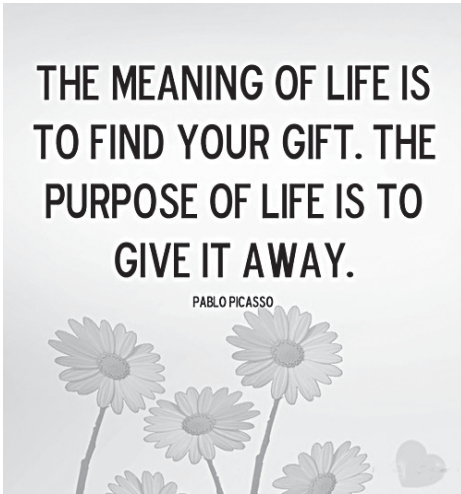


One-Sided Relationships

A Question of Balance

Relationships can become out of balance and one-sided if we don't occasionally check in with each other.

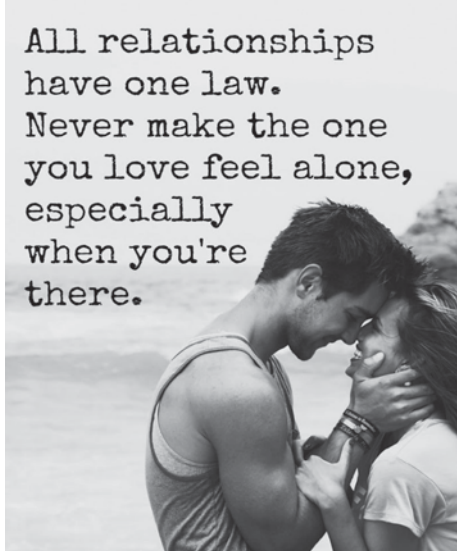


One of the most beautiful qualities of an intimate relationship is the give and take of energy that occurs between two people. In the best-case scenario, both people share the talking and listening, and the giving and receiving of support, equally. Occasionally, within any relationship, the balance shifts and one person needs to listen more, or give more. Generally, over a long period of time, even this exception will take on a balanced rhythm; we all go through times when we take more and times when we give more.

However, there are also relationships in which the balance has always felt one-sided. You may have a friend whom you like, but you have begun to notice that the conversation is always about their life and their problems and never about yours. You may also have a friend who seems to require an inordinate amount of support from you but who is unable or unwilling to give much in return. Over time, these relationships can be draining and unsatisfying.

One option is simply to end the relationship, or let it fade out naturally. Another option is to communicate to your friend that you would like to create a more equal balance in which your concerns also get some airtime. They may be taken aback at first, but if they are able to hear you, your friendship will become that much more sincere. They may even thank you for revealing a pattern that is probably sabotaging more than one relationship in their life.

A third option is to simply accept the relationship as it is. There are many one-sided relationships that actually work. One example of this is a mentor relationship in which you are learning from someone. Another example is a relationship in which you are helping someone who is sick, disabled, or otherwise needy. In these instances, you can simply be grateful that you are able to help and be helped, trusting that the balance of give and take will even out in the big picture of your life.



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27th Annual Capt. Al Flutie Over The Hill Rip-Off Sailfish Tournament

The founding fathers of the OVER THE HILL RIP-OFF, Capt. Al, Dick Sheppard, Capt. Socko Gorenflo, Rip Tosun, and all of those who have participated in this event over the past twenty-six years have so much to be proud of! Good things often come from humble beginnings, and this tournament certainly reflects that old and trusted adage. This little one-day fishing tournament has raised \$440,000, contributing generously to helping those in Monroe County by contributing to "Catch the Cure for Cystic Fibrosis" and providing financial assistance to Monroe Association of ReMARCable Citizens.

The good news... if you're over fifty, you are eligible to compete for trophies and prizes in the OVER THE



Capt. Joey Hendrix & team, 2nd place in the 2011 tournament. Photo: Bud 'n' Mary's.

HILL tournament. The bad news, of course, is that you're over fifty! Final registration begins at 6 PM on Monday, January 18, 2016, immediately followed by the Kick-Off Party and Captain's meeting to review tournament rules and regulations. Fishing takes place all day on

Tuesday, followed by cocktails and our gala Awards Banquet starting at 6 PM that evening.

This is the only sailfish competition in the world dedicated to anglers fifty years of age or older. Headquartered at the world-famous Ocean View Inn &

Sports Pub in Islamorada, owner Gary Dunn and general manager Larz Tatro make this annual event a huge hit with amazing food, generous cocktails, exceptional hospitality and a wonderful silent auction and raffle.

Expect to see lots of familiar faces, because all of us "old folks" involved in years past will be back for more fun, festivities and fish stories. Pasta Pantaleo's trophies will grace our awards table, and there will be a collection of outstanding items in our live and silent auctions.

Please join us for a wonderful tribute to the founding fathers and the financial support the tournament provides to vital organizations in our local community. Good fishing, be well, and we look forward to seeing you again this coming year!

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