

Wang's Martial Arts

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

Phone (281) 548-1638, (281) 682-3387
E-mail: yyw3888wma@gmail.com
Web site: www.WangsMartialArts.com

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

September 2018 Newsletter Summary

09/01/2018- Kung Fu class at Octavia Fields Branch Library. 2:30 pm - 3:30 pm
09/03/2018- No class due to Labor Day Monday
09/10/2018- Escrima (short) stick class. 7 - 8 pm.
09/15/2018- Tai Chi Rank Test. 12 - 2 pm.
09/15/2018- Kung Fu Birthday Party.
09/17/2018-Accelerated program Kung Fu rank test.
09/18/2018- Tai Chi Rank Test. 8 - 9 pm.
09/22/2018- Inner School Tournament.
09/24/2018- Women's Self defense class 7 -8 pm
09/29/2018- Lucky Land Demonstration 3 pm



Brown and Black Belt Kung Fu Rank Test

October 16, 2018 (Tue.) 6 – 8 pm
October 19, 2018 (Fri.) 6 – 8 pm
October 20, 2018 (Sat.) 9 am – 3 pm

Tai Chi Rank Test

Date: 9-15-2018 (Sat.)
Time: 12 noon – 2:00 pm or
9-18-2018 (Tue.) 8 - 9 pm.

Guest Instructor; Master Jia

Wu Shu class (for Red, Brown and Black belt) -

Date: September 14, 2018 (Friday).
Time: 7 - 8 pm.
Cost: Paid by Wang's Martial Arts.

Tai Chi Class (for Red, Brown & Black Belt) -

Date: September 14, 2018 (Friday).
Time: 5 - 6 pm.
Cost: Paid by Wang's Martial Arts.

Time 8 - 9 pm.
Cost: \$50 per person.
Make check payable to:
HeBei Chinese Martial Arts Inst.

Tournament point:

Rosel Rodriguez	33
Ricky Shepherd III	33
Makinza Rodriguez	33
Avairya Rodriguez	30
Jeffrey Villarde	27
Madeline Briles	24
Ruby Abbott	12
Cameron Vancho	12
Charles Moore	6

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.
All point report form must turn in before 12/31/2018.

Report card point

Maya Rivadeneyra	9.00
Anika Glasco	6.75
Hunter Figueroa	6.75
Brandon Figueroa	6.75
Madeline Briles	4.50
Cameron Vancho	3.75
Connor Sherridan	3.75
Nicole Glasco	2.25
Parker Chaffin	2.25
Nickelus Moreno	2.25
Joseph Alonso	2.25

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

All point report form must turn in before 12/31/2018

Accelerated program rank test

September 17, 2018 (Monday) 6 – 8 pm

Inner-school tournament;

Date: September 22, 2018 (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
August 13, 2016 Birthday - \$40.00
September, 17, 2016 Birthday - \$10.
Marilyn Kidd (9/1/16) - \$200.00
October 8, 2016 Tournament - \$55.
Padraic Gilbert (1/21/17) - \$100
January 14, 2017 Birthday - \$20.
February 17, 2017 Birthday - \$85.
March 11, 2017 tournament - \$45.
March 18, 2017 Birthday - \$15.
April 15, 2017 Birthday - \$25.
July 15, 2017 Birthday - \$25.
Wang's Martial Arts (Jan. to Apr.) - \$400.
Wang's Martial Arts (May) - \$100.
Wang's Martial Arts (June) - \$100.
June 10, 2017 tournament - \$25.
August 19, 2017 Birthday - \$10.
September 16, 2017 Birthday - \$10.
October 14, 2017 Birthday - \$5.
November 12, 2017 Culture class - \$50.
November 20, 2017 Basic Escrima - \$25.
December 6, 2017 Basic nun chuck - \$50
December 9, 2017 tournament - \$50.
December 17, 2017 Chinese Culture - \$40.
January 15, 2018 Basic Escrima - \$25.
January 29, 2018 Women's SD - \$30.
2/3/18 Craig Glasco - \$10.
February 24, 2018 tournament - \$45.
February 26, 2018 Women's SD - \$20.
Wang's Martial Arts (Jan. & Feb.) - \$200
Darren Bush - \$500.
Craig Glasco - \$25.
Cynthia Pate - \$50.

Total - \$6013.98 - \$300 - \$300 - \$1000 - \$2000 - \$2000 = \$413.98

\$300 scholarship to Ms. Megan Payne 06-04-12
\$300 scholarship to Mr. Wilfred Hung 06-24-13
\$1000 scholarship to HISD student on 01-30-16.
\$1000 scholarship to HISD student on 01-21-17.
\$1000 scholarship to UH student on 01-21-17.
\$500 scholarship to UH student on 02/10/18.
\$1000 scholarship to UH student on 02/10/18.
\$500 scholarship to UH student on 02/10/18.

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.

Scholarship donation;

9/5/18 - Lily Valdez
9/10/18 - Escrama class- \$30.

New Students:

William Rodriguez
Nicolas Collison
Gabriela Zarate Tellez
Juan Pablo Gomez-Zarate
Gutierrez Noah
Jose Gutierrez
Joshua Li
Catherine Soberon
Geraldo Tum
Kevin Barron

Welcome!

Red, Brown and Black Belt Class

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

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

* 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.

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 Henderso, 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
Devin Chambless 9/02
Patrick Fraser 9/05
Cody Walker 9/15
Willita Payne 9/17
DeAnte Batiste 9/21
Carol Bond 9/21
Verenice Mireles 9/28
Mitchell Zeff 9/28
Robert Winderstrom 9/25
Dabo Dimieari 9/9
Myrna Valdez 9/13
Thedrit Parker 9/14
Jacob Wells 9/15
John Quenzer 9/16
Parker Chaffin 9/19
Faye Anderson 9/21
Lucy Castillo 9/22
Robert Frayer Sr. 9/24
Gloreia Wilson 9/29
Xiomara Laverde 9/29
Dallas Phelps 9/29
Joanna Powers 9/10
Steve Steiger 9/10
Andy Nichols 9/18
Sherman Acres 9/17
Allen Grant 9/5
Miguel Garcia 9/23

Happy Birthday



On Saturday, February 10, 2018, Wang's Martial Arts held its 16th Annual Chinese New Year and Award Banquet at China Ko in Humble, Texas.

The vegetarian style meal was prepared for the health of all guests, & kindness to animals. At the tables, guest were presented with red envelopes, that contained a lucky Chinese coin, there were many Chinese costumes.

Jordyn Mayo also impressed the audience with her solo dance called fireworks- Great job Jordyn!

The MC for the evening, Mr. Victor Makris, warmly welcomed everyone to the festivities and honored the present black belts (**Rafael Gonzalez, Allen DeWoody, Marvin Henderson, Daniel Thibodeaux, David Barnes, Abel Martinez, Ed Green, Russell Haws, Susan Fischman, Tye Botting, Darren Bush, Padraic Gilbert, Polly Ferguson, Margaret Swavely, Chantel Barnes, Karen Clarke, Chris Rivers, Jessie Diaz, Sue Starr, Paul Greenwood, WuZhong Jia, Xing Ho**) with a medal.

Following, Victor Cheng Scholarship (provides by Mrs. Jenny Cheng) was awarded to a U of H Law Student **Peter Zachry** for **\$1000**. Wang's Martial Arts School also awarded three lucky U of H students. **Samuel Hollingsworth** for **\$1000**, **Sarah Husbands** for **\$500**, **Brittany Pham** for **\$500**. Two whom are Marketing students and one Law student.

There was also a Chinese Fashion show & singing Chinese songs, WMA students, family, and friends showed off lovely silk like garments and their talent.

The entertainment program started with fabulous Chinese Lion Dance. With three lions and music team by Shaolin Kung Fu Academy. There were many smiles and joyful children.

Next, the awards for tournament and report card points were handed out with first place being a seven-foot trophy! Students are encouraged to turn in their report cards, for a chance to win a **seven foot trophy** at the Chinese New Year Banquet.

Report card point - 2017

- | | | |
|------------------|-----|--------------------------|
| 5 - 8 years old | 1st | Nickelus Moreno |
| | 2nd | Jordyn Mayo |
| 9 - 14 years old | 1st | Joseph Alonso |
| | 2nd | Conner Roll-Bush |
| 15 year old & up | 1st | Brandon Roll-Bush |

Tournament point - 2017

- | | | |
|-------------------|-----|---------------------------|
| 9 - 14 years old | 1st | Makinzi Rodriguez |
| | 2nd | Joseph Alonso |
| 15 -108 years old | 1st | Rosel Rodriguez |
| | 2nd | Jeffery Villarde |
| | 3rd | Darren Bush |
| | 4th | Cleotis Washington |
| | 4th | Ruby Lee Abbott |



Don't forget those tournament points! After each tournament, students should turn in their points for a chance to also win a **seven foot trophy** at the Chinese New Year Event.

World Peace Martial Arts - HOF goes to Mr. Joel Le Bon and Ms. Ruby Abbott.

Kung Fu demonstration was presented by Wang's Martial Arts students. Impressing the audience with what they have learned throughout the years of discipline and practice.

There were numerous smiles and flashes from the cameras. The students were able to participate in a kicking contest, which consisted of 20 or more kicks within 10 seconds. The winners for the contest are as followed,

5-8 years old- **Juan Ceja.**

9-14 years old- **Joseph Alonzo.**

15-108 years old- **Dezi Hellsten.**

Congratulations to those students who worked hard to win the kicking contest.

Door prizes were also drawn at the banquet, the first place winners for Table Leader, and Door prize drawing are as followed,

First Place for Table Leader 40 inch T.V.- Sifu Tye Botting

First Place for Door Prize Drawing Bicycle - Ms. Madeline Vides

Once again the banquet was a great success, thanks to everyone at WMA, their family, and friends for making it a successful celebration.

Wang's Martial Arts App.

We are excited to announce our school app is now available for download in Google Play or the App Store. In the app you will be able to find school events, sign up for rank tests, view requirements for each belt and more.

Android Users: If you would like to download the app please see Master Wang or Ms. Madeline so they can forward you the link to Google Play store.

If you are opening this email on your mobile device just click on the link provided and it will take you to the App store

Apple Device:

<https://itunes.apple.com/us/app/wangs-martial-arts/id1422637801?mt=8>

Android Device:

<https://play.google.com/store/apps/details?id=com.wangs.martial.arts>

Once downloaded all you have to do is enter your name, email, and app code.

App code: 2816823387 (no spaces or special characters)



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Web site: www.WangsMartialArts.com



Date: September 24, 2018 (Monday),

Time: 7:00 - 8:00 PM

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

Fee : \$10.00 (All proceed goes to Wang's Martial Arts scholarship fund.)
Free for Wang's Martial Arts members and their family.
(9-108 years old, any rank).

REGISTRATION FORM

NAME: _____ DATE: _____

STREET: _____

CITY: _____ STATE: _____ ZIP: _____

e-mail: _____

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

Cell phone: _____ Amount Paid _____

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Birth Day Party for Wang's martial Arts students

Date: September 15, 2018 (Saturday)
Place: Wang's Martial Arts
5311 FM 1960 Rd. 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 September. **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 (All proceed will go to Wang's Martial Arts scholarship fund).
Free for all students who will participate demonstration & their family members.

Time: 2:00 pm – Reception & Demonstration (Kung Fu & Tai Chi),
Veggie lunch (Veggie Hot dog, Veggie Egg Roll, Veggie Dumpling, Organic pop corn,
Bottled water).
Organic cookies, Singing Happy birthday song in English, Chinese & Spanish.
3:00 pm – Movie
4:30 pm - Party end.

REGISTRATION FORM - Reservation before August 9, 2018.

NAME: _____, DATE: _____

STREET: _____

CITY: _____ STATE: _____ ZIP: _____

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

Phone (cell): _____ Date of Birth: _____

e-mail: _____

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

Iron On Patches for Kung Fu Uniforms

Every student who turns in their report card with straight A's, will receive an iron on Academic patch, that can be placed on the right lower pant leg of their uniform.



Every student who participates in a Inner School Tournament, and has earned all 1st place awards, will receive a Rising Star iron patch, that can be placed on the left lower pant leg of their uniform.





OFF-CAMPUS PHYSICAL EDUCATION INFORMATION PACKET

- ___ Information for Parents
- ___ Parent Permission Form
- ___ Waiver Application
- ___ Submission Due To Physical Education
Coordinator (Helen Wagner)

Deadline to submit ALL paperwork is August 15, 2017.

HISD Physical Education Department
Eggers Instructional Support Center
4810 Magnolia Cove
Kingwood, TX 77345
Email: helen.wagner@humbleisd.net
Fax: 281-641-1079

Please remember students must reapply for an off campus physical education waiver each school year to be considered for the program.

HUMBLE INDEPENDENT SCHOOL DISTRICT
OFF-CAMPUS Physical Education (OCPE)
INFORMATION FOR PARENTS

To maintain compliance with the Texas Education Code, Humble ISD offers students a waiver process for OCPE programs. This waiver process consists of Category 1 (15 hours) and Category 2 (five hours) for high school and middle school.

Request for waivers for approval of private or commercially sponsored physical activity programs will be considered in two categories. These are:

CATEGORY 1 -OLYMPIC TRAINING: is available to Middle School and High School students.

(Waiver requests considered under this category must be approved by the local Board and submitted to the Texas Education Agency for final approval.)

- Private or commercially sponsored physical activity programs that lead to **Olympic-level** participation and/or competition. These programs typically involve a **minimum of 15 hours** per week of highly intense, professionally supervised training. The training facility, instructors, and the activities involved in the program must be certified by the Superintendent or his/her designee to be of exceptional quality.
- Students qualifying and participating at this level may be dismissed from school one period per day for such participation. Students dismissed must not be permitted to miss any academic class to fill out a regular day in lieu of leaving campus for OCPE.
- **The OCPE students should leave the campus one period prior to the end of the day or not check in to school until the second period of the day. There will be no supervised areas for these students to stay on campus for the unassigned class period and will result in immediate dismissal of the OCPE Program.** Students who discontinue OCPE Category 1 during a semester will be enrolled in a regular physical education class for the remainder of the semester to complete the credit in physical education for that semester.
- It is anticipated that only a very limited number of students will qualify for this exceptional level of participation.
- The credits being earned for graduation requirements are to be taken during the students' high school enrollment period.
- Students participating at this level may receive a maximum of **one-half** credit per semester. A total of **one credit** may be earned toward state high school graduation requirements or **four semesters** for middle school PE requirements.

CATEGORY 2: is available to Middle School and High School students.

(Waivers in Category 2 must be approved by the local Board but **do not** require submission of approval of the Texas Education Agency.)

- Private or commercially sponsored physical activity programs as certified by the Superintendent or his/her designee to be of high quality, well supervised by appropriately trained instructors, and consisting of a **minimum of five hours** per school week.
- Students participating at this level may receive a **maximum of one-half** credit per semester. A total of **one credit** may be earned toward state high school graduation requirements or **four semesters** for middle school PE requirements.
- Students certified to participate at this level **may not** be dismissed from any part of the regular school day.
- The credits being earned for graduation requirements are to be taken during the students' high school enrollment period.

Off Campus PE WAIVER APPLICATION
Humble Independent School District

Student's Name _____ ID# _____
(Print)

Current Grade Level _____ Current Campus _____

Proposed Grade Level _____ Proposed Campus _____

This application is for Fall Semester _____ Spring Semester _____

Category I (15+hrs) Physical Activity Program, i.e.: Swimming, Dance, etc. _____

Category II (5+hrs) Physical Activity Program, i.e.: Swimming, Dance, etc. _____

His/Her Monday through Friday workout schedule will be:

Monday	Workout begins	_____ a.m. or p.m.	Workout ends at	_____ a.m. or p.m.
Tuesday		_____ a.m. or p.m.		_____ a.m. or p.m.
Wednesday		_____ a.m. or p.m.		_____ a.m. or p.m.
Thursday		_____ a.m. or p.m.		_____ a.m. or p.m.
Friday		_____ a.m. or p.m.		_____ a.m. or p.m.
Saturday		_____ a.m. or p.m.		_____ a.m. or p.m.

TOTAL NUMBER OF WEEKLY HOURS _____

Name of Commercial Establishment _____

Phone Number _____

TO THE INSTRUCTOR FOR CATEGORY II APPLICANTS:

As this student's instructor, I verify this time schedule to be correct. I understand that it is the responsibility of this commercial establishment to maintain the physical education programs in the described categories. I am to inform the Coordinator of PE/Health of any program changes or student's involvement or lack thereof.

Instructor's Signature Date

NAME OF STUDENT'S COUNSELOR _____

<input type="checkbox"/> Waiver Approved	<input type="checkbox"/> Waiver Denied
_____ Helen Wagner, Coordinator PE/Health	_____ Date

Off Campus Physical Education
PARENT PERMISSION FORM
For Waiver Request

School Year 20 _____ -20 _____

Student Name (please print) _____

Current Campus _____ Current Grade _____

I request permission from the Humble Independent School District for my child to receive physical education credit for active participation in the OCPE program.

I understand that the commercial facility named herein will satisfy the Texas Education Agency requirement for physical education instruction and submit the attendance/grade report form (via fax to campus registrar at the end of each semester). To access the Semester Attendance/Grade Report go to <https://goo.gl/QRtm6Q>. My child's middle school requirements may be satisfied through participation in an approved off-campus program. The grade earned by the middle school student will be pass/fail. The grade earned by the high school student will be a numeric grade.

I have been informed that if, for **any reason**, my child does not complete the entire semester/trimester, he/she **will not receive any partial credit**.

Furthermore, I acknowledge that the Humble Independent School District will not provide transportation to or from the establishment, does not endorse any commercial training program, and the approval of this application does not constitute any assurance as to the qualifications of the instructors or to the quality and/or safety of the equipment and facilities.

The undersigned is the parent or legal guardian of the named student. He/she is a student in the Humble Independent School District and I do hereby consent to said student participation in the commercial training program. I further agree to hold the Humble Independent School District, its Board of Trustees, administration, and/or faculty **harmless from all liability for any injuries** which said student may receive while participation in this program or while traveling to and from such program.

I also understand that if my child is approved for Category I **They must leave the campus one period prior to the end of the day or not check in to school until the second period of the day. There will be no supervised areas for these students to stay on campus for the unassigned class period thus resulting in immediate dismissal of the OCPE Program. My child will also be responsible for completing the annual fitness assessment that may require him/her to attend before, during, or after school testing sessions.**

I hereby acknowledge my understanding of this document with my signature below.

Parent Signature

Parent's Printed Name

Address _____

Home phone _____ Date _____

The Commercial Establishment we have chosen: _____

Address: _____ Phone _____

Instructor's Name _____ He/She is aware of this request.



**HUMBLE ISD OFF CAMPUS PHYSICAL EDUCATION
GRADE/ATTENDANCE REPORT**

1. This form is due to the campus registrar at the end of each grading period.
2. Fax the completed form to the campus registrar.
3. Record the total number of hours for attendance and pass or fail for Middle School/Numeric Grade for High School.

MIDDLE SCHOOL	ADDRESS	PHONE #	FAX #
Atascocita Middle School	18810 West Lake Houston Parkway Humble, TX 77346	281-641-4600	281-641-4617
Creekwood Middle School	3603 West Lake Houston Parkway Kingwood, TX 77339	281-641-4400	281-641-4417
Humble Middle School	11207 Will Clayton Parkway Humble, TX 77346	281-641-4000	281-641-4188
Kingwood Middle School	2407 Pine Terrace Kingwood, TX 77345	281-641-4200	281-641-4217
Riverwood Middle School	2910 High Valley Drive Kingwood, TX 77345	281-641-4800	281-641-4817
Ross Sterling Middle School	1131 Wilson Rd Humble, TX 77338	281-641-6000	281-641-6017
Timberwood Middle School	18450 Timber Forest Drive Humble, TX 77346	281-641-3800	281-641-3817
Woodcreek Middle School	14600 Woodson Park Drive Houston, TX 77044	281-641-5200	281-641-5319

HIGH SCHOOL	ADDRESS	PHONE #	FAX #
Atascocita High School	13300 Will Clayton Parkway Humble, TX 77346	281-641-7500	281-641-7775
Humble Middle School	1700 Wilson Road Humble, TX 77338	281-641-6300	281-641-6595
Kingwood High School	2701 Kingwood Drive Kingwood, TX 77339	281-641-6900	281-641-7261
Kingwood Park High School	4015 Woodland Hills Drive Kingwood, TX 77339	281-641-6600	281-641-6724
Summer Creek High School	14000 Weckford Blvd Houston, TX 77044	281-641-5400	281-641-5423

Grades Due to Registrar

FALL SEMESTER & SPRING SEMESTER
December 8, 2017
May 25, 2018

Grade Report Form
(Fax to Registrar)

Circle Grading Period: **FALL** or **SPRING**

(Due in December and June)

Student Name: _____

Student ID#: _____

Campus: _____

Grade Level: _____

Middle School Circle one: **PASS** **FAIL**

High School: _____ (Numeric Grade)

Days Missed: _____

Instructor Printed Name: _____

Instructor Signature

Date

Kung Fu Rank Test Results - 8/20/2018.

<p>Age 15 year old and +</p> <p>Drew Conner- Yellow/Stripe Chassidy Anguiano - Yellow/Stripe Eric Anguiano- Yellow/Stripe Nolan Coston - Orange Graig Glasco - Orange/Stripe Prajakti Glasco - Orange/Stripe Xiomola LaVerde - Purple Belt Miguel Angelo Cacunindin - Purple Belt Anthony Curtis- Purple/ Stripe Harry Euegne - Red/Stripe</p>	
<p>Age 9 - 14 years old</p> <p>Ethan Parent- Yellow Belt Parker Chaffin- Yellow Belt Nia Coston - Yellow/Stripe Grant Coston - Orange Belt Jad Kawaja - Green Belt Paisley Thomas - Green Belt Jayden Ng-A-Mann - Green Belt Juan Ceja - Purple Belt Nickelus Moreno - Red/Stripe Makinzi Rodriguez - Red/Stripe Brandon Figueroa- Red/Stripe Hunter Figueroa- Red/Stripe Jordyn Mayo- Red/Stripe</p> <hr/> <p>Age 5 - 8 years old</p> <p>Lily Valdez- Yellow Belt Christopher Serrano - Orange Belt Aurora Rodriguez- Orange/Stripe Cameron Vancho - Orange/Stripe Connor Sheridan - Green/Stripe</p> <hr/> <p>Tai Chi test Result -06-16-2018</p> <p>Edu Araujo- Yellow Belt Monica Johnston- Blue Belt Guillermo Slack- Blue Belt Richard Sibley- Brown Belt Tania Myers- Brown Belt Chris Duffy- Brown Belt Bill Campbell-Brown Belt Paul Greenwood- Black Belt 3rd Susan Fischman- Black Belt 3rd Russell Haws- Black Belt 5th</p>	<p>Brown & Black Belt Test - 4/28/2018</p> <p>Marvin Herderson - Black (4th), Darren Bush - Black (3rd), Allen Dewoody - Black (3rd), Deztanie Hellsten - Jr. Black (1st) Joseph Hellsten - Jr. Black (1st) Conner Roll-Bush - Jr. Black (2nd), Madeline Briles - Jr. Black (1st), Alfred Kai Marayag - Brown/stripes Cleo Washington-Brown/Stripe Charles Moore-Brown/Stripe Dominic Villegas-Brown Jeffrey Villarde-Brown</p> <hr/> 

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Phone (281) 548-1638, (281) 682-3387
e-mail: yyw3888wma@gmail.com

Web site: www.WangsMartialArts.com

Schedule:

09/01/2018- Kung Fu class at Octavia Fields Branch Library. 2:30 pm - 3:30 pm.
09/03/2018- No class due to Labor Day Monday.
09/10/2018- Escrima (short) stick class. 7 - 8 pm.
09/15/2018- Tai Chi Rank Test. 12 - 2 pm.
09/15/2018- Kung Fu Birthday Party. 2-4:30 pm
09/18/2018- Tai Chi Rank Test. 8 - 9 pm.
09/22/2018- Inner School Tournament. 2:00 pm – 5:00 pm
09/24/2018- Women's Self defense class 7 -8 pm
09/29/2018- Lucky Land Demonstration 3 pm

10/05/2018- Basic Bo begins 8 pm- 9 pm
10/06/2018- Kung Fu class at Octavia Fields Branch Library. 2:30 pm - 3:30 pm
10/16/2018- Brown and Black Belt Rank test 6-8pm
10/19/2018- Brown and Black Belt Rank test 6-8pm
10/20/2018- Brown and Black Belt Rank test 9am-3pm
10/20/2018-Kung Fu Birthday Party 3-5:30 pm
10/22/2018- Women's self defense class. 7 -8 pm



**PLEASE HELP KEEP OUR SCHOOL
CLEAN!**

Do not leave anything behind.

Put your name tag on equipment bags etc.

We can contact you if anything is left behind.

There will be a lost & find box.

But we will only keep for 10 days,

after that we will donate to HAAM in Humble.

T-Shirt days

Wednesday & Saturday class

(Unless if we have special event, rank test, demonstration need to be in full uniform).



\$16.00



\$12.00

CLASS SCHEDULE
(New class times effective on September 15, 2017)

KUNG-FU

Adults	(Age 15-108)	Tue. Sat.	11:00 - 12:00 Noon
		Tues./Thur.	4:00 - 5:00 PM
		Mon./Tue./Thur./Fri.	7:00 - 8:00 PM
		Mon./Wed.	8:00 - 9:00 PM
Children	(Age 5 - 14)	Tue./Thur.	5:00 - 6:00 PM
		Mon./Tue./Wed./Thur./Fri.	6:00 - 7:00 PM
		Friday.	7:00 - 8:00 PM (New)
		Monday	8:00 - 9:00 pm (New)
		Saturday	10:00 - 11:00 AM
Tournament Competition Class		To be announced	
Family class	(Age 5-108)	Tue./Thur.	5:00 - 6:00 PM
		Mon./Tue./Wed./Thur./Fri.	6:00 - 7:00 PM
		Friday.	7:00 - 8:00 PM (New)
		Monday	8:00 - 9:00 PM (New)
		Saturday	10:00 - 11:00 AM

T'AI CHI CHUAN

Adult	(Age 18 - 108)	Tue. Sat.	12:00 Noon- 1:00 PM
		Mon./Wed./Fri.	5:00 - 6:00 PM
		Wed.	7:00 - 8:00 PM
		Tue.	8:00 - 9:00 PM

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Web site <http://www.WangsMartialArts.com>



Basic Escrima (short) stick Class

Date: September 10, 2018 (Monday)

Time : 7:00 - 8:00 PM

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

Fee : \$10.00
(All proceed goes to scholarship fund.)

(9-17 years old, Green belt & above)
(18 years and older, Yellow belt and above).

REGISTRATION FORM

NAME: _____ DATE: _____

STREET: _____

CITY: _____ STATE: _____ ZIP: _____

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

Phone (Cell): _____

e-mail: _____

Amount paid _____ .



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e-mail yyw3888wma@gmail.com

Website www.WangsMartialArts.com

Advanced Sabre Class

Date : September 7, 2018 (Fri.)
September 14, 2018 (Fri.)
September 21, 2018 (Fri.)
September 28, 2018 (Fri.)

Time : 8:00 – 9:00 PM

Place : Wang's Martial Arts
92 – B Wilson Rd.
Humble TX, 77338
(281) 548-1638
(281) 682-3387

Fee : \$49.00 / \$24.50 for Review

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



REGISTRATION FORM

NAME: _____ DATE: _____

STREET: _____

CITY: _____ STATE: _____ ZIP: _____

e-mail: _____

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

Cell phone: _____ Amount Paid _____

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July 24, 2017

PLEASE HELP KEEP OUR SCHOOL CLEAN!

Do not leave anything behind. Put your name tag on equipment bags etc.

We can contact you if anything is left behind.

There will be a lost & found box.

But we will only keep for 10 days, after that we will donate to HAAM in Humble.

TAI – CHI – CHUAN - Testimony

Since earning (2nd) Black Belt in Tai – Chi – Chuan on 27 February 2016 from Master Wang – Wang’s Martial Arts, I decided I wanted to reach out and give back to the community by teaching Tai – Chi classes at Retirement Centers in Kingwood, Texas.

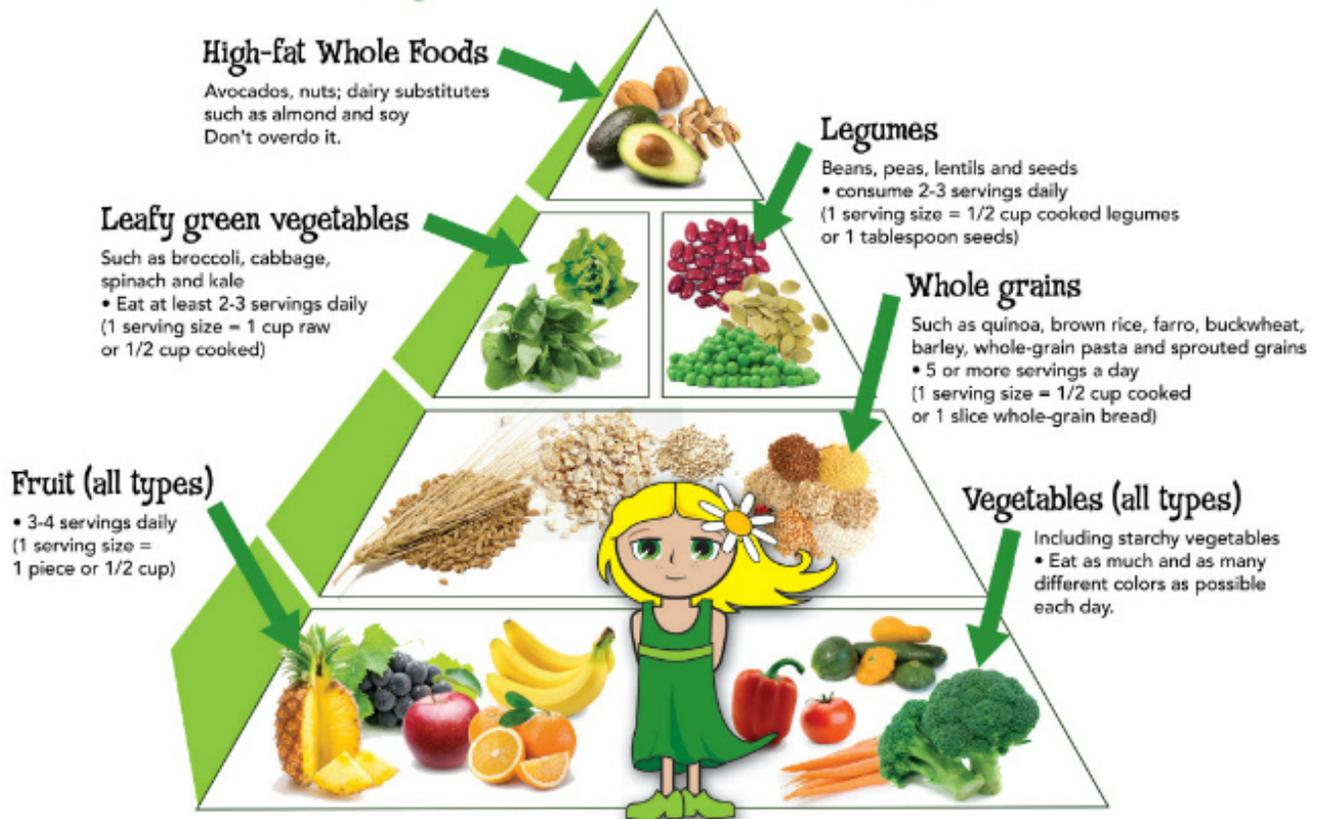
Currently I am teaching four (4) times a month or once per week at Watercrest Retirement Center and eight (8) times per month or twice per week at Brookdale Retirement Center. Both facilities are in Kingwood, Texas.

It is personally gratifying to me to see other people’s personal health and well being changed for the better as a result of practicing Tai – Chi.

Paul B. Greenwood
Student Wang’s Martial Arts



An Ordinary Vegan, Whole-Food, Vegan, Plant-Based Diet



Always remember to balance the food you eat with physical activity!
www.ordinaryvegan.net

* Be sure to include a good source of vitamin B12, such as fortified cereals or vitamin supplements



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Web site: www.WangsMartialArts.com

INNER SCHOOL TOURNAMENT

Date: 9-22-2018 (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 _____

Wang's Martial Arts

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Phone (281) 548-1638
(281) 682-3387
e-mail yyw3888wma@gmail.com
Web site www.WangsMartialArts.com

Baisc Bo



Date: October 05, 2018 (Friday)
October 12, 2018 (Friday)
October 19, 2018 (Friday)
October 26, 2018 (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 : \$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 _____

Raw fruit and vegetables provide better mental health outcomes

Posted on May 7, 2018 in *Featured News, Health*



The study surveyed more than 400 young adults — an age group with typically the lowest fruit and vegetable consumption and at high risk for mental health disorders. Image: Shutterstock

New study identifies the top 10 raw foods related to better mental health: carrots, bananas, apples, dark leafy greens such as spinach, grapefruit, lettuce, citrus fruits, fresh berries, cucumber, and kiwifruit.

— By University of Otago

Seeking the feel good factor? Go natural.

That is the simple message from University of Otago researchers who have discovered raw fruit and vegetables may be better for your [mental health](#) than cooked, canned and processed fruit and vegetables.

[Dr. Tamlin Conner](#), Psychology Senior Lecturer and lead author, says public health campaigns have historically focused on aspects of quantity for the consumption of fruit and vegetables (such as 5+ a day).

However, the study, published in [Frontiers in Psychology](#), found that for mental health in particular, it may also be important to consider the way in which produce was prepared and consumed.

“Our research has highlighted that the consumption of fruit and vegetables in their ‘unmodified’ state is more strongly associated with better mental health compared to cooked/canned/processed fruit and vegetables,” she says.

Dr. Conner believes this could be because the cooking and processing of fruit and vegetables has the potential to diminish [nutrient levels](#).

“This likely limits the delivery of nutrients that are essential for optimal emotional functioning.”

Related: [Organic food provides significant environmental benefits to plant-rich diets](#)

For the study, more than 400 young adults from New Zealand and the United States aged 18 to 25 were surveyed. This age group was chosen as young adults typically have the lowest fruit and vegetable consumption of all age groups and are at high risk for mental health disorders.

The group’s typical consumption of raw versus cooked and processed fruits and vegetables were assessed, alongside their negative and positive mental health, and lifestyle and demographic variables that could affect the

association between fruit and vegetable intake and mental health (such as [exercise](#), [sleep](#), unhealthy diet, chronic health conditions, socioeconomic status, ethnicity, and [gender](#)).

"Controlling for the covariates, raw fruit and vegetable consumption predicted lower levels of mental illness symptomology, such as [depression](#), and improved levels of psychological wellbeing including positive mood, life satisfaction and flourishing. These mental health benefits were significantly reduced for cooked, canned, and processed fruits and vegetables.

"This research is increasingly vital as lifestyle approaches such as [dietary change](#) may provide an accessible, safe, and adjuvant approach to improving mental health," Dr. Conner says.



This Common ADHD Medication Could Pose Heart Risks for Some Kids



Getty Images

Ritalin, a popular drug for treating attention-deficit hyperactivity disorder (ADHD), might increase the risk of an abnormal heart rhythm shortly after a young person starts taking it, a new study suggests.

HEALTH EDITOR

June 03, 2016

By Dennis Thompson

HealthDay Reporter

WEDNESDAY, June 1, 2016 (HealthDay News) — Ritalin, a popular drug for treating attention-deficit hyperactivity disorder (ADHD), might increase the risk of an abnormal heart rhythm shortly after a young person starts taking it, a new study suggests.

Children and teens who were prescribed methylphenidate—sold under the brand names Ritalin, Daytrana, and Concerta—had a 61 percent increased risk of arrhythmias during the first two months of use, according to the analysis of South Korean patients.

But most children on the medication should not experience heart problems, stressed senior study author Nicole Pratt, a senior research fellow at the Quality Use of Medicines and Pharmacy Research Center at the University of South Australia.

"In the average child, the risk of serious cardiovascular events is extremely small [three per 100,000 per year], and any absolute excess risk associated with methylphenidate is also likely to be small," Pratt said.

Also, the study did not prove that the medication causes an irregular heartbeat.

However, doctors should take these findings into account when putting a child on methylphenidate, Pratt added.

Kids with existing congenital heart disease are most affected by the drug, with a more than threefold increased risk of heart rhythm problems, the study found.

"Children on these medicines should have [their] blood pressure and heart rate monitored to help mitigate potential risk," Pratt said. "Health professionals also need to consider the risk/benefit balance in children with prior history of heart disease or children on medicines that can affect [heart rhythm], particularly where symptoms of ADHD are mild."

Ritalin stimulates the central nervous system, the researchers said in background notes.

Concerns have been raised that stimulants like methylphenidate can affect heart health, the study authors said.

And other stimulants have been shown to affect heart rate and heart rhythm, said Dr. Kabir Bhasin, director of clinical education for cardiac electrophysiology at Lenox Hill Hospital, in New York City .

"We tell cardiac patients to avoid things like caffeine," Bhasin said. "Clearly, methylphenidate is a stronger stimulant than caffeine, but it's the same guiding principle."

Two previous large-scale U.S. studies have shown "very subtle signals that these drugs may have some degree of cardiovascular toxicity," Bhasin added.

The study findings were published May 31 in the *BMJ*.

About half of U.S. children diagnosed with ADHD in 2011—some 3.5 million kids—received a stimulant drug (typically methylphenidate) for treatment, Harvard epidemiologist John Jackson wrote in an accompanying editorial in the journal.

Pratt and her colleagues examined the possible harmful effects of methylphenidate using South Korea National Health Insurance Database data regarding more than 114,600 kids aged 17 or younger who were recently prescribed the ADHD drug.

Among those children, 1,224 cardiac events had occurred between 2008 and 2011—heart rhythm problems, high blood pressure, heart attacks, stroke, and heart failure.

They found that children were most vulnerable within their first two months on methylphenidate.

The risk was highest within the first three days of treatment, about doubled compared to periods when the kids weren't taking methylphenidate.

The researchers found no significant increased risk of heart attack in these kids, and no increased risk at all for high blood pressure, stroke or heart failure.

"I've always said to parents that you have to weigh the pros and cons, based on the severity of their disease," Bhasin said. "If someone has very severe ADHD and this is really the only treatment option, you have to take that into account. But we've known for a while that this drug is not as effective as initially thought, so whenever possible I always tell them to reserve it as a last option."

Despite the findings, Pratt said parents should not just take their children off this drug. Doctors gradually wean patients off methylphenidate, since suddenly discontinuing its use can cause a severe depression, according to the U.S. National Institutes of Health.

"Parents should not stop the medicine, but discuss this study and their concerns with their doctor or pediatrician," Pratt said. "Children should be closely monitored for any signs or symptoms of cardiac effects."

Eye Health, Explained

They say the eyes are the windows to the soul. We don't know if that's true, but what we do know is that having perfectly healthy eyes—excellent vision and clear eyes, free of pain or other symptoms—are crucial to your health and well-being.

The good news is that it's easy to learn more about eye problems, symptoms, and the treatments that will keep you in tip-top shape.

HEALTH.COM

May 03, 2017

Error! Unknown switch argument.

Getty Images

Jump to: [Symptoms](#) | [Treatment](#) | [Common eye issues](#) | [Glaucoma](#) | [Cataracts](#) | [Conjunctivitis](#) | [Macular Degeneration](#) | [Sty](#) | [Red eye](#) | [Other eye conditions](#)

They say the eyes are the windows to the soul. We don't know if that's true, but what we do know is that having perfectly healthy eyes—excellent vision and clear eyes, free of pain or other symptoms—are crucial to your health and well-being.

The good news is that it's easy to learn more about eye problems, [symptoms](#), and the [treatments](#) that will keep you in tip-top shape.

About 21 million Americans have some type of vision problem, according to a survey conducted by the Centers for Disease Control and Prevention (CDC). While many of these problems are relatively benign, such as mild nearsightedness, other eye conditions like [glaucoma](#) and [age-related macular degeneration](#) can trigger vision loss and even blindness.

Although many people start developing eye diseases in middle age, their symptoms may not appear until later on, when the condition is more advanced and harder to treat. In fact, some people may not realize they have a vision problem at all until their eye doctor detects it during a routine screening or a comprehensive dilated eye exam, which checks your retina, optic nerve, eye pressure, and more.

The risk for developing an eye condition increases with age. But other factors can also up your odds of experiencing vision problems in the future. For example, African Americans and people with a family history of glaucoma may have a higher risk of developing the disease. And people who have [diabetes](#) can develop a condition called diabetic retinopathy, which can damage their retinas. By detecting eye diseases such as these and treating them as soon as possible, experts estimate that nearly half of all vision loss and blindness could be prevented.

RELATED: [The 9 Worst Eye Care Mistakes You're Making](#)

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Symptoms of eye disease

In some cases, the symptoms of certain eye diseases can overlap with others. For example, watery eyes could be a sign of pink eye (conjunctivitis), [allergies](#), or a sty; likewise, light sensitivity could indicate a cataract, migraine, or chalazion (a bump on the eyelid). Resting your eyes might help ease symptoms, but in general, if you're experiencing severe or lasting pain, you should call a doctor right away.

Below, some of the most common symptoms of eye diseases:

- Blurriness
- Discharge
- Flashes of light
- Irritation
- Light sensitivity
- Pain
- Tearing
- Vision loss



It may sound crazy, but certain eyedrops actually exacerbate dry eye symptoms.

"Avoid the drops that 'get the red out,'" Dr. Maskin cautions. Visine (tetrahydrozoline ophthalmic), for one, works by narrowing blood vessels to the eyes to reduce redness. But when the drops wear off, the vessels dilate and can become inflamed again.

"The key is to find out what's causing the redness, not to try to hide the redness," he says.

Getty Images

Treatment for eye disease

Eye doctors will usually treat refractive errors like nearsightedness and farsightedness with glasses or contacts. But more serious eye diseases may be treated with a combination of medications or surgery. In many cases, the best way to protect your vision is to have regular screenings, including comprehensive dilated eye exams. By detecting eye conditions in their early stages, it's possible to prevent vision loss from becoming worse with age.

Here, a few common eye disease treatments:

- Refractive surgery, a procedure that can help correct refractive errors, such as nearsightedness or astigmatism (LASIK is a type of refractive surgery).
- Corneal transplantation to replace either part or all of a damaged cornea.
- Oral steroids, medications that can treat inflammatory eye conditions such as uveitis, a serious, potentially vision-damaging inflammation of the uvea, the middle layer of the eye.

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Most common eye issues and problems

The most common eye issues in the United States are classified as refractive errors, which include myopia (nearsightedness), hyperopia (farsightedness), astigmatism (blurry vision), and presbyopia (an inability to focus on objects up close). While many of these vision problems can be corrected with the help of eyeglasses, contacts, or surgery, millions of Americans have more serious eye conditions that can eventually lead to vision loss or blindness. This includes diseases like age-related macular degeneration, cataracts, diabetic retinopathy, and glaucoma.

Here are some eye issues you can develop:

- Refractive errors
- Cataracts

- Optic neuritis, an inflammation of the optic nerve
- Retinal diseases, such as a retinal tear or detachment
- Macular degeneration
- Glaucoma
- Conjunctivitis
- Diabetic eye problems, such as diabetic retinopathy and diabetic macular edema

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RELATED: [7 Eye Symptoms and What They Could Mean](#)



Getty Images

Glaucoma

Glaucoma occurs when fluid pressure increases in the eye, damaging the optic nerve. People with glaucoma can lose their vision and eventually become blind, and the disease is one of the leading causes of blindness in the United States. Early treatment—through eye drops or surgery—may help slow the disease’s progression and prevent vision loss. People can develop glaucoma at any age, but it usually affects older adults.

ataracts

Cataracts are a clouding of the eye’s lens, leading to blurry vision and eventual vision loss. They often develop as people age, when the proteins in the eye begin to clump together and cause cloudiness, making it difficult to see properly. More than half of Americans have had cataracts by their 80th birthday, and those who smoke, are obese, have high blood pressure, take certain medications, or have diabetes have a greater risk of developing them.

Other symptoms can include double vision, difficulty seeing at night, a "halo" that appears around lights, and seeing colors become faded or yellowed. An optometrist or ophthalmologist can diagnose cataracts with a comprehensive eye exam. Prescription eyeglasses can help some people with cataracts, but others may have to undergo surgery to remove them.

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Conjunctivitis (pink eye)

Thanks to its hallmark symptom, conjunctivitis is most commonly known by its nickname, pink eye. Although it can be hard to pinpoint the cause of conjunctivitis, this eye condition can be triggered by viruses, bacteria, allergens, chemicals, and even a loose eyelash or dirty contact lens.

Besides the classic pink or red color that develops in the eye, conjunctivitis can also cause a swelling of the eyelids, watery eyes, itching, burning, crusting, or discharge. Pink eye caused by a virus or bacteria can also be contagious. In some cases, the eye infection will clear up on its own (using a cool compress and artificial tears can help ease irritation), but if you're experiencing pain, worsening symptoms, a sensitivity to light, and blurry vision, you should see a doctor .

macular degeneration

An estimated 10 million people in the United States are affected by macular degeneration, an eye disease that damages the central vision. Macular degeneration usually refers to age-related macular degeneration (AMD). There are two subgroups of AMD: wet AMD, which occurs when blood vessels grow under the retina; and dry AMD, which affects about 80% of all macular degeneration cases and occurs when the retina thins over time.

Although early treatment such as "eye vitamins" may help slow the progression macular degeneration, there is no cure for the disease.

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Styes are red, pimple-like bumps caused by a blockage in one of the eyelid's oil glands. They usually appear on the edge of a person's eyelid. The most common symptoms include a sensitivity to light, a sensation of grittiness, and watery eyes. To treat the eye condition at home, try applying a warm washcloth to the bump. While many styes heal on their own, your doctor may recommend an antibiotic for a lingering sty, or try draining it in the office.

Red eye

When the blood vessels in the eye become swollen due to dryness, allergies, or infections like conjunctivitis, the eyes can appear red and bloodshot. Oftentimes, red eyes don't signal an emergency, but on some occasions—for example, if it's accompanied by eye pain or vision changes—you should call your doctor.

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Thanks to new technology—from disposable contacts to LASIK—it has never been easier to guarantee perfect vision without having to wear clunky specs or reading glasses. (And even if frames are your thing, you can get trendy ones cheaper than ever through mail-order sites, like warbyparker.com.) The latest science can also keep unsightly crow's-feet and dark circles at bay.

But while it's great to look and see better, you want your eyes to *feel* better, too, whether it's by preventing itchy, watery allergy symptoms or staving off age-related eye diseases. So we went on a vision quest to round up the tests, treatments and warning signs you need to know about so you'll see clearly into your next decade and beyond.

Getty Images

Other eye conditions:

- **Myopia:** Also known as nearsightedness, myopia is one of the most common vision problems in the United States. Along with hyperopia (farsightedness), this eye condition can be treated with eyeglasses, contacts, and surgery such as [LASIK](#).

- **Chalazion:** Sometimes mistaken for a sty, a chalazion is a red, swollen bump that can spring up on the eyelid when the eyelid's oil glands become clogged.
- **Color blindness:** Although less common in women, as many as 8% of men have color blindness, difficulty distinguishing between shades of similar colors.
- **Eye floaters:** Often appearing as squiggly spots in front of your field of vision, eye floaters are caused by changes in the eye's vitreous humor, a jelly-like substance. Sounds scary, but these floaters are usually harmless. An exception: If they are accompanied by flashes of light, you may be experiencing posterior vitreous detachment, which could lead to a retinal tear or detachment. In that case, seek medical attention immediately.

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- **Dry eye:** A difficulty making enough tears to keep the eye moist, dry eye can cause blurry vision, burning, or itchiness. Using artificial tears or a prescription medication can help alleviate the discomfort.
- **Diabetic retinopathy:** An eye disease that affects people with diabetes, diabetic retinopathy occurs when high blood sugar levels damage the blood vessels in a person's retina, which can eventually lead to vision loss.
- **Eye strain:** Wearing the wrong prescription glasses or contact lenses can cause your eyes to feel tired or uncomfortable. Another culprit: staring at electronic screens such as tablets, e-readers, and computers.
- ***Acanthamoeba keratitis*:** This rare, drug-resistant infection of the cornea is caused by the *Acanthamoeba* organism, a microscopic amoeba found in lakes, oceans, and soil. Symptoms can include eye pain, redness, blurry vision, and sensitivity to light. The infection can result in permanent vision loss and blindness.



Second Annual

Quilt Auction

Silent Auction and a Live Auction

Date: Saturday September 22, 2018

Time: 1:00pm – 4:00pm

Where: Lamb of God Lutheran Church

1400 FM 1960 Bypass

Humble, Texas 77346



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

Free One Hour Lesson Kung Fu or Tai chi

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