



“I REALLY DON'T KNOW WHY IT IS THAT ALL OF US ARE SO COMMITTED TO THE SEA, EXCEPT I THINK IT'S BECAUSE IN ADDITION TO THE FACT THAT THE SEA CHANGES, AND THE LIGHT CHANGES, AND SHIPS CHANGE, IT'S BECAUSE WE ALL CAME FROM THE SEA. AND IT IS AN INTERESTING BIOLOGICAL FACT THAT ALL OF US HAVE IN OUR VEINS THE EXACT SAME PERCENTAGE OF SALT IN OUR BLOOD THAT EXISTS IN THE OCEAN, AND, THEREFORE, WE HAVE SALT IN OUR BLOOD, IN OUR SWEAT, IN OUR TEARS. WE ARE TIED TO THE OCEAN. AND WHEN WE GO BACK TO THE SEA - WHETHER IT IS TO SAIL OR TO WATCH IT - WE ARE GOING BACK FROM WHENCE WE CAME.”

-JOHN F. KENNEDY

Each time I have visited the Pacific Ocean, its demeanor has lived up to its name. Yet, the land adjacent to it bares the resemblance of anything but peaceful. It is Nature in high contrast. Purification and renewal are in constant motion. Each time a wave kisses the shore, it is rinsing away the decay of the land and at the same time, bringing new life. Every other breath we take contains oxygen that was created from ocean Plankton. The ocean produces 70% of the Earth's atmosphere. Marine life in Earth's oceans is currently facing the reality of total extinction. Existence on this planet is not possible without abundant sea life. We have much to do to save it... and it can be saved. Some of the best therapy in the world can be found sitting amongst the sound and smell of the waves.