

BEACON

GIVE THEM SHELTER
Michael Inman has been a driving force at Seton Youth Shelters for 25 years.
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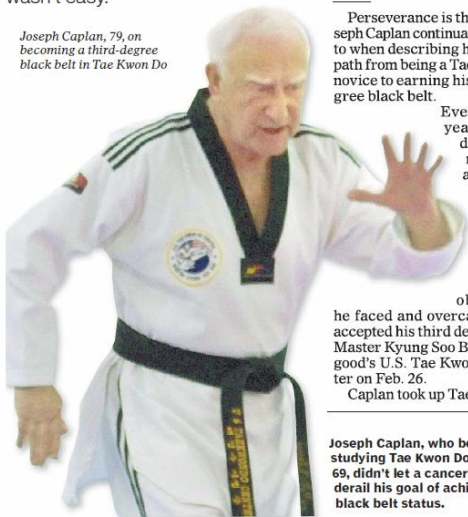


TAE KWON DO

GETTING THE THIRD DEGREE

■ "I had a road I was traveling, and I just kept on the road. There were moments when it wasn't easy."

Joseph Caplan, 79, on becoming a third-degree black belt in Tae Kwon Do



Perseverance carries 79-year old Beach black belt to new levels

By John Streit
Correspondent

Perseverance is the word Joseph Caplan continually returns to when describing his 10-year path from being a Tae Kwon Do novice to earning his third-degree black belt.

Even as a 79-year-old student of the martial art, Caplan's advanced age was one of the least daunting obstacles he faced and overcame as he accepted his third degree from Master Kyung Soo Bae of Haygood's U.S. Tae Kwon Do Center on Feb. 26.

Caplan took up Tae Kwon Do

just a few years after undergoing the second of his two multiple-bypass open heart surgeries in 1994.

While studying to become a second-degree black belt five years ago, he discovered a cancerous tumor in his ear that narrowly missed his brain. After three years of radiation treatment at the University of Virginia, the mass began to shrink and is no longer a threat.

"It was a scary experience," said Caplan, a native Londoner who moved to Hampton Roads to be near his grandchildren after professional careers in California and Oklahoma.

"I did have to combat those medical hurdles," he said, "but I had an objective. I had a road I was traveling, and I just kept on the road. There were moments when it wasn't easy."

It is little wonder perseverance is an endearing word to Caplan. It is also one of the five tenets of Tae Kwon Do, along with courtesy, integrity, self-control and indomitable spirit.

Caplan is the perfect

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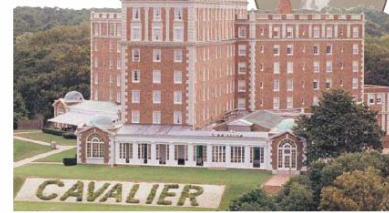
HISTORIC CAVALIER SHOULD MAKE PARANORMAL EXPERTS FEEL AT HOME

By Rita Frankenberg
The Virginian-Pilot

Demonologists, renowned paranormal researchers and expert exorcists are just some of those who will be in Virginia Beach during the Eastern Paranormal Investigators Co-Op Conference this weekend.

Famous haunting survivors who inspired the movies "The Sixth Sense" and "Haunting in Connecticut" will also be at the three-day conference that starts Friday.

But perhaps the biggest draw of the event may be the Grande Dame of the Shore herself —



The Cavalier Hotel was the site of the death of brewer founder Adolph Coors, who fell from a window in 1929.

the Cavalier Hotel which is hosting the conference.

The hotel, which dates back to the 1920s, has seen a number of famous guests, including seven former U.S. presidents and celebrities such as writer F. Scott Fitzgerald and actresses Judy Garland and Bette Davis. During World War II, the building was used as a naval training center.

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BLACK BELT

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ambassador to display all of those traits, according to Gail Theriault, U.S. Tae Kwon Do general manager and black belt.

"He's enriched the school greatly," Theriault said. "So many students have come to me over the years — even

when they first walk into the door — and they watch something Joseph is doing and remark later on that he was their inspiration."

Having already studied the martial arts of judo and karate as a younger man, the U.S. Tae Kwon Do Center caught Caplan's eye on his daily commutes from his home in Portsmouth. He was 69 years old.

After a few lessons with

Bae, Caplan said he knew he found the ideal method — and teacher — for remaining healthy as he aged.

"He has the knowledge and ability to judge every student and understand what that student is capable of," Caplan said. "You know, I'm never going to be a world champion, I'm going to be what I am. But he encourages us to reach our potential and he encourages

us in a very discreet, patient and gentle way.

"I was a criminal lawyer in England and I've been a pastor, so I've been to several universities for all of that. I can tell you that he is by far the finest teacher I have ever known."

While Caplan acknowledged that his physical limitations have slowed his pursuit of earning high-ranking black belts, he said the con-

tinuous challenge of mastering the discipline's intricate maneuvers and forms keeps him enthralled.

His most recent feat of earning his third degree serves as a prime example: He displayed his mastery of 18 different Tae Kwon Do forms which consist of 350 separate, distinct motions.

Caplan said he has no plans on giving up his life's latest passion.

"I feel extremely fortunate that at this time in my life I have found a form of exercise that I can identify with," Caplan said. "And one of the keys to any sport, whether it be Tae Kwon Do, tennis or golf, is perseverance. Of course, you have to really love it, but you need to persevere with it as well."

John Streit,
vb.beaconsports@yahoo.com