

Alamo Today

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Serving Alamo, Diablo and Surrounding Communities

editor@alamotoday.com



A Mismatch of Stuff

By Rob Regan CFP® Regan Financial Group
Whoops!

As you probably know, actor Heath Ledger died tragically in January at the age of 28. You may have seen recent reports that Heath Ledger's will leaves nothing to his former girlfriend and their young daughter because it was drafted in 2003 (3 years before his daughter was born), and was never updated. Instead, it appears that the will leaves everything to his parents and siblings. (*New*

York Times, March 2008)

This story underscores the need to both make a will and keep it updated. If you care about what happens to your loved ones after you die, you owe it to them to do some estate planning. This is especially important if you have minor children because, in many states, your will is the only legal way you can name a guardian for them. If you don't have a will, or haven't reviewed your will lately, don't put it off--it's just too important. If you have questions, or need help getting started, call us.

Back in Power!

- This is not about the Clinton's attempt to regain the White House (although it would be entertaining to see Bill as the First Man).

- Having the money to enjoy life and actually enjoying life are not related. One area that prevents many people from enjoying life is chronic back pain. I had suffered back pain for thirty years. I tried everything short of surgery (many surgery patients never seem to be better off and some seem worse). Chiropractors gave me some relief but the pain never completely went away.

Then I found *Back in Power, Inc.* in San Ramon www.backinpowerinc.com 867-0400. Dennis Beckman's treatment was different. In a few weeks the pain was gone. That was over a year ago. Now my back (and the rest of me) is stronger than ever. Last New Years Eve a friend came hobbling into my home. Nellie was grumbling about giving up golf and needing back surgery. I spent most of my New Years Eve convincing him to give *Back in Power* a chance. Here are his words:

"Suffering from a herniated disk, I had tried chiropractic, acupuncture and

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even an epidural injection. My next option was surgery. Rob recommended that I see Dennis at Back in Power. After the first visit, I felt relief. After the second visit, I was relieved of all back pain. Continuing to work out at Back in Power, I am now able to play golf and run on a regular basis. If you suffer, as I did, from back trouble, give Dennis a call. You will be amazed with the speedy results."
Nelson Atkinson owner Contra Costa Painting Company.

"The Heresy of Activity"

My wife, Carolyn, coined this phrase, "The Heresy of Activity". We are so blessed to live in this area, at this moment in history. There is so much opportunity. Our careers, our schools, our churches, our sports and our personal lives offer us a plethora of opportunities to join, to participate in, to attend and to volunteer for.

Many of us feel the need to do it all. Sooner or later we find ourselves coming and going. We end up losing ourselves and our children because very little time is spent together as a couple and/or family. Take the time to just talk, to get to know and understand each other. Set aside time where conversations can be in person and natural and not limited to the time it takes to drive to the next activity.

We use the dinner table and date night. We make it a priority to eat together every night and not just to slam down some pizza and run to the next activity. No one is excused from the table until they answer a posed question about their lives or the world. If nothing else, we play the high/low game. Each one expresses their high point and low point of the day. Our four year old can't wait to take his turn.

Date night is every Wednesday. Whether we walk around the block, have a latte at Starbucks or eat dinner at Forli's (sometimes just a Manhattan), we both know that we will have the chance to look into each other eyes and catch up on life. I urge you to find your own way to stay in touch with each other amid the activities that fill your lives.

Rob manages investments, pensions and insurance for families and businesses. Rob can be reached at 145 Town and Country Dr. Suite 101, Danville, CA 94526 (925) 820-0640 rob@reganfinancialgroup.com, www.reganfg.com.

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