



SMASH! PETER ROBERTSON of the Way Jay club smashes a concrete block on Bill Pickells' stomach while the karate champion lies in broken glass. There wasn't a mark on Pickells.

Norval Karate champion walks on broken glass

After years of training his body through karate and his mind through psychic study, Bill Pickells, R.R. 2, Norval, is combining mind and body control in a daredevil demonstration in which he walks on broken glass.

The North American Karate and Kung Fu champion, who runs the Northern Karate School at the Way Jay Sports Club, admits many who see his demonstration think he's crazy but at the same time are fascinated with his feat.

He breaks the glass bottles, generally beer bottles, up with a sledge hammer then walks on them, crushes the glass with his feet and lies bareback on the sharp edges.

A 24 year old who has been studying karate for over seven years, he says he is a martial arts promoter and showman. He has won many awards in karate including the North American crown.

When he does his mind and body control demonstration in the broken glass, Pickells admits he never knows if he will be cut. When he is cut he

never realizes it until the demonstration is finished. If he loses his concentration, though, he will likely be sliced up some.

He has been into mind and body control for two years now and finds it satisfying and enjoyable.

Pickells' training in psychic awareness was done under Denis Wilson, a heralded Brampton psychic, who runs Zelta Meditation.

Karate has both mental and physical aspects and while the mental side of the Martial Arts aren't examined by many in North America they play an equal role with the physical part in the Orient.

Pickells' delved into the psychic world as part of his mental karate training.

Speaking of his demonstrations of mind and body control, he said, "I do it now for show but originally it was just to see if I could do it."

Despite the fact he is deathly quiet and expects the same of his audiences, he is visibly concentrating deeply and appears to be in a contemplative trance while pre-

paring for his demonstration, he claims he doesn't meditate in the normal sense prior to plunging into the act. Pickells also usually spends a night with the bottles he will break to get to know them.

The best way to describe his actions before the demonstrations is a "psyche up". A common expression in the sports world Pickells' psyche up is purely mental as opposed to emotional.

His psyche up is designed to control fear. As his confidence increases, the psyche up becomes easier. Each preparation and demonstration is a different experience.

One key is "dynamic power breathing." This brings out what he describes as ki energy which comes from an area about three inches below his navel. This spot is the "sun" of the body and according to Orientals is where the soul is located.

"You distribute your ki energy to where your body needs it for protection," Pickells explains.

The mental protective ring the psyche up builds around

him is something like the aura around people who meditate, he says. Some can't see auras but Pickells isn't one of them. He reports sometimes people see yellow aura surrounding him during his demonstrations.

Recalling the first time he walked on glass, Pickells notes he was cut. He says he realizes this was because in his mind he was still skeptical of mind and body control and was also a "little scared."

"I have sort of a craving to do more of this kind of thing," he declared. That's one reason why he's contemplating learning to walk on burning coals next.

He also realizes a lot of people think he's "nuts."

Pickells says he gets a lot of publicity for his work in karate and feels he has promoted these things more than any other martial artist in Ontario. He is frequently on television.

He has to be careful about doing his demonstration too

often. Pickells says he tries to do it just seven or eight times a year but will go over that limit this year likely since he is booked for a four day show this month and a show in March. If he does it too much he says he gets sick.

The mental strain of the demonstration can result in a lengthy depressive illness with headaches and nausea. Besides walking, lying and crushing the glass with his feet, Pickells can also lie on a board filled with nails, some-

thing he describes as "not much."

He can stop spears and arrows thrust at his throat, slice a watermelon in half which is placed on another person's stomach while blindfolded.

The biggest attraction in his show is the smashing of a ten-inch thick concrete block which is placed on his belly as he lies bareback in glass.

The beer in the bottles? He drinks that.

New Terra Cotta rates

Under a new Credit Valley Conservation Authority (CVCA) scheme campers at Terra Cotta will be allowed to park their trailers for a month instead of having to renew their permits every three days.

The trial scheme, approved at a CVCA meeting Thursday, sets aside 50 camp sites at Terra Cotta park for 30-day parking. There are 170 other campsites in the park. The rate for a month-long

stay is \$2 per day, according to CVCA spokesman Joan Rollings. The scheme starts June 1 and lasts for three months.

Also at Terra Cotta the vehicle entrance fee is going up 50 cents to \$3, Mrs. Rollings said. Entrance fees at other CVCA parks remain at \$2.50, she said.

Terra Cotta opens May 19, Mrs. Rollings said. Regular camping fees for one day remains \$3, she said.

Increase rainbows, trout in Lake Ontario—Ministry

Natural Resources Minister Frank Miller is confident that, with practical management, Lake Ontario can recover its full potential as both a productive commercial fishery and a worthwhile sport fishery.

Fish stocking, Mr. Miller suggests, is an important aspect of fisheries management on the lake where programs to control sea lamprey and improve water quality have been successful.

"There is a danger, however, of relying on non-native species for an important sport fishery like that produced by Pacific salmon in Lake Ontario's western basin," the Minister said.

"As a result, the Ministry of Natural Resources is shifting its future emphasis to native species and we will attempt to develop naturally reproducing populations in this part of the lake," he said.

In a January 12 announcement, Mr. Miller said the aim of his ministry is to increase rainbow trout and to re-establish the lake trout in Lake Ontario. He said: "Salmon stocking will continue until the rainbows and lake trout produce an acceptable fishery."

Biologists working on the project, realize the job won't be easy, because a century of man-inflicted damage on the lake will have to be repaired. In the last 100 years, Lake Ontario has been a victim of raw sewage, overfishing, dredging, dams, and unwanted non-native fish species.

In pioneer days, little thought was given to today's concerns—ecology and conservation—and because the Lake Ontario watershed was settled early and developed thoroughly, it has received more and longer ill-treatment than the other Great Lakes.

Glenora research scientist Jack Christie is well aware of the damage and hardships imposed upon both the commercial fishing and tourist industries.

"Most people don't realize how productive the lake once was," he said. "But, interestingly enough, it remained productive even in this century. A lake that once yielded millions of pounds of lake trout shouldn't be ignored and allowed to remain unproductive. And we are eager to tap Lake Ontario's potential for both food and recreation."

Mr. Christie said most of the important fish species changes in Lake Ontario have occurred since the 1940s.

"We recognize that many serious changes took place in the last century, but we're realistic, and know we can't bring Lake Ontario back to its pristine state," Mr. Christie said. "The most devastating man-made impacts are recent and presumably more amenable to correction."

In its own way, Lake Ontario is quite different from the other Great Lakes. It has a small watershed in comparison with the others with 85 per cent of its water coming from the Niagara River.

This poses problems. Its limited shallow water zone is the only real productive area and healthy inshore areas, which are needed by the

deepwater species for part of their life, must be ensured. "Because most of the lake is deep and cold, we have to stock fish species which will

take advantage of the cold water area," Mr. Christie said. "However, we mustn't neglect the tributary streams."

Did you get Unemployment Insurance in 1977?

If so, you have probably received a tax information slip (T4U) in the mail.

If the slip hasn't arrived...

If you didn't get a T4U from us, go to your local post office. Pick up a postal reply card to apply for duplicates. Fill it in and mail it. You'll get your duplicate T4U in time to file your tax return.

If the slip has arrived...

If you did get a T4U but need a replacement for any reason, also use the postal reply card. Mark "replacement" on the card in the upper right hand corner.

If the slip has arrived but you need more information...

If you did get a T4U and still need an itemized statement, fill in the same card. You must write the total UI benefits you got in 1977 somewhere on the card.

This is important. It will help us get your statement to you in time. You'll find the total benefits figure in Box "B" of your T4U slip.

Canada's Unemployment Insurance Program Working with people who want to work.

Employment and Immigration Canada
Bud Cullen, Minister

SHOPPERS DRUG MART®

FREE BEAUTY CLINIC

featuring highly qualified consultants to prepare your own personal beauty chart

Date: Thursday, April 6th - 12-8 p.m.
Friday, April 7th - 12-8 p.m.
Saturday, April 8th - 10-5 p.m.

NO OBLIGATION TO BUY
BOOK YOUR APPOINTMENT EARLY AND AVOID A LINE-UP

The following companies will have representatives demonstrating their products: Revlon, Bonne Bell, Max Factor (complete make-up consultation), L'Oréal (individual hair color analysis), Bathurst Sales (nail and eyelash care). The following donated: Flowers by Vanderburgh Flowers, Stools by Shoprite Stores.

WE'RE CELEBRATING OUR SIXTH BIRTHDAY WITH THESE WEEKEND SPECIALS

Dentu-Creme DENTU-CREME 100 ml 99¢	PENATEN CREAM 6 oz. \$2.99	CONTAC-C CONTAC-C 20's \$1.89	SUPER SPECIAL!! ALL 20 EXPOSURE COLOR ROLLS Developed and Printed for \$2.99 OFFER EXPIRES APRIL 16th
PLAYTEX DEODORANT TAMPONS 30 SUPR \$2.29	VIVA PAPER TOWELS 2 Roll Pkg. 89¢	KLEENEX FACIAL TISSUE 200's 53¢	NOXEMA SKIN CREAM 220 ml. \$1.99

SHOPPERS DRUG MART
GEORGETOWN MARKET PLACE

VISA master charge

Prices in effect until April 2, 1978 • We reserve the right to limit quantities.