

# FullContact

A Monthly Publication of LifeForce Karate & Fitness

## MISSED OPPORTUNITIES

A group of men were on their way to a distant land. After a day of travel through a strange country, the weary group came upon a small, tree-lined valley with a trickle of a stream flowing through it. Seeing that this was a pleasant, safe place, they decided to set up camp and spend the night there. Most of the stream bed was dry, but there was just enough water to take care of their needs.

As night began to approach, the men rested around a fire and began to prepare their evening meal. Suddenly, a voice resounded above them through the surrounding darkness, "All of you! Take a handful of pebbles from the riverbed. They will make you both glad and sorry."

It was a very puzzling command, but after a quick discussion, the men obeyed. Not wanting any evil to befall them for disobeying, each one scooped up a handful of pebbles and dropped them into their pockets. They then settled into a restless slumber.

As dawn appeared the next morning, the men hastily broke camp and left the curious little valley. When they paused to rest in the middle of the day, they discovered that the pebbles they had picked up the night before had become rubies, diamonds and other precious gems. It was then that one of the men recalled what the voice from the valley had said, "They will make you both glad and sorry."

## lifeline

### Words of Wisdom

*"A true friend is the greatest of all blessings, and that which we take the least care to acquire."*

— Francois De La Rochefoucauld

The men understood. They were both glad that they had taken the pebbles, but were sorry they had not taken more.

As we travel through the journey of our life, time teaches us the same lesson about friends. Toward the end of our journey, people think back and are glad that they 'picked up' a few friends along the way, but feel sorry that they did not pick up a few more.

Our friends are the real jewels in life. No matter what your trouble is, your true friends will be your advocate before they will be your judge. They multiply your joy and happiness and divide your sorrow and pain. No matter how poor you are in material things, you are the richest person alive if you have friends.

As you proceed on your journey of life, pick up all the 'pebbles' that you can carry.





KIDS ZONE

# Kickin' Kids Korner

## Optical Illusion

This is not an easy optical illusion. It was created by American wildlife artist Rusty Rust and it shows a huge Bengal tiger standing in a bamboo forest. Your mission now is to look for "The Hidden Tiger" in the image below. Where is the hidden tiger? Once you see it, it seems so obvious.

*(Don't peek. See the answer below.)*



The Hidden Tiger Illusion Answer: The hidden tiger can be found in the tiger's stripes: they spell — THE HIDDEN TIGER.

## RIDDLES

1. What vehicle is spelled the same backwards and forwards?
2. What building has the most stories?
3. How many animals did Moses take on the Ark?
4. Why is it against the law for a man living in North Carolina to be buried in South Carolina?
5. What is as light as a feather, but even the strongest man cannot hold it more than a few minutes?

Answers: 1. Racecar; 2. The library; 3. None; it was Noah; 4. Because he's still living; 5. His breath.

# FITNESS and HEALTH

## BALANCING YOUR STRESS



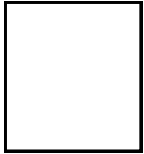
Contrary to common belief, not all stress is bad. Stress is the body's response to any change in its inner or outer environment. We expect to have stress from things like getting a poor grade on a test, or getting fired from a job. But even good things like winning a lot of money in the Lottery or a new baby in the family can cause stress.

Stress is as much a part of life as eating and breathing. The key to living well with life's stressful moments is making sure there are enough periods of relaxation to balance out the periods of stress. When confronted with one stressful event after another with no time to relax in between, the accumulated stress will negatively affect our physical and mental well-being.

Common symptoms of too much stress and not enough relaxation include: Fatigue, Sleeplessness, Irritability, Anxiety, Depression, Change of appetite (eating more or less), Headache, Backache, Negative Attitude, Feeling Out of Control, Poor Concentration, Losing Your Temper.

At LifeForce Karate & Fitness, our programs are designed to not only help you stay fit, but to help reduce stress as well. If you have quite a few symptoms, you may need more than simple relaxation or exercise. Consider asking a professional counselor for help to identify and bring into balance the stress affecting your life.





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