

Our Habits Make Us Who We Are

By Hap Hansen

Habits are hard to break. Especially the bad ones! I recall, as a child, I picked my nose a lot and also scratched my behind. Fortunately, I have long since broken those bad habits, except in cases of extreme emergency!

Today, cooking food is a habit I never got into. However, food manufacturers and processors have developed hundreds of frozen foods. They can be used for breakfast, lunch, dinner, or just for snacks.

For me, eating frozen foods any time of the day makes for quick, easy preparation because of the microwave oven. The microwave oven! What a marvelous invention! I use the microwave several times each day because I am the world's worst cook!

I have a baking oven that has never been used, but it is a marvelous place to store all those unused pots, pans and baking dishes. It works very well for storage because then I don't have to use up valuable space in my cabinets.

Many of us have the habit of discussing and arguing religion and politics. For me, either you are a believer, or you're not. Also, whether you are a liberal, a conservative, or something in between, it is doubtful that any argument or discussion will change your belief habits.

In the City of Denver, traffic is increasing dramatically as our population continues to rise with no end in sight. Most drivers have the habit of stopping at red lights, but very few Denver drivers will come to a complete stop at a stop sign. I suppose their habits say to them, "No one is coming in either direction, why should I waste my time and gasoline stopping, when just slowing down is more efficient and just as safe."

Probably the worst habit I ever had was smoking cigarettes. I haven't smoked a cigarette in more than forty years, but I still smoke an occasional cigar, even though I know it's still a nasty, unhealthy habit.

We all have habits, some good, some bad, but it is our habits that make us who we are.