

active

Living Lively  after 55

'Wise Warriors' learn martial arts

**It's never too
late to go
back to school**

**Musical seniors
hit all the
right notes**

March 2013
Supplement to Gold Country
Media Newspapers

SERVICE DIRECTORY

For Those Who are **Active**

Let these professionals take care of the work!

**Foundations
Slabs
Stamped Flatwork
Demolition
Tractor Work/
Trenching**

A&J Construction
(530) 613-0527

Lic#829758

**See Garden
Beauty In
Water-Wise
Options**

**Graceful Garden
Designs**

Diana L. Mills
(916) 933-2967

**REMINGTON
CONSTRUCTION**



Located in Auburn
916-539-3753

Lic#656281

**BRIGGS
BUILDERS**

"If you need it done, we can do it"

- New Construction/Additions/Remodels
- Handyman Services/Repairs
- Roofing/Sheetrock/Fencing/Decking/Dry Rot/Plumbing/Electrical/Flooring/Painting

FREE ESTIMATES • Affordable Rates

707 301-6197

General Contractor
Serving Placer County for over 12 years
Lic.#829140

Delivering Tomorrow's
Technology Today

- Alternative & Sustainable Energy
- Cost Effective Energy Assessments
- Solar Energy

Special Senior Rates

MITECH Corporation
530.308.7855
mitech@ymail.com

916-772-3992

**Richard's
PAINTING**

Quality & Dependability
www.richardspaints.com
Get Ready for Spring!

- Residential & Commercial Interior & Exterior
- Drywall Repair
- Cabinet Painting
- Garage Floors - Epoxy Finishes

10% OFF
with this ad.
Exp. 6-30-13

FREE ESTIMATES • FREE COLOR CONSULTATIONS
We will move furniture
at no extra charge

Insured & Bonded • Locally Owned & Operated

**KOPECKI
Tree Care**

Senior Rates Available

- Stump Removal • Tractor Service
- Line Clearance • Shaping & Pruning
- Topping & Removal
- New Tree & Shrub Planting

~ References Available ~

Lic.#90685

530-823-8836

**JUST MOVED IN?
TOO MUCH STUFF?
DON'T GOLF
ANYMORE?**

We can help you clear the garage out. To place a classified ad call

1-800-927-7355

www.goldcountryclassifieds.com

**Gold
Country
Media**



Never too late for martial arts



PHOTOS BY ANNE STOKES • GOLD COUNTRY NEWS SERVICE

Wise Warrior Taekwondo student Laurie Rich, of Carmichael, works out at The Studio in Granite Bay.

Seniors earning black belts, staying active

BY MARGARET SNIDER
GOLD COUNTRY NEWS SERVICE

Many older adults have expressed a desire to participate in martial arts, or regret that they didn't do it when they were younger. As evidenced by those who have successfully joined and completed martial arts programs, it is possible to attain these goals with programs that take into consideration the person's capabilities, such as in the Wise Warriors program now offered by The Studio Martial Arts & Fitness in Granite Bay.

"We wanted to make sure that even those with physical limitations are still active and healthy and those that are in their 50s and 60s and 70s, even folks that are in retirement, can have something that they work hard for and attain," said Amittis Pourarian, 35, owner of The Studio Martial Arts & Fitness in Granite Bay and San Diego. "It's never too late to do martial arts."

The Studio conceived of Wise Warriors because of the number of people Pourarian encountered who said they would love to learn martial arts, but thought they were too old or too limited, or were leery of injuries from the contact part of the sport.

"The criteria are modified slightly based on physical limitations and age group," Pourarian said. "But they'll still earn every belt, they'll still work hard for every belt, they just won't have that physical contact part of it unless they choose to engage in some of it, then we can incorporate it."

It will keep them fresh mentally as well as physically, Pourarian said, as they continuously learn new material.

"We still do all the traditional forms," Pourarian said. "We've added in a little bit of Qigong in there, too, a little bit of Tai Chi, a little bit of yoga, a little bit of meditation, plus all the martial arts aspects. ... They will do weapons,

• SEE BELT PAGE 4

12th Annual
Tour de Lincoln
Saturday, May 11th
McBean Park - Lincoln, CA

Cont. Breakfast - SAG - Rest Stops - Post Ride BBQ

4 Routes (fee):
10 miles (\$15)
20 miles (\$30)
40 miles (\$40)
63 miles (\$40)

Pre-registration
Ends May 8th,
After May 8th
ADD \$10

Download a Rider App. at
TourdeLincoln.org

register online at
active.com

For Info Call (916) 645-6254

A Benefit Bike Ride For
The Lincoln Volunteer Center

CONTENTS

Seniors reap the benefits of yoga.
Page 5

Stay in shape by horsing around.
Page 7

Volunteers give the gift of service.
Page 8

Senior students hit the books.
Page 9

Keep the beat with music lessons.
Page 10



BELT: Benefits of learning martial arts include physical fitness and self-confidence

continued from page 2
they'll do all the kicks, all the basic self-defense, so all the components minus the injury. We just saw the need in our community."

Pourarian began learning Taekwondo as a teen when she tried a class with a family friend and fell in love with it.

She graduated high school a year early, earned a bachelor's degree in business and a master's in construction engineering, but as far as Taekwondo goes, she said, it has never been for business.

"This has always been my passion, my way to give to my community, to better it in so many different ways," Pourarian said. "I just come to teach."

Pourarian, who is a sixth-degree black belt,



ANNE STOKES • GOLD COUNTRY NEWS SERVICE

Master Amitis Pourarian, left, helps Chris Stewart, of Carmichael, during the Wise Warriors class at The Studio.

has won four national championships and made the United States

GOOD TO KNOW

Who: The Studio Martial Arts & Fitness
What: Wise Warriors non-contact martial arts program
When: 10-11:30 a.m. or 7-8:30 p.m. Fridays
Where: 4130 Douglas Blvd., Suite 405, Granite Bay
Phone: (916) 258-5425
Website: www.trainatthestudio.com

Who: Extreme Martial Arts
What: Tai Chi Chuan, Kung Fu
Where: 8601 Auburn Folsom Road, Granite Bay; 7823 Lichen Drive, Citrus Heights
Phone: (916) 781-9777 (Granite Bay); (916) 726-5425 (Citrus Heights)
Website: www.extrememartialartcenter.com

sparring team, competing in the World Cup in 2001.

Laurie Rich, 51, is one of her students, and now also program director for Wise Warriors.

"Seriously, if someone had told me 19 months ago, before I walked into The Studio, that in 2013 I could be earning my black

belt, I would have laughed so hard, and told them that they were insane," Rich said. "For me, some of the specific benefits have been believing in myself, believing that I could do something that I thought was completely impossible, because of some of the physical dis-

abilities that I deal with."

There are many other examples of people who have, later in life, decided to take on martial arts as a physical discipline. Doris Murphy, 83, lived in Granite Bay and began Tai Chi with Extreme Martial Arts of Granite Bay when she was 76. She lost her battle with cancer in March, but before she passed away she gave an interview describing her experience with martial arts.

"The main thing with the Tai Chi moves is stretching," Murphy said. "Your body starts feeling good because the blood is circulating better. ... It makes you feel good and yet you don't have to be stressing yourself out."

She started in 2005, and after progressing through

the different levels, even while battling health issues, Murphy tested and attained her black fringe at the end of 2012.

The owner of Extreme Martial Arts, Ron Dillman, said that while Murphy was training at his studio, she participated in local and international competitions and also helped at the Granite Bay Eskaton with the senior Tai Chi program.

"For the most part, our masters and grand masters are in their 50s, 60s and 70s," Pourarian said. "They are flexible, have great muscle mass and they're healthy. And they do amazing things because they've trained in martial arts. So we want to share that with everyone."

Don't have Dental Insurance?
Now you can go to the dentist for a huge discount with our new membership program!



LINCOLN SMILES ADVANTAGE

Join as an individual or a family (additional discounts may apply)
Yearly membership fee includes:

2 cleanings • Exam • Unlimited X Rays • Higher discounts for any treatment

Quality, gentle & affordable dentistry is now possible for anyone. Call Today!

Lincoln Smiles

Family & Cosmetic Dentistry

2295 Fieldstone Dr. Suite 240 • Lincoln

916-543-8800

www.LincolnSmilesDental.com



Eloisa Espiritu, DDS

Put Some Spring in Your Step

2 HOUR EXPRESS CLEANSE: \$100

SAUNA • 1 HOUR MASSAGE • AQUA-DETOX FOOTBATH

Toxins in our body block weight loss and nutrient absorption. Toxins can come from medications, dental work, cleaning products, non-organic food and skin care products, the environment & stress.

Rejuvenate
SKIN • BODY • DETOX
DAY SPA

3431 Taylor Road, Loomis, CA 95650

916.652.4024

www.RejuvenateDaySpa.net

Instant Gift Certificates Available On-line

McLaughlin

STUDIOS MUSIC, DANCE & THEATRE ARTS

since 1993

ZUMBA CLASS FOR SENIORS!

First class FREE!



Wednesday
Starts April 3, 2013
11:30am-12:30pm



This is a good place to be creative, get in shape, and have fun!

McLaughlin Studios • 3470 Swetzer Road Loomis • 916-652-6377 • www.mclaughlinstudios.com