



Nicholas Mahan

### A True Lifeguard

One person who always kept me going and always kept me trying my best not just at the beach but also in life is coach Cary Epstein. Coach Cary is the kind of lifeguard and person I want to be when I grow up. He never gives up on someone if they are having trouble getting out of the water. He is not the person who will scream at you if you make a mistake or do something wrong. Cary won't throw me his buoy unless I'm really in trouble or I need to be out of the water.

One day the waves were HUGE at the beach and we were in the water with our green rescue cans and I was the last one trying to get out of the water and I expected Cary to just give up on me and pull me back in, but he didn't. What he did do was encourage me to keep going, getting under the waves by helping me through every step of the way being there at my side when I needed him. That day I got drifted by the sweep and got hit by waves ten times my size. But there was one thing I learned and that is that Cary is a true lifeguard.

I remember my first paddle-boarding I stunk. But Cary wouldn't say it he just helped by getting me back on my feet, or should I say my stomach! He was always by my side and that's all it takes.

In this program I have fallen down so many times, but the way I see it is the only reason we fall is to get back up and try again with more effort and experience.