

## Local Martial Arts Show the Way to a Better Life

by: James Lacey

My mind used to be like a vacuum cleaner, constantly sucking up neat gadgets and material things. Money constantly burned a hole in my pocket as I tried to fill my spiritual emptiness with material possessions. Through discipline installed in my martial arts training I gradually gave up these un-



necessary toys to discover the essence of the material which was spiritual. I was able to understand the vast richness of personal religious experience; that real life for me was a spiraling inward journey of the unfolding of love, peace and harmony.

My distorted values of wealth and power gave way to humility and an appreciation of the simple things in life. What price could I put on a smile from the heart, peaceful music or the ability to live free in the moment; to enjoy the wonders of nature all around me and appreciate my birth right as an American?

The drug scene had plagued my life with five years behind bars and seventeen years on parole. Indeed martial arts helped me to realize my depen-

dence on crutches and gave me new confidence in myself to be myself.

I never knew what it was like to finish something I started. I was the world's greatest rationalizer. I lived on the defensive; life owed me a living and lazy became my last name. Always thinking of me first I was very insensitive to the need of others. Learning that it is better to give than receive has been a most valuable lesson for me.

While it is necessary that we as



members of society work to insure the basics of food, shelter, clothing and medical care, let us not forget nor neglect the fact that we each possess a magnificent and unique personality with creative potential that needs to be expressed and shared. It is my hope that you will give serious thought to joining us at the Academy of Martial Arts. Come gather and experience for yourself the many advantages to be derived from the discipline of martial arts.

Here at the Academy of Martial Arts in Ocean Beach, one is able to attend classes on a flexible schedule with a regular job. Martial arts training is designed for men and women of all ages as well as children as young as three years.

## "TUPPERWARE ON THE ROCKS"

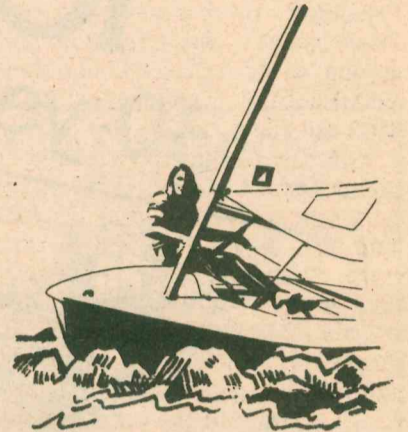
by: Harry Nieuwsma and Brian Welker

It was one of those overcast Mondays that made you wish you had something else to do. My friend and I were on our way to La Playa to check out a job when we spotted this sailboat pretty close to shore at no surf. At a glance we could see there was a problem. The main sail was half up, lines dangled from the top of the mast and the rudder was tilted and flopping. We stopped, hoping to find out what was happening. The only thing we were able to determine was that the 25 ft. sloop was abandoned, it was only a matter of minutes before the boat would be washed against the rocks. Two surfers were donning wetsuits and talking about salvage rights. I knew two men wouldn't be enough to keep the boat off the rocks, but we had to hurry to the rescue because a wave had already set her keel on the rocks and she was listing.

We ran down the cliffs and waded into the water fully clothed. The two guys in wetsuits reached the boat first but could do little to keep each wave from pushing the boat a few more inches into the rocks. We had to turn the sailboat 180 degrees about, into the pounding waves. Other people joined us. As the waves lifted the boat we inched her seaward.

Brian scrambled aboard and found a couple of oars. We were now in water over our head. We found it impossible to hold her against the breakers from

outside the boat. When we all climbed aboard she started moving back to shore. Then she slammed into the rocks again. We were so busy keeping the bow seaward and the keel off the rocks we didn't notice the lifeguard on his surfboard hooking a line to the bow. That guy, almost by himself, kept the sailboat pointed into the



waves. Brian found an anchor and that saved the day. He was able to hold the boat away from the rocks until the Harbor Patrol got their boat into position.

The feeling of accomplishment was overwhelming. She was underway again. All of us had saved the boat. Working, six or seven individuals together did something worth while. It felt good sailing the boat back into Mission Bay with the assistance of Mission Bay Harbor Patrol.

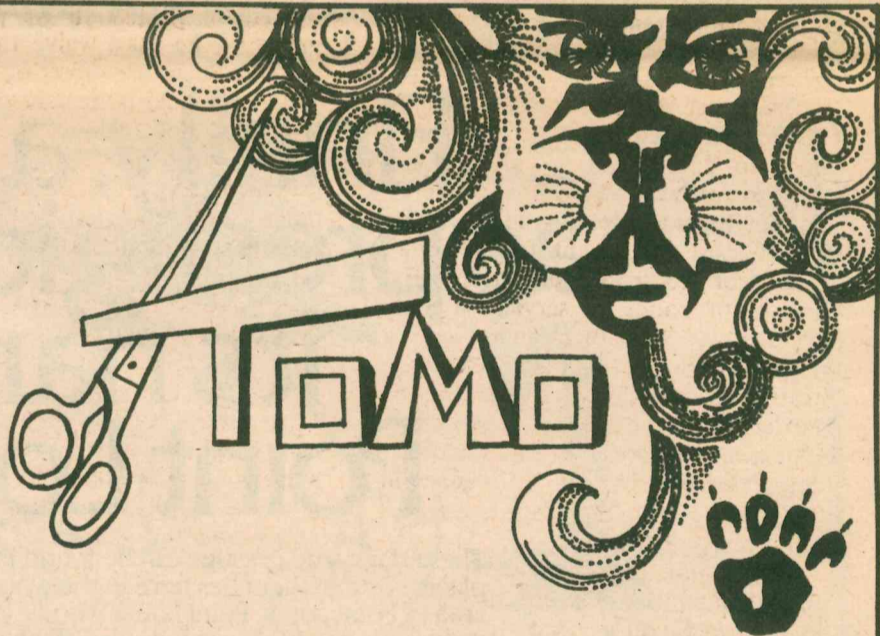
## "A WOMAN OWES IT TO HERSELF TO LOOK BEAUTIFUL"



MICHAEL'S HAIR FASHIONS  
1853 BACON STREET



"I SEEK TO CREATE THE INDIVIDUAL 'TOMO' LOOK."



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