

If you stare at a light or a lamp or an image absorbing its radiance and quickly shut off its source so you are plunged into blackness that image will remain in your sight and vision for sometime.

After a full meal with family it is best to go outside and walk the neighborhood to digest the food and survey the goings on especially if there is new construction.

When traveling on business after checking in and dropping off your bags it is good practice to walk all hallways and nooks and crannies for the sake of knowing. You never know when your experience will come in useful even if it is only conversation.

If you are going to a party, especially a business party, drink milk beforehand and never have more than two drinks.

Always keep your pool table immaculate and protect it, even from the children.

Enjoy the smell of grass clippings with retired dress pants, chukka boots, and white muscle man shirts. Keep your lines straight.

Cast a graceful fishing line and swear by the Erie Dearie.

There is a right way and a wrong way.

When jumping off bridges hold a boulder in your hands so you may touch the darkness of the bottom.

Young boys fight with fists and sometimes that's ok and the right thing. Appreciate and teach the finer elements of boxing.

When suffering from a broken heart, the serious kind that happens once in a lifetime, talk to your grandfather on a sidewalk stroll in his neighborhood and on his turf. And listen and pay attention to a finger that may be pointed and waved. His guidance will snap you out of it and make you wiser.

Relish coming home from work to a smiling daughter with a thankful hug. Kiss her in the darkness before she journeys into dreams.

Look at your spouse with adoration and know the way of “Yes dear whatever you say.”
Your spouse is everything.

Participate in and engage your community, your faith, your body. Take the children to the park for baseball or sledding.

Walk the woods.

If you have the keys to the family boat and you are hours away on dry land, drive back in the darkness and return them unexpectedly.

Remember where you put your glasses.

On Sunday afternoons when I was a young boy my grandfather and I used to wrestle on the living room carpet. Eventually it would be that dreadful time for a child to end the day and go to bed. After I had gotten ready and was about to turn the light off into darkness, Grandpa would come into my room and lie down on the bed next to me.

“Look at that lamp and it's shape.”

We'd look at the light for a minute or two and then he'd flip off the switch.

“Still see it don't you?”

In the darkness we'd lie there until I journeyed into dream. He always looked so well rested.

“Yeah grandpa, I still see it.”

Tim Aten- March 24, 2009