

# 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](http://www.WangsMartialArts.com)

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

## September 2016 Newsletter Summary



9/03/16 - Demonstation at Octavia Fields Branch Library 2:30 pm.  
9/05/16 - No class due to labor day Monday.  
9/09/16 - Cresent knife class starting.  
9/17/16 - September Birthday party/Humble library Wellness Fair.  
9/19/16 - Tournament practice.  
9/24/16 - Kung Fu rank test.  
9/26/16 - Kung Fu rank test.

### Report card point

Conner Roll-Bush	6.00
Emma Ferguson	4.50
Jameson Ezzell	4.50
Joseph Alonso	3.75
Brandon Roll-Bush	2.25
Justyn Davis	2.25
Santiago Aquino	2.25
Jonathon Mosley	2.25
Nickelus Moreno	1.50
Jordan Godfrey	1.50

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

### Tournament point:

Darren Bush	51
Conner Roll-Bush	36
Brandon Roll-Bush	30
Madeline Briels	24

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!  
1<sup>st</sup> Place-12pts; 2<sup>nd</sup> Place-9pts; 3<sup>rd</sup> Place-6pts; Participation-3pts

### Inner-school tournament;

Date: October 8, 2016 (Sat.)  
Time: 2 - 5 pm  
Place: Wang's Martial Arts  
Fee: \$45.00 up to two events  
\$5.00 additional event  
\$5.00 goes to scholarship fund



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

December 19, 2015 - \$75.00

March 5, 2016 - \$45.00

March 2016 Birthday - \$25.00

April 2016 Birthday - \$40.00

May 2016 Birthday - \$20.00

June 2016 Birthday - \$10.00

Darren Bush (6/14/16) - \$500.00

June 25, 2016 - \$20.00

July, 2016 Birthday - \$30.00

**Total - \$3483.98 - \$300 - \$300 - \$1000 = \$1883.98**

**\$300 scholarship to Ms. Megan Payne on 06-04-12**

**\$300 scholarship to Mr. Wilfred Hung on 06-24-13**

**\$1000 scholarship to HISD student on 01-30-2016.**

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

### Proverbs 4 .

<sup>18</sup> The path of the righteous is like the morning sun, shining ever brighter till the full light of day.

<sup>19</sup> But the way of the wicked is like deep darkness; they do not know what makes them stumble.

### **Black Belt Club & Accelerated Program**

#### **Tournament Competition Class:**

Date: 9-19-16 (Monday)

Time: 8:00 – 9:00 pm

#### **Conditioning & Reaction Drill Class:**

Age 5 –14 years old

Date: 9/08/2016 (Thursday)

Time: 8:00 – 9:00 pm

Age 15 – 98 years old

Date: 9/01/2016 (Thursday)

9/08/2016 (Thursday)

9/15/2016 (Thursday)

9/22/2016 (Thursday)

9/29/2016 (Thursday)

Time: 8:00 – 9:00 pm

### **New Student:**

Bill Campbell, Jacob Solache, Chris Duff,  
Brandon Campbell, Paul Tang,  
Richard Sibley, Richard Marquis,  
Delvin Davis, Laura Henderson,  
Kelly Sibley.

**Welcome!**

### **Kung Fu Rank Test**

Date: 5-14 yrs: 9-24-2016, Saturday, 1:30-3:30 pm

15 yrs +: 9-24-2016, Saturday, 3:30-5:30 pm

5 - 108 yrs: 9-26-2016, Monday, 6:00-8:30 pm

Must register on or before 9-22-2016.

Test fee : \$40.00 and up

### **Brown and Black rank test**

Oct. 11, 2016 (Tue.) 6 – 8 pm

Oct. 14, 2016 (Fri.) 6 – 8 pm

Oct. 15, 2016 (Sat.) 9 am – 3 pm

## **September Birthday**

Brenis Johnson	9/02
Cheeleng Slack	9/15
Joshua Moricca	9/21
Nigel Singh	9/24
Tim Cevirgen	9/07
Victor Makris	9/20
Robin Whitehead	9-11
Kevin Papa	9-18
Julian Rosas	9-25
Steve Alonso	9-07
Roberto Alvarado	9-14
Valerie Roll	9-22
Joseph Alonso	9-03
Jeannette Osterman-Adams	9-21
Marvin Henderso, III	9-23
Andrew Nicholls	9-18
Nathan Johnson	9-19
Mike Valladares	9-22
Cleveland Glenn	9-25
Kendall People	9-26
Josue Rodriguez	9-26
Alondra Rodriguez	9-26
Robert Widerstrom	9-5
Chris Ocker	9-3
Kyle Sadler	9-4
Cynthia Pate	9-10
Michael Quevedo	9-14
Ryeon Fuller	9-15
Clinton Hook	9-24
Richard Sibley	9-
Michael Smith	9-2
Dana Davidson	9-2
Jonathan Mosley	9-4
Antonio Flores	9-7
Luiz Munez	9-9
Stephanie Gonzales	9-10
Mike Valladares	9-22
Marvin Henderson, III	9-23
Sarah Payne	9-24
Kimberley Limones	9-25
Nikki Warzerka	9-12
Wayne Colby	9-17
Kimberly Pina	9-5
Dora Henson	9-1
Paul Hayes	9-27
Nick Tirey	9-23
Jacob Butcher	9-9
Amy Gilman	9-22
Bill Hargrave	9-24

### ***Happy Birthday***

### **Red, Brown and Black Belt Class**

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

\* 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.

### **Tai Chi Rank Test**

Date: 8-27-2016 ( Sat. )

Time: 12 noon – 2:30 pm

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## In Partnership with Humble Library Wellness Fair & Book Sale, Wang's martial Arts will present public demonstration, sample class, Vegetarian food for Health & Kindness to all animals.

Date: September 17, 2016 (Saturday)  
Time: 9 am - 12 noon  
Place: Octavia Fields Branch Library  
1503 S. Houston Ave.  
Humble, TX 77338  
(281) 446-3377



Wang's Martial Arts will be holding a birthday party for the month of September. **All students & guests are invited to participate.** This is a wonderful opportunity to have a Veggie food and organic birthday cake (no sugar added/replace with local honey). There will be demonstration for you & your guests. It is for Health, Physical Fitness, Confidence, Discipline and Self Defense. All students at Wang's Martial Arts can participate in demonstration.

Cost: Complimentary.

Time: 9:00 am to 10 am – Outdoor training class for Kung Fu & Tai Chi.

10:00 am - Veggie food (Veggie Dumpling, Veggie Egg Roll, Veggie meatball, Organic Spinach Cheese Quesadilla, No soft drink/replace with Bottle water), while supplies last.

10:30 am - Demonstration (Kung Fu & Tai Chi), Board breaking.

11:00 am - Sample class for the public.

11:30 am - Demonstration (Kung Fu & Tai Chi), Board breaking.

11:50 am - Organic birthday cake with organic cream cheese (no sugar added/replace with local honey). Singing Happy birthday song in English, Chinese & Spanish.

12:00 noon – Program end.

# Wellness Fair & Book Sale

Join us for a Wellness Fair (in collaboration with Texas Children's Health Plan and HEB) and the start of our Fall Book Sale.

## Saturday, Sept. 17th @ 10am

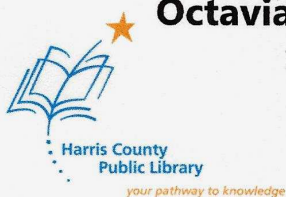
Join us for a Wellness Fair from 10am-12pm and the start of our Fall Book Sale.

Explore community wellness resources, get fabulous freebies, and support library programming.

Wang's Martial Arts will present public demonstrations, a sample class, and Vegetarian foods and cake (while supplies last).



The Fall Book Sale will continue through Saturday, September 24th.



### Octavia Fields Branch Library

1503 S. Houston Ave.  
Humble, TX 77338  
(281) 446-3377

#### Information for Persons with Disabilities:

Harris County Public Library will make reasonable accommodations for people with disabilities who are interested in attending library programs. To make a request, notify the Branch Librarian or call the Harris County ADA Coordinator at 713-755-4396 (voice) or 713-755-5005 (TDD) or 1-800-RELAYTX.

# Family Special Kung Fu or Tai Chi

	1st member	2nd member	3rd member	4th member	5th member or more
<b>Tuition/month</b> (12 to 13 lessons in a month)	<b>\$149.00</b>	<b>\$134.00</b>	<b>\$74.50</b>	<b>\$74.50</b>	<b>Free</b>
<b>Uniform</b>	<b>\$49.95</b>	<b>\$49.95</b>	<b>\$49.95</b>	<b>\$49.95</b>	<b>\$49.95</b>
<b>Registration fee</b>	<b>\$10.00</b>	<b>\$10.00</b>	<b>\$10.00</b>	<b>\$10.00</b>	<b>\$10.00</b>

### KUNG-FU class schedule

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

### TAI CHI CHUAN

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
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**Free Uniform by bringing in this flyer before September 30, 2016.**



Guest Name: \_\_\_\_\_, by student \_\_\_\_\_

Date: \_\_\_\_\_ (Current student will receive One Hour Private Lesson).



**Wang's Martial Arts**

**Health & Harmony Cruise - 4 days (November 10th to November 14th, 2016)**

**Date:**  
 11/10/2016 (Thur.) Day 1 Ready for boarding at Noon time, Galveston depart - 4:00 pm  
 11/11/2016 (Fri.) Day 2 Fun day at sea & training  
 11/12/2016 (Sat.) Day 3 Cozumel -arrive 9:00 am, depart 4:00 pm  
 11/13/2016 (Sun.) Day 4 Fun day at sea & training  
 11/14/2016 (Mon.) Day 5 Galveston arrive - 8:00 am

Kung Fu Northern Shaolin & Northern Praying Mantis.  
 Tai Chi Yang Style.  
 Chin Na Grasp Hand Techniques in self defense.  
 Ball room dance  
 Discussion in Health, Herb, Diet & many more.



**The rate is based on per person with double occupancy in a cabin (tax is included, not tip).**

	<u>Interior</u>	<u>Ocean View</u>	<u>Balcony</u>
4A	\$505.90	6A \$555.90	8A \$665.90
4B	\$505.90	6B \$555.90	8B \$665.90
4C	\$510.90	6C \$560.90	8C \$670.90
4D	\$510.90	N/A	8D \$680.90
Insurance/person	\$49	\$49	\$79

3rd & 4th person in the same cabin is \$175.90 per person.

For information: Wang's Martial Arts  
 5311 FM 1960 Rd. E. #J  
 Humble, TX 77346  
 (281) 682-3387, (281) 548-1638 e-mail: yyw3888wma@gmail.com

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_  
 Address: \_\_\_\_\_ Age: \_\_\_\_\_  
 City: \_\_\_\_\_, State: \_\_\_\_\_ Zip: \_\_\_\_\_ Gender: Male, Female  
 Home phone: \_\_\_\_\_, Work phone: \_\_\_\_\_  
 Cell phone: \_\_\_\_\_, e-mail: \_\_\_\_\_  
 Citizen: Yes or No.  
 Cruise rate (include tax): \_\_\_\_\_  
 Insurance: \_\_\_\_\_  
 Kung Fu, Tai Chi, Chi Kung, Chin Na, Ball room dance, Discussion in Health: \$100.00  
 Total amount: \_\_\_\_\_  
 Payment Date: \_\_\_\_\_

**For group rate, must register before September 30, 2016.**

Note: \_\_\_\_\_

## Wang's Martial Arts

### Health & Harmony Cruise - 4 days (November 10th to November 14th, 2016)

You must be at Port of Galveston about noon time for embarking on 11/10/2016 (Thursday).

<u>Date</u>	<u>Day of the week</u>	<u>Time</u>	<u>Class</u>
11/10/2016	Thursday	5:30 - 6:00 pm	Orientation
11/11/2016	Friday	7:00 - 8:00 am 8:00 - 9:00 am 9:00 - 10:00 am 10:00 - 11:00 am  11:00 - 12:00 noon  1:00 - 2:00 pm 2:00 - 3:00 pm 3:00 - 4:00 pm 4:00 - 5:00 pm	Tai Chi (42 movements) by Master Wuzhong Jia Chi Kung by Master Wuzhong Jia Ballroom Dance by Sonia World of Dance Self defense by Sifu Gonzales or Iridology by Dr. Heil-Mealey Essential Oil and movement by Dr. Heil-Mealey  Chin-Na by Sifu Gonzales Martial Arts by Wang's Martial Arts and Master Jia Ballroom Dance by Sonia World of Dance Tai Chi (42 movements) by Master Wuzhong Jia
11/12/2016	Saturday	9:00 am - 4:00 pm	Port visit - Cozumel
11/13/2016	Sunday	7:00 - 8:00 am 8:00 - 9:00 am 9:00 - 10:00 am 10:00 - 11:00 am 11:00 - 12:00 noon  1:00 - 2:00 pm 2:00 - 3:00 pm 3:00 - 4:00 pm 4:00 - 5:00 pm	Tai Chi (42 movements) by Master Wuzhong Jia Chi Kung by Master Wuzhong Jia Ballroom Dance by Sonia World of Dance Self defense by Sifu Gonzales Herb & Diet for Health by Master Wuzhong Jia  Chin-Na by Sifu Gonzales or Iridology by Dr. Heil-Mealey Martial Arts by Wang's Martial Arts and by Master Jia or Essential Oil and movement by Dr. Heil-Mealey Ballroom Dance by Sonia World of Dance Tai Chi (42 movements) by Master Wuzhong Jia
11/14/2016	Monday	8:00 AM	Arrive at Galveston

Tentative schedule subject to change. Final schedule will be handout on 11/10/2016 at 5:30 pm Orientation.

For information : Contact Master Wang at (281) 682-3387.





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Web site www.WangsMartialArts.com

## Crescent Knife Class



Date : September 09, 2016 (Fri.)  
September 16, 2016 (Fri.)  
September 23, 2016 (Fri.)  
September 30, 2016 (Fri.)

Time : 8:00 – 9:00 PM

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

Fee : \$69.00 / \$34.50 for Review

(Pre-requisite must learned basic Sabre or Basic  
Bo)  
(9-108 years old, Red, Brown & Black)

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### REGISTRATION FORM

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

STREET: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

e-mail: \_\_\_\_\_

PHONE (HOME): \_\_\_\_\_ PHONE (WORK): \_\_\_\_\_

Cell phone: \_\_\_\_\_ Amount Paid \_\_\_\_\_

## 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"

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**Labor Day.**

**Buy American Made.**





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Web site www.WangsMartialArts.com

## Baisc Bo



Date: October 07, 2016 (Friday)  
October 14, 2016 (Friday)  
October 21, 2016 (Friday)  
October 28, 2016 (Friday)

Time : 8:00 - 9:00 PM

Place : Wang's Martial Arts  
5311 FM 1960 Road 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 : \$39.00  
\$19.50 for review class

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### REGISTRATION FORM

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

STREET: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE (HOME): \_\_\_\_\_ PHONE (WORK): \_\_\_\_\_

Phone (cell): \_\_\_\_\_

e-mail: \_\_\_\_\_

Amount Paid \_\_\_\_\_ .

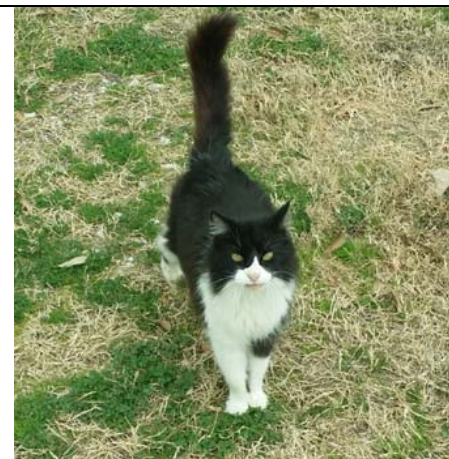
Wang's Martial Arts

**For the benefit of everyone's health & kindness to all animals, please eat veggie, fruit and grains.**



**Feed cat, bird & wildlife in your backyard. They will protect your house, and they keep away snakes & pests.**

**Wang's Martial Arts is caring for & feeding these animals.**





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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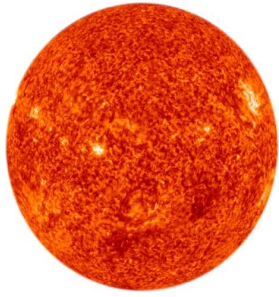
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- Assess your energy needs** based on past utility bills
- Determine the ideal location** for solar energy production
- Identify shading objects** that may impact energy production
- Propose a system** to fit your budget and reduce your electrical 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: 10-8-2016 (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

Registration form for INNER-SCHOOL TOURNAMENT

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_, STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_ WORK PHONE: \_\_\_\_\_

CELL PHONE: \_\_\_\_\_ e-mail address: \_\_\_\_\_

RANK: \_\_\_\_\_ AGE: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_

DIVISIONS: FORMS \_\_\_\_\_ SPARRING \_\_\_\_\_ WEAPONS \_\_\_\_\_ Amount Paid \_\_\_\_\_



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



## 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么来的。 )

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

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

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e-mail: wang3888@embarqmail.com

Web site: [www.WangsMartialArts.com](http://www.WangsMartialArts.com)

## Schedule:

9/03/16 - Demonstation at Octavia Fields Branch Library 2:30 pm.

9/05/16 - No class due to labor day Monday.

9/09/16 - Cresent knife class starting.

9/17/16 - September Birthday party/Humble library Wellness Fair.

9/19/16 - Tournament practice.

9/24/16 - Kung Fu rank test.

9/26/16 - Kung Fu rank test.

10/01/16 - Demonstation at Octavia Fields Branch Library 2:30 pm.

10/07/16 - Basic Bo class starting.

10/08/16 - Wang's Martial Arts Inner-school tournament.

10/11/16, 10/14/16, 10/15/16 - Brown & Black belt test.



T-Shirt days  
Wednesday & Saturday class  
(Unless if we have special event, rank test, demonstration  
need to be in full uniform).



\$12.00



Mike Geary is:

# The Nutrition Watchdog

Investigating nutrition, health, and fitness to keep you youthful, healthy, and fit!

## Onions & your gut health, longevity, cancer, and more!



by *Cat Ebeling & Mike Geary*

co-authors of the best-seller: [\*The Fat Burning Kitchen\*](#)

The overlooked and much maligned onion has been around since ancient times and was most likely a dietary staple of our prehistoric ancestors. It is often avoided because of its pungent odor and taste, along with the after effect of “onion” breath. The strong smell and taste come from the sulphur-containing compounds in onions which are also responsible for the amazing health benefits in onions.

Onions don't usually get the spotlight for being a glamorous and trendy ‘superfood’, but surprisingly enough, the humble onion is most definitely a superfood in its own right. You know the saying, “An apple a day...”, well it should be, “*An onion a day keeps the doctor away!*”

Onions are in the same family of root vegetables as garlic (a known superstar), shallots, leeks and scallions. They are a great source of B vitamins, especially B6, B1, folate, and biotin. They also contain copious amounts of vitamin C, manganese, copper, phosphorus, potassium and a massive amount of phytonutrients and antioxidant polyphenols. Some of the standout phytonutrients include quercetin, and allyl disulphide. Onions contain even **more powerful polyphenols** than their cousins, garlic and leeks, as well as tomatoes, carrots and red bell peppers.

These antioxidants make onions a natural anti-histamine (similar to medicine for colds and allergies), anti-inflammatory, and antioxidant. The powerful polyphenols in onions benefit the whole body, and make them extremely effective in preventing or fighting diabetes, cancer, cardiovascular disease and neuro-muscular diseases.

One of the primary polyphenol antioxidants in onions is Quercetin. Quercetin is an anti-inflammatory ingredient that not only protects against heart disease, blood clots, hypertension, urinary disease, prostatitis, and cancer, but also is one of the most powerful and natural anti-histamines, helping to prevent or lessen allergic reactions and asthma.

According to *The World's Healthiest Foods*, onions are one of the the top ten foods for quercetin content, although it varies according to the type of onion, and growing conditions. And quercetin absorption from onions in the body twice as much as other foods that contain quercetin, like green tea and [apples](#), as reported by Dr. Mercola, according to information from Wageningen Agricultural University, Netherlands.

## Anti-Cancer Medicine

[The National Onion Association](#) considers onions a major dietary anti-carcinogen. Onions, like garlic and other allium vegetables are warriors against many types of cancer including: breast, ovarian, and uterine cancers, laryngeal, esophageal, gastric, colon, renal and prostate cancers. This is due in part from the quercetin, as well as the sulphur compounds such as: *diallyl disulfide* (DDS), *S-allylcysteine* (SAC), and *S-methylcysteine* (SMC). Although the exact physiology is not known, it is thought that these compounds inhibit tumor growth and gene mutations, while fighting free radicals.

While 'moderate' (1-2 times a week), consumption of onions helps fight these cancers, the best practice is about a half cup serving or so of onions daily. It's not really that hard to throw some green onions (scallions) into your [eggs](#) in the morning, add some sliced red onion to your salad at lunchtime and munch on fresh salsa (with onions) at dinnertime. Cooking does not take away the onion's nutrient power, so simmering onions into your soup and cooked dishes still gives you plenty of health benefits.

[Onions](#), like garlic, go a long way towards helping prevent heart attacks, strokes and blood clots. The sulphur compounds in onions are very efficient in preventing clumping of blood platelets which result in clots, meaning they are highly effective in preventing heart disease, strokes, and blood clots in other parts of the body (peripheral vascular disease). Allium and allyl disulphide also help to create more flexible blood vessels which result in [lower blood pressure](#). Onions have also been shown to help lower triglycerides and LDL cholesterol, especially when eaten as part of a diet high in vegetables and fruit.

### Anti-inflammatory Effects

Quercetin maintains top level status as an anti-inflammatory, along with its anti-histamine properties. This means it helps with most inflammatory conditions, including asthma, allergies, arthritis, heart disease, Alzheimer's, cancer, and more. Onionin A, one of the sulphur compounds, inhibits macrophage formation that trigger immune reactions and inflammatory responses, helping those with autoimmune conditions as well. If you want to read more about fighting inflammation in your body, [this article shows you the #1 inflammation fighting fruit](#) that you can eat.

### Bone, Connective Tissue, Gut Health, and Diabetes Benefits

Several human studies have shown that frequent (daily) consumption of onion can actually help to increase bone density in post-menopausal women, and help prevent fractures related to osteoporosis. What's more, the high sulphur content of onions helps to strengthen and support strong connective tissue in the body including tendons, ligaments, cartilage and collagen—and even hair.

Onions supply healthy antibacterial properties, helping to prevent everything from cavities and gum disease, to ulcers from h. pylori and food-borne illnesses. Studies have shown onions to be effective against streptococcus strains and porphyromonas gingivalis among other bacteria, especially from fresh, raw onions. So add fresh onions to your salads, salsas, and picnic food to help ensure you don't get sick!

Onions contain a prebiotic fiber, inulin, that helps to feed and encourage the growth of [healthy gut bacteria](#) which creates a stronger immune system, assists in healthy absorption and assimilation of food, and actually helps your mood and brain function. Inulin is also thought to be responsible for helping to prevent obesity and lower your risk of diabetes.

In those with **type 2 diabetes**, inulin helped to improve blood sugar reactions and maintain a more stable glucose level. Another compound in onion, allium cepa, was shown to have a significant effect on lowering blood sugar in another study with rats, although more research needs to be done.

### Sleep and Mood

Onions have a positive effect on sleep and mood as well, due to the folate content in them. In fact, it is thought that onions may help with depression, by decreasing the amount of homocysteine, an inflammatory agent in the body. Besides being dangerous for heart and blood vessels, excess homocysteine may also interfere with brain hormones such as serotonin, dopamine, and norepinephrine, all of which are 'feel-good' hormones. These hormones also have a huge effect on sleep and appetite as well.

## **Colds and Flu**

Native Americans recognized the power of the onion to treat colds and flu and have used it for years and years. Even the World Health Organization recognizes the power of onions for coughs, congestion, bronchitis and respiratory infections. Onions have also been used for hundreds of years as a remedy for colic and vomiting.

## **How to Choose Onions**

Different onion varieties contain different levels of nutrients and polyphenol content. Shallots have the highest level of polyphenols, but yellow onions have the highest flavonoid content. As a general rule of thumb, like most vegetables, the brightest and deepest coloring contains the most nutrients overall, so consuming red onions will give you the biggest bang for your buck!

Be sure to choose organic onions if you can, as conventionally grown onions are often irradiated to prevent them from sprouting—which also kills some of the beneficial nutrients. And speaking of nutrients, did you know that most of those powerful antioxidants are more concentrated in the outer layers? So when you peel an onion, only peel off the outermost papery layer to avoid throwing away the best parts of the onion. I actually chop up and use even the outer layer if I am making soup.

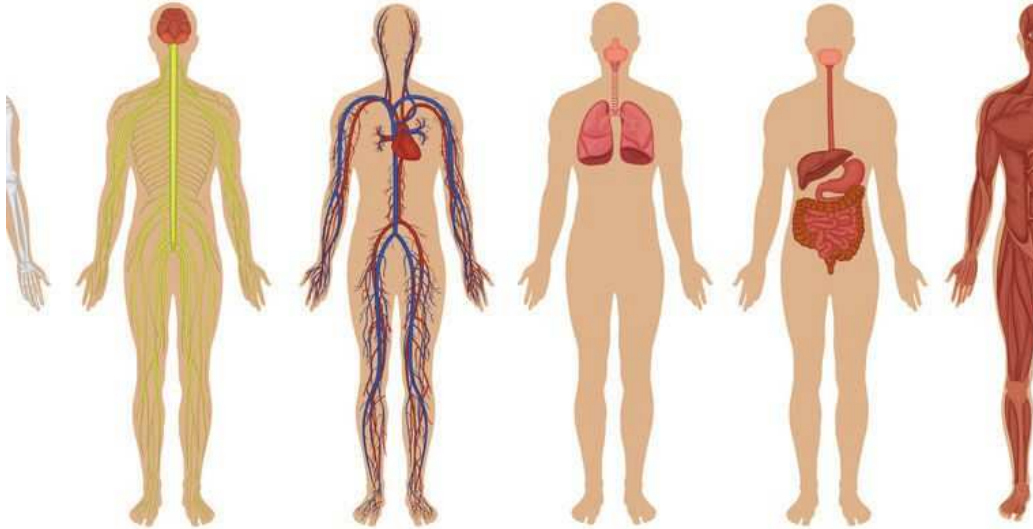
## **Live to 100 with onions?**

One other thing about onions... I recently read about a longevity study that surveyed a large number of centenarians (people that live to 100 and beyond), and one of the common traits they found in the survey was that centenarians seemed to eat a lot of onions! Just further proof that onions are a powerful superfood worthy of addition to your daily meals... I like to have them in my scrambled eggs, diced up in salmon or tuna salad, and sauteed with mixed veggies at dinner!

Enjoy eating onions with other friends, so no one notices the onion breath!



## 9 THINGS THAT HAPPEN WHEN YOU STOP EATING MEAT



This article was inspired by [Michelle McMacken's](#) article "7 Things That Happen When You Stop Eating meat." A bit more information has been added in, along with a few slightly different points. She's an MD, a board-certified internal medicine physician and an assistant professor of medicine at NYU School of Medicine:

***"[T]he protein found in whole plant foods protects us from many chronic diseases."***

It's well established in scientific literature that a meat-free diet, when done correctly, offers tremendous health benefits. The notion that meat is necessary for human health is a myth that continues to pervade popular culture, but public perception is slowly shifting, and new research is showing that even our ancestors did not exclusively (or even predominantly) eat meat. While we don't mean to say that eating any meat is unhealthy, we do wish to call attention to the growing body of research making clear that vegan and vegetarian diets are optimal for good health.

Katherine Milton, an anthropologist at the University of California, Berkeley, [explains why the 'paleo' argument is flawed](#) in the following statement:



***“[I]t is difficult to comment on ‘the best diet’ for modern humans because there have been and are so many different yet successful diets in our species. . . . [B]ecause some hunter-gatherer societies obtained most of their dietary energy from wild animal fat and protein does not imply that this is the ideal diet for modern humans, nor does it imply that modern humans have genetic adaptations to such diets.”***

To learn more about the paleo diet confusion and see examples and studies, [you can refer to this article we published](#) early last year.

[According to Harvard Medical School](#), “studies are confirming the health benefits of meat-free eating. Nowadays, plant-based eating is recognized as not only nutritionally sufficient but also as a way to reduce the risk for many chronic illnesses.”

Even the American Dietetic Association has weighed in with a [position paper](#), concluding that “appropriately planned vegetarian diets, including total vegetarian or vegan diets, are healthful, nutritionally adequate, and may provide health benefits in the prevention and treatment of certain diseases.”

These diseases include heart disease, cancer, diabetes, and more.

With that being said, let’s take a look at what can happen when you stop eating meat.

### **You’ll Help Protect The Environment**

Eating meat is not like it used to be. Today, we raise and kill billions of animals every single year to feed our ever-increasing demand for meat — a demand which far outstrips our need. What’s worse, these animals we raise to be slaughtered are confined, tortured, and subjected to all manners of horrific treatment along the way. The cruelty alone is enough to discourage someone from eating meat, or at least encourage them to reduce their consumption. Although this article is mainly about health, this ethical issue can’t be ignored.

While we slaughter these animals, we also wreak havoc on the environment, as the video below illustrates. Called “feed lots,” though officially referred to as “Concentrated Animal Feeding Operation” (CAFO) and more commonly known as factory farms, they house thousands of animals in horrid conditions that breed disease and massive environmental degradation. Despite this fact, they remain a non-issue to several major organizations whose job it is to raise awareness on the various issues contributing to our planet’s destruction.

Video Link: <https://youtu.be/ayGJ1YSfDXs>

[According to FarmForward](#), a nonprofit advocacy group, 99 percent of farmed animals in the U.S. are raised on feedlots. We are talking about billions of animals raised for slaughter every year, and that is in the U.S. alone. Globally, more than 70 billion of these animals are raised for slaughter every single year.

Did you know that the leading cause of rainforest destruction is our own food supply? We tear them down to make room for food crops and livestock grazing, and are doing so at an approximate rate of an entire football field's worth of forest every single second. Every day, close to 100 plant/animal/insect species are lost because of this practice. You can read more about this [here](#).

Water waste is another major issue here. About 2,000 gallons of water are needed to produce just one pound of beef in the U.S. The fish supply in our oceans is rapidly becoming depleted; by some estimates, [oceans may be fishless by 2048](#). The current food system, based on meat and dairy production, also contributes to [world hunger](#) — many crops grown worldwide go toward feeding livestock, not feeding people.

### **You'll Greatly Reduce Your Chances Of Getting Type 2 Diabetes**

In America alone, approximately [40 percent of people are pre-diabetic](#). This translates to millions of people. [Multiple studies](#) have shown that red and processed meat (also recently linked to cancer by the WHO), as well as animal protein in general, [increase the risk of type 2 diabetes](#). In omnivore populations, the risk of diabetes is [doubled compared with vegans](#). Another study found that eating meat once a week or more over a 17-year period increased the risk of diabetes by [a startling 74 percent](#). A follow up study was conducted and found that increasing red meat intake by more than just half a serving per day was closely associated with an [almost 50 percent](#) increased risk in contracting diabetes over 4 years.

### **You Will Get The Right Type, And The Right Amount Of Protein**

While underconsumption of protein is harmful to the body, overconsumption comes with risks as well. In the United States, the average omnivore gets more than cutting down on meat, you are helping to stop animals from enduring horrific experiences. If you do eat meat, perhaps you could make better choices or consume animals who have died from natural causes at the end of their life. One thing is for certain: eating meat [ethi1.5 times the optimal amount](#)

of protein, and most of that protein is from animal sources. This is bad news, because excess protein is turned into waste or turned into fat. This stored animal protein contributes to [weight gain](#), [heart disease](#), [diabetes](#), [inflammation](#) and [cancer](#).

On the other hand, the protein contained in whole plant foods is connected to disease prevention. According to [Michelle McMacken](#), MD, a board-certified internal medicine physician and an assistant professor of medicine at NYU School of Medicine:

***“[T]he protein found in whole plant foods protects us from many chronic diseases. There is no need to track protein intake or use protein supplements with plant-based diets; if you are meeting your daily calorie needs, you will get plenty of protein. The longest-lived people on Earth, those living in the “Blue Zones,” get about 10% of their calories from protein, compared with the U.S. average of 15-20%.”***

Multiple studies have shown the difference between animal protein and plant protein. Another great example comes from [Colin Campbell](#), professor Emeritus of Nutritional Biochemistry at Cornell University. His experiments on laboratory rats showed how it was entirely possible to switch the growth of cancer on and off by simply varying the amount of animal protein present in their diet. This was an enormous discovery with implications for the diets of millions of people. The fact that the results could be replicated made the conclusions scientifically irrefutable. It's what's known as the “[China Study](#).” Below is a video of him discussing his experiments.

<https://youtu.be/m8zLidlqLFA>

### [You'll Be Living A More Compassionate Lifestyle](#)

As mentioned above, billions of animals are raised for slaughter every year just in the U.S.. Animals are sentient beings who suffer and experience a wide array of emotions. They even suffer in farms that we currently label as “humane.” By giving up, or even cally requires serious effort and care. As consumers, we've become so complacent and lazy, and the food industry wants to keep us this way.

### [You'll Reduce Inflammation In Your Body](#)

Many people eat processed foods regularly, despite the fact that they are known to cause cancer. Eating meat specifically [increases your chances of having elevated levels of inflammation in your body](#), which can lead to a number of short-term and long-term health consequences.

Chronic inflammation has been [linked](#) to atherosclerosis, heart attacks, strokes, diabetes, and autoimmune diseases, among other problems.

Plant-based diets, on the other hand, are [naturally anti-inflammatory](#). This is because they offer lower inflammatory triggers (saturated fat, endotoxins, and other toxins released from bacteria found in animal foods). Multiple studies have shown that those who switch to a plant-based diet can [dramatically lower their level of C-reactive protein](#) (CRP), an indicator of inflammation in the body.

### [You Will Lower Your Blood Cholesterol](#)

Another big risk factor for heart problems is high blood cholesterol. Saturated fat, primarily found in meat, cheese, poultry, and various other animal products, dramatically influences our blood cholesterol levels.

Yet when people switch to plant-based diets, their blood cholesterol [drops significantly](#), as several studies have shown. More surprising still, this decrease is equal to that which is seen with pharmaceutical drugs — but that’s a business unconcerned with healing. When a natural substance shows huge potential for healing, if it can’t be patented, it’s not of interest.

It’s a fact that those who require cardiovascular drugs can lower their risks by adopting a plant-based diet.

***“Whole-food, plant-based diets reduce blood cholesterol because they tend to be very low in saturated fat and they contain zero cholesterol. Moreover, plant-based diets are high in fibre, which [further reduces blood cholesterol](#) levels. [Soy](#) has also been shown to play a role in lowering cholesterol, for those who choose to include it.”***

### [You’ll Give Your Gut A Makeover](#)

Gut health is extremely important to your overall health. In fact, it could be the most important, as all health starts in your gut. If you have an unhealthy gut, you will have an unhealthy body with a variety of potential problems.

One aspect of the gut is what’s known as the ‘microbiome.’ It’s used to refer to the trillions of microorganisms that live inside of our bodies. [Vital to our overall health](#), the microbiome produces critical nutrients, keeps our gut tissues healthy, protects us from cancer, turns genes on and off, and

more. Studies have also shown that they play an important role in various other diseases, from liver and bowel diseases to diabetes and several autoimmune diseases.

Where do plant foods come in? Well, studies have confirmed that plant foods help shape a healthy intestinal microbiome. This is just another reason (out of many) why scientists and health professionals are becoming big advocates of plant-based diets. The fibre found in plant foods actually helps promote the good bacteria that's needed in our guts. When your fibre comes from dairy, eggs and meat, this can help [foster the growth of disease-causing bacteria](#).

***“Landmark studies have shown that when omnivores eat choline or carnitine (found in meat, poultry, seafood, eggs, and dairy), gut bacteria make a substance that is converted by our liver to a toxic product called [TMAO](#). TMAO leads to worsening cholesterol plaques in our blood vessels and escalates the risk of heart attack and stroke.***

***Interestingly, people eating plant-based diets [make little or no TMAO](#) after a meat-containing meal, because they have a totally different gut microbiome. It [takes only a few days](#) for our gut bacterial patterns to change – the benefits of a plant-based diet start quickly!”***

– [Michelle McMacken, MD](#)

## You'll Live Longer

Valter Longo, Professor of Gerontology and Biological Sciences at [USC](#), has discovered that through fasting (if done correctly), the body produces less IGF1 (growth hormone factor), and, as a result, cells start repairing themselves instead of dividing. His research has shown that fasting actually regenerates stem cells, kills cancer cells, and prolongs life. Decreases in insulin and glucose, along with an increase in ketone bodies and IGF1 are also observed, for all of you scientists out there.

Last year, a [press release](#) from USC emphasized how fasting, in combination with chemotherapy, has already been shown to kill cancer cells. They also presented two new studies in mice suggesting that a less-toxic class of drugs combined with fasting could kill breast, colorectal, and lung cancer cells.

Mark Mattson, the current Chief of the Laboratory of Neuroscience at the National Institute on Aging, and one of the foremost researchers in the area of cellular and molecular mechanisms underlying multiple neurodegenerative disorders, makes this quite plain in his [TEDx talk](#) on the subject:

***“Calorie restriction (CR) extends life span and retards age-related chronic diseases in a variety of species, including rats, mice, fish, flies, worms, and yeast. The mechanism or mechanisms through which this occurs are unclear.”***

The main relation to plant-based diets here is that in order to maintain the benefits of fasting, depending on body type, one has to do it regularly, possibly 1-2 times a month, or engage in what’s known as “[intermittent fasting](#).” And in doing so, they are encouraged to stick to a predominately plant-based diet. According to Longo, “[a plant-based diet is by far the best for longevity and disease prevention](#).”

Dr. Longo is a great place to start if you’re interested in fasting. Fasting can have a wide array of health benefits, but it can also be detrimental to someone who has no idea what they are doing, so please do your research if this is something you are considering.

Below is a video clip of Dr. Ellsworth Wareham, a 100-year-old recently retired *heart surgeon* who has been a vegan for half of his life (50 years). He shares why he made this choice.

Video Link: <https://youtu.be/FX58PyQwrcl>

### **[You’ll Change How Your Genes Work](#)**

It wasn’t long ago that scientists figured out that environmental factors can turn genes off and on. Studies have shown that a plant-based diet can decrease the expression of cancer genes in [men with low-risk prostate cancer](#). Plant-based diets have also been known to [lengthen our telomeres](#), which are caps at the end of DNA chromosomes that assist us in keeping our DNA healthy. This suggests that we actually age more slowly, thus reducing our chances of contracting an age-related disease.

## 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.

A promotional poster for Library Card Sign-up Month. It features Snoopy wearing sunglasses and a red shirt that says "JOE COOL". Woodstock is perched on a stack of books. The text reads: "WHAT'S COOLER THAN BEING COOL? HAVING A LIBRARY CARD. GET YOURS TODAY! September is Library Card Sign-up Month! ilovelibraries.org/library-card".

**WHAT'S COOLER THAN BEING COOL?**

HAVING A LIBRARY CARD.  
GET YOURS TODAY!

September is Library Card Sign-up Month!

[ilovelibraries.org/library-card](http://ilovelibraries.org/library-card)



TV: “Truly unsettling” discovery at Fukushima... problem “far greater than previously thought” — Boss reveals 600 tons of fuel melted, can’t find it — Top Official: “Nobody really knows where fuel is”... We may never be able to get it and just leave wherever — “Uncontrollable fission” is continuing under site

ABC Australia, May 24, 2016 (*emphasis added*): [ABC's Mark Willacy] has been invited on a tour of [Fukushima Daiichi]... **What Willacy discovers is truly unsettling**... retrieving hundreds of tonnes of melted nuclear fuel turns out to be **far greater than previously thought**.

ABC Australia transcript excerpts, May 24, 2016:

- *Willacy*: Tonight we go on a journey into the heart of this **ongoing crisis**... and **we reveal the frightening enormity of the clean-up**... and **how dangerous it still is**.
- *Gregory Jaczko, former Chairman of the US Nuclear Regulatory Commission*: **This really is uncharted territory. Nobody really knows where the fuel is**... There's no playbook – they're making this up as they go along.
- *Willacy*: The man in charge of decontaminating and decommissioning the Fukushima plant, Naohiro Masuda. Has anything like this ever been attempted before?
- *Masuda*: **There has never been an accident at a nuclear plant like the one at Fukushima** where three reactors had meltdowns. We are currently working on a timetable to decommission the reactors over the next 30 to 40 years.
- *Naoto Kan, Former Prime Minister*. I think it will take longer... This is a major accident, which **has never happened anywhere in the world**... 40 years is an optimistic view.
- *Willacy*: We are heading to the buildings housing the melted reactors... Tepco is **worried about possible nuclear terrorism**, and won't allow us to film certain security sites.
- *Masuda*: **This is a job we've never done** and there is no textbook.
- *Willacy*: [At Reactor 3 there was an] explosion right after the nuclear fuel melted... **What happened inside [Reactor 2] no-one really knows**... [Reactor 1] is where probably the worst meltdown occurred. **They don't know where the nuclear fuel is**.
- *Masuda*: **We haven't actually seen where the melted fuel fell**, so it's important to find it as soon as possible.
- *Willacy*: **For the first time, Foreign Correspondent can reveal just how vast the amount of melted nuclear fuel is, the three molten blobs that lie somewhere deep within each of these buildings**.
- *Masuda*: It's estimated that 200 tonnes of debris lies within each unit... **600 tonnes of melted debris fuel and a mixture of concrete and other metals** are likely to be here.
- *Willacy*: The most daunting task, **one the nuclear industry has never faced, is getting the melted fuel out**. TEPCO admits the technology it needs hasn't been invented.
- *Jaczko*: **It may be possible that we're never able to remove the fuel. You may just wind up having to leave it there** and somehow entomb it as it is. I mean that's certainly a possibility. There is no playbook, **they're making this up as they go along**.
- *Kan*: If all the reactors had had a meltdown, there was a risk that half or **all of Japan could have been destroyed**... the accident took us to the brink of destruction.

- *Jaczko*: You have to now accept that in all nuclear power plants... there's a chance you can have this kind of a **very catastrophic accident**... that's the reality of nuclear power.

[ABC Australia](#), May 24, 2016: *Fukushima clean-up chief still hunting for 600 tonnes of melted radioactive fuel*... [TEPCO] has revealed that **600 tonnes of reactor fuel melted during the disaster**, and that the exact **location of the highly radioactive blobs remains a mystery**... [C]hief of decommissioning at Fukushima, Naohiro Masuda, said the company hoped to... begin removing it from 2021... "But **unfortunately, we don't know exactly where (the fuel) is**" [said Masuda]. [Gregory Jaczko, Chairman of the US NRC] at the time of the meltdowns at Fukushima **doubts the fuel can be retrieved**... "**Nobody really knows where the fuel is**... It may be possible that we're never able to remove the fuel. You may just have to wind up leaving it there and somehow entomb it as it is."... **For the first time, TEPCO has revealed just how much of the mostly uranium fuel melted down**... [Masuda said] "about 600 tonnes of melted debris fuel and a mixture of concrete and other metals are likely to be there."

[RT](#), May 24, 2016: *600 tons of melted radioactive Fukushima fuel still not found, clean-up chief reveals*... [The fuel] burnt through the respective reactor pressure vessels, concentrating somewhere on the lower levels of the station... fuel from Reactor 1 poured out completely... the exact **location of the highly radioactive "runaway" fuel remains mystery** for TEPCO. The **absolutely uncontrollable fission of the melted nuclear fuel assemblies continue somewhere under the remains of the station**... [TEPCO's] plan for Fukushima nuclear power plant implies a 30-40 year period... **Yet experts doubt the present state of technology is sufficient to deal with the unprecedented technical task.**

## Related Posts

1. [Reuters: Fukushima fuel melted through containment vessels and is "spewing radiation" — Nuke Expert: Fuel has "scattered all over the place" — Gov't: Fuel may have burned out into environment — Tepco Official: Fuel could have flowed out "like lava in a volcano" \(VIDEOS\)](#) March 15, 2016
2. [Japan Journalist: Melted nuclear fuel going through Fukushima containment vessels, they don't even know where the 3 reactor cores went — Senior Scientist: I'm being told Japan may never be able to remove radioactive materials from site; 'Solution' may be to leave it in place \(AUDIO\)](#) June 10, 2014
3. [US Experts: Fukushima melted fuel "a concern for millennia"; Risk of criticality from corium moving, redistributing — Tepco Chief: Certainly a difficult path ahead... we'll be able to move forward if we can find damaged fuel \(VIDEO\)](#) June 4, 2014
4. [Official: "Unfortunately, the fuel itself is exposed" at Fukushima — Scientist: Our tests show contamination isn't going away... reactors are leaking out into ocean... there's still a problem — PBS: Plume of water tainted with radiation is reaching to other side of Pacific \(VIDEO\)](#) August 7, 2014
5. [ABC Correspondent: Nobody knows where Fukushima's melted cores are now, expert says — Tepco admitted fuel "is actually eating through the concrete... hopefully it's not eating through any further" \(AUDIO\)](#) November 4, 2013

« [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 been trying to rehabilitate a record number

**AP**  
**Record number of stranded seal pups in Northern California**

The Marine Mammal Center.

**Unusual Ocean Conditions Continue to Cause Record Strandings**

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."

**455 comments to 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)**

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