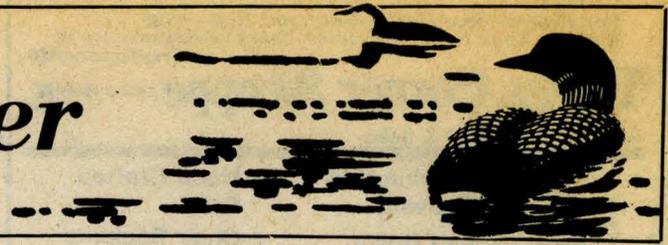


# Kelly's Corner

by Jan Kelly



Provincetown looks more like Africa with all these brown-leaved post-hurricane trees. Gardens were destroyed and grass was slicked down like a *Vaseline* Valentino hairdo. Nothing that survived seems to be able to reverse its direction. It's all leaning in the direction that a southwest wind would blow. The leaves are so tired they may drop off before they can bend back. We were lucky. Trees, their limbs, gardens, roofs and windows were damaged but nobody was hurt. Within hours it was our languorous Cape Cod again. We could get out, pick up the branches, rake the leaves and wash the salt off our windows within hours as if nothing had happened, a conversational point, a comparison of war stories. Carol D'Amico said the hair rose on her arms as she continued listening to the storm results. So she packed up yogurt, carrots, etc. and daughter Simone to the elementary school. As she fetched seven year old Simone from the passenger seat and slammed the car door simultaneously, a loud unfamiliar sound startled them. The cinder block wall of the "under construction" gym collapsed. Carol felt like Oedipus. In the avoidance of the tragedy, was headlong into it.

Monarchs are drifting through our skies southward bound. Seems such a long flight for such fragile creatures. Nothing fragile about their sense of direction. They unerringly fly south to Mexico, southern California and Florida, 2000 or more miles from Canada and northern United States. One stop the Monarchs have in large groups, like a bee swarm, is Pacific City, California. The second Saturday in October is dedicated to the Monarch butterfly which in overabundant numbers rests on limbs of trees so that they look like leaves. Pines are their favorite, but they'll light on any friendly surface in town. There are parades of costumed butterfly fanciers, prizes and celebrations all day and night hosting the Monarchs and visitors from all over California. Vladimir Nabokov would enjoy this celebration, being a Lepidopterist. It's true, the Monarch is not

rare but is no less beautiful or interesting because of its vast numbers. It is also called the milkweed butterfly in America, but under various Latin names well-argued, they are found also in the Canary Islands, the Azores, and the Pacific Islands as well. We can presume they did not originate there, nor arrive unassisted. Enjoy the fall migration, the sailing, the fanning wings are frequent, quiet and friendly. The return migration to the north in the Spring will be more singly operated and may go unnoticed. Indian Summer calmness accompanies the creatures; their color and velocity matches the season.

You can still swim though it's October. It's more of

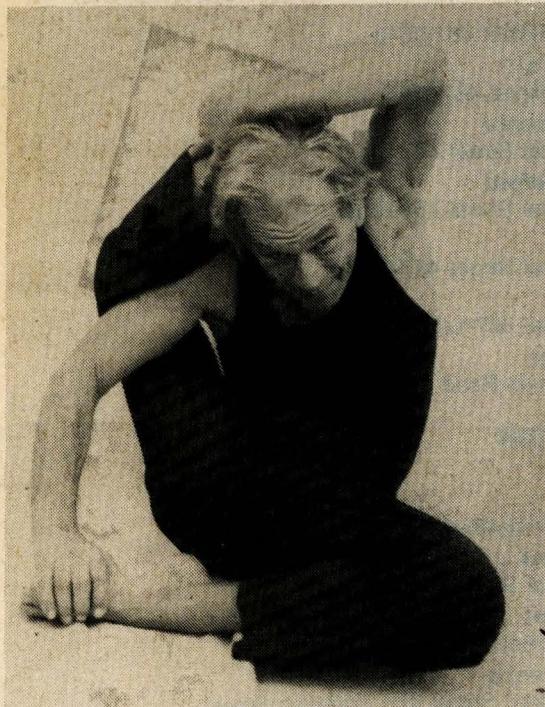
a brisk matter now, towel close at hand at exit, but it's invigorating. One other factor which makes it different from summer is the coloration of your view as you swim. I like to swim off the marsh side of the breakwater at the Provincetown Inn when it's high tide. The view is unrivaled in the world. Many spots may be as beautiful in their own way, but none more beautiful than the Moors. The grass color changes daily and what may look like one odd shade is a composite of so many shades in the grass. The same photosynthesis process takes place in the leaves of the trees. The shortening of the hours of daylight triggers the chemistry of the plants to make less chlorophyll, less green. The days get shorter and the process goes on until the leaves lose strength and drop. The grass arrests at one point and remains through all seasons as a haven for birds, and banking estuaries for crabs, periwinkles and smaller shellfish to inhabit. Besides the physical beauty of this spot, the water is usually warmer. It's sheltered and the flats gather and retain the sun's heat on the low tide. There's always good company on the rocks of the breakwater, visitors and regulars. The "ol swimmin' hole" atmosphere prevails.

Well, you can't swim all winter, outdoors anyway and if you still are undecided as to your winter exercise regime, the Community Center can offer you several opportunities. One is to join the Indo-American Karate School. Owner and instructor Barbara Niggel is an internationally recognized teacher and performer of the art of Poekoelan, which is an Indonesian martial art. Goeroe Willy Wetzels is the founder and was chief instructor of the art. Half Indonesian and half Dutch, he left his native Indonesia in 1956 to carry his



Barbara Niggel, Karate Champ

art to America. He held a Ninth Degree Black Belt, Golden Dragon and was recognized as a Master. Barbara Niggel studied with Goeroe Willy Wetzal at his school in Beaver Falls, Pennsylvania. In her 20 year career (Barbara looks 18, she's in such condition), Barbara has been the Ohio State representative for the United States Karate Association. She has received more than 450 awards including nine grand national Women's Karate championships. She is the current International Women's Karate Champion from the USKA World Games, held in Caracas, Venezuela. She is one of only 5 females elected to the 1975 edition of Who's Who in the Martial Arts. She was also elected to the 1982, 83, & 84 editions. Barbara was also commissioned by General Electric to teach and demonstrate her Karate skills in Montego Bay, Jamaica, 1973, and again at Lake Placid, N.Y., in 1974. She is currently the only female board member of Karate Referees Association of New England. In 1984, she was in Outstanding Young Women of America and was entered in the Black Belt Hall of Fame. All that, and we are lucky enough to have her teaching at our Community Center as a part of Provincetown Recreation Commission.



Zero Yoga

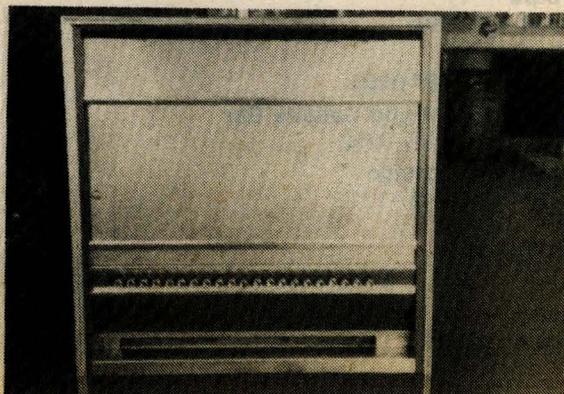
You may have seen one of the Spring demonstrations in Town Hall where children so tiny, you would think they're in pajamas, not Martial Art attire, perform with consummate skill, the intricate movements of an Oriental Martial Art. Not cryptic at all, only human. I was so amused by one tiny performer who completed all his jumps and jabs perfectly, but was too young to know how to tie his shoes when he left. Barbara does a marvelous job with all ages, separately and together. If you are interested in learning self-defense, discipline and keeping in shape, check into this class. Tuesday and Thursday, 5:30-7:00 is for the beginners; 7:00 to 9:00 for the advanced. On Saturday, 2-4 is for beginners, 4-6 for the advanced. All ages, men, women, children are welcome. The cost is \$3 a week and it is

at the Community Center. A good introduction for the reluctant would be to attend Cape Cod Battle of the Super Stars Karate Championships. They will be held at Nauset Regional High School Saturday, October 26, through the day and night. Barbara Niggel as the able organizer. Check the posters around Town or the Community Center or Barbara herself. If you prefer a slower, more quiet way of keeping in shape, try Zero Yoga with Peter Stander, also at the Community Center. Peter Stander or Zero, as we call him, has been teaching Yoga for 15 years and is certified by the Kripalu Institute for Yoga and Health. Formerly Peter was an artist and construction worker in New York City. A chronic back condition and partial paralysis led to major surgery. When the condition showed signs of reappearing, Peter turned to yoga for relief of lower back pain, relief of stress and as an avoidance of further surgery. It has worked. Due to the continued practice of simple stretching and breathing exercises, Peter is relieved of pain and stress. he is well able to teach it to others. Posture, body awareness, breathing, stretching and deep relaxation are fostered, in his classes. Those with lower back pain or a heart condition have extra to gain from joining these classes. Self healing is the best and on going healing. Peter is also author of *Euphoria Express-Radio Yoga* and writes for *Body Dharma, a Healing Journal for Cape Cod*. Classes are at the Provincetown Community Center Tuesday & Thursdays, 8:30-10:00 am, Wellfleet Elementary School, Monday, Wednesday, & Friday, 5:30, the Sheraton Inn Health Club, Thursday, 5:30. It can only do you good. While you're at the Community Center, you can check the extensive list of activities.

Have you bought any of these iddy, biddy cans of high-priced gourmet cat food for finicky felines? You don't open it like a regular can, opener and finger strength. It has a pull ring like soda cans, beer cans, tennis balls and Macademia nuts. Do try them or have your cat try them, but not when you're dressed for dinner and about to walk out the door. The pull rings may have a spring action and you'll be wearing the cat's dinner along with your chosen evening garb.

Get ready for Halley's Comet. Eighty-five years of waiting and only days left.

Yea for Spiritus. Their cigarette machine is empty and blank, no brand names to read, to select, to cough from. A stainless steel nothing machine—great!



Spiritus' cigarette machine