

Many of my published essays and newspaper columns were of a **humorous** nature. (ala Dave Barry of The Miami Herald). Very tongue in cheek. This was one of my favorites. It originally ran in The Portland Press Herald in 2002, but I've updated it since.

Are You A Morning Person?

I've come to the conclusion that the world is divided into two basic categories: Morning People...and what I like to call "The Others." It's been this way for quite some time, and helps to explain the success of certain organisms and the failure of others.

For example, great white sharks are always up at the crack of dawn, get a lot of respect and never go hungry. Slugs, on the other hand, sleep until noon, get no respect, and never amount to anything more than, well... slugs.

So, it's with a great deal of shame and humiliation that I must confess to not being a Morning Person. Failed attempts at conversion have only confirmed the obvious. I'm one of "The Others." This is disappointing because I know that Morning People are a lot smarter, make more money, raise healthier children and generally lead more enriched and fulfilling lives.

Morning people tend to look down on everybody else. They never lose their keys, have fewer cavities and always remember to rotate their tires. They love to boast how they completed half of their daily tasks before 8 a.m., yet still had time to rescue a child from a burning building while out on their 5-mile morning run. They make a point of telling this to all "The Others" - just to make them feel small and worthless.

Some of you might not be sure which category you fall into, so I've sketched out several group profiles to better help you identify with one of them.

If your idea of a wild night on the town is having a glass of wine or the latest microbrew with dinner and getting home by 10 o'clock to watch the early news, you're a Morning Person. However, if you start your night out with the words, "Bartender, whiskey - and leave the bottle!" you're probably one of "The Others."

If you drive a Volvo station wagon with side-impact air bags, a child safety seat, and have a bumper sticker that reads, "I'm proud of my middle school honor student," you're definitely a Morning Person.

On the other hand, if you're driving a rusted-out 1985 Buick with bald tires, an ashtray full of cigarette butts, and have a bumper sticker that reads, "My kid just beat up your honor student," you're a card-carrying member of "The Others." Most likely, you'll end up testifying before a Senate subcommittee

Do you start your day with half a grapefruit, a bowl of whole-grain cereal, a cup of ground roast decaffeinated coffee and the *Wall Street Journal* to check the latest interest rates on 30-year treasury bonds? If so, you're an **empowered** Morning Person.

However, if you start your day reading last week's USA Today, watching reruns of *Frasier*, eating last night's leftover pizza, drinking a bottle of Red Bull, and wondering where all your clean clothes are...well, you're just despicable! Just pray that you're never found out.

If you're still not sure which category you fall into, perhaps you can identify with certain famous people who define these groups.

Paula Abdul is a morning person. Simon Cowell is not. Justin Timberlake is a morning person. Britney Spears, sadly, is not. Obi-Wan Kenobi is a Morning Person. Darth Vader is not. Bambi is a morning person. Godzilla is not. Paul McCartney is a Morning Person. Keith Richards. You kiddin'?

Tom Hanks is a Morning person. Jack Nicholson is not. Barak is a morning person. So is Hillary. Bill? Actually, Bill can either be a Morning Person or not, depending on what your definition of the word "morning" is.

So, that's it. By now you should know which category you fall into. To all "The Others" who are feeling a bit unworthy, take heart. There is a growing pool of scientific evidence to suggest that Morning People are actually alien beings from another galaxy sent here to colonize the earth and reverse the natural order of our planet.

The evidence further suggests that, with the arrival of the new millennium, these alien beings will be returning to their galaxy, "Alpha Self-Righteous." Earthlings will once again sleep in. And wake up to *Good Morning America*, airing at its rightful time slot – noon.