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Mack Newton on Conformity

We are now living in a golden age. An era we've worked towards for thousands of years. America presents endless opportunity for everyone living here.

Let's take 100 men and women starting at the age of 25. All of them want to be successful. If you ask them, they would tell you that they are eager about life and want to succeed. They have a sparkle in their eye and a spring in their step. But what happens to them by the age of 65? One will be rich....four will be financially independent....five will still be working... 54 will be broke! Now let's think for a moment...out of the original 100—only *five* make the grade! All the others end up broke or dependent upon others for their livelihood. Why is this?

Over 50 years ago Rollo May, a distinguished psychiatrist, wrote a fascinating book called *Man's Search for Himself*. In this book, he wrote, *the opposite of courage, in our society, is not cowardice, it's conformity.*

There you have the trouble in

America today—conformity—people acting like everyone else, without knowing why, or without even knowing where they're going. Ok, now let's think about this...in America right now there are over 33 million people over the age of 65 and about 29 million of the 33 million are broke, depending on something or someone else for life's necessities.

Usually we learn to read by the time we're seven years old...we learn to make a living by the time we're 25 and usually by 30 or so we're not only making a living, we're supporting a family. Yet by the time we're 65, we haven't learned how to become financially independent in the richest land that the world has ever known. Why? It's simple! *We conform.* And the real problem is that we're conforming with the wrong percentage group...we're conforming with the 95% who *don't* succeed.

So why do these people conform? I think I know the reason why. They live by the Law of Accident. They think it's not what you know—it's who you

know. They think it's simply being in the right place at the right time. They think their lives are shaped by circumstances...by things that happen to them...by external forces, if you like. Well, I know this—successful people don't believe in circumstances. They create their own circumstances. They control the direction of change in their lives by setting goals.

Another reason people conform is because it's so easy. Conformity doesn't require much effort, but it does take considerable effort to plan and succeed.

In order to be one of the top 5 out of every 100 people, you must become an habitual goal setter. As Brian Tracy said, *success is the progressive realization of a worthy ideal.* A goal! An aiming point for your life! Goals keep us moving in the direction of our desires. And remember this—it's not important what the goal is, so long as it's yours.

Dr. Victor Frankl, in his classic book, *Man's Search for Meaning* wrote *life asks of every individual a contribution and it is up to the individual to discover what the contribution should be.*

—MN

**Power Hour Audience Grows**

In the seven weeks that the new Power Hour has been on the air, the show has moved up to the second highest rated show on KFNX. "The response from the audience is overwhelming," says Mack Newton. "Every week we seem to get more listeners. It's like a groundswell, everyone telling everyone else about the show.

"I am very excited about the new Power Hour. After doing two different Power Hours on radio and television, I feel like I've learned enough now to do it right."

A creative spark is what Mack says he enjoys most about doing a weekly show. "I have to come up with new ideas and new concepts and new ways of presenting old concepts. It also forces me to write more, which is something I really enjoy doing. I also enjoy presenting



information that helps people change their lives."

Tune in during drive time on Thursdays to the hottest new show on radio!

1100 AM
KFNX
Every Thursday
4 to 5 pm

Taekwon-Do Classes are Back!



Nick Kapande (front) and his student Roger Guzman recently visited from Colorado for a training session with Master Newton. Many students from the conditioning class stayed to watch.

September 3rd will be the much-welcomed return of Taekwon-Do classes taught by Master Mack Newton, a 7th Degree Black Belt Master instructor of the martial art. Applications are now being accepted for the program.

Master Newton has often been asked to return to teaching since he ceased classes two years ago. "I've trained in Taekwon-Do for over 40 years and been a professional instructor for over 30 years," he says. "Two years ago, I just felt it was time to quit."

He did what many other Masters of the art have done in the past...he went into the solitude. "I went into the quiet away from the classes and away from the people and I trained. I trained in isolation, with the doors closed and the windows drawn. Just me and my art. I trained in seclusion to learn about myself and my techniques, to challenge myself in my discipline, in my commitment, to take myself to a level that I could only get to after more than 40 years of training."

"Then I woke up one day and I wanted to go back. And I'm back."



"I will teach now with an intensity that reflects what I've gained over the last two years."



Class Schedule

Monday 4 pm - 5:30 pm
 Wednesday 4 pm - 5:30 pm
 Saturday 12 pm - 1:30 pm



Classes will begin Saturday, September 3. All prospective students must meet with Master Newton beforehand in a consultation to determine if they can enter the program. "I want people who are serious and committed, and they need to know ahead of time how intense the class will be. Martial arts training is difficult, strenuous, and challenging to the body and mind. It helps build personal character traits such as courtesy, integrity, perseverance, and self-control. People who are unsure of their commitment to such a demanding program need not apply."

The Newton Taekwon-Do website at macknewton.com contains all the details as to what is required before registering and what prospective students must bring to the initial consultation. All students must be twelve years of age and older. Students are required to train at least twice per week but are encouraged to attend all three weekly classes.



Nick Kapande has trained with Master Newton for over 23 years. He is preparing to test for his 5th Degree Black Belt.

Nick believes that Mack Newton is the most inspirational teacher he has known. "Nobody pushes you like he does to make you the best you can be. Anybody can work you out but most people can't make you rise to your potential like he does. I come to Phoenix because he's not only a mentor and teacher, but like a father to me. He has never let me be average or just 'good enough' and that inspires me to keep training as hard as I have."

"Training with Master Newton has made me more articulate and more detailed and also unwilling to accept mediocrity in my own students. I push my students as hard as he has pushed me. I try to be a carbon copy of him as a teacher, although he's at a higher level. I never think I'm as good as I can be – I always want to be better.

"I think in my life there's never been a mentor or teacher that has inspired me to stay motivated and continue to train as much as he has. He gives me the spark in my engine so I never let down on myself. He's such a great teacher that he makes me want to be a great teacher every day. I get inspired every time I come to Newton Fitness. Taekwon-do is my life, and I am the true soldier of loyalty. I stay the course. I will be there with Mack Newton till the day he dies."



Health Hero of the Month : David Cohen

"Every year I had put on 5 or 10 pounds," says David Cohen, "and I just wasn't happy with the way I felt or looked. I wanted to get healthy, lose some weight, feel better and look better."

David had met Mack Newton through a relative

and he had friends who worked out at his studio. They encouraged David to begin a program at Newton Fitness. David began working out mid-March of this year and has lost 44 pounds in a little over 4 months. He has also reduced his body fat from 34% to less than 21%.

The studio environment is inspirational and positive, says David. "The encouragement from other people working out is awesome. I've really enjoyed the classes. Mack has a lot of valuable knowledge. The workout is tough, but he makes the class fun and rewarding."

"I feel so much better with a lot more energy," continues David. "I look better. I feel better about myself. I am gaining some

additional strength. I've even found that I need less sleep."

David's wife Dina worked out for the first couple of months with him, so she understood the process and his goals in the class. "She's been very happy with the results," says David, as have his two young daughters.

"DC has been extremely consistent in following the 3-2 eating guidelines," says Mack. "He was absolutely certain it was time to change his life and every day his actions have reflected that commitment to himself and to his family. He has created a complete lifestyle change, not just something to change his appearance."

David has noticed great gains in energy, strength, and general well-being. His goal is to continue working out, lose another 10 to 15



DAVID NOW (with Dina)

pounds, and gain some additional strength. At age 44, he says "I want to be in the best health of my life."



DAVID THEN

Recipe of the Month : MACK TACOS



Peter Smith (with Mack) demonstrates his South-of-the-Border Flavors in a 3-2 recipe

Peter Smith began working out with Mack about two months ago. Formerly trained as a chef with a degree in the culinary arts, he says "I like food with complex and interesting flavors. And enjoying food as much as I do, I'm forced to be creative." He discovered that South American and Mexican recipes can be adapted to 3-2 eating.

Seeding the chiles in this recipe helps dial down the heat a bit. Peter sometimes uses frozen Anaheim chiles along with the fresh Jalapeno, but avoids canned chiles due to the salt. He recommends the fresh-roasted chiles at the Food City market on Thomas Road near the Piestewa Freeway. These drum-roasted chiles are his favorites for the recipe, and have a generally milder heat. "I often just eat 2 or 3 of those chiles on my way home."

MACK TACOS

- 2½ – 3½ lb Beef Chuck Pot Roast (or 7-Bone Pot Roast)
- 4 oz green chiles, roasted, skinned, seeded, rough chopped
- 2 oz Jalapeno Peppers, seeded, diced
- 1 medium yellow onion, rough chopped
- 2 Tbsp. 3-2 Gourmet Spice Blend
- 1 head Napa Cabbage

Place pot roast in large Dutch oven. Sprinkle meat with 3-2 spice blend and remaining ingredients except cabbage. Cover with tight lid and bake in 325 degree oven for 2½ hours. Remove from oven, uncover and let cool to room temperature, then break meat into small pieces with your fingers, removing any bones. In same Dutch oven use the meat and any residual juices and bring to a simmer. Mash with potato masher or large spoon until fine strand texture and most juice evaporates. *Serve in Napa cabbage leaf topped with Pico De Gallo Salsa. Garnish: fresh cilantro sprigs and lime wedges*

3-2 Gourmet Spice Blend

(from the 3-2 Cookbook). Blend the following ingredients and keep in a lid-tight jar.

- 1 Tbsp. Cumin
- 1 Tbsp. Hot chili powder
- 1 Tbsp. Sweet Paprika
- 1 Tsp. Thyme
- 1 Tsp. Pepper
- 1tsp. Garlic powder
- 1 Tsp. Marjoram
- ½ Tsp. Cayenne Pepper

Pico De Gallo Salsa

- 6 Roma tomatoes, seeded, dice small
- 4 Scallions, minced fine
- 1 Green Jalapeno, seeded, diced fine
- 1 Red Jalapeno, seeded, diced fine
- ¼ Bunch cilantro, leaves mostly, chopped
- 3 Tbsp. Olive Oil
- Fresh Lime Juice, to taste

Squeeze excess juice from diced tomatoes. Combine all ingredients. Season to taste with fresh ground pepper.

Mack's Advice:

Every day, you need:

4 hugs for survival

8 hugs for good mental health

12 hugs for growth

Remember....the best way to get a hug is to give one!



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