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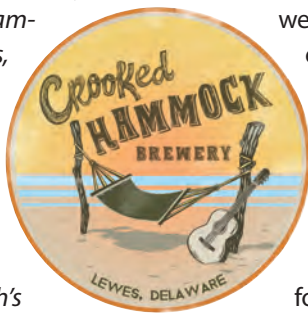
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Crooked Hammock Brewery

A dream come true for owner Richard Garrahan

In June of 2015, High Tide News had the pleasure of interviewing Rich Garrahan, the owner of the Crooked Hammock Brewery, 36707 Crooked Hammock Way in Lewes, DE. It was wonderful to be able to share Rich's excitement about his backyard beer garden! A year has gone by and Rich's dream has become a reality.



After spending a couple of summers here Rich quit his job in NY and moved to Rehoboth

thinking life was going to be boats and beaches, an escape from the city. But being in the restaurant business his hours were crazy, plus he started a family soon after he moved here... so he felt that the only time he could get that "beach escape" that he came to Rehoboth for was when he'd get home from work, crack open a beer and escape to his hammock on the back porch (which was crooked). So when he finally achieved his dream of **continued on page 2**

BETHANY'S
CHIEF
LITTLE
OWL
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By Sandie Gerken
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Your Future ...Realized

By Kathryn Cieniewicz, MSPT CAPS

When you think of your future right now, (go ahead and get that picture in your head), what do you think of? Are you on a beach sipping an iced latte, working a puzzle on the floor with a grandchild, or traveling extensively to exotic places?

life in a nursing home. Well, the future is coming and a lot of what it looks like depends on the decisions you make today. Seems pretty obvious right? But most people are not as intentional about these decisions as they could be.

Maybe you dream of simply sitting down and being able to watch Netflix for hours in that old recliner of yours (lol- we'll keep that one our little secret). You're probably not thinking of a future of pain, loss of movement, or

For instance, our future health can be painted by our genetic make-up BUT the majority of our status of health is a result of – yes, you guessed it, your choices! Okay.

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Your Future ...Realized, continued from page 1

So why am I talking about this. Well, I happen to be a Physical Therapist that loves people and specializes in future planning. And really, I love all people, but senior citizens are my absolute favorite to work with. I guess I enjoy the mutual beneficial relationship. I get to glean their wisdom and they get to glean my pain and torture (you did know that is what PT actually stands for right?). Actually, I am aware that most people may think of PT this way but I want to paint a new picture. Here is another obvious point but one worth noting- we are therapeutic for your physical being. When my husband thinks of the word "therapeutic" he thinks of mowing the grass; I think of a spa day. Some may think of healing. Well, what we do is promote and facilitate a therapeutic wellness in your physical body. This is kind of a big deal, especially as it relates

to your future. Your body, after all, is your temple, and what will get you on that beach, placing puzzle pieces, or walking around Tuscany. Because I love to dream about the future of my patients, I started a company that enhances lives with the science of Physical Therapy. I have had 13 wonderful years gaining experience with my favorite people. My team can help with specialized services like the OTAGO program, a clinically proven protocol to reduce fall risk. We incorporate specific exercises, neuromuscular re-education, and walking protocols that have been proven effective in improving independence. And for those who need rehabilitative services, but don't want to go to a clinical setting, we bring the therapy to you. This has many benefits. Think one on one care in the privacy of your home with no added expense. We also have a per-



Kathryn Cieniewicz, MSPT CAPS
from Aging in Place Specialists

son-centered approach. That means it is all about you. What are your future goals? Want to walk on the beach again? Let's meet at the beach and do it together. We build confidence with measurable goals and attainable outcomes.

The therapeutic help doesn't stop with you, but extends to your house as well. As Certified Aging in Place Specialists, we offer home design that cares about your future. I bet almost all of you who are reading this right now desire to stay in your own home as you get older. Like your health, the choices

you make about the structure and set up of your home environment will greatly affect your ability to live well in your home into the future. We take delight in removing barriers and installing independence.

Together, let's realize those wonderful future visions! The best is truly yet to come.

Kathryn Cieniewicz, MSPT CAPS from Aging in Place Specialists can be reached at 302-444-8318 or kathryn@aginginplacede.com. Serving Sussex County. Currently taking new clients.

The Crooked Hammock Brewery

opening his own restaurant he named it "Crooked Hammock" after his own beach escape.

He has now fulfilled his dream of building a family friendly restaurant in a location that is easy for people to get to. They don't have to deal with the downtown traffic or parking. It is located right off of Route 1.

When you are at the Crooked Hammock you have that beach escape feeling. There is a hidden beer garden in the back surrounded by a real cool screened porch, a stage for live music, a playground for kids.

It has an open floor plan so that if you are sitting at the bar you can see the brewery, the beer garden and the stage and the dining room with its tall ceilings and lots of glass.

There is a real Sussex County energy in what Rich and his crew are doing. **Crooked Hammock Brewery** has the feeling of sand in the toes, feet in the grass... playing some frisbee or cornhole, ...like the backyard of a beach house.



Rich Garrahan, Josh Grapski and Mitch Rosenfeld – Crooked Hammock Brewery Partners

The chef comes from Iron Hill Brewery and sous chef comes from *Nage* (Rehoboth) which has an exceptional reputation for serving great food. Rich worked with *Nage* for about 10 years and worked with **Josh Grapski**, the owner of *Nage*, for 3 years looking for the right location, hiring the right people and creating a unique and special hospitality experience.

Richard Stokes (designer of *Talulas Garden*, and *Fette Sau* restaurants) from

continued from page 1

Philadelphia, designed the restaurant. From the outside the **Crooked Hammock Brewery** looks like 3 separate buildings but on the inside it is all open and glass. This restaurant/brewery is a work of art embracing both the rural Sussex County and the beach.

The Brewery brews on a 7 barrel system, brewing beer for the restaurant and to go. They brew in small batches that can be seasonally specific, appropriate for the outdoors, the beach and the outdoor cookout. **Chris Wright** is the brewer and has brewed at Terrapin Brewery in Georgia and Heavy Seas Brewery in Baltimore. He has a Master's Degree in fermentation from Oregon State. All of the energy from the community and everyone involved this new brewery/

restaurant has made it an instant success. Residents of Sussex County are enjoying this unique year-round restaurant & brewery with its ability to craft unique beers & extraordinary beverages.

Live music all summer long

For more information about **Crooked Hammock Brewery** check out their complete menu at CrookedHammock.com and look for Crooked Hammock on YouTube! If you haven't experienced it yet, kick back, relax and have fun at the **Crooked Hammock Brewery** today!

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Editor: Judy Layman
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Please send correspondence to:

High Tide News
PO Box 870, Ocean View, DE 19970

Phone: **302-727-0390**
email: news@hightidenews.com
online: www.hightidenews.com
office: **118 Main Street Millsboro, DE 19966**

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Cocktails Curing Cancer to hold second annual event in Bethany Beach to support Beebe Healthcare Tunnell Cancer Center

Ocean View, DE- Cocktails Curing Cancer is pleased to announce its date for the second annual cocktail event in Bethany Beach taking place on Thursday, October 6, 2016 at Difebo's Restaurant on Garfield Parkway. The event takes place from 6:00 – 9:00 pm and includes heavy appetizers, live music, and great company. There will be a raffle and silent auction during the evening, as well as a signature cocktail where Difebo's will be donating a portion of the cost back to the charity. All proceeds from the event will support Beebe Healthcare's Tunnell Cancer Center.

The Board is also pleased to announce that Steen's Beach Service has joined the fight against cancer by becoming the Title Sponsor for Cocktails Curing Cancer's event. Established in 1957, Steen's Beach Service is a local business that offers beach-goers chairs and umbrella's to enjoy our beautiful beaches. More than that, the Steen family has been a part of the local Bethany community for over a century. Therefore, according to Paige Steen, "The decision to sponsor an organization whose funds stay within the community and directly impact friends and neighbors was an easy one. We are all impacted from this disease, and by supporting Cocktails Curing Cancer, we know we are part of the fight in a real way."



The Cocktails Curing Cancer board is comprised of Regina Ashcraft, Christine Bohner, Nancy Hoeflich, Alana Keeley, and led by Lisa Condon.

Starting the journey in 2008 in Burlington, Vermont; Cocktails Curing Cancer is a 501 (c) (3) whose mission is to aid in the fight against cancer, one cocktail at a time. They raise funds to support organizations who work to prevent and cure cancer, as well as those who offer services to support their caregivers. They accomplish their mission by hosting an annual Happy Hour event – with signature cocktails, a luxury lounge setting, great prizes and fabulous guests!

Upon moving to the Bethany Beach area from Burlington Vermont in October 2013, Lisa Condon worked with the organization to start its second chapter. The third Chapter in Atlanta, GA held their inaugural event in 2015. Condon, having lost her mother to lung cancer in September 2007 and her father to mesothelioma in December 2013, is focused on dedicating time, effort, and resources in finding a cure for cancer by partnering and supporting organizations that have the potential for great impact. This is why she initially reached out to the Beebe Medical Foundation. Thomas Protack, former Director of the Beebe Medical Foundation (Now VP of Development for Beebe Medical Foundation), then explained "We at Beebe are thrilled to have this great new partnership with Cocktails Curing Cancer. It is always a huge success when monies raised benefit our patients and families in Sussex County where people like to give where they live."

The mission at Beebe Healthcare's Tunnell Cancer Center is to provide both hope and cure. From diagnosis through treatment and beyond, the patients at Beebe's Cancer Center are never alone. Patients, nurses, and staff are there to listen, support, and encourage. Upon learning this about the Tunnell Cancer Center and understanding that funds stay in Sussex County, Condon felt like they were the right organization to support through the Cocktails Curing Cancer event. For more information about the Tunnell Cancer Center, please go to their website <https://www.beebehealthcare.org/tunnell-cancer-center>.

Tickets for the event are \$45 and can be purchased through EventBrite, the link is on their Facebook Page, Cocktails Curing Cancer - Bethany. You can also find out more information on the website at www.CocktailsCuringCancer.com or by emailing Lisa Condon at Lisa@RedSapphireConsulting.com.

All are invited!



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BETHANY'S

CHIEF LITTLE OWL

On the Trail of the Whispering Giants

By Sandie Gerken

You can't help but notice the towering wooden sculpture that stands as a proud sentinel at the entrance to downtown Bethany Beach. This is "Chief Little Owl", a 24 foot statue that was hand-carved by sculpture artist, Peter Toth and placed in honor of our indigenous Nanticoke Indian tribe. But, did you realize this statue stands as Delaware's representative of Toth's impressive body of work called the "Trail of the Whispering Giants"?

Chief Little Owl represents #22 of over 58 "Whispering Giants" carved by Peter Toth (rhymes with 'oath') over a span of 16 years, at least one in each state of our nation. Toth traveled throughout the US from 1972 through 1988, creating a statue wherever local officials would invite or allow him to carve. He and his wife supported themselves by doing odd jobs as they traveled the country. His ambitious project was a labor of love and tribute to the indigenous Native Americans of North America. He donated all of his labor, accepting only donations of the wooden logs from the local communities. He considered these "Whispering Giants" his gift to his adopted country.

Peter Toth is one of eleven children of a Hungarian immigrant family, who fled as refugees during the 1956 Soviet invasion of Hungary, where people were persecuted. His family home and land were seized. After spending two years in various refugee camps, his family came to the U.S. and settled in Akron, Ohio.

Although he studied art briefly in college, he learned how to carve from his father. He uses only carving tools and a heavy mallet in his work.

Toth maintains that the giant statues are NOT totem poles, as not all Native Americans made totems. He insists they are his concepts of the Indians of the area where he places statues. He studied the native peoples of each state and visualized an Indian within the log he was given to carve. His reverent process was to intertwine the spirit of the Indian with the spirit of the tree.

This fascinating odyssey began in 1972 when Toth, then 24, was visiting California. He sculpted a 6-foot Indian head into a sandstone cliff at the Windandsea Beach near La Jolla. The process took several months. Statue #1 is sadly no longer visible, having suffered from vandalism and weather erosion. But, the mission to carve statues to honor the Native Americans was born there. Toth had developed a keen interest in North American native culture. Spiritually, he identified. He saw a parallel in the Indians' plight with the Soviet violent injustices in his native Hungary. His empathy with the Trail of Tears led to his vision of the "Trail of the Whispering Giants".

Originally, Toth had chosen Rehoboth Beach as the Delaware locale. But, agreement could not be reached regarding the placement of the statue. Toth requires that his statues be placed in highly visible

sites as places of tribute, but also to minimize the danger of vandalism. Bethany Beach was chosen for the giant statue as its welcoming landmark.

Bethany's "Whispering Giant" is actually the third incarnation of this tribute to the Nanticoke. Carved from a giant poplar log donated by Jones Lumber of Snow Hill, MD, the original Toth statue was placed there on December 1, 1976. It was named for Chief Little Owl, Charles Cullen Clark, II, head of the Nanticoke Indian Association from 1928 until his death in 1971. The Indian head resembling the old chief, enfolded in the wings of a north-facing eagle, was meant to embody the spirit of the tribe. A 1992 nor'easter left Chief Little Owl leaning and it was determined that an internal termite infestation had irreparably destroyed the carving. The remains are now on display in the Nanticoke Indian Museum east of Millsboro.

In the summer of 1993, the town allocated funds and commissioned Dennis Beach, a power tool carver from Wapwallopen, PA to create the second Chief Little Owl to sit at the entrance to Garfield Parkway. This replica, made from white oak, was dedicated on May 4, 1994. Only six years later, storms and termites again took their toll. Advanced decay forced the removal of this incarnation in 2000. On the site of the giant statue a commemorative sign with an image of Chief Little Owl sat alone for two years until the current, third statue was carved by Peter Toth and placed on the existing concrete pedestal in 2002.

After the second statue was removed, members of the Bethany-Fenwick Chamber of Commerce feared that the town was going to place something different on the site. A petition was circulated to have a new statue created. A committee was formed and they contacted the original sculptor, Peter Toth in Florida. He agreed to carve a new statue. It was determined that Pacific red cedar would be a suitable, durable wood. Toth, himself, traveled to Alaska to choose a giant log, which was shipped to his Florida studio for carving. Once completed, it was transported to Bethany Beach and erected on July 12, 2002.

At the July 15, 2002 dedication of the third Chief Little Owl, the old chief's grandson, Charles C. Clark, IV (also called Little Owl) blessed the sculpture with a

traditional Nanticoke prayer, song, and tobacco ceremony. Clark expressed his gratitude to Peter Toth in creating the giant statues that promote unity among all people. The then state senator, George H. Bunting remarked "It's a landmark that says 'you're in Bethany!' ". Toth, himself spoke at the dedication, remarking that the red cedar landmark is expected to last between 50 to 100 years.

Currently, Peter Toth lives near his Edgewater, Florida studio. His "Trail of Whispering Giants" is an ongoing project. He travels America to repair statues that have been damaged as well as finding new places in the world to create more. He has been called a sculpting "Johnny Appleseed".

Toth considers the "Whispering Giants" as his life's work. He has expanded his project to include statues in Canada and Europe and has carved over 75 giants to date, all donated and in tribute to the indigenous people of those areas. The Smithsonian has recognized his sculptures as a significant body of work of artistic achievement. Toth has written a book entitled Indian Giver about his project.

It's amazing how many beautiful and inspiring treasures we have here in Sussex County. Next time, you go to Bethany Beach, give a nod to the giant icon that watches over and welcomes locals and guests to the beach.

Author's note: Hopefully, you will also go visit Ocean City's giant oak statue by Toth that honors the Assateague tribe. He stands on S. 2nd Street, overlooking the Inlet. To view all of America's Peter Toth tributes, goggle "Trail of the Whispering Giants" and enjoy!

Author, Sandie Gerken lives in Dagsboro, DE. As a native Sussex Countian, local history is one of her passions. Retired now, she devotes her time to genealogy research (her greatest passion since 1978), watercolor painting, grandchildren, soccer for kids with disabilities, books, and things creative and historical. She recently authored the book Memories of the Clayton Theatre as a fundraiser to help the Clayton go digital. She is now exploring her writing skills with local history articles for High Tide News.



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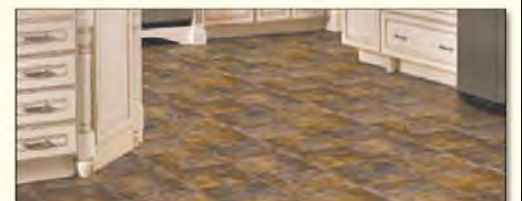
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As the Election HEATS Up

By Vincent Paez

Normally, I focus my articles on travel and adventure. I hope you have enjoyed my tales of weird happenings and interesting situations as I have traveled the world. I am writing this article from Amsterdam, Holland, and the people here are amazed at the infighting we have over the presidential election. As things heat up, I'm compelled to offer words from someone who has lived on four continents and has spent much of his life away from his beloved country, the United States of America. What we are going through is all part of the election process, which was set up many years ago. It seems to have worked for years, so we should have confidence that, over time, it will continue to work well. The fascinating primaries of both parties have been more entertaining than most other election years. I understand that many previous elections in the last two hundred years were equally entertaining with accusations of criminal activity, marital infidelity and other dirt thrown all over the campaigns. Even John Adams and Andrew Jackson had to suffer through such mud-slinging. So I consider it part of the process.

Whether we are enamored with the tough talk of Trump or the compassion of Hillary, we all need to remember, that we are all Americans. Before we resort to divisive hatred of the person down the street because she has the

Author, **Vincent Paez** is a chemist and international businessman. He has a B.S. in Chemistry from Stony Brook University and an M.B.A. from UCLA. He speaks five languages and has lived/worked on four continents for three Fortune 500 companies. He is also a passionate musician and loves the music scene, especially in the Ocean City area. He lives in Massachusetts and spends much time in Ocean City. He has two sons attending Florida State University. ...

"Go 'Noles!" He is married to a wonderful girl from Iowa, Sherri.



Trump sign on her front lawn and before we make judgement of the coworker who expresses her support for Hillary, let's all remember that we are trying to make the best decision for our country, and that we all have respectable opinions. We should be having intelligent debates, and respect each other, even if one has only a feeling for whom he/she should vote.

In some of the countries I have lived in or visited, there are no elections. The dictator or ruling party basically decides the future of the country and one, as a citizen, needs to accept it. No disagreement, no vote allowed. How fortunate are we to actually express our will to change things through a vote! We should remember this every time we place our ballot.

I have been seeing a lot of hatred and energy spent at rallies and at barbecue parties over the election. Before we all pass judgement on people at the party or at the supermarket, let's all remember that most of our energy should be used on fighting against the bad guys, and I'm not referring to democrats, republicans, the LGBT community, Whites, Blacks, Hispanics, Asians, or any other creed. I'm referring to the terrorists, who are currently planning to end our free way of life. Believe me, if you were lost in a country, or, heaven forbid, if you were in trouble in that country where no one speaks English, and you found a fellow American, you would not care if he or she were Black or White or Gay or old or young. It would be a pleasure to find a fellow citizen.

Perhaps I see things too globally. But when I am with friends and we disagree on politics (which occurs frequently), I always remember that I am talking with fellow Americans, not ISIS.

Appreciate what you have and the great country you are in. Place your vote. Be grateful, and don't hate the neighbor who voted differently.

OPERATION SEAS THE DAY (OSTD) 4th Annual Warrior Beach Week will be September 6 through September 11, 2016!

Bethany Beach will host 25 VIF's (Very Important Families) for a well-deserved week of rest, relaxation and fun! In addition, 5 'Alumni' families from 2015 will return to assist with this year's event. We are thankful to the local home owners who generously donate their homes to the Veteran families and caregivers. The Warrior Families will be provided the resources to experience the BEST of Bethany and surrounding attractions.

Plans are underway for organized events including a kick-off welcome reception, a beach bonfire/cookout, a concert at Freeman Stage and a farewell brunch. Local businesses and area residents continue to add to the 'menu' of activities and excursions, all of which are exclusively available to the VIF's, free of charge.

Some ways the community can get involved now are:

- Look for **OSTD float** in Bethany Beach's 4th of July parade.
- **WELCOME HOME MOTORCADE** – Friday 9/9, line the streets, wave the American flag and thank these brave American heroes. Transporting Warrior Families from Sea Colony to Bayside/Freeman Stage beginning at 5 p.m.
- **Freeman Stage Concert** in honor of the VIF's (Very Important Families) 9/9 – open to the public – tickets still on sale 'Bruce in the USA' concert – <http://freemanstage.org>.
- **Poster Pal Program** available during June and July on Sundays across from the Bethany Beach Farmers Market. Community and visitors can make posters welcoming and thanking Warrior Families.
- Pick up your **2016 Official OSTD Merchandise** on sale at various locations:
 - **Bethany Fine Arts** -located in downtown Bethany Beach at 106 Garfield - #6
 - **Bethany Beach Farmer's Market** – Sundays through the end of July
 - **Sea Colony Beach Shoppe** - Sea Colony Marketplace on Route 1
 - **WSFS Bank** at 69 Atlantic Avenue (Route 26), Ocean View

Operation SEAs the Day is a locally founded and implemented event supported by the local Community. It is important reinforce that no salaries or other compensation for work is paid to any Board Member, Officer or Committee member of OSTD. All fund raising for OSTD Warrior Beach Week is done at no cost by local, unpaid volunteers. OSTD is a Bethany Beach local 501.3c.

Operation SEAs The Day is small town America not forgetting and giving back to brave American Heroes and their families.

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Emma Payne joins more than 16,000 real estate professionals in North America who have earned the SRES® designation. All were required to successfully complete a comprehensive course in understanding the needs, considerations, and goals of real estate buyers and sellers aged 55 and older.

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ARE YOUR TIRES PROPERLY INFLATED?

By John J. Meggiolaro

One caution that is contained in every automobile owner's manual is the caveat of maintaining proper air pressure in each of the vehicle's tires. Tires that are not properly inflated can wear more quickly, promote a less than smooth ride and can lead to a dangerous loss of control.

To help prevent this, car owners are often encouraged to purchase a tire gauge. A tire gauge is a rather simple, inexpensive device that is placed onto the tire's air nozzle. Once applied, a slide-rule like measuring stick releases from the bottom of the gauge identifying the amount of air pressure currently in the tire. All in all, a tire gauge is a highly effective and valuable tool to have on hand.

Unfortunately, there is no tire-like gauge for our other two tires. The tires I am speaking about are our "life tires". These are the tires that make-up your personal and your professional life. Think of it much like a bicycle. You have two wheels or tires that form the essence of the cycling experience. The mechanics require that both tires work in sync. Yet, if one or both are not properly inflated, your ride could be less than enjoyable and quite possibly very dangerous. The same is true for our life tires. If one or both are not properly "inflated" there is a strong likelihood that life's journey will be less satisfying and more likely fraught with potentially serious consequences.

Your personal and professional life tires each come with spokes that are designed to provide stability and value to your day-to-day journey. Your personal tire spokes might well include your financial, mental, physical and social well-being in addition to family status. Also included could be your sense of ethics and beliefs. Your professional tire spokes might touch on such key aspects as your people skills, sales/influencing skills, time management and ability to be productive. Similar in design to the bicycle, both life tires and their respective spokes must be properly maintained if you want to truly maximize your ride through life.

All of us have worked with or for someone who has brought some particular aspect of an under inflated personal tire into the work environment. Under inflated personal tire people tend to be seen as grouchy, irritable and short-tempered while using a loud tone of voice and employing a short span of attention. Similarly, under inflated professional tire people might be known to be quiet, brooding, absorbed, uninterested in family matters or considered workaholics.

So how do you check to see if your life tires are properly inflated? Probably the best and most effective approach includes employing one of more of the following steps: [1] ask yourself if you are truly satisfied with your current personal and professional worlds, [2] honestly assess whether you are able to separate your personal and professional lives (i.e. not carry poor or negative behaviors from one aspect of your life into the other), and [3] seek out trustworthy feedback from people in your professional and personal lives that can help you obtain an objective assessment.

If the answer found in steps 1 and 2 is "no" and this is validated by feedback as recommended in step 3, then it is quite likely that the time has come to find some help that will lead to pumping up your tires.

There is certainly any number of resources that could be utilized. Some people have found self-help books to be useful, others have sought out professional psychiatric or marriage counseling, while still others have turned to religion as their guiding source for comfort and contentment. Each has its merits and may be viable options depending on the severity of one's situation.

Another way to inflate your life tires is to seek out the help of a professional coach. This is an individual that has been trained to focus on your needs, wants and desires and to help guide you through a formal process of renewed discovery. Devoid of criticism, a developmental coach or life coach can serve as your alter ego, the "ying to your yang" by helping you rediscover what is important for you in order to be happy and satisfied. More importantly, it can be a life-altering experience built around a relationship that has only you in mind.

Simply put, a coach can be the gauge for your life's tires.

John Meggiolaro is the Managing Partner of The Travid Group, a professional development consulting firm in Millsboro, DE. John can be reached at jmegg@thetravidgroup.com

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contrary, it is **through** the hardships and stress that make a person resilient. *"Be strong and brave! Don't be afraid and don't panic, for I, the LORD your God, am with you in all you do."* Joshua 1:9

Being resilient does not mean we won't experience difficulty or stress. In fact, emotional pain, sadness, and grief are the very touchstones that make us who we are. Our

By Nancy Hendrickson

response to such life lessons is what makes us either hard or pliable. *"Yet you, LORD, are our Father. We are the clay, You are the potter; we are all the work of your hand."* Isaiah 64:8

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