

Topic: Family Bonds

Abstract: As I was growing up, my family was the most influential in my life. As the youngest in my family, I've witnessed and learned from the mistakes and from the triumphs my parents and older brothers have committed. I became very competitive because I wanted to be better than older brothers in every way possible, especially in sports. Sports played a huge part in my cognitive development. I believe sports not only taught me how to win, but more importantly taught me how to handle losing. Sports have helped me develop the personality I have today, which is to be the person I could be by reaching my full potential. During this time of my life, my goal is to break through all my mental barriers.

Key Words: Family, Sports, older brothers, personality, and development

Within the last few years my family has had its conflicts with each other and at times it seemed that my family would be torn apart. As I gotten older, I've realized that friends can never be a substitute over family. I learned through thick and thin that I would always stand by my parents and brothers and I know they will always stand by me during hard times. What keeps my family strong is trust and having each other to hang out with.

My parents were both born in Mexicali, Mexico in the early 1960's. My Grandmother on my dad's sides was born in Mexicali and migrated to Hollister when my dad was 5 years old. My Grandmother worked in the Cannery for a few years to help out the family financially. My Grandmother was the mother of seven sons and two daughters. I've never really had a opportunity to have a conversation with my grandmother because she can only speak Spanish and I unfortunately can't speak Spanish. It's defiantly unfortunate that I'm not able to have a conversation with my Grandmother because I know she gets upset because she really doesn't know anything about me because we can't talk to each other. I'm also really interested in my family's history because there aren't a lot of light skinned Mexicans and I know she knows a lot about our

ancestry background. My Grandmother is a very laid back person and keeps to herself. My Grandmother is 86 years old and is still staying strong. My grandfather on my dad's side was a tall and outgoing man who was well respected by a lot of people in Mexicali for being generous and for having a lot of pride in his family. Antonio recognized the benefits of having these values and did his best to try to teach his seven sons and two daughters to treat people how you want to be treated, which my dad carried over to me and my brothers. My mother's family migrated to San Francisco when she was 1 year old. My mother grew up in a broken home after my Grandfather passed away on the mother side. My grandmother struggled to make the payments for her house, so she decided to take her three daughters and my great grandmother and move to Hollister. As a young teenager my mother and her two sisters had to work in the crop fields to help out with the families living expenses. The hardest challenge my mother had to face was when my grandmother remarried. My mother had many verbal and physical arguments with her stepfather and was forced by her mother to move out. This experience that my mom faced made her want to teach and raise her family to be united.

Sports play a huge part in my family because not only is playing sports fun, it also taught my brothers and I that we are not perfect, nor is anyone else. My brothers and I started playing sports at the age of 5 under the Hollister Recreation and the lessons we learned from playing sports such as discipline, respect, sportsmanship, and trust. My parents noticed the good change they saw in my oldest brother when they first put him in sports. They began to notice the mental strength and the toughness he began to develop. Ever since then, my parents kept my brothers and I in sports our whole life. As a family today, the main way we bond together is by watching our favorite sports, which is baseball and football. My

second oldest almost went pro in baseball. The furthest he went was semi pro baseball where he played with the Yuba-Sutter Gold Sox. As he was playing with the Yuba-Sutter Gold Sox, he was being scouted by the Tampa Bay Rays and the Chicago White Sox. Unfortunately he suffered an injury to his throwing arm and his arm wasn't as strong as it once was. My oldest brother is 6'1, 280 pound amateur power lifter and he currently holds the California state record in bench press for his weight class. The record stands at 547 pounds. My oldest brother has wanted to be power lifter ever since he was a little kid and his idol growing up was Arnold Schwarzenegger. He's currently Correctional officer at a federal prison.

As for me, I believe I did the best in sports out of my brothers, but they don't want to admit it. I started doing great in sports especially my varsity years in football and baseball. I was awarded 2nd team all league in baseball my junior and senior, helping my team win our conference both years. My senior in football I was given the coaches award, helping the football take 2nd in the CCS division 1 championship. Last year I played football here at Gavilan College and I suffered a knee injury during the season and had to sit out the year. As a hobby, I'm getting into power lifting and I signed up for a bench press competition on March 17th in Chico. I decided to take a break from sports and focus on school. I am currently taking 19 units in order to receive my AA degree Criminal Justice by the end of the semester. My career choice is to hopefully become a Correctional Office.

The moments that I enjoy the most with my family are playing on the same slow pitch softball team because it was something that I always wanted to do ever since I was a little kid. I also enjoy watching a football or a baseball with my family because football and baseball are the main sports that my family likes. The reason why is because my brothers and I started playing baseball at the age of 5

and then started playing Pop Warner football at the age of 7 and we all have in common the experience of playing football and baseball. My family and I also enjoy walking my dogs and taking them to the river. The funniest time I had well walking my dogs was when it was raining very lightly and my brothers and I decided to take the dogs to the river. When we arrived at the river, the weather wasn't cold but, the ground was wet and muddy. As usual my dogs started running around as soon as we let them go and at that time the river was full with water. When my dogs saw the water and jumped in right away and came out covered all over with mud. I thought that was hilarious and I couldn't stop laughing. We just figured that the dogs are already muddy and they were having fun too, so we got a stick and kept throwing it in the water and the kept running after it. That was the funniest time I had well walking my dogs.

My dream is to be successful in this world and to be able to look back and be proud of what I did and accomplished. Right now my goals are to overcome all of my mental bearriers.