

Phone (281) 548-1638, (281) 682-3387
E-mail: wang3888@embarqmail.com
Web site: www.WangsMartialArts.com

School Phone number:
281-548-1638,
281-682-3387 (Cell)

January 2016 Newsletter Summary

Kung Fu Rank Test

Date: 9-14 yrs: 2-19-2016, Friday, 6-8:30 pm
5-8 yrs: 2-20-2016, Saturday, 1:30-3:30 pm
15 yrs +: 2-20-2016, Saturday, 3:30-5:30 pm
Must register on or before 2-17-2016.
Test fee : \$40.00 and up

Proverbs 4 .

- ¹⁸ The path of the righteous is like the morning sun,
shining ever brighter till the full light of day.
¹⁹ But the way of the wicked is like deep darkness;
they do not know what makes them stumble.

Wang's Martial Arts Fourteenth Annual

Chinese New Year & Kung Fu, Tai Chi Class Reunion
(For the benefit of everyone's health & kindness to all animals,
the entire meal will be vegetarian styles.)

Date: January 30, 2016 (Sat.)

Time: 10 am - 2 pm

Place: China Ko
5421 FM 1960 Rd. E.
Humble, TX 77346

Brown and Black rank test

April 12, 2016 (Tue.) 6 – 8 pm
April 15, 2016 (Fri.) 6 – 8 pm
April 16, 2016 (Sat.) 9 am – 3 pm

Black Belt club & Accelerated
program rank test:
Date: 1-9-2016 (Saturday)
Time: 2 - 4:00 pm

Tai Chi Rank Test

Date: 2-27-2016 (Sat.)
Time: 12 noon – 2:30 pm



Tournament point:

Tournament Points: Don't forget to turn in
your points after each tournament for a
chance to win a seven foot trophy at the
Chinese New Year event!
1st Place-12pts; 2nd Place-9pts; 3rd Place-
6pts; Participation-3pts

Report card point

Report Card Points – Turn in your report
cards all year long for a chance to win a
seven foot trophy at the Chinese New Year
event!
All A's-12pts; A's & B's- 9pts; All B's-
6pts; Turn in your report card – 3pts

Wang's Martial Arts College Student Scholarship Fund:
 2009 Scholarship Fundraising Banquet - \$628.98
 Inner-School tournament:
 December 5, 2009 - \$105.00
 March 6, 2010 - \$85.00
 July 10, 2010 - \$100.00
 December 6, 2010 - \$105.00
 March 19, 2011 - \$80.00
 June 4, 2011 - \$115.00
 September 10, 2011 - \$150.00
 December 3, 2011 - \$110.00
 March 3, 2012 - \$150.00
 Outdoor Training (3-25-12) - \$100.00
 June 30, 2012 - \$160.00
 September 29, 2012 - \$185.00
 December 15, 2012 - \$125.00
 May 4, 2013 - \$90.00
 August 10, 2013 - \$105.00
 November 2, 2013 - \$85.00
 March 29, 2014 - \$90.00
 August 2, 2014 - \$90.00
 November 8, 2014 - \$45.00
 January 24, 2015 - \$60.00
 May 16, 2015 - \$65.00
 Susan Fischman (7/18/15) - \$5.00
 October 3, 2015 - \$55.00
Total - \$2793.98 - \$300 - \$300 = \$2193.98

\$300 scholarship to Ms. Megan Payne on 06-04-12
\$300 scholarship to Mr. Wilfred Hung on 06-24-13

Current student at Wang's Martial Arts who is taking 12 or more college credit hours at semester final report card:
 All A's - \$300.00
 A & B's - \$200.00
 All B's - \$100.00

Current Black Belt at Wang's Martial Arts who is taking 6 or more college credit hours at semester final report card:
 All A's - \$500.00
 A & B's - \$300.00
 All B's - \$200.00

New Student:

Donato Salvitti, Keith Tedder,
 Lincoln Tedder, Rose Ascherl,
 Vincent Polidore, Jalon Latin,
 Kayla Farrar.

Welcome!

Black Belt Club & Accelerated Program

Tournament Competition Class:

Date: 1-22-16 (Friday)
 Time: 8:00 – 9:00 pm

Nunchaku Class:

Date: 3/25/2016 (Friday)
 Time: 8:00 – 9:00 pm

Conditioning & Reaction Drill Class:

Age 5 – 14 years old
 Date: 1/14/2016 (Thursday)
 Time: 8:00 – 9:00 pm
 Age 15 – 98 years old
 Date: 1/07/2016 (Thursday)
 1/14/2016 (Thursday)
 1/21/2016 (Thursday)
 1/28/2016 (Thursday)

Time: 8:00 – 9:00 pm

January Birthday

Adam Arce 1/08
 David Barnes 1/12
 Rick Strickland 1/07
 Rusty Palmer 1/16
 Diana Garcia 1/03
 Wilfred Hung 1/19
 Jack Santos 1/26
 Janalee Zubi 1/10
 James Dyess 1/21
 Valerie Campa 1/19
 Carlos Gamboa 1/19
 Paul Greenwood 1/7
 Lori Disorbo 1/7
 Robert Kerr 1/14
 Henry Zenger 1/3
 Josue Rosas 1/9
 January Tsai 1/13
 Joel Le Bon 1/15
 Michael Gamoras 1/15
 Anne Gutierrez 1/23
 Angie Ordonez 1/31
 Jason Nichols 1/08

Happy Birthday

Red, Brown and Black Belt Class

Every Saturday morning from 9:00 – 10:00 am

Chinatown shopping Chinese cloth for Fashion Show on our New Year event.
 Date: January 23, 2016 (Sat.)
 Time: 3 pm.
 Place: Mulan Asian Market
 6865 Harwin Dr. #B1 & B2
 Houston, TX 77036
 1-888-778-4888, 713-339-2802



* For all student's family members & guests, please be silent during the class in progress. The instructors and students require all the concentrations to teach and to learn. Please do not distract the class by talking. All young people learning from parents, teachers, adults and their surroundings. Please be good example to all our young generations to observe the rules. We are counting on them to build better and brighter future for us and for themselves.

Wang's Martial Arts

5311 FM 1960 E. #J
Humble, TX. 77346
U.S.A.

Phone (281) 548-1638, (281) 682-3387
e-mail: wang3888@embarqmail.com
Web site: www.WangsMartialArts.com

Birth Day & Christmas Party for Wang's martial Arts students

Date: January 16, 2016 (Saturday)
Place: Wang's Martial Arts
5311 FM 1960 E. #J
Humble, TX 77346
(281) 682-3387, (281) 548-1638



Wang's Martial Arts will be holding a birthday party for the month of December. **All students & guests are invited to participate.** This is a wonderful opportunity to have a Veggie lunch. There will be demonstration of Kung Fu & Tai Chi for your guests. It is for Health, Physical Fitness, Confidence, Discipline and Self Defense. All students can participate in demonstration.

Cost: \$5.00 per person.

Time: 12:45 pm – Reception.
1:00 pm - Veggie lunch (Veggie beef, Veggie Egg Roll with Organic Ketchup, Veggie Hot Dog, Bottled water).
1:30 pm - Demonstration (Kung Fu & Tai Chi), Board breaking, Ninja Turtle appearance & Photo opp, Mongolian Warriors, Epic Battle,
2:15 pm - Birthday cake, Singing Happy birthday song in English, Chinese & Spanish.
2:30 pm – Party end.

REGISTRATION FORM - Reservation before January 14, 2016. No late registration.

NAME: _____, DATE: _____

STREET: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE (HOME): _____ PHONE (WORK): _____

Phone (cell): _____ Date of Birth: _____

e-mail: _____

Number of guest: _____, Amount Paid: \$ _____.

* For the student who has a birthday in December, you and your guests cost will be re-fund to you within 7 days after appearance.

Family Special

Kung Fu or Tai Chi

	1st member	2nd member	3rd member	4th member	5th member or more
Tuition/month	\$149.00	\$134.00	\$74.50	\$74.50	Free
Uniform	\$49.95	\$49.95	\$49.95	\$49.95	\$49.95
Registration fee	\$10.00	\$10.00	\$10.00	\$10.00	\$10.00

Effective: September 1, 2015

<u>KUNG-FU class schedule</u>			
Adults	(Age 15-108)	Tue. Sat. Mon./Tue./Thur./Fri. Mon./Wed. Tues./Thur.	11:00 - 12:00 Noon 7:00 - 8:00 PM 8:00 - 9:00 PM 4:00 - 5:00 PM
Children	(Age 5 - 14)	Tue./Thur. Mon./Tue./Wed./Thur./Fri. Tue. Saturday	5:00 - 6:00 PM 6:00 - 7:00 PM 7:00 - 8:00 PM 10:00 - 11:00 AM
Family class	(Age 5-108)	Tue./Thur. Tue. Mon./Tue./Wed./Thur./Fri. Saturday	5:00 - 6:00 PM 7:00 - 8:00 PM 6:00 - 7:00 PM 10:00 - 11:00 AM
<u>TAI CHI CHUAN</u>			
All ages		Tue. Sat. Mon./Wed./Fri. Wed. Tue.	12:00 Noon- 1:00 PM 5:00 - 6:00 PM 7:00 - 8:00 PM 8:00 - 9:00 PM

Wang's Martial Arts
5311 FM 1960 E. #J
Humble, TX 77346
(281) 682-3387, (281) 548-1638

www.WangsMartialArts.com



Kung Fu Rank Test Results - 12/05/15

Age 15 year old and +

Michael Redic - Yellow
 Jeffrey Villarde – Yellow/stripe
 Matt Hunt – Yellow/stripe
 Joanna Mayo – Orange
 Kollin Milton – Orange/stripe
 Carlos Aquino – Orange/stripe
 James Mayo – Orange/stripe
 Clint Hooks – Green
 Patrick Parker – Green
 Magdalen Arce – Green/stripe
 Alaxandre Macedo – Purple
 Joel Le Bon – Red/stripe



Age 9 - 14 years old

Monet Carbollo – Yellow/stripe
 Heidi Macedo – Orange/stripe
 Hunter Figueroa – Orange/stripe
 Brandon Figueroa – Orange/stripe
 Jordan Godfrey – Orange/stripe
 Emma Ferguson – Green/stripe
 Alfred Kai Marayag – Blue

Rank Test results – 10/24/15

jason Nicholes - Orange
 Patrick Parker- Orange/stripe
 Alexandre Macedo – Green/stripe
 Dominic Venegas -Purple
 Joel LeBon - Red

Age 5 - 8 years old

Andrew Guzman – Yellow belt
 Tori Archinal – Yellow/stripe
 Ian Ferguson – Yellow/stripe
 Santiago Aquino – Orange/stripe
 Jordyn Mayo – Orange/stripe
 Jameson Ezzell - Purple

Brown & Black Belt Test - 10/17/2015

Adela Limones - Brown
 Chantel Barnes - Brown
 Madeline Briles - Brown/stripe
 Koseph Alonso - Brown/stripe
 Ethan Fu - Brown/stripe
 Roberto Alvarado - Brown/stripe
 Charles Cates - Black (1st)
 Karen Clark - Black (1st)
 Dennis Cruz - Black (1st)

Tai Chi Test result - November 7, 2015

Tania Myers - Yellow Belt
 Ruby Abbott - Orange
 Julia Kerr - Black (1st)



2016 Wang's Martial Arts Fourteenth Annual Chinese New Year & Kung Fu, Tai Chi Class Reunion

(For the benefit of everyone's health & kindness to all animals, the entire meal will be vegetarian styles.)

Date: January 30, 2016 (Sat.)

Cost:

Time: 10:00 am (Reception)
11: am (Lunch)
12 noon - 2 pm (Demo & program)

Ages 8 years & under
\$15.00

Place: China Ko
5421 FM 1960 Rd. E.
(at Timber Forest Dr.)
Humble, TX 77346
(281) 361-8006

Age 9 and up
\$25.00
A table of 8 people
\$200.00
A table of 12 people
\$275.00 (One Free Seat).



* First 380 people will be in the private room where main floor is, overflow will be in the main dining room.
Reserve your seat or table early to be close to the main floor

Reserve a table of 8 people and paid before January 8, 2016 qualified for the following drawing.

- 1st prize: 10 hours private lesson/Tea set.
- 2nd prize: Hand Stitch Color Art (L)
- 3rd prize: Autographed Kathy Long poster.
- 4th prize: Crystal Light Show/Glass Art Ball.
- 5th prize: Chinese Art Stand.
- 6th prize: Piggy Bank

*Do not have to present to win.

For more information:

Wang's Martial Arts
5311 FM 1969 Road E. at Timber Forest Dr.
Humble, TX 77346
(281) 548-1638, (281) 682-3387

Registration Form for Chinese New Year Lunch

Name: _____ **Date:** _____
Address: _____
City: _____ **St:** _____ **Zip:** _____
Home Phone: _____, **Other phone:** _____, **Age:** _____
e-mail: _____

A table of 8 people: \$200.00 _____ = _____
 A table of 12 people: \$275.00 _____ = _____
 \$25.00 x Number of 9 years old and up _____ = _____
 \$15.00 x Number of 8 years old & under _____ = _____

Door Prize: _____ **Total: =** _____
 1st Prize: Bicycle
 2nd prize: Chinese Jewlery Armoire
 3rd prize: Bill Wallace Autographed Poster
 4th prize: Hand Stitch Color Art (L)
 5th prize: Kathy Long Autographed Poster
 6th prize: Light Show/L
 7th prize: Light Show/S
 8th prize: Piggy Bank
 9th prize: Light Show/S
 10th prize: Chinese Vase
 11th prize: Tea Set
 12th prize: Hand Stitch Color Art (S)

* Must to present to win on door prize.

Wang's Martial Arts New Year Workshop

Date: January 30, 2016 (Saturday) & January 31, (Sunday)

Place: 5311 FM 1960 Road E. Suite J Humble, TX 77346

(281) 548-1638, (281) 682-3387

Tentative schedule

<u>Date</u>	<u>Time</u>	<u>Event</u>	<u>Normal Fee</u>	<u>New Year attendee</u>	<u>Check the class</u>
1/30/2016	3 pm - 4 pm	Tai Chi, Chi Kung Instructor by Master Jia (Limited to 30 people)	\$20.00	Free	_____
	4 pm - 5 pm	Woman's self defense Instructor by David Barnes, Rafael (Limited to 30 people ladys only)	\$20.00	Free	_____
<hr/>					
1/31/2016	9 am - 11 am	Black Belt class Kung Fu, Tai Chi Black Belt only			_____
	11 am - 12 noon	Lunch break			
	12 noon - 1 pm	Escrima stick class Instructor by Tye Botting (Limited to 30 people,)	\$20.00	Free	_____
	1 pm - 2 pm	Take down & ground self defense Instructor by Rafael Gonzales (Limited to 30 people)	\$20.00	Free	_____
	2 pm - 3 pm	Nunchaku Instructor by Marvin henderson (Limited to 30 people)	\$20.00	Free	_____

Space is limited. First come, first serve.

Registration Form

Name: _____

Date: _____

Address: _____

City: _____ State _____

Zip: _____

Home phone: _____, Cell phone: _____, Work phone: _____

e-mail: _____

Total amount paid: \$ _____

Wang's Martial Arts 14th Chinese New Year 2016 program Schedule

January 30, 2016 (Saturday)

China Ko

5421 FM 1960 Road E. (at Timber Forest Dr.)

Humble, TX 77346

MC by Mr. Victor Makris (Makris Law Firm, P.C.)

10:00 am - 1. Reception

Slide & video presentation. (G.M. Cheng, ABSH) (Padraic, Wilfred)

11:00 am - 2. Lunch Buffet (Vegetarian styles)

Kindness to animals speech by Wu Hsing.

Special Thanks to all Black Belts who made this event possible. (Rafael Gonzales)

Chinese folk song.

Victor Cheng Scholarship (provided by Mrs. Jenny Cheng) recipient for 2016 - \$1000.

Wang's Martial Arts Scholarship recipient for 2016 - \$1000.

11:30 am

3. Lion Dance by Lee's Golden Dragon.

12:00 Noon -

4. Welcome to the 14th Annual Chinese New Year and Award Luncheon (MC: Victor Makris)

A Tribute and Celebration of the Life and Achievements of

Grandmaster Victor Cheng & others (Luis Garza, Nancy Green, David Manning,

Ken Hogan, Paul St. Amand, Rand Warzeka, Steve Alonso, Robert Barnes,

All unknown Animals.

5. Fashion Show (by Wang's Martial Arts students & Family), Pass out red envelopes

12:25 pm - Guest Speaker -

12:35 pm - 6. Tournament Points (Marvin)

7. Report Card Points (Daniel Thibodeaux)

12:55 pm

Intermission.

1:00 pm - 8. Kung Fu & Tai Chi demonstration by Wang's Martial Arts students. (Allen, James)

9. Kicking contest. (David Barnes, Padraic Gilbert)

1:30 pm - 10. Entertainment Program - Guitar by Victor Makris and Russell Martino

1:40 pm - 11. World Peace Martial Arts - Hall of Fame.

1:50 pm - 12. Prize Drawing (must present to win).

2:00 pm Conclude program.

* Tentative schedule. See schedule on the day of the event.



Top Ten Reasons to Buy American Made

"Buy American!" might sound like nothing more than a slogan advanced by American manufacturers to sell products made in the USA, but the truth is that there are many reasons to consider buying American-made clothing, American-made toys, and other US-manufactured goods. We've listed just a few of the benefits of buying American below:

Top Ten Reasons to Buy USA Made Products:

10) Foreign labor standards allow unsafe worker conditions in many countries. When you buy American you support not only American manufacturers but also American workers, safe working conditions, and child labor laws.

9) Jobs shipped abroad almost never return. When you buy goods made in the USA, you help keep the American economy growing.

8) US manufacturing processes are much cleaner for the environment than many other countries; many brands sold here are produced in countries using dangerous, heavily polluting processes. When you purchase American-made product, you know that you're helping to keep the world a little cleaner for your children.

7) Many countries have no minimum wage restrictions, or the minimum wage is outrageously low. When you choose products made in the USA, you contribute to the payment of an honest day's wages for an honest day's work.

6) The growing lack of USA ability to manufacture many products is strategically unsound. When you seek out American-made goods, you foster American independence.

5) The huge US trade deficit leads to massive, unsustainable borrowing from other countries. Debt isn't good for you and it isn't good for America.

4) Foreign product safety standards are low. For example, poisonous levels of lead are in tens of millions of toys shipped to the USA. When you buy toys and other goods made in the USA, you can be confident that American consumer protection laws and safety standards are in place to protect your family.

3) Lack of minimum wage, worker safety, or environmental pollution controls in many countries undermines the concept of "fair and free trade". No Western nation can ultimately compete on price with a country willing to massively exploit and pollute its own people. When you buy only American-made products, you insist on a higher standard.

2) Factories and money are shifting to countries not friendly to the USA or democracy. When you avoid imported goods in favor of American-made items, you help ensure that the United States doesn't find its access to vital goods impacted by political conflict.

1) As the US manufacturing ability fades, future generations of US citizens will be unable to find relevant jobs. Buy American and help keep your friends and neighbors-and even yourself-earning a living wage.

Join Made in USA Forever.com in standing up for America.

By Todd Lipscomb, founder of MadeinUSAForever.com and author of the book "Re-Made in the USA"

Also, please see our Facebook page here: <https://www.facebook.com/MadeInUSAForever>

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Wang's Martial Arts

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Phone (281) 548-1638
(281) 682-3387
e-mail wang3888@embarqmail.com
Web site www.WangsMartialArts.com

Basic Bo



Date: February 05, 2016 (Friday)
February 12, 2016 (Friday)
February 19, 2016 (Friday)
February 26, 2016 (Friday)

Time : 8:00 - 9:00 PM

Place : Wang's Martial Arts
5311 FM 1960 E. #J
Humble TX, 77346
(281) 548-1638
(281) 682-3387

Pre-requisite: Adults (15 years old and up) –
Yellow belt and up.

Jr. students (5–14 years old)- Green belt and above.

Fee : \$49.00
\$24.50 for review class

REGISTRATION FORM

NAME: _____ DATE: _____

STREET: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE (HOME): _____ PHONE (WORK): _____

Phone (cell): _____

e-mail: _____

Amount Paid _____ .

Phone (281) 548-1638, (281) 682-3387
E-mail wang3888@embarqmail.com
Web site [http://www. WangsMartialArts.com](http://www.WangsMartialArts.com)



Nunchaku Class

Date: March 21, 2016 (Monday)

Time : 8:00 - 9:00 PM

Place : Wang's Martial Arts
5311 FM 1960 E. #J
Humble TX, 77346
(281) 548-1638
(281) 682-3387

Fee : \$19.00
Free for Brown, Black, Jr. Black
& Accelerated program.

Age 15 to 80 year old - Yellow belt above.

Age 9 - 14 years old - Yellow belt above

Age 5 - 8 years old - Green belt above

Need bring your own nunchaku or purchase a foam nunchaku
for \$7.95 - \$14.00

REGISTRATION FORM

NAME: _____ DATE: _____

STREET: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE (HOME): _____ PHONE (WORK): _____

Phone (Cell): _____

e-mail: _____

Amount paid _____ .

Inner-school tournament result - 10/3/15

Kung Fu FORM

Ages 5-8 Bginner – 1st. Dominic Venegas, 2nd. Jordyn Mayo.
Adv. - 1st. Joseph Alonso
Ages 9-14 Int. - 1st. Alfred Kai Marayag
Adv. - 1st. Madeline Briles, 2nd. Brandon Roll-Bush, 3rd. Conner Roll-Bush
Ages 15-80 Adv. - 1st. Darren Bush, 2nd. Marvin Henderson.
Tai Chi Adv. Susan Fischman

Kung Fu WEAPON

Ages 5 - 14 Adv. - 1st. Madeline Briles, 2nd. Brandon Roll-Bush, 3rd. Conner Roll-Bush.
Ages 15-80 Adv. - 1st. Susan Fischman, 2nd. Darren Bush, 3rd. Marvin Henderson .

SPARRING

Ages 5-14 Int. - 1st.. Alfred Kai Masrayag, 2nd. Dominic Vegenas, 3rd. Madeline briles, Joseph Alonso.
Ages 5-14 Adv. - 1st. Conner Roll-Bush , 2nd. Brandon Roll-Bush, 3rd. Ayden Sowers.
Ages 15-80 Adv. - 1st. Marvin Henderson, 2nd. Darren Bush.





Published: April 1, 2014 Updated: 07:58 April 1, 2014

Help Kids Appreciate Nature

A Nature Table brings the outside world indoors.

By: Natural Vitality

Creating an appreciation for nature in our children is one way to promote future generations of environmentally friendly adults. It also helps our kids learn to enjoy the simple beauty and pleasure found in the natural world. While younger children may not be so keen on reflection, they do love to collect things. For an engaging activity that promotes a love of the outdoors for two- to eight-year-olds, consider a Nature Table. It works like this:

You will need a small, low table to place in a common area of the house, such as the living or dining room. This is your Nature Table. When you are out and about with the children, allow them to collect one or several items to bring back and place on the Nature Table. The only rule is that the objects must be natural. Kids will love finding these treasures, like rocks, leaves, sticks and so on. Allow them to play with the items on the table and rearrange them as they wish.

Here are some tips to have fun with your Nature Table:

- Create different themes for the table, such as the seasons or rocks, leaves or sticks.
- Go on a weekly Nature Table walk to find treasures.
- Cover the table with different colors of fabric for a change or to mark a change of season.
- Change the Nature Table on specific days, such as winter and summer solstice or the first day of a season, to connect your child to seasonal changes in nature.
- Place a magnifying glass on the table to inspect items close up.

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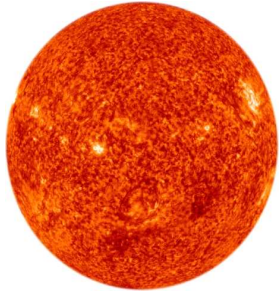
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- Identify shading objects** that may impact energy production
- Propose a system** to fit your budget and reduce your electrical bills

*Mention this ad for special pricing available only to
Wang's Martial Arts
students and families*

Phone (281) 548-1638, (281) 682-3387
e-mail: wang3888@embarqmail.com
Web site: www.WangsMartialArts.com

INNER SCHOOL TOURNAMENT

Date: 3-5-2016 (Saturday)
Time: Ages 5 - 80 2:00 PM – 5:00 PM
Place: Wang's Martial Arts
5311 FM 1960 Road E. #J
Humble, TX 77346
(281) 548-1638, (281) 682-3387
Entry Fee: \$45.00 up to two events
\$5.00 additional event
\$5.00 goes to scholarship fund



Listed below are the divisions; in each, a first, second, and third place trophies will be awarded.
Encouragement awards are given for everyone who does not place.

***** **FORMS*******

Ages 5-8 Beg./ Int./ Adv.
Ages 9-14 Beg./ Int./ Adv.
Ages 15-17 Beg./ Int./ Adv.
Ages 18-80 Beg./ Int./ Brown/ Black.
TAI CHI Beg./ Int./ Adv.

***** **WEAPONS*******

Ages 5-14 Beg./ Int./ Adv.
Ages 15-17 Beg./ Int./ Adv.
Ages 18-80 Beg./ Int./ Adv.

***** **SPARRING*******

Ages 5-8 Beg./ Int./ Adv. (Boys & Girls)
Ages 9-14 Beg./ Int./ Adv. (Boys)
Ages 9-14 Beg./ Int./ Adv. (Girls)
Ages 15-17 Beg./ Int./ Adv. (Boys)
Ages 15-17 Beg./ Int./ Adv. (Girls)
Adult Men Beg./ Int./ Brown & Black.
Adult Women Beg./ Int./ Brown & Black

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For the benefit of everyone's health, eat Organic vegetables, fruits, grains and be kind to all animals.





Nutritional Consequences of Gastric Bypass

by Suzy Cohen, RPh

Shrink your stomach and you will lose weight. The idea is perpetuated in our country. Complications such as hypertension, diabetes, high cholesterol and bladder concerns prompt people to undergo drastic procedures, such as gastric bypass. I've watched 12 episodes of *"My 600 lb. Life"* on TLC channel, and I've empathized with every person. It's a great show that I highly recommend you watch.

Gastric bypass may end up being your solution, but you may not fully grasp the long-term nutritional consequences of gastric bypass surgery. While some physicians require mandatory nutritional counseling the first year, after that it's optional. The extent of their recommendations stops after a multi-vitamin or multi-mineral, probably the basic 'A to Z' once daily sort.

I'm worried you might have fallen off someone's radar of care. I'm worried you have symptoms of nutrient depletion and will now go on to get heavily medicated. I know anemia is a big problem due to B vitamin deficiencies, and it's fixable.

Researchers show that deficiencies in macronutrients — proteins, fats, carbohydrates and micronutrients — vitamins, minerals and phytonutrients, are common. A 2014 scientific review team looked at studies published on many different types of obesity surgeries conducted between January, 1980 through March, 2014. Major deficits were common, especially the finding of low albumin, a critical protein used to transport

hormones, including thyroid, electrolytes, fatty acids, and more. Deficiencies of vitamin B1 (thiamine), vitamin B12, D, iron, zinc and others were common.

These very nutrients are critical for glucose use and management, energy production and management, gene signaling and detoxification. Often the first symptoms without these nutrients are fatigue, anemia, memory loss, cognitive changes, and loss of vitality that many chalk up to stress or aging. When left to progress, you can end up with severe damage, leading to gait disturbances (trouble walking), Alzheimer's, and general loss of health and function.

Now, consider the added layer of complexity when medications are prescribed! The drug mugging effect will necessitate more nutritional supplements. For example, metformin, given for blood sugar, can deplete B12 and CoQ10. Certain anti-depressants can reduce iodine. Anti-microbials will further damage your probiotic stores.

The literature consistently shows bariatric surgery patients tend to run out of B12, B1, folate, C, A, D and K, along with the trace minerals iron, selenium, zinc and copper. Over-the-counter multi-vitamin and mineral formulas cannot provide adequate amounts of some of these micronutrients. Women need preconception care and it's critical they receive iron, B12, vitamin A, K and natural methylfolate before becoming pregnant, or there could be fetal complications.

It's easy to get mistaken for having dementia or some other psychiatric disorder when it's just a nutrient deficiency related to bariatric surgery. What if you had a gut infection, or had Celiac and didn't even know? In summary, make sure this surgery is absolutely necessary before doing it. Also, find a nutritionist who can advise which protein supplements, medical foods, greens or vitamins you need.

Author's Bio:

Suzy Cohen, RPh has been a licensed pharmacist for 22 years and is a functional medicine practitioner. Dubbed as 'America's most



trusted pharmacist,' she devotes most of her time to teaching others about the benefits of natural vitamins, herbs and minerals. In addition to writing her own syndicated health column, "Dear Pharmacist," which has appeared in the *South Florida Sun-Sentinel* for 13 years, Suzy is the author of three best-selling books on natural health: *The 24-Hour Pharmacist* (Collins 2007), *Diabetes Without Drugs* (Rodale 2010) and her newest release, *Drug Muggers* (Rodale 2011) which teaches consumers about how their medications may be slowly stealing the life out of them, and how restoring vitamins and minerals can prevent side effects and restore vibrant health. Suzy has appeared on *The Dr. OZ Show*, *The Doctors*, *The View*, *The 700 Club* and *Good Morning America Health*. You can ask your own health question or read archived articles at www.SuzyCohen.com

3 Foods for better blood pressure

[Jenna Blumenfeld](#) | *Delicious Living*

The American Heart Association estimates 80 million adults have hypertension (i.e. high blood pressure), which raises the risk of heart attack or stroke.

Thankfully, recent studies suggest that consuming these three foods can lower your blood pressure and keep your ticker ticking—so dig in!

Blueberries



After eating 22 grams of freeze-dried blueberry powder daily for eight weeks, postmenopausal women experienced a significant drop in both systolic and diastolic blood pressure.

Get more: Top pancakes or Greek yogurt with fresh or frozen and thawed blueberries, or add 1/2 scoop of blueberry powder (Found in your local natural products store) into your morning smoothie.

Pistachios



In a 2014 study, adults with controlled type 2 diabetes who ate 150 pistachios (3 ounces) per day for four weeks experienced reduced systolic blood pressure during sleep.

Get more: Sprinkle crushed pistachios over roasted sweet potatoes, carrots, or Brussels sprouts. Or toss whole pistachios with fresh salads.

Tea



Researchers monitored 1,109 Chinese men and women for five years and found that those who drank green or black tea daily had lower diastolic blood pressure than subjects who never drank tea.

Get more: Swap tea for vegetable broth in soup recipes or curries. Try adding fresh kiwi slices to unsweetened green tea to sweeten the taste.



Record levels of Fukushima radiation detected off West Coast — Massive plume stretches for more than 1,000 miles — Reuters: Contamination is spreading off U.S. shores — Radioactive cesium reaches 11 Bq/m³ at multiple locations (MAP)

Mitsuhei Murata, former Japanese Ambassador to Switzerland, Nov 1, 2015 (*emphasis added*):

The lack of the sense of crisis over Fukushima is in stark contrast to the gravity of the crisis. **Fukushima is now undeniably a global security issue.** The **unstoppable contamination of the Pacific Ocean and the atmosphere** with ionizing radiation from the destroyed Fukushima nuclear reactors is **seriously menacing the West Coast** of the United States. Japan should make utmost efforts to cope with the Fukushima crisis by retreating from the Tokyo Olympic Games that disseminate the false impression that Fukushima is under control.

Deteriorating situation in Fukushima — Japan is laboring under the consequences of the Accident **never before experienced by humanity**, including the simultaneous destruction and meltdown of three commercial nuclear reactors. Four and half years after the 3.11 disaster, it has been shown that a severe nuclear accident **cannot be brought under control by a single state**... It is questioned if Japan is in possession of the governability and the capacity needed to cope with the **impending crisis**. The melted **cores of the reactors from Units 1, 2 and 3 remain inaccessible**... If the molten nuclear fuel rods are exposed through cracks to the atmosphere due to a mega earthquake or the liquidization of soils on the site that could cause the collapse and breach of Fukushima's spent fuel pools, Japan's landmass would become uninhabitable to a large extent... **The whole of Japan is threatened by the worsening situation emanating from the molten fuel rods, which continue to widely disseminate large amounts of dangerous radionuclides into the sea and atmosphere.**



"The unstoppable contamination of the Pacific Ocean and the atmosphere... is seriously menacing the West Coast of the United States."

- Mitsuhei Murata, former Japanese ambassador to Switzerland

Limitless **steam** **observed evokes the possibility of re-criticality** at the site. The undeniable necessity for international verification of the **suspected re-criticality** at the site should bring about the indispensable international cooperation to cope effectively with the Accident. The **ongoing radioactive contamination of the sea with no prospect for a solution is dishonoring Japan**, causing it to be criticized for **harming the global environment**. In spite of all this, attempts are shamefully being made to hide Fukushima...

World is menaced by the spreading contamination... The consequences of the radioactive contamination of the Pacific Ocean from Japan to the West Coast of the United States are drawing increased attention. **Some experts now estimate that the wave of radiation from Fukushima will be 10-times bigger than all of the radiation from the entire world's nuclear tests throughout history combined**...

The Tokyo Olympic Games belittle the Fukushima crisis — It is undeniable that the Tokyo Olympic Games constitute serious impediments for coping with the consequences of the March 11 Disaster... My interview article was published in the magazine "Monthly Japan" (September 2015). It is entitled "An honorable retreat from the Tokyo Olympic Games" and is given a central place. Reactions are noteworthy and expanding... The Tokyo Olympic Games diverts attention from Fukushima and gives the false impression to the world that Fukushima no longer poses a threat. The advancement of the Tokyo Olympic Games comes at the expense of the funds needed to address the host of environmental disasters created by the destroyed Fukushima nuclear reactors... The future of the Olympic Games is at stake. It is as a believer in the spirit of the Olympic Games and the Olympic Movement that I am pleading for an honorable retreat, and this, in order for Japan to devote maximum efforts to controlling the Fukushima crisis.

From last month: Former Japan Ambassador: Uncontrolled nuclear chain reactions could be underway at Fukushima -- "Troubling indications of recurring criticality" as Tellurium-132 detected over 100 miles from plant -- 'Recriticality' discussed by Japan's top nuclear official

450 comments to Record levels of Fukushima radiation detected off West Coast — Massive plume stretch for more than 1,000 miles — Reuters: Contamination is spreading off U.S. shores — Radioactive cesium reaches 11 Bq/m³ at multiple locations (MAP)



ChasAha

December 4, 2015 at 6:35 pm [Log in to Reply](#)



Let's see... just what can be determined from the WHOI statements.

1. increased ...signs of contamination from Fukushima
2. highest detected level to date
3. levels ...remain elevated

👉 Coming up on 5 YEARS.

At the very least these MELTDOWNS are NOT STOPPING.

It should be obvious, even to a casual observer, that nobody knows what to do or wants to admit that they don't know what to do and it's clearly getting worse.

Perhaps if we had all been properly informed more could have been done over these last 1729 DAYS to protect those who are innocent in this ongoing cover-up of global DNA destruction. 😞



obewanspeaks

December 5, 2015 at 3:40 am [Log in to Reply](#)

They spoke to soon and they will need to speak many more times in the future as more of these Nuclear Reactors blow! Earth is in serious trouble..

Why organic matters

Getting back to the heart of the seal

Sep 14, 2015 Marissa Hermanson | *Delicious Living*



Standing in the produce section of your local grocery store, you have a choice. It seems like a small one: Which carton of strawberries to purchase, the conventional or the organic? But, in that moment, you're making a choice that can have a big impact.

As research increasingly supports the benefits of choosing organic, surveys reveal people are purchasing organic products more than ever. According to a 2014 Gallup Poll, 45 percent of shoppers actively try to include organic foods in their diet. And organics don't just appeal to one type of shopper. The Organic Trade Association's (OTA) annual Organic Industry Survey shows people of varying income levels, generations, ethnic backgrounds, and political affiliations bring organic products into their homes.

From nutritional value to supporting a healthy ecosystem, organic consumers know that embracing this lifestyle is meaningful and beneficial. The United States Department of Agriculture's (USDA) Organic seal has become a symbol of integrity and trust and a standard that is being adopted by more producers.

"A new generation of supporters insists on organic options, along with those seeking the benefits of vitality and longevity through eating organic," says Mo George-Payette, CEO of Mother's Market & Kitchen, a California grocery chain that sells organic products. "There are many facets to this demand, from taking care of the planet to acknowledging the correlation of how it affects our health."

Since the OTA started tracking the organic food industry's performance in 1997, sales have grown tenfold. Organic food sales in 1997 totaled \$3.4 billion and grew to an exploding \$35.9 billion in 2014. Organic nonfood items (think fabrics, personal care, and household cleaning supplies) are booming in sales, too, rising 14 percent from 2013 to 2014.

“Demand for organics and ingredient transparency—right down to the seed—is growing as information spreads about the importance of eating cleaner and healthier,” says George-Payette.

Organic under attack

With more people than ever putting their dollars behind organic products, the industry has taken some jabs. To draw attention away from the big-picture benefits of organics, some opponents—especially those with market share to lose—have spent a lot of money on public relations campaigns to rally behind conventional farming and bash organics.

For example, in 2012, Stanford University issued a press release stating the university team's review of scientific literature “did not find strong evidence that organic foods are more nutritious or carry fewer health risks than conventional alternatives.” Since its release, experts, including John Reganold, a crop and soil scientist at Washington State University, questioned the review's design, findings, and interpretation—including an alleged downplay of the higher levels of omega-3s, as well as lower levels of pesticide residues and antibiotic-resistant bacteria found in organic compared to conventional foods. When it was revealed that Stanford received large donations from conventional agriculture giant Cargill, suspicion about the study's design grew. When questioned, however, Stanford officials denied the link, stating that the Cargill money was used to support a department not involved in the research.

In recent years, a variety of similar claims have surfaced in the media: Organic farming isn't sustainable; organic isn't toxin free; organic produce has no more nutritional benefit than conventional; and organic isn't better for the earth.

So how do shoppers make decisions based on the influx of information? “It's easy to read a specific study and take a paint brush and make a generalization,” says Jessica Shade, PhD, director of science programs at the Organic Trade Center, a nonprofit research organization. “We have been very much trained to trust what is in print. It's important when you read something to check the sources. Sometimes these articles, especially online articles, don't cite their sources.”

Also, there is a spectrum of credibility in science journals that have published organic studies, Shade says. Not all but some organic studies have small sample sizes, narrow scope, or aren't constructed well—and therefore, the outcome will show no statistically significant difference between conventional and organic. “Finding no significance is easy, but that doesn't mean there isn't a correlation.”

The health benefits of eating organic

Surveys indicate organic shoppers believe their dollars spent at the supermarket make a difference, both in their health—by increasing their intake of antioxidant-rich foods and reducing their exposure to harmful pesticides and hormones—and the environment.

“When asked to select their reasons for purchasing organic, four in ten parents say they do so primarily because it is ‘healthier for me and my children.’ Also, as parents learn more about the attributes behind the organic label, they cite more specific reasons for selecting organic,” says OTA’s Associate Director, Angela Jagiello. “A significantly higher proportion of families [in 2014 versus 2013] say they buy organic to avoid highly processed ingredients or GMOs. This is good news for organic because it means consumers have a deeper understanding of what’s behind the label.”

Do organic crops have more health benefits? A 2014 meta-analysis of 343 peer-reviewed studies, published in the *British Journal of Nutrition*, showed that several organic crops contain higher antioxidant levels and fewer pesticide residues than nonorganic foods, but certain produce showed the most significant difference. “It is not the case that everything you buy organic is going to have higher antioxidants,” Shade says. “It’s the type of produce—tomatoes and strawberries in particular.” For instance, a 2013 study in the journal *PLoS ONE* found that, even though organic tomatoes are generally smaller than conventional ones, they contain almost twice as much antioxidant vitamin C and 140 percent more plant phenols, a class of antioxidant believed to protect against heart disease, diabetes, and cancer. Another study printed in a journal of the International Society for Horticultural Science showed that organic strawberries grown in plastic-house conditions are higher in fiber and plant phenols than conventional berries grown in a similar environment.

Do conventional crops pose health threats? Eating more organic foods can decrease your exposure to harmful toxins. In 2010, the President’s Cancer Panel recommended avoiding foods grown with pesticides to reduce your risk of toxin-related cancers.

Herbicide exposure is particularly harmful to human reproductive systems, according to researchers at the National Institutes of Health’s Eunice Kennedy Shriver National Institute of Child Health and Human Development. The American College of Obstetricians and Gynecologists and the American Society of Reproductive Medicine suggested in a joint report that pesticide exposure poses risks for healthy pregnancy. And, consuming conventionally grown produce with pesticide residues has also been linked to lower sperm count, according to a study of 338 semen samples from 155 men published this year in the journal *Human Reproduction*.

“There is a realization that exposure to chemicals does have risks,” says Shade. We are just now developing mechanisms that are able to detect those risks.”

The organic ecosystem

Each year, to keep the organic seal of approval, organic farm owners go through inspections to prove their farmlands are free of GMOs and that they’re improving soil quality and ensuring the growth of pollinators and biodiversity.

Is organic farming better for the environment? Organic farming is a giant step toward a healthier ecosystem. Research has unearthed evidence that pesticides used in conventional farming, where the focus has historically been on crop yield and size, do, indeed, damage our planet’s land, water, and atmosphere.

Frogs in Iowa wetlands, for example, were found to have a significant amount of pesticides in their skin, according to a study published in *Science of the Total Environment* in early 2015. The herbicide atrazine, which harms the amphibians’ reproduction, physical characteristics, and behavior, was detected. The study also points to a larger issue: toxic pesticides that contaminate water. Another study published this year in the *Proceedings of the National Academy of Sciences* states that water polluted by pesticides “constitutes an excessive threat to aquatic biodiversity.”

Other findings suggest the number of insects and spiders are higher on both organic farms and surrounding land, compared to conventional farms. Organic farming methods value biodiversity in the ecosystem, allowing beneficial predator insects to control plant-attacking pests. Biodiversity means more pollinators and higher plant yields. And better nutritional quality of the soil means better plants. Organic farmers view that as a win-win for the farm and surrounding ecosystem.

Organic farming may also protect the land by counteracting harmful effects of climate change. Regenerative organic agriculture, which employs crop rotation and low tillage, keeps photosynthesized carbon dioxide in the soil instead of pushing it into the atmosphere. If organic farming standards were applied to all farms, greenhouse gas emissions could decrease by 40 percent, according to the Rodale Institute’s study, “Regenerative Organic Agriculture and Climate Change.”

Is going organic sustainable for farmers? “We are seeing that there is economic opportunity for farms of all shapes and sizes to go organic,” says Brise Tencer, the executive director of the Organic Farming Research Foundation. “Consumer demand for organic is more than the United States is supplying. We are importing much from overseas.”

“Many farms are adopting organic practices and adding certified organic acreage,” says the OTA’s Jagiello. “That’s critical because the largest challenge for organic today is that demand is outpacing supply. Because it takes three years for land to transition to organic, producers have to forecast several years out.”



The future of organics: Accessibility + Affordability

With the organic industry steadily growing, there are more organic products available in stores of all types, according to data compiled by SPINS, a research firm.

“Organics are not as out of reach as they once seemed. We offer competitive prices and excellent organic options across all categories,” says George-Payette of Mother’s Market & Kitchen.

Although stores play a big role, it’s the consumer (you) who is leading the organic movement. Mindful shoppers are driving the increase of organic production and affordability. People who want to provide pesticide-free and GMO-free food for their families, women who want to buy paraben-free cosmetics, and shoppers who demand transparency are leading an economic shift toward organic practices in our agricultural industry. At its core, those shoppers can feel good about supporting what benefits the planet and future generations.



« [Record levels of Fukushima radiation detected off West Coast — Massive plume stretches for more than 1,000 miles — Reuters: Contamination is spreading off U.S. shores — Radioactive cesium reaches 11 Bq/m3 at multiple locations \(MAP\)](#)

[“Very significant” explosion at dam next to U.S. nuclear site — ‘Plasma’ created due to tremendous amount of heat — Same type of phenomenon as lightning — Nuclear site’s fire department responds to blast \(VIDEO\)](#) »

AP: “Alarming signs of oceanic distress” on West Coast — Record number of stranded seal pups, nearly 2,000% of normal levels — “Bags of skin and bones” — “In our 40 year history we’ve never seen this many animals” (VIDEO)

[Press Democrat](#), Nov 20, 2015 (emphasis added): *Sausalito’s Marine Mammal Center sees record number of stranded seal pups* — Another species of marine wildlife has begun turning up, **emaciated and weak, in record numbers** on the California coast in what continue to be **alarming signs of oceanic distress**. Unhealthy northern fur seal pups have been found stranded on beaches in record numbers, newly weaned and weighing little more than typical birth weight for the species, marine mammal experts said. “They’re adorable, but on the other hand they’re these **little bags of skin and bones**,” said Jeff Boehm, executive director of the Marine Mammal Center... [The center has] taken in 85 northern fur seals... more than double the previous record of 31 pups in 2006... The northern fur seal strandings are the **latest in a string of alarming marine events**. Experts have been working all year to address an “unusual mortality event” among California sea lions. In addition, wildlife rescue crews have

AP
Record number of stranded seal pups in Northern California

The Marine Mammal Center.

Unusual Ocean Conditions Continue to Cause Record Strandings

been trying to rehabilitate a record number of the rarely seen and endangered Guadalupe fur seal pups.

[AP](#), Nov 21 2015: *Record number of stranded seal pups in Northern California...* experts say another species of marine wildlife has begun turning up, emaciated and weak, in record numbers on the California coast in what has been a series of **alarming signs of oceanic distress**.

[Marine Mammal Center](#), Nov 19, 2015: *Unusual Ocean Conditions Continue to Cause Record Strandings...* Like the California sea lions and Guadalupe fur seals before them, these young, starving pups are stranding in record numbers. **2015 has been a year like no other** for The Marine Mammal Center—with six weeks still remaining, we’ve already rescued more seals and sea lions than ever before in our 40-year history... All told, we have rescued more than 1,747 seals and sea lions so far this year... **raising alarming questions about the health of our ocean...** The fur seal pups we’ve been rescuing for the past month are **about half the size they should be** at this age. Our veterinary experts describe them as “emaciated,” which essentially means **they are skin and bones, and in the poorest state of nutrition...** While experts are able to explain how this is happening—unusually warm waters are affecting food availability for mothers and pups—**they still can’t explain exactly why...** What we do know is that the record numbers of stranded marine mammals we’ve seen all year indicate there is **an urgent need for more science to help us all better understand what’s going on** off the coast of California and how large-scale human impacts, such as overfishing and pollution, may be affecting the health of these animals and their ocean environment as well...

[Marine Mammal Center](#): **In normal years, the Marine Mammal Center admits about five northern fur seals...** In November of 2006, 33 fur seals were admitted to the Marine Mammal Center... **Most scientists don't believe that the fur seal strandings were due to El Niño** since other species weren't showing similar El Niño effects... there is no clear understanding of why the fur seals were unable to find food that year.

[CBS San Francisco](#), Nov 23, 2015: The Marine Mammal Center... is full of malnourished northern fur seal pups that have been abandoned or somehow separated from their mothers. "In our 40 year history **we have never seen this many animals**. We've had **ninety one this season**," said Dr. Jeff Boehm, executive director of the Marine Mammal Center.

[California Diver](#), Nov 22, 2015: *Record Strandings: Northern Fur Seals New Victim of Unusual Ocean Conditions; The Marine Mammal Center **breaks nearly every record due to record strandings** of northern fur seals, California sea lions and Guadalupe fur seals from warm ocean waters...* the Center has already rescued more seals and sea lions than ever before in its 40-year history. Now the Center is experiencing an unexpected influx of more than 80 northern fur seal pups—and more coming in every day... "Northern fur seals are just the latest victims of the warm waters off of our coast," says Dr. Shawn Johnson, Director of Veterinary Science at the Center. "And as these conditions persist, we're increasingly concerned about what this could mean for the next generation of sea lion pups too."

Comments to AP: "Alarming signs of oceanic distress" on West Coast — Record number of seal pups, nearly 2,000% of normal levels — "Bags of skin and bones" — "In our history we've never seen this many animals" (VIDEO)

Dr. Detroit

[November 26, 2015 at 1:14 am](#) [Log in to Reply](#)

Hi from the Detroit area I believe that the cancer rates are rising dramatically here. I'm 50 years old and have a small family and small circle of friends. In the past two years 1. My sister 55yo has survived pancreatic cancer type 1 diabetic and no spleen but alive. 2. A friend 54yo has had and is still being treated for colon. 3. One friend's daughter 12 years old died about 3 months ago of brain cancer. 4. One friend's father in his 60s lung cancer will never leave the hospital alive (his words). 5. One 53yo close friend has skin cancer and has spread from his ear lobe into his brain. And now my girl friend only 49 years old has stage 3 breast cancer. This is only my second post here all these cancers have occurred since the first post I made a few years ago. Question is could this be why they have the southern borders wide open basically surrendering the northern hemisphere to anyone from the south? Come on up and "breathe deep the gathering gloom"?



RattleShark

[November 25, 2015 at 6:19 pm](#) [Log in to Reply](#)

From a poster on RadChick Radiation Research & Mitigation FB page

<http://outbreaknewstoday.com/avian-botulism-suspected-in-death-of-waterbirds-on-lake-ontario-47266/>

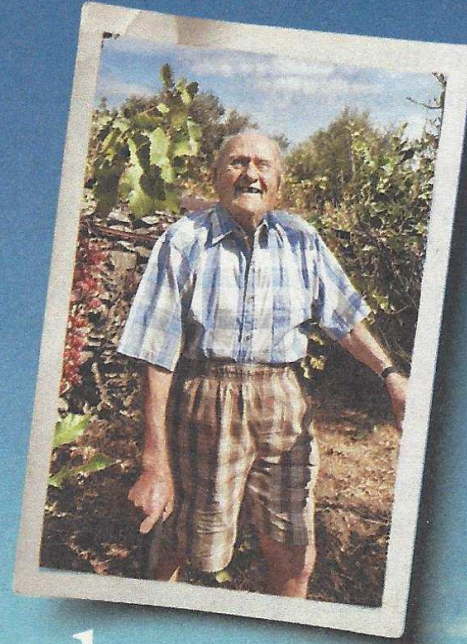
Affected birds typically die from drowning after becoming paralyzed by botulinum toxin in the fish they are eating. The most common fish being consumed is the round goby, an invasive species that accumulates toxin by feeding primarily on invasive mussels on the lake bottom

Humble Rotary Club

2015 - 2016 Budget Line Items

International	Global Grant Columbia food bank School Supplies Combat Malaria Children of the Dump (2 students) Global Scholarship Candidate	12,600
Public Relations	Club Brochure Social Media Projects Bridgefest Rotary night events Good oil days	4,500
Youth Exchange	Inbound Students Camps Phones Bus Trips Monthly Stipends RYLA	8,850
Local Scholarships	CATE & CARES Scholarships 4 Way Test Essay Rotary Connection Livestock Show Imagination Library	22,500
Rotary Grant Applicants	Boy Scouts Family Time HAAM Humble ISD Edu Foundation Including Kids KHS Science Olympiad YMCA Mission Northeast Oaks of Righteousness The Rose Group Society of St. Stephen Village Learning Center	64,900
	Total	\$113,350

HEALTH



Welcome to
The Island
Where People
Forget to Die

BY DAN BUETTNER
FROM THE BOOK *THE BLUE ZONES*



ONE DAY IN 1976, Stamatis Moraitis of Boynton Beach, Florida, felt short of breath. Climbing stairs was a chore; he had to quit working midday. After reviewing his X-rays, his doctor concluded that Moraitis had lung cancer. As he recalls, nine other doctors confirmed the diagnosis. They gave him nine months to live. He was in his mid-60s.

MORAITIS, A GREEK war veteran who had arrived in the United States in 1943, considered staying and seeking aggressive treatment. That way, he and his wife, Elpiniki, could be close to his adult children. But he decided to return to his native island, Ikaria, where he could be buried with his ancestors in a cemetery that overlooked the Aegean Sea. He and Elpiniki moved in with his elderly parents, into a tiny, whitewashed house on two acres of stepped vineyards on the north side of Ikaria.

At first, Moraitis spent his days in bed. On Sunday mornings, he hobbled up the hill to a tiny Greek Orthodox chapel where his grandfather once served as a priest. When his childhood friends started showing up every afternoon, they'd talk for hours, an activity that invariably involved a bottle or two of locally produced wine. I might as well die happy, he thought.

In the ensuing months, Moraitis started to feel stronger. One day he planted some vegetables in the garden. He didn't expect to live to

harvest them, but he enjoyed being in the sunshine, breathing the ocean air.

Six months came and went. He didn't die. Easing himself into the island routine, he woke up when he felt like it, worked in the vineyards until midafternoon, made lunch, and then took a long nap. In the evenings, he often walked to the local tavern, where he played dominoes past midnight. His health continued to improve. He added a couple of rooms to his parents' home so his children could visit. He built up the vineyard until it produced 400 gallons of wine a year.

FOR MORE THAN A DECADE, I've been organizing a study of places where people live longest. In 2008, my colleagues Michel Poulain, PhD, a Belgian demographer, and Gianni Pes, MD, a researcher at the University of Sassari in Italy, and I began investigating Ikaria. Ninety-nine square miles and home to almost 10,000 Greek nationals, the island lies about 30 miles off the western coast of Turkey. We concluded that people on Ikaria were, in fact, two and a half times as likely to reach age 90 as Americans. Ikarian men, in particular, are nearly *four* times as

Stamatis Moraitis, pictured above left, in his late 90s, tending his vineyard on the island of Ikaria



This 99-year-old Ikarian man takes a three-mile walk uphill every day to tend goats.

likely as their American counterparts to reach 90. Ikarians were also living about eight to ten years longer before succumbing to cancers and cardiovascular disease, and they suffered less depression and about a quarter the rate of dementia.

Seeking to learn more about the island's reputation for long-lived residents, I called on Ilias Leriadis, one of Ikaria's few physicians. On an outdoor patio, he set a table with kalamata olives, hummus, heavy Ikarian bread, and wine.

"People stay up late here," Dr. Leriadis said. "We wake up late and always take naps. We simply don't care about the clock."

Dr. Leriadis also talked about local "mountain tea," made from dried herbs endemic to the island, which is enjoyed as an end-of-the-day cocktail. He mentioned wild marjoram,

sage, a type of mint tea, rosemary, and a drink made from boiling dandelion leaves and adding a little lemon. The teas double as traditional Greek remedies. Wild mint fights gingivitis and gastrointestinal disorders; rosemary is used to treat gout; artemisia is thought to improve blood circulation.

When Ioanna Chinou, a professor at

the University of Athens School of Pharmacy and one of Europe's top experts on the bioactive properties of herbs, tested Ikaria's most commonly used herbs, she found that they showed strong antioxidant properties. Most also contained mild diuretics, which doctors use to treat hypertension. Perhaps by drinking tea, Ikarians have gently lowered their blood pressure all their lives.

ON A TRIP THE YEAR BEFORE, I visited a slate-roofed house built into the slope at the top of a hill. I had come here after hearing of a couple married for more than 75 years. Thanasis and Eirini Karimalis clapped their hands at the thrill of having a visitor.

The couple were born in a nearby village; they married in their early 20s and raised five children on Thanasis's pay as a lumberjack. Their daily

routine: Wake naturally, work in the garden, have a late lunch, nap. At sunset, they either visited neighbors or neighbors visited them. Their diet was also typical: a breakfast of goat's milk, wine, sage tea or coffee, honey and bread. Lunch was almost always beans, potatoes, greens (fennel, dandelion, or a spinachlike green called horta), and seasonal vegetables from their garden; dinner was bread and goat's milk. At Christmas and Easter, they would slaughter the family pig and enjoy small portions of larded pork for the next several months.

Just after sunset, another couple walked in, carrying a glass amphora of homemade wine. The ninety-somethings cheek-kissed one another and settled around the table. They gossiped, drank wine, and occasionally erupted into laughter.

MEANWHILE, MY COLLEAGUES and additional researchers fanned out across the island and asked nonagenarians a battery of lifestyle questions. They were joined by Antonia Trichopoulou from the University of Athens Medical School, an expert on the Mediterranean diet.

She estimated that the Ikarian diet, compared with the standard American diet, might yield up to four addi-

tional years of life expectancy. Low intake of saturated fats from meat and dairy was associated with lower risk of heart disease; olive oil reduced bad cholesterol and raised good cholesterol. Goat's milk contained serotonin-boosting tryptophan and was easily digestible for older people. Some wild greens had ten times as

many antioxidants as red wine. Wine—in moderation—prompts the body to absorb more flavonoids, a type of antioxidant. Local sourdough bread might reduce a meal's glycemic load. You could even argue that potatoes contributed heart-healthy potassium, vitamin B6, and fiber.

And because islanders eat greens from their gardens, they consume fewer pesticides and more nutrients.

Ikarians' sleep and sex habits might also affect their long lives. A 2008 paper by the University of Athens Medical School and Harvard School of Public Health found that napping at least three days weekly was associated with a 37 percent reduction in the risk of coronary heart disease. In a preliminary study of older Ikarian men, 80 percent claimed to have sex regularly, a habit also linked to longevity. A quarter of that group said they were doing so with "good duration" and "achievement."

“
*At day's end,
 you'll share a
 cup of tea with
 your neighbor.
 You're never
 entirely alone.*”

WHEN THEA PARIKOS moved from America to Ikaria and opened a guesthouse, she stopped shopping for most groceries, instead planting a huge garden that provided most of their fruits and vegetables. She lost weight without trying to. I asked her if she thought her diet would make her family live longer. “Yes,” she said. “But we don’t think about it that way. It’s bigger than that.”

Although unemployment is high—perhaps as high as 40 percent—most everyone has access to a family garden and livestock, Parikos told me. People who work might have several jobs. Someone involved in tourism, for example, might also be a painter. “We may not have money for luxuries, but we will have food on the table and still have fun with family and friends,” she said. “We may not be in a hurry to get work done during the day, so we work into the night. At the end of the day, we don’t go home to sit on the couch.”

ASK THE VERY OLD on Ikaria how they’ve lived past 90, and they’ll usually talk about the clean air and the wine. Or, as one 101-year-old woman put it, “We just forget to die.” They have no idea how they’ve lived so long.

But if you pay careful attention, it appears that a dozen subtly powerful, mutually enhancing, and pervasive factors are at work. It’s easy to get enough rest if no one else wakes up

early and the village goes dead during afternoon nap time. It helps that the cheapest, most accessible foods are also the most healthful—and that your ancestors have spent centuries developing ways to make them taste good. It’s hard to get through the day without walking up 20 hills. You’re not likely to ever feel the stress of arriving late. And at day’s end, you’ll share a cup of herbal tea with your neighbor. Even if you’re antisocial, you’ll never be entirely alone.

THE LAST TIME I spoke to Moraitis was in July 2012. Elpiniki had died in the spring, and now he lived alone. I had one last question: How does he think he recovered from lung cancer?

“It just went away,” he said. “I actually went back to America about 25 years after moving here to see if the doctors could explain it.”

I had heard this part of the story before. It had become a piece of the folklore of Ikaria. Still, I asked, “What happened?”

“My doctors were all dead.”



Moraitis died in his home on February 3, 2013, at the age of 98, according to official records. By his own reckoning, he was 102. **R**

Dan Buettner’s latest book, *The Blue Zones Solution*, reveals how Americans can adopt healthier lifestyles. It will be published this spring.

Probiotics: Healing more than our guts

by [Drea Miesnieks](#) in [Delicious Living Blog](#)

You already know that probiotics are good for gut health, but research now suggests that "good" bacteria may also improve our mood, and decrease the amount of time we experience flu symptoms.



Probiotics are live microorganisms (or "good bacteria") that aid your digestive processes and help your digestive organs function optimally. We often think of bacteria in a negative light—but you need these bacteria in order to properly break down the foods you eat.

Some examples of foods that already contain these helpful bacteria are yogurt, kefir, kombucha, miso soup, kimchi, and more. If you aren't a big fan of these foods, you can also get probiotics through different types of [supplements](#).

More health practitioners are beginning to recommend probiotics—not just nutritionists. "Probiotics are one of the few supplements I encourage my patients to use," states chiropractor James C. Dunstan. "Given the current popularity of pesticide use in produce, these agents can cause loss of critical digestion promoting enzymes and bacteria within the gut. Probiotics can be a means to replenish the potential loss of our gut-friendly bacteria."

Probiotics have been on the forefront of digestive health for awhile, but in recent years, there has been increasingly more evidence to support the theory that these "good bugs" may do more for us than

solely aiding digestion. Studies suggest that probiotics may also help promote weight management, immune support, oral health, and even cholesterol management.

Here's a rundown of the latest probiotic research you need to know.

Gut and brain connection

There is now evidence that shows gut health and brain health are inextricably linked. What you ingest and how healthy your stomach is can be directly related to neurological disorders such as autism spectrum disorder and depression.

A review from March 2015, written by Canada's [McMaster University researchers](#), claims there is bidirectional communication between the gut and brain. If the bacteria in our gut are unhealthy, the communication dysfunctions and can lead to metabolic, neuropsychological and gastrointestinal disorders.

Their review re-examined a [2013 study from UCLA and Danone](#) where 12 healthy females consumed fermented probiotic milk for four weeks and compared against 11 women who consumed no probiotics. The women consuming probiotics showed increased brain activity and improved mood.

Shortened flu symptoms

A recent study published in the [American Journal of Clinical Nutrition](#) shows that a particular strain of probiotic, *L.casei* 431, may reduce the duration of cold and flu symptoms. Researchers conducted the placebo-controlled experiment on 1,104 healthy subjects aging 18 to 60 years old in Germany and Denmark. Half the subjects were drank a probiotic milk beverage and the other half drank a placebo for 42 days. At day 23, the participants received a seasonal flu vaccine. Those who took probiotics had shorter duration of upper respiratory symptoms.

With the increase of pesticides on much of the food we consume, probiotics are becoming more important than ever before. In a 2009 study conducted by [Korea's Gyeongsang National University](#), an insecticide, *chlorpyrifos*, was used while making kimchi, a fermented, probiotic-rich food. After 9 days, the insecticide completely degraded and was inactive.

While probiotics are a great idea for digestion, this new evidence shows the various microbiota may have other incredible effects on our health that we weren't aware of. If you're struggling to fit probiotics in your daily diet, consider picking up supplements from your local natural products store.

2016 - Traffic violations fines.

2016年新规定

罚单各种涨价

Not carrying driver's license: \$214

忘记带驾照，罚款:\$214 (原来\$35)

After 10 days without a change of address to notify DMV: \$214

变更地址超过10天通知DMV罚款:\$214 (原来没有罚款)

Driving without insurance cause an accident: \$ 796 and license suspended for 4 years

出车祸没有保险，罚款:\$796,并吊销驾照4年

Beyond the red lights: \$ 533

红灯不停，右转弯红灯不停罚金一样,:\$533 (原来是这个价格的一半不到)

Crossing two gold stripes (double solid lane): \$ 425

穿越双黄线:\$425

Turn and U-Turn in place or middle of road: \$ 284

违规转弯或掉头:\$284 (不知道这个数字是怎麼来的。)

The speed (from 1-15 miles): \$224

超速1-15英里，罚金:\$224，通常来说超10迈才会给罚单

The speed (from 16 to 25 miles):\$338

超速16-25英里，罚金:\$338

Driving too slow: \$328

开太慢:\$328

Do not full stop at Stop Sign: \$ 284

Stop Sign没有完全停住:\$284

Passing through the bus when the lights are flashing: \$ 675

穿越闪灯的校车:\$675 (这个好像应该)

Holding and using the phone handset while driving (1st time): \$160

开车打电话第一次要:\$160，电话在手裡也要罚！

Parking place for buses: \$ 976

停在大巴位置罚金:\$976

Do not turn on the head light when it is coming up (30 minutes):\$382

开汽车大探照灯超30分钟:\$382

Cover car door: \$178

遮盖车门:\$178

Failing to wear seat belt: \$160

未系安全带:\$160

Children not wearing seat belts or in accordance with: \$ 436

小孩没有繫安全带或者没有儿童座椅:\$436

Wear your hearing in both ears covered: \$ 178

开车两耳戴耳机:\$178

Car pool violation

汽车共乘违规\$401

Wang's Martial Arts

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Schedule:

1/9/16 - B.B. Club rank test.

1/10/16 - Chinese Veggie food at Chinatown. 5:30 pm

1/16/16 - January Birthday party. Rehearse for New year event.

1/23/16 - Rehearse for New year event.

1/30/16 - Wang's Martial Arts 14th Annual Chinese New Year & Kung Fu, Tai Chi Reunion. Workshop.

1/30/16 - Workshop

2/5/16 – Basic Bo class start.

2/13/16 – February Birthday party.

2/19/16 & 2/20/16 – Kung Fu Rank test.

2/27/16 – Tai Chi rank test.

3/4/16 – Basic Sabre class start.

3/5/16 – Inner-school tournament.

3/21/16 – Nunchaku class.

