

Old habits die hard

I am such a creature of habit.

This morning, I washed my hair before I shaved. Big mistake. It threw off my whole routine.

Normally, I would forget to shave if I got the routine out of order. That's why part of my routine is to check my face in the mirror before I leave the house. More than once, I have gotten dressed and was walking out the door when I realized I hadn't shaved.

This time the whole sequence of my after-shower routine was off. I was able to dress myself OK. I've been doing that for at least 10

years. I made the pocket exchange between yesterday's pants and today's.

I locked the front door, walked out to my truck, started the truck, and then caught a whiff of the cigar I had smoked the night before. Oh no.

I had forgotten to brush my teeth! I also had omitted deodorant and after-shave lotion. I skipped an entire segment of my morning routine.

I had to go back in and start over.

My creature-of-habit status is frequently confirmed while driving. If my wife sends me to the store, it's not



The saga of the Reflecting Pool gets more un-American by the day. With the pool now closed to the public, fenced off, and covered with netting, nobody can contradict the Admin's narrative of imaginary vandals damaging the pool - after the green algae bloomed out of control and the coating started peeling off in shreds. Now, a 67 year-old Olympic athlete has been indicted, for (the Admin says) ripping coating off with his bare hands, causing over \$1000 in damage. This is the coating which the president in early May said was "indestructible" and couldn't even be cut with a knife. This case reminds me of how the legal system worked in the Soviet Union.

However, the one "vandal" picture being offered to the public shows one man dipping his hand barely below the surface, while several people standing around him do not appear to be taking any particular notice of his

activity. Maybe he was picking a piece of trash out of the water, who knows?

Meanwhile, tens of thousands of people being reported by Fox News to be attending the Great American State Fair could not be seen on camera at the time. So obviously, an effective invisibility screen has become available to the general public. This may explain the lack of surveillance footage showing any actual vandalism of the Reflecting Pool.

The Sika Corporation, which did the restoration work 15 years ago, declined the recent job for two reasons. One was, they wanted nothing to do with applying a blue coating which, they said would cause "aesthetic inconsistencies" where it was applied to the sealant between slabs of concrete. More substantively, they said there was no way they could do the job right before July 4. So there is no question in my mind that the sealant is peel-

New regulations on intoxicating hemp are 'long overdue,' Pri t z ker says

Sweeping new bill regulates hemp like cannabis, expands access to medical products

By Ben Szalinski

A wide-ranging new state law on hemp and other cannabis regulations was "long overdue," Gov. JB Pritzker said Thursday at an event in Chicago to celebrate the new law he signed last month.

Senate Bill 3222 makes a variety of changes to the state's cannabis laws but chiefly introduces new regu-

lations for intoxicating hemp products. It immediately bans the sale of the previously unregulated products such as delta-8 to those under 21and now regulates intoxicating hemp under the state's existing cannabis laws.

"While our regulated cannabis market has been operating under those strict



Ramblin' Man

By David Porter

unusual for me to end up at my office instead. Once I get in the car, my brain goes on auto-pilot.

Is it any wonder that habits are so hard to break?

I eat lunch in the same restaurant every day. I order the same entree. Am I boring, stupid, obsessive, or what?

ing off because of bad workmanship, followed by having the presidential motorcade drive over the fresh sealant.

But at least when the repair work begins, the admin will be able to make a truthful claim that they are draining the swamp. Just not the one they promised to drain. The swamp of public corruption is getting bigger, deeper, and more putrid by the minute.

Meanwhile, a couple of Monarch butterflies have fixated on the Meadow Blazing Stars (Liatris ligulistylis) which are now looking like electric-violet Roman candles in my front yard. Other electric-violet varieties of Blazing Star are on the way. A fair proportion of my New England Asters started blooming in mid-June. My guess is, the lack of hot weather up until then fooled them into thinking it was Autumn. They usually start blooming in mid-September. A few more Monarchs are visiting my Common Milkweed out back. I have seen some leaf damage, but have not looked closely for Monarch caterpillars. My sunflowers have begun to open. The poppies are fading fast. I am yanking them as the last blossoms fade, so the

year to stop answering the phone with the name of the previous employer.

My habits are so overwhelming that it carries over into every aspect of my life. Every time I buy a lottery ticket, it loses. I belong to two clubs that hold 50/50 drawings every week. I play every week. I have never won. It's all because of my habits.

I'm thinking I need to develop some better habits. But

at least the ones I have have kept me out of jail, out of the doghouse, and out of the morgue.

Things could be worse.

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What to look for this week

In the night sky

By David Leake

around 4am for the waning crescent Moon. The Moon makes a straight line with Mars and the star Aldebaran (both of which are reddish). The line extends below and right of the Moon. Mars is

he had wondered during the Convention whether it was rising or setting, "but now at length I have the happiness to know it is a rising and not a setting sun." When asked what kind of government they had given us he replied, "A Republic - if you can keep it."

But now, 250 years after the Declaration of Independence, and 237 years after the Constitution went into effect, it is painfully obvious that we have failed to keep it, and that the sun that was rising in 1787 is now setting.

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Villa Grove, Illinois
Phone (217) 832-5231
Fax (217) 832-9348
website: www.fccvg.com
e-mail: fccvg@frontier.com
Minister—Mike Zylstra
e-mail: fccvgmin@frontier.com
Open communion observed weekly
Morning Worship Service: 9:30 a.m.
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e-mail: tolonomethodist@msn.com
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COUNTRYSIDE UNITED METHODIST CHURCH
1807 County Road 1000N, Urbana
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Rev. Jeff Stahl
E-mail: cumc.office99@gmail.com
www.countrysidemethodist.com
Worship
Coffee Hour- 8:30 a.m.
Worship-9:00 a.m.
Nursery Available during worship
Wednesday
Wednesday's Bible Study 1:30pm
Facebook Devotionals on Thursdays - 1:30
Crossroads Youth Group meets on the last Sunday of the Month from 5-6:30pm; dinner is provided. (Ages 7 & up)
Please contact the office for more information 217-688-2422
"Love God; Love Each Other"

To add your church to the directory, email:
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