

Dragon Boat Paddle Becomes Work of Art

How long does it take to create a tradition? Battle In The Bay Dragon Boat Festival organizers believe that they're on to something that no other dragon boat event does but may be inspired to replicate.

"The wooden paddles used by recreational teams

This year's paddle art, by Julie Elkins, features a sculpture, adhered to the paddle, of a fierce dragon rising from a bed of barnacles amidst a towering wave of water. According to the Chinese astrological calendar this is the Year of the Water Dragon which served as a



during practice sessions and races get pretty beat up over time," explained Karen Bowers, event director. "So why not take these decommissioned paddles and have a local artist turn them into something useful again?" Last year debuted two paddles transformed by the signature style of Key West's Lady Outrageous, known for her colorful, whimsical conversions of bicycles into Conch Cruisers.

source of inspiration for her work of art. See more of Julie's creations and read about her incredible 81-day journey to the Florida Keys from Richmond, Virginia to Key West in a 16-foot canoe at www.gaptoothstudios.com.

Pan American Dragon Boat Association, race officials and providers of the boats and equipment for Battle In The Bay trade the beat up paddle for a handful of raffle

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Seafood Brunch on Easter

Sunday, April 8 from 11 a.m. - 2 p.m.

Shrimp, Alaskan Crab Legs, Fish, Ham, Steamship Roast Beef, Omelet Station, Bacon, Sausage, Home fried Potatoes, Salads, Bagels, Pastries, and a free Mimosa with Brunch, \$23.95.

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Acknowledging Our Pain Rescuing the Rescuer

Some people seem called to help others, often from very early on in their childhoods, responding to the needs of family members, strangers, or animals with a selflessness that is impressive. Often, these people appear to have very few needs of their own, and the focus of their lives is on rescuing, helping, and healing others. While there are a few people who are truly able to sustain this completely giving lifestyle, the vast majority has needs that lie beneath the surface, unmet and often unseen. In these cases, their motivation to help others may be an extension of a deep desire to heal a wounded part of themselves that is starving for the kind of love and attention they dole out to those around them on a daily basis. For any number of reasons, they are unable to give themselves the love they need and so they give it to others. This does not mean that they are not meant to be helping others, but it does mean that they would do well to turn some of that helping energy with! in.

play them out in their relationships with others, drawn to those who need them and often unable to acknowledge their own needs or get them met. In the worst-case scenario, they enable the other person's dilemma by not knowing when to stop playing the rescuer and allow the person to figure it out on their own. However, if the rescuer finds the strength to turn within and face the needy aspects of their own psyche, he or she can become a model of empowerment and a true source of healing in the world. Some signs that you or someone you love may need to rescue the rescuer within are inner burnout from overgiving; underlying resentment; an inability to admit to having needs of one's own; and an unwillingness to be vulnerable. Help comes when we allow ourselves to admit we need it, acknowledging our humanity and our wholeness by acknowledging our pain. The understanding we gain in the process will naturally inform and inspire our ability to help those in need to do the same.

One problem with the rescuer model is that the individual can get stuck in the role, always living in crisis mode at the expense of inner peace and personal growth. Until the person resolves their own inner dramas, they



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