

Stress Relief

Sara: Feels pretty cool.

Mr. Dickerson: I'm Lateif Dickerson. I'm the chief instructor and the Director of the New Jersey Firearms Academy. We train civilians in hand guns and shot guns for competitive and recreational purposes.

Sara: What are the safety rules that I have to know?

Mr. Dickerson: The first safety rule is to always keep the gun pointing in a safe direction. The second safety rule is to always keep your finger off the trigger. The last safety fundamental is to always keep the gun unloaded with the action open unless you're actually using the firearm.

Sara: Ahhh. I'm releasing my tension.

Sara: I've released some stress here at the shooting range; now let's see if I can do the same on wheels.

Sara: Ok. I've got a helmet, a bunch of pads, roller skates and a mouth guard. That can only mean one thing: roller derby.

Woman The object of the game is basically to get your point scorer past every member of the opposite team.

Sara: I'm here with Ginger Snap and a whole bunch more of the Gotham Girls and they're going to show me the fundamentals of roller derby, starting with the falls.

Ms. Snap: Next is blocking. This is the most fun of the whole game.

Woman: It's the only place that women can hit each other and everybody goes out for a beer afterwards.

Woman: It's cool to be able to literally smash into something.

Woman: It's completely stress-free living when you're here.

Ms. Snap: We'll teach you how to fall, we'll teach you how to hit. We'll teach you how to be a tough chick.

Sara: These girls definitely leave here stress-free. I had a lot of fun with roller derby but I'm not really ready for a bout yet. I think I'm better on two feet. Playing something more like... Dodge ball!

Referee: Ready... Dodge ball!

Mr. Herman: Dodge ball could not be a better stress-reliever. So many people nowadays turn to prescription drugs to calm their nerves, where all you need to do is come down here, wing some balls at people; there's no way to feel better.

Sara: I'm OK!

Mr. Herman: Dodge ball is open to anyone and everyone who needs to "blow off a little bit of steam" shall we say.

Sara: So don't let the city blues get you down and out. Release all that stress with a little "play time." I guarantee you will feel much better.