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Birthday Cake for Breakfast

Sara Hunter's Winning Entry in the Boston Herald's Best Advice Contest for Father's Day



JUST DESSERTS: Sara Hunter takes the sweet advice of her father, Jack Hoagland, to heart. Photo by Michael Fein.

GRAND PRIZE WINNER: ▲ Sara Hunter, South Natick

Dad made us breakfast once in 1972. My mother was away one of the few nights during their 48-year marriage and the house felt decidedly strange. We arrived at the table to see a piece of my brother's day-old birthday cake at each place. "Sometimes birthday cake for breakfast is just the thing," Dad announced. Suddenly the emptiness we felt disappeared in the surprise, humor and unexpected pleasure of eating chocolate cake at seven o'clock in the morning. I've now successfully tested the effectiveness of the birthday cake theory through graduation, job changes and moves. In May, my father remarried after the impossible period since Mom's passing. When he told me this morning that he was eating wedding cake with his coffee, I smiled. Everything is going to be all right.