

I watched an ant climb a blade of grass this morning. When he reached the top, his weight bent the blade of grass down to the ground. Then, twisting his thorax with insectile precision, he grabbed hold of the next blade. In this manner, he traveled across the lawn, covering as much distance vertically as he did horizontally, which amused and delighted me. And then, all at once, I had what is sometimes called an "epiphany", a moment of heightened awareness in which everything becomes clear. Yes, hunched over that ant on my hands and knees, I suddenly knew what I had to do . . .

. . . quit drinking before noon.