Well brother, a funny thing happened on my way to work this morning I slammed on my brakes to avoid a near collision, I instinctively shot out my right arm to stop the baby from going through the windshield. I haven’t had a child or unseat belted passenger in that seat in 50 years, yet the arm still automatically saved that imaginary passenger.

As I continued on to work, my mind wandered to a bunch of stuff I still do for no reason except it’s a habit.

When no one’s home and I go to the bathroom or in the bedroom to get dressed, I still find myself closing the door.

When I put my shoes and socks on I always do the right foot first, sock and shoe then the left. If I do the left foot fist I get very confused and I’m off the rest of the day.

In the same manner, when I put on my pants it’s always right foot first then left. There should have been a camera in the room the one time I tried to do it the other way. It would have made the world’s most funniest videos.

When I go down steps I always put my right leg down first. Last week I sprained my ankle and tried to put the other leg down first and almost took a crash landing.

I wear special slip on shoes to the doctor because I won’t weigh myself until I take my shoes off. One time, I did have a nurse ask me if I had eaten lunch and she took off a few pounds for my clothes. I tried to tell her I had heavy clothes but she just wasn’t buying it.

When I eat dinner, unlike Monk it’s ok if the different foods are touching, but I don’t do a fork full of this item, then a fork full of that one. It is first the starch, then the veggies and then the main dish. Use to drive my mother- in- law crazy, but everything I did seemed to drive my mother-in- law crazy.

Whenever someone at a baseball game yells heads up, the first thing I always do is put my head down and cover it with my hands.

Similar to that, if someone says, “don’t look now but”, the first thing I always do is look.

Finally, if someone asks me the time, I always look at my watch arm, even though I haven’t worn a watch in more than twenty five years.

Well, that’s all for now, brother. Take care and I’ll see you sooner than you think.