

SENIOR ADVOCATE

Prime News for Those in Their Prime

Once again, Happy New Year!

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Well, how was your celebration? Mine you ask, fine thank you, I spent it with my wonderful wife, my son and our two grandchildren, we played board games, remember "Trouble" and "Sorry" well both games are still fun. Playing the games again made me reflect on those times I played as a boy with my mother and father. Do you ever want to go back, I do sometimes, but since we really can't go back, instead I try to instill those same family values in our children and grandchildren as my parents did in us.

Who agrees with me that it seems like most days "family Values" are not what they used to be? I'm not sure that I have the answer other than for my family, and myself. I guess I was lucky to have had both of my wonderful parents. Mom's gone now, but we still have Dad and it is great to be able to do things with him and for him.

Every week, usually Friday's we go and play cards with dad, we, meaning my brother sometimes, my sisters and myself. This whole idea came about from my wife, she told me back in about 1997, that I wasn't spending enough time with my dad, I said, how can I, I'm busy working and coaching hockey. She told me that it was no excuse and that I should pick either Friday or Saturday evening and go see my father every week, I asked her, what will we do, her reply changed our lives, she said, ask your father what he would want to do if you could visit once a week. Well my father's answer was play cards and now we play every weekend.

Folk's, I guess what I am trying to say is, make time for each other, children call your parents, parents call your children. Make sure that you take good care of each other.

Health, happiness and over all well-being are so important.

Be sure to share some love and kindness this February with "Valentines Day"

See ya next month

Anthony Garcia