way?

Yes, Mike Carroll, that pun was for you. It's kind of an im-

plied pun. Chair. Stand.

Anywho, I thought exercising while sitting might work for me 'cause I sit a lot. Sitting and lying down take up 90 percent of my time. The other 10 percent is walking between the chair and the bed. Walking is exercise, so that counts.

I don't need to exercise to lose weight. I'm in my 60s, but I still wear the same pant size I wore in high school. My legs are no longer now than they were then.

I need to exercise for general health and stamina,

Ramblin' Man

By David Porter



which became evident last week when I went to plant a bush in the yard.

I had to dig a hole in the ground. Just a small hole.

Have you tried digging a hole lately? It can't be done. If

I had a body to bury, it would decompose before I could get the hole dug.

The little hole for the bush took 30 minutes. Five minutes of digging plus 25 minutes of recuperating from

digging. The next bush better come with a backhoe.

Just out of curiosity, I checked into the free chair workout plan I keep seeing in my social media feed. The word "free" was used loosely. It's free to fill out the forms, but the plan is \$44 a month. I feel lighter already.

Apparently, the problem is that my wallet is weighing me down. There's a simple fix for that. I can just take it out of my pocket.

Well, I'll think about it some more. I'm already sitting down right now, so I figure I'm halfway there.

One of my exercise hurdles is motivation. The price tag just zapped that for me. I want to feel good, not poor.

In all seriousness, exercise is important and you should do it. Let me know how it works out. I'll be right here weighing my options and exercising my sedentary rights.

© Copyright 2026 by David Porter who can be reached at presseditor1@gmail.com. Saving all that money — I feel better already.



Ramblings from The Village Idiot

Before the recent rains, I had had to resort to watering my garden beds, my new prairie plants, and my jewelweed. With about four inches of rain during the second week of June, I'm looking forward to a break from schlepping 125 feet of garden hose around my yard. The high winds the night of June 11 took down a bunch of my plants. Some can be righted, others are for the compost heap.

Residential landscaping with native prairie plants is a dynamic process. The cast of characters in some areas changes from year to year. Last year's new stand of sunflowers on "volunteer ridge" did not reappear this year. Sometimes a plant outgrows the area it was placed in, and has to be removed. Sometimes a long-established plant simply curls up and dies. But by and large, prairie perennials in a spot

they like will do fine, with a minimum of watering.

However, you can't just plant them and walk away. For one thing, weeds like to grow just as much. Many are annuals which grow fast, produce incredible numbers of seeds, and die. Thorough weeding is laborious and time-consuming, but is an effective means of control. I have noticed a marked reduction in the populations of a number of the peskiest weeds compared to previous years, despite last year's explosion of weeds. Of course, new ones keep coming up - from seeds in the soil, or new seeds delivered by the wind, by birds, and by terrestrial creatures.

In addition, prairie plants need support. In a natural

prairie landscape, they get that support from other plants, often in large thickets. And they tend to flop over, which helps spread their seeds. In the tall grass prairie, the plants grew so high that a man on horseback couldn't see over them. That is not for a residential area. So you need a substitute for the thickets. Posts and stiff vinyl-coated wire work well - rebar posts for the smaller plants, longer posts for the taller ones. The wire is strong enough to support even the largest plants. Landscape twine is sufficient for smaller plants needing support.

Right now, the flowers on my penstemons and common milkweed are fading, the butterfly weed is past

its peak, and the purple coneflowers are starting to bloom. The monarda, gray-headed coneflowers, blazing stars, and Brown-eyed Susans are getting ready to put on their yearly show starting in a few weeks. I have a couple of oddball New England asters blooming. They generally don't bloom until mid-September.

I am not a native-plant purist. My grassy areas a full of white clover, a European plant. It started blooming in April, and has been blooming again after I mow down the faded flowers. Honeybees, also from Europe, get a taste of the old country. My poppies are fading, just as my zinnias are starting to bloom. My cosmos and old-fashioned vining petunias are starting to bloom.

I have a neighbor with plants growing higher than his 6-foot fence, and their attractive flowers are blooming right now. They are flourishing with no effort on his part. Unfortunately, they are Canada Thistle (*Cirsium arvensis*), an invasive alien weed. It would take very little effort to chop them all down. Their presence makes the property look derelict - along with the clutter he keeps on the public right-of-way, and on his front porch facing the highway through town. Not much I can do about that. But it helps me redouble my own efforts to make my own yard look bright and cheerful in the warm months.

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Philo Library weekly news, June programs



What a week weather-wise. We hope you all were safe and sound during the extreme weather last week and that is enough to last the rest of the year, as far as I'm concerned.

Let me tell you about new acquisitions then we'll progress to remaining activities for the Summer. "Daughters of the Sun and Moon" by Lisa See is available for check out. We also have three new DVD's - - Jason Stathan stars in "Shelter". This was a spe-

cial request from one of our patrons and I apologize for not purchasing it sooner. normally Stathan's movies do not go unnoticed. Then we have two animated "PG" movies for the kids - "GOAT" and "Choppers".

We still have a lot of programs for the month of June.

June 16, 1:00-2:00 p.m. Rock painting. Ages- Kindergarten and up. Reserve a spot now. June 24, 1:30-2:30 p.m. "Scaly Encounters" Champaign County Park District presents this hands on interactive program, EVERYONE is invited.

June 25, 1:00-2:00 p.m. Birdhouse/Heart box painting. Must sign up for event as supplies are limited. Specify which project at time of signup Call 217-684-2896. Grades K-12 June 30, 1:00-2:00 p.m. Outdoor games, Grades K and up.

The Summer Reading Program continues from June 1 - July 31. Stop in and learn more

And don't forget recipes for the cookbook. We're creating a new community cookbook and need your favorite recipes to make this a cookbook that everyone will want a copy of. Call or stop in for details. Thanks for reading!



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