

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



WMA - Wang's Martial Arts  
Hand Sign - Peace & Respect  
Chinese Character - Kindness

## Kung Fu Rank Test

Date: **To be announced**

Time: 1-4:30 pm

## Make up Test

Date: **To be announced**

Time: 6-8:30 pm

## Accelerated Program Rank Test

Date: **To be announced**

Time: 6-8 pm

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

**To be announced**

Time: 7 - 8 pm.

Cost: Paid by Wang's Martial Arts.

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

**To be announced**

Time: 5 - 6 pm.

Cost: Paid by Wang's Martial Arts.

## HeBei Chinese Martial Arts Inst.

Time 8 - 9 pm.

Make check payable to:

Cost: \$50 per person.

## Guest Instructor; Master Jia

## May 2020 Newsletter Summary

### Tai Chi Live Stream: Via Facebook

Monday, Wednesday, Friday- 5 p.m.- 6 p.m.

Tuesday, Saturday- 12 noon- 1 p.m.

### Kung Fu Live Stream: Via Facebook

Monday through Friday- 6 p.m.- 7 p.m.

Saturday- 10 a.m.- 11 a.m.

Brown, Black Belt Test – **To be announced**

### Due to Texas Governor's announcement, all schools need to be closed until further notice to stop spreading the virus.

Closing starting 11:59 pm today (March 20, 2020).

We are changing to only live to stream the class through our Facebook group.

- Click on the link to join <https://www.facebook.com/groups/280703789581157/>
- Please enter the students name and class code to access the live streams
- 2816823387 (class code)

If you have any questions during the live stream class, you can type them into the comment bar and we will answer them.

We are also asking that you type in the students name in the comments section, so we can keep track of attendance. Please continue to check your email and app for updates.

**As of right now this is our school schedule, our calendar is subject to change.**

## Report Card Points

Antoine Berchara	1.5
Connor Sheridan	1.5
Olivia Sheridan	0.75

## Kung Fu Brown & Black Belt Rank Test

Date: **To be announced**

## Parents:

**Please remind students to place their belongings inside the cubicles. We are not responsible for any damages. Thank you.**

## Reminder:

**All shoes must be placed on Shoe Rack, to avoid any accidents. Thank You.**



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 .**

<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.

**Scholarship donation;**

05/18/19 Darren Bush \$500.

05/18/19 WMA \$500.

06/12/19 Rosel Rodriguez \$1.

06/12/19 Lily Valdez \$10.

07/12/19 Rosel Rodriguez \$2.

07/18/19 Anonymous \$18.

07/19/19 Caleb Villalpando \$5.

07/24/19 Ruby Abbott \$50.

07/31/19 Madeline Vides \$3.

09/14/19 Margret Swavly \$5.

09/16/19 Ruby Abbott \$50.

10/28/19 Raffle of small laptop \$240.

02/07/20 Rosel Rodriguez \$10

**New Students:  
Welcome!**

**Don't forget to check  
our School App to see  
upcoming events, pay  
for Rank Tests, school  
workshops and more!**

**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

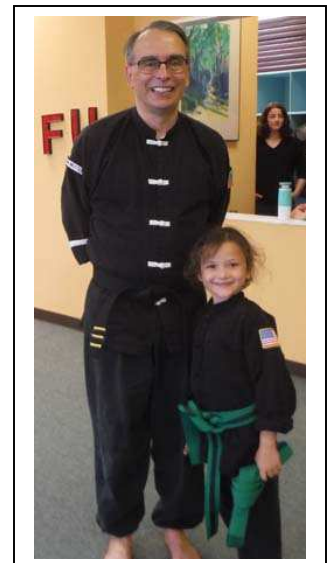
**\* For all student's family members & guests, please be silent during the class in progress. The instructors and students require all the concentrations to teach and to learn. Please do not distract the class by talking.**

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.

**May Birthday**

Clifford Reynolds	5/12
Paul Turk	5/23
Roberto Matsumura	5/20
Steve Castelo	5/29
Emmory Leach	5/14
J.R. Phillips	5/7
Virginia Gordman	5/15
Gina Payne	5/15
Philip Spruell	5/20
Chris Castillo	5/25
Julius Herron	5/29
Justyn Davis	5/27
Deztanie Hellsten	5/00
Brian peveto	5/10
Tri Tran	5/27
Ian Ramirez	5/29
Nicholas Hung	5/1
Myriah Jones	5/4
Guillermo Slack	5/6
Kelly Sibley	5/9
Dana Rose	5/10
Bruce Varley	5/11
Jared Bouillion	5/13
Miguel Angelo Cacanindin	5/13
Jeremy Rangel Rangel	5/18
Matthew olmsted	5/19
Andrew Guzman	5/28
Anai Muniz	5/1
Prajakti Glasco	5/14
Jozlyn Rodriguez	5/19

**Happy Birthday**



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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**

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**\$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.**

January 14, 2018 - Birthday - \$5.00

February 17, 2018 - Birthday - \$5.00

February 24, 2018 - inner-school tournament - \$75.

March 17, 2018 - Birthday - \$10.

April 23, 2018 - Women's Self Defense - \$10.

May 15, 2018 - Birthday - 10.

May 26, 2018 - Tania Myers - \$15.

June 23, 2018 - Inner-school tournament - \$60.

September 22, 2019 - Inner-school tournament - \$70.

December 15, 2018 - Birthday - \$10.

December 8, 2018 - Inner-school tournament - \$80.

January 12, 2109 - Birthday - \$5.

February 16, 2019 - Birthday - \$5.

March 18, 2019 - Birthday - \$10.

April 13, 2019 - Birthday - \$5.

April 16, 2019 - Peace by Piecing Quilt Guild, \$100.

April 26, 2019 - Rosel Rodriguez - \$1.





## Chinese New Year Report – January 18, 2020.

On Saturday, January 18, 2020 Wang's Martial Arts held its 18th Annual Chinese New Year and Award Banquet at China Ko in Humble, Texas.

A vegetarian style meal was prepared for the health of all guests & kindness to animals. At the tables, guest received a red envelope that contained a lucky Chinese coin. During the reception, visitors were able to enjoy pleasant music.

As dinner approached, **Pastor William Irwin** said grace. Our Jr. Black Belt, **Makinzi Rodriguez**, followed by singing the National Anthem. As dinner was being served, our MC **Mr. Victor Makris**, honored us by playing two songs for the audience with his guitar.

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

As the evening wore on, Wang's Martial Arts students and family members staged a Chinese folk song.

The MC for the evening, **Mr. Victor Makris**, warmly welcomed everyone to the festivities and honored the present black belts (**Rafael Gonzalez, Allen DeWoody, Daniel Thibodeaux, David Barnes, Ed Green, Russell Haws, Susan Fischman, Darren Bush, Ruby Abbott, Polly Ferguson, Margaret Swavely, Chantel Barnes, Cleotis Washington, Jessie Diaz, Sue Diaz, Chris Duffy, Tania Myers, Jeannett Adams, Charles Moore, Deztanie Hellsten, Elmer Whitehead, Erin McCormic, John Prewett.**) with a Glass Purple Lotus Flower.

Subsequently, a tribute and celebration of the life and achievements of **Grand Master Victor Cheng**. In memory of **Ms. Nancy Green, Mr. Robert Barnes**.

Following, **Victor Cheng Scholarship** (provides by Mrs. Jenny Cheng) was awarded to a U of H Law Student **Jessica Lafferty** for **\$1000**.

**Wang's Martial Arts Scholarship** was designated to a U of H Law Student, **Alexander Akabar** for **\$1,000** and a Lonestar College Student, **Madeline Vides** **\$200**.

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

The entertainment program started with fabulous Chinese Lion Dance. With four 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.



## Tournament Points 2019

Report Card	Points	2019			
5-8 yrs.	1 <sup>st</sup>	Conner Sheridan	5-8 yrs	1 <sup>st</sup>	Levi Garcia
	1 <sup>st</sup>	Anika Glasco		2 <sup>nd</sup>	Conner Sheridan
	2 <sup>nd</sup>	Nicole Glasco		3 <sup>rd</sup>	Olivia Sheridan
	3 <sup>rd</sup>	Levi Garcia		4 <sup>th</sup>	Anika Glasco
	4 <sup>th</sup>	Lamar Kendricks		4 <sup>th</sup>	Nicole Glasco
	5 <sup>th</sup>	Olivia Sheridan		4 <sup>th</sup>	Lamar Kendricks
9-14 yrs.	1 <sup>st</sup>	Nicolas Collison	9-14 yrs	5 <sup>th</sup>	Lily Garcia
	2 <sup>nd</sup>	Madeline Briles		1 <sup>st</sup>	Joseph Alonso
	3 <sup>rd</sup>	Nickelus Moreno		2 <sup>nd</sup>	Nickelus Moreno
	4 <sup>th</sup>	Joseph Alonso		3 <sup>rd</sup>	Jozlyn Rodriguez
	5 <sup>th</sup>	Madeline Vides		4 <sup>th</sup>	Avairya Rodriguez
15 yrs and up	1 <sup>st</sup>	Madeline Vides	15-108 yrs	4 <sup>th</sup>	Lanese Kendricks
	2 <sup>nd</sup>	Nickelus Moreno		5 <sup>th</sup>	Tori Archinal
	3 <sup>rd</sup>	Lanese Kendricks		1 <sup>st</sup>	Makinzi Rodriguez
	4 <sup>th</sup>	Joseph Alonso		2 <sup>nd</sup>	Allen DeWoody
	5 <sup>th</sup>	Madeline Vides		3 <sup>rd</sup>	Jeffrey Villarde

**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.**

Throughout the year, WMA students exercised their requirements every class period so they could manifest that day what they've learned. From start to finish all of the students did an outstanding job demonstrating their talent. During this period we got to experience a magical shoe fly across the salon and land on lucky table number five. The night was full of surprises.

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,

**9-14 yrs old**      1<sup>st</sup> Place- **Joseph Alonso**  
                                  2<sup>nd</sup> Place- **Juan Ceja**

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,



## Table Prize Drawing Winners

First Place  
Second Place  
Third Place  
Fourth Place  
Fifth Place  
Sixth Place  
Seventh Place  
Eight Place

Lenovo Laptop  
Chinese Lamp  
Blue Chinese Vase  
Three Wise Monkeys  
Green Dragon  
Chinese Scroll  
Lotus Flower  
Set of Chinese Chopsticks

James Dyess  
Rosel Rodriguez  
David Barnes  
Rob Sheridan  
Ed Green  
Mauricio Galvan  
Margaret Swavely  
Tania Myers

## Door Prize Drawing

First Place  
Second Place  
Third Place  
Fourth Place  
Fifth Place  
Sixth Place  
Seventh Place  
Eight Place  
Ninth Place  
Tenth Place  
Eleventh Place  
Twelfth Place

Bicycle  
32" LED TV  
Big Tea Set  
Golden Chinese Vase  
Large Chinese Scroll  
Five Lucky Rats  
Lucky Cat  
Golden Dragon Boat  
Side Marble Top Table  
Dragon and Phoenix set  
Small Glass Flower  
Golden Dragon

Benny Sweet  
Levi Garcia  
Gladiela Galvan  
Maria Galindo  
Anika Glasco  
Madalynn Parasco  
Mary Sue Lee  
Jordyn Mayo  
Preston Townley  
Ed Green  
Jackie Rodriguez  
Daniel Thibodeaux

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









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



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Besides all the group lesson schedule we have which you are attending. We feel that as a student you will benefit from our private lesson club, with Sifu David Barnes. We've noticed your improvements as a student, and we would like to help you better your skills and techniques. The Private lesson is **only half an hour** and **once a month**, for only \$69.00. This will be added to your monthly tuition fee. If you are enrolled in our easy pay program, you will automatically save \$10.00 which will be \$59.00 monthly or \$13.72 weekly on top of your regular tuition.

**You can choose the day and time that best works for you from our flexible schedule.** We have different options for you to choose from, that will help improve or learn new skills. By adding this private lesson, you will progress much faster.

- **Forms ( Review or learn a new form)**
- **Weapon ( Review or learn a new weapon)**
- **Sparring or Drill**
- **Two men Set or Techniques**
- **Self Defense and conditioning**



**Tournament & report card point - First place is seven foot trophy.**

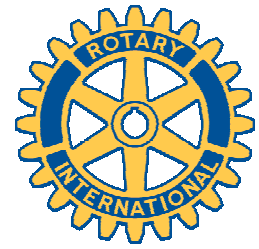


**Report Card Points – Turn in your report cards all year long for a chance to win a seven foot trophy at the Chinese New Year Banquet!**

**All A's-12pts; A's & B's- 9pts; All B's-6pts; Turn in your report card – 3pts**

**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 Banquet!**

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



## *Wang's Martial Arts support* Rotary Club of Humble

Would you "buy" chances to win a prize  
if you knew who the winners were going to be?  
Before you "buy" those chances,  
Let me tell you who are going to be the winners



Battered women and their children  
Individuals with learning disabilities  
Families unable to feed or clothe their children  
Emergency housing for families in need  
Parenting education and legal advocacy for those in need  
Counseling and support groups for abused  
Employment and internship opportunities  
Assistance toward self sufficiency  
Scholarships for FFA and Humble ISD students  
Food for needy families  
Opportunities for Rotary Exchange Students  
Promote world peace through cultural exchange students and host families  
Adult education to improve job opportunities  
Developmental learning opportunities  
Open children's' eyes to learning opportunities  
Provide water to foreign rural communities"  
Eradicate polio in the world  
Provide the opportunity for a local student to extend Diplomatic Studies  
Eye and deformity operations for poor Mexican children

### **Drawing Date information**

- 2016 Corvette Stingray
- \$250 gift card
- Many more prizes

Saturday, June 20, 2020

Robbins Chevrolet via Facebook Live

Contact Yun Yang Wang,

e-mail: [yyw3888wma@gmail.com](mailto:yyw3888wma@gmail.com)

call: 281-682-3387

Must purchase on or before:

May 30, 2020.

Make check payable to "Humble  
Rotary Club"

The acquisition of a \$100.00 "Chance" to WIN a 2016 Corvette Stingray, a chance to win a \$250.00 gift card, and many additional prizes will provide the opportunity for someone in need.

All the proceeds are given away with 90% of the proceeds given locally.

**Buy your chances to "Change Lives".**

Contact Yun Yang Wang,

e-mail: [yyw3888wma@gmail.com](mailto:yyw3888wma@gmail.com) call 281-682-3387

Must purchase on or before: May 30, 2020.

Make check payable to "Humble Rotary Club"

# Wang's Martial Arts

## Family Special for Kung Fu or Tai Chi

	1st member	2nd member	3rd member	4th member	5th member or more
<b>Tuition/month</b> <small>(12 to 13 lessons in a month)</small>	<b>\$179.00</b>	<b>\$89.50</b>	<b>\$89.50</b>	<b>\$89.50</b>	<b>Free</b>
<b>Easy pay/Week</b>	<b>\$39.30</b>	<b>\$19.65</b>	<b>\$19.65</b>	<b>\$19.65</b>	
<b>Uniform</b>	<b>\$59.95</b>	<b>\$59.95</b>	<b>\$59.95</b>	<b>\$59.95</b>	<b>\$59.95</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. Tues./Thur. Mon./Tue./Thur./Fri. Mon./Wed.	11:00 - 12:00 Noon 4:00 - 5:00 PM 7:00 - 8:00 PM 8:00 - 9:00 PM
Children	(Age 5 - 14)	Tue./Thur. Mon./Tue./Wed./Thur./Fri. Fri. Monday Saturday	5:00 - 6:00 PM 6:00 - 7:00 PM 7:00 - 8:00 PM 8:00 - 9:00 PM 10:00 - 11:00 AM
Family class	(Age 5-108)	Tue./Thur. Fri. Mon./Tue./Wed./Thur./Fri. Monday Saturday	5:00 - 6:00 PM 7:00 - 8:00 PM 6:00 - 7:00 PM 8:00 - 9:00 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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Call for a Free Lesson (281) 682-3387.



# 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)



**WMA - Wangs Martial Arts  
Hand sign - Peace & Respect  
Chinese character - Kindness**

# 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.**



# Tai Chi: Balance in Motion

This ancient alternative medicine may offer many health benefits, including improved coordination and more restful sleep. By [Eric Metcalf, MPH](#) Medically Reviewed by [Cynthia Haines, MD](#)

When you think of martial arts, images of experts breaking boards or perhaps Chuck Norris teaching bad guys a lesson may come to mind.

But an [alternative medicine](#) practice called tai chi — which has roots in a centuries-old Chinese martial art — is experiencing a new wave of popularity. Instead of promoting the practice as a type of self-defense, Eastern practitioners promote tai chi as a way of bringing balance to your body, and Western medical researchers are busy exploring how this form of alternative medicine may help prevent and treat illnesses and injuries.

## What Is Tai Chi?

According to legend, Chinese monks began practicing tai chi both to increase their ability to hold meditative poses and protect their monasteries from invaders. While performing tai chi, the participant smoothly proceeds through a flow of movements that are said to mimic the motions of animals such as the tiger and crane.

From the [Chinese medicine](#) standpoint, a vital energy called "qi" should constantly be circulating through your body. However, it can become blocked and stagnant, which disrupts your health — practicing tai chi is said to improve the flow of the qi energy.

Principles that are emphasized in the practice of this alternative medicine include:

- **Balance.** You maintain good body alignment while moving from foot to foot.
- **Relaxation.** You concentrate on your movement while keeping your mind calm and clear.
- **Coordination.** You learn to move your body through complex motions while maintaining good posture.



This form of alternative medicine is growing in popularity. According to the National Center for Complementary and Alternative Medicine (NCCAM), a recent survey revealed that an estimated 2.3 million adults had practiced tai chi in the previous year.

## **How Tai Chi Could Improve Your Health**

In recent years, researchers have explored the possible effects of tai chi on a number of conditions and found that this alternative medicine may be beneficial for these problems:

- **Falls.** Preventing falls in the elderly community is a major focus of interest in tai chi. In one recent study, researchers reviewed studies on how to prevent falls among older people and found that tai chi was effective in reducing the rate of falls for this age group.
- **Sleep disorders.** A study in older people found that practicing tai chi for six months compared with low-impact exercise was associated with [better sleep](#) and less daytime sleepiness.
- **Stroke.** A recent study explored why tai chi might be a helpful alternative medicine for people who have had strokes. The practice is associated with improved balance, lower blood pressure, and elevated mood — all of which were beneficial for people who have survived strokes.
- **Knee pain.** In another study, one group of older people with osteoarthritis of the knee performed tai chi regularly for 12 weeks, while another group with the same condition did not. Those participating in this alternative medicine reported decreased pain and improvements in physical function and stiffness.

NCCAM recommends that you discuss tai chi with your doctor before participating if you have a medical condition or you haven't exercised in a while. In addition, you might experience muscle soreness when you start or if you perform movements too vigorously.

Because the movements are slow and controlled — focusing on simple poise instead of strength — tai chi makes a helpful [meditative](#) activity for any age group.



Rank test picture February 25, 2019.



Rank Test on 10/28/2019.



# OFF-CAMPUS PHYSICAL EDUCATION INFORMATION PACKET

- Information for Parents
- Student Waiver Application
- Parent Permission Form

**Deadline to submit ALL paperwork is May 29, 2020**  
**Only email submission of forms will be accepted for review to the following email address:**

**[OCPE@Humbleisd.net](mailto:OCPE@Humbleisd.net)**

**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 on 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  
2020-2021**

**Student's Name** \_\_\_\_\_ **ID#** \_\_\_\_\_  
(Print)

**Current Grade Level** \_\_\_\_\_ **Current Campus** \_\_\_\_\_

**Proposed Grade Level** \_\_\_\_\_ **Proposed Campus** \_\_\_\_\_

This application is for **Fall Semester** \_\_\_\_\_ **Spring Semester** \_\_\_\_\_ **Both** \_\_\_\_\_

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 workout schedule will be: (90% of training time must be Monday-Friday)**

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 I and 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 and to submit via fax student grade and attendance report to the campus Registrar by the end of the grading period in fall and spring. 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** \_\_\_\_\_

<b>_____ Waiver Approved</b>	<b>_____ Waiver Denied</b>
_____ <b>Helen Wagner, Coordinator PE/Health</b>	_____ <b>Date</b>

**Off Campus Physical Education  
PARENT PERMISSION FORM  
For Waiver Request  
School Year 2020-2021**

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.

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. High school credit will be earned with 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**. Credit may only be earned through one vendor.

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.

## SEMESTER REPORT

**IT IS THE RESPONSIBILITY OF THE INSTRUCTOR/VENDOR TO SEE THAT THIS  
"Semester Report" is faxed to the campus Registrar prior to the end of the  
semester. (Dec. 11, 2020 and May 14, 2021)**

*This is only an example of the form the instructor/vendor will receive with their application packet.  
**NO STUDENT IS TO RETURN ANY SEMESTER REPORT TO THEIR  
COUNSELOR/REGISTRAR.***

Student's Name \_\_\_\_\_

Commercial Establishment \_\_\_\_\_

Instructor's Name \_\_\_\_\_ Phone \_\_\_\_\_

Student's home campus \_\_\_\_\_ Student's Grade Level \_\_\_\_\_

Number of absences \_\_\_\_\_ Conduct \_\_\_\_\_

**Grade (Middle School):** Pass    Fail (Circle One)

**Numeric Grade (High School)** \_\_\_\_\_

\_\_\_\_\_  
**Instructor's Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

Comments: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



**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	281-641-4616
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 77339	281-641-4200	281-641-4260
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	281-641-6282
Timberwood Middle School	18450 Timber Forest Drive Humble, TX 77346	281-641-3800	281-641-3817
West Lake Middle School	11810 Madera Run Parkway Humble, TX 77346	281-641-5807	281-641-5817
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 High School	1700 Wilson Road Humble, TX 77338	281-641-6300	281-641-6517
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 6, 2019
May 15, 2020

**Grade Report Form**  
*(Fax to Registrar)*

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

*(Due in December and May)*

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 –01/27/2020

## Age 15 year old and +

Jose Gutierrez- Green Stripe  
Miguel Gallegos- Green Stripe  
Ezequiel Galvan- Green Stripe  
Mauricio Galvan- Green Stripe  
Madeline Vides- Green Stripe  
Preston Townley- Green Stripe  
Rob Sheridan – Blue Belt  
Pj Glasco- Blue Stripe  
Craig Glasco- Blue Stripe

## Accelerated Program Rank Test 02/24/2020

### 5-8 Years old

Caleb Villalpando- Green Stripe

### 9-14 Years old

Bryce Hobbs- Green Belt  
Nicolas Collison- Purple Stripe

### 15 Years and +

Miguel Gallegos- Purple Belt

## Age 9 - 14 years old

Miguel Valladares- Yellow Stripe  
Jordan Torres- Orange Stripe  
Lanese Kendricks- Green Stripe  
Noah Gutierrez- Purple Belt  
Nicholas Collison- Purple Belt

### Age 5 - 8 years old

Leah Gutierrez- Yellow Stripe  
Antoine Berchara- Orange Belt  
Ocean Phan- Orange Belt  
Olivia Sheridan- Orange Belt  
Caleb Villalpando- Green Belt  
Lamar Kendricks- Green Belt  
Nicole Glasco- Blue Stripe  
Anika Glasco- Blue Stripe  
Connor Sheridan- Red Belt

### Tai Chi test Result – 03/21/2020

Maria Wilrich- Orange Belt  
Charbel Bechara- Purple Belt  
Jim Gustin- Brown Belt  
Edu Araujo- Black (1st) Belt

## Brown & Black Belt Test – 10/12/2019

Harry Eugene- Brown Belt  
Paul Tang- Brown Belt  
Jad Kawaja- Brown Belt  
Jackie Rodriguez- Brown/Stripe  
Ricky Shepherd- Brown/Stripe  
Avairya Rodriguez- Jr. Black Belt  
Tori Archinal- Jr. Black Belt  
Jozlyn Rodriguez- Jr. Black Belt  
Nickelus Moreno- Jr. Black Belt  
Makinzi Rodriguez- Jr. Black Belt  
Deztanie Hellsten- Black Belt 1st  
John Prewett- Black Belt 1<sup>st</sup>



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<b>Inner School Tournament Results 08/31/2019</b>
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<b>5-14 Years Old</b>
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Beginner	Forms
Lanese Kendricks	1 <sup>st</sup> Place
Lamar Kendricks	2 <sup>nd</sup> Place
Olivia Sheridan	3 <sup>rd</sup> Place

Intermediate	Forms
Anika Glasco	1 <sup>st</sup> Place
Connor Sheridan	2 <sup>nd</sup> Place
Nicole Glasco	3 <sup>rd</sup> Place
Levi Garcia	4 <sup>th</sup> Place

Advanced	Forms
Joseph Alonso	1 <sup>st</sup> Place
Nickelus Moreno	2 <sup>nd</sup> Place

Advanced	Weapons
Joseph Alonso	1 <sup>st</sup> Place
Nickelus Moreno	2 <sup>nd</sup> Place

Beginner	Sparring
Lamar Kendricks	1 <sup>st</sup> Place
Olivia Sheridan	2 <sup>nd</sup> Place
Lanese Kendricks	3 <sup>rd</sup> Place

Intermediate	Sparring
Connor Sheridan	1 <sup>st</sup> Place
Levi Garcia	2 <sup>nd</sup> Place

Advanced	Sparring
Joseph Alonso	1 <sup>st</sup> Place

Nickelus Moreno	2 <sup>nd</sup> Place
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**15 Years and Older**

Beginner	Forms
Miguel Gallegos	1 <sup>st</sup> Place

Intermediate	Forms
PJ Glasco	1 <sup>st</sup> Place
Rob Sheridan	2 <sup>nd</sup> Place
Craig Glasco	3 <sup>rd</sup> Place

Advanced	Forms
Allen DeWoody	1 <sup>st</sup> Place

Intermediate	Weapons
Margaret Swavely	1 <sup>st</sup> Place
PJ Glasco	2 <sup>nd</sup> Place
Jim Gustin	3 <sup>rd</sup> Place

Advanced	Weapon
Allen Dewoody	1 <sup>st</sup> Place

Intermediate	Sparring
Craig Glasco	1 <sup>st</sup> Place
Rob Sheridan	2 <sup>nd</sup> Place

**Tai Chi**

Advanced	Forms
Margaret Swavely	1 <sup>st</sup> Place
Jim Gustin	2 <sup>nd</sup> Place

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.**



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



# Wang's Martial Arts

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

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

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

Schedule:

[Tai Chi Live Stream: Via Facebook](#)

Monday, Wednesday, Friday- 5 p.m.- 6 p.m.  
Tuesday, Saturday- 12 noon- 1 p.m.

[Kung Fu Live Stream: Via Facebook](#)

Monday through Friday- 6 p.m.- 7 p.m.  
Saturday- 10 a.m.- 11 a.m.

**Due to Texas Governor's announcement, all schools need to be closed until further notice to stop spreading the virus.**

Closing starting 11:59 pm today (March 20, 2020).

We are changing to only live to stream the class through our Facebook group.

- Click on the link to join <https://www.facebook.com/groups/280703789581157/>
- Please enter the students name and class code to access the live streams
- 2816823387 (class code)

If you have any questions during the live stream class, you can type them into the comment bar and we will answer them. We are also asking that you type in the students name in the comments section, so we can keep track of attendance. Please continue to check your email and app for updates.

**As of right now this is our school schedule, our calendar is subject to change.**



## 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.
- We will only keep for 10 days,
- After 10 days, if no pick up or claim, things will be donated to HAAM.

# 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, 2018)**

**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
		<b>Friday.</b>	<b>7:00 - 8:00 PM (New)</b>
		<b>Monday</b>	<b>8:00 - 9:00 pm (New)</b>
		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
		<b>Tuesday</b>	<b>7:00 - 8:00 (9 - 14 years old, Green belt above).</b>
		<b>Friday.</b>	<b>7:00 - 8:00 PM (New)</b>
		<b>Monday</b>	<b>8:00 - 9:00 PM (New)</b>
		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



# Wang's Martial Arts

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e-mail: [yyw3888wma@gmail.com](mailto:yyw3888wma@gmail.com)  
Web site: [www.WangsMartialArts.com](http://www.WangsMartialArts.com)

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.**

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TAI – CHI – CHUAN - Testimony

Since earning (2<sup>nd</sup>) 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

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## Elderberry Fights Flu Symptoms

By **Dr. Mehmet Oz and Dr. Mike Roizen, MDs**

Pliny the Elder was a first century Roman author and naturalist. One of his most famous sayings is: "Truth comes out in wine."

Did he know about elderberry wine? Being a naturalist (and Roman), there's a good chance he did. After all, the health benefits of elderberry syrup for treating the symptoms of the flu have been anecdotally cited since before his time.

But it's only in the last 20 years that the medicinal properties of the elderberry have been scientifically documented.

- A small study published in 1998 showed that 93 percent of flu patients given elderberry syrup (Sambucol) were completely symptom-free within two days, while those taking a placebo recovered in about six days.
- Another controlled study from 1999-2000 in Norway reported that flu patients taking three teaspoons of elderberry syrup four times a day saw their symptoms improve four days earlier than others who took a placebo.
- And a randomized, double-blind trial in 2009 found that 48 hours after flu sufferers took elderberry extract, 28 percent of them were devoid of all flu symptoms and 60 percent showed some symptom relief. Not a single patient in the placebo control group showed any relief.

Elderberries are more bitter than blackberries or raspberries, which is why they're distilled into wines or baked in pies in combination with other berries.

But the concentrated syrup is what you want if you have flu symptoms. As the American Nutrition Association states, "Elderberry extract seems to offer an efficient, safe and cost-effective treatment for influenza."

## 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.”

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

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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.

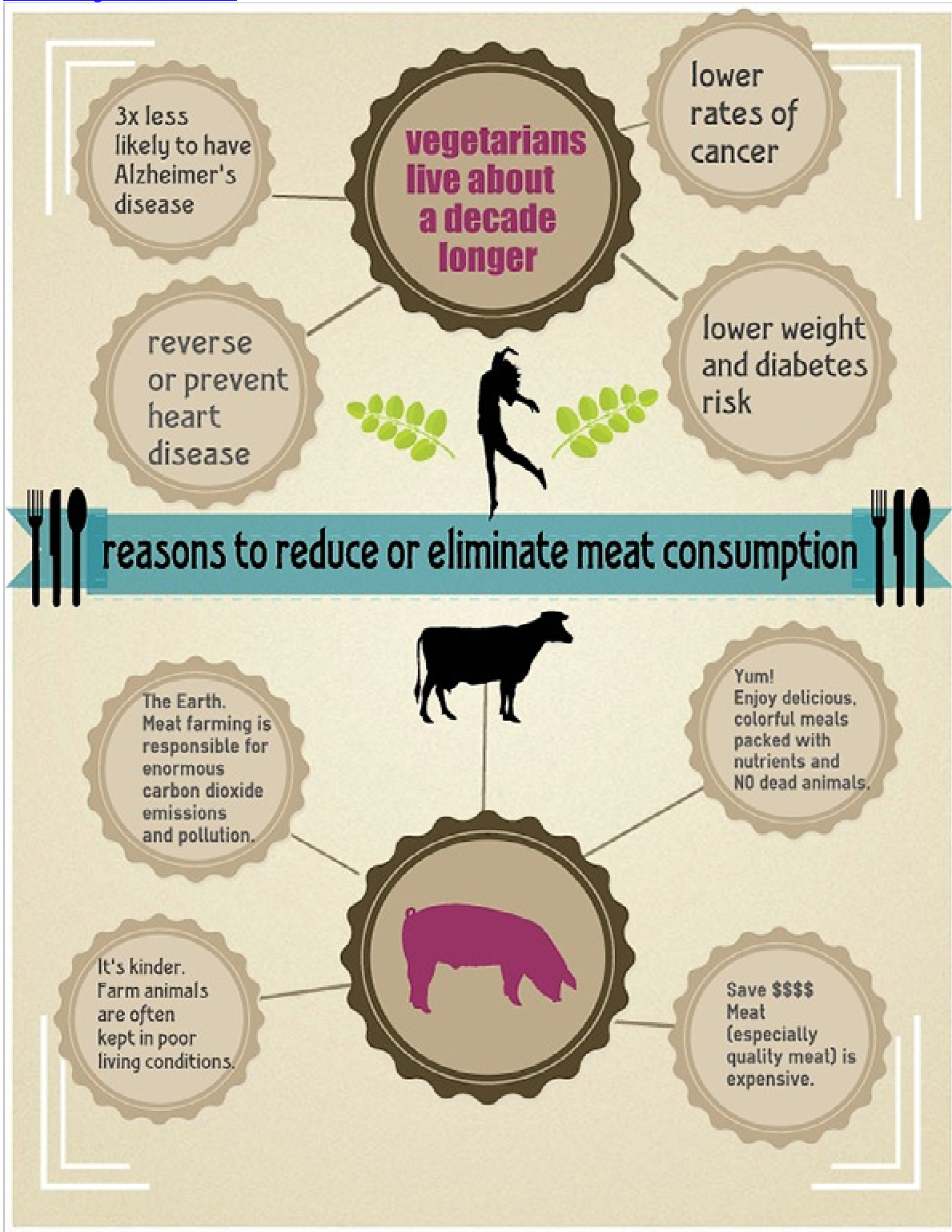
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# CLEAN PROTEINS

HOW MANY GRAMS OF PROTEIN ARE IN THESE PLANT-BASED VARIETIES?



**Sesame Seeds**  
1 oz - 6.5 grams



**Broccoli**  
1 cup - 5 grams



**Chickpeas**  
1 cup - 39 grams



**Hemp Seeds**  
1 oz - 11 grams protein



**Broccoli Rabe**  
3.5 oz - 3.2 grams



**Tahini**  
3 Tbsp - 8 grams



**Walnuts**  
¼ cup - 5 grams



**Alfalfa Sprouts**  
3.5 oz - 4 grams



**Quinoa**  
1 cup - 9 grams protein



**Cashews**  
1 oz - 4.4 grams



**Spinach**  
1 cup - 5 grams



**Refried Beans**  
1 cup - 15.5 grams



**Almonds**  
2 Tbsp - 4 grams



**Kale**  
2 cups - 5 grams



**Oatmeal**  
1 cup - 6 grams



**Pistachios**  
1 oz - 5.8 grams



**Sweet Potato**  
1 cup - 5 grams



**Non-dairy Milks  
(Soy, Almond, Hemp  
or Coconut)**  
1 cup - 9 grams



**Peanuts**  
1 oz - 6.5 grams



**Lentils**  
1 cup - 18 grams



**Nut butters  
(peanut, almond  
or cashew)**  
2 Tbsp - 8-10 grams



**Beans  
(Pinto, Kidney  
or Black Beans)**  
1 cup - 13-15 grams



**Avocado**  
1 medium-sized - 10



**Soybeans**  
1 cup - 28 grams

## HONORABLE MENTIONS

Spirulina      Chlorella  
Sea vegetables      Edamame

- Protein powder from Sun Warrior
- Sprouted grain bread products
- Amaranth, bulgur, brown rice, wheat germ and oat bran

60% ↓

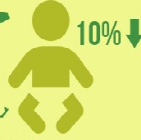
If everyone became vegetarian by 2050



### FOOD-RELATED EMISSIONS

would drop by 60%

Worldwide vegetarianism by 2050 would lead to a global



### MORTALITY REDUCTION

reduction of up to 10%

Some research has linked vegan diets with lower blood pressure and cholesterol, and lower rates of heart disease, type 2 diabetes and some types of cancer.



### YOU CAN EAT A TOTALLY PLANT-BASED DIET

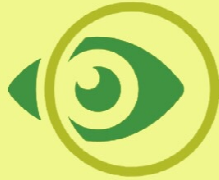
that supports excellent health, whilst helping animals and protecting the planet.

One of the most effective things an individual can do to lower their carbon footprint is to



### ALL ANIMAL PRODUCTS.

This goes way beyond the problem of cow flatulence!



Vegans tend to have better vision and less macular degeneration – all that extra vitamin c and consequent collagen leads to much better skin.



### A PLANT-BASED DIET

is better for the planet as it requires much less energy and farmland to feed a vegan.

Vegans have been found to enjoy

### LONGER AND HEALTHIER LIVES

when compared to meat-eaters.



# LOVE US, NOT EAT US !



[WWW.RESURGING.ORG](http://WWW.RESURGING.ORG)

## All Lives Are Precious

# 5 REASONS TO GO VEGETARIAN

IF YOU FIND YOURSELF FEELING CONSTANTLY SLUGGISH, IT MAY BE A SIGN TO SWITCH DIET, SO HERE ARE SOME REASONS TO GO VEGETARIAN...



## 1. REDUCES RISK OF HEART DISEASE

Meat clogs up arteries to stop blood getting to the heart.

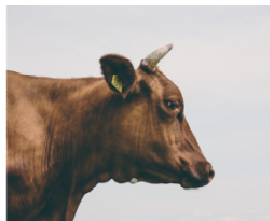
Salads don't.



## 2. HELPS YOU LOSE WEIGHT

Because of the fat they have in them, meat puts weight on a person's body.

Salads don't.



## 3. COMPASSION FOR ANIMALS

Meat comes from animals.

Salads don't.



## 4. BEING VEGETARIAN WOULD HELP END WORLD HUNGER

The animals that the meat comes from need loads of food to be fattened up. Salads don't. That food could go to people who need it.



## 5. BEING VEGETARIAN SETS A GOOD EXAMPLE TO THE YOUNGER GENERATION

By seeing adults refusing to eat meat, kids may do the same and could adopt a healthy lifestyle, seriously reducing the risk of heart disease and cancer later in life. While feeding little ones meat is quick and easy, it can create a detrimental effect on their health.

Salads don't.



What are the benefits of a clean diet?

We live in a fast paced environment, which spoiled us when it comes to eating. We are always on the go and society has made it a norm to eat on the go. About half of your day is spent in your vehicle, and well you also get hungry. It is now so easy to order food without having to get off your car and just eat it on the go. Have you stopped and asked yourself what really goes into all of these foods? Like they say, "you are what you eat". Sure we make healthier choices when we grocery shopping, but are they really a healthy choice?

It is so easy to fall off the wagon and start "next Monday" with the clean eating, is it worth the risk of waiting? Why not start now? Nowadays, we have so many options to transition into a healthy clean diet. Organic fruits, vegetables, and pastas are now a choice.

No one tells us the risks of eating veggies and fruits that are exposed to pesticides, the effects it can have in your organs nor the permanent damage something so minimal can do. They might be a little more expensive when purchasing but in the long run it will be cheaper for your health.

Veggie beef, veggie poultry and veggie fish are also part of this trend.

Farm animals are also fattened and exposed to chemicals while alive and dead. In order to maintain their shelf life, they must be put through a number of chemicals to preserve its shape, color, and texture.

One cannot quit a habit from one day to another, therefore we must slowly transition our minds and body into a healthier and cleaner lifestyle.

What are the benefits of a Clean Healthy Eating?

- Lowers the risks of Cancer
- Lowers risks of Diabetes
- Prevents (In some cases reverses) Heart disease
- Helps with Weight Loss
- Expands life expectancy
- Less animals are harmed every day.



# MARTIAL ARTS FOR STUDENTS WITH ADHD

In ADHD, Benefits of Martial Arts, National

by SDSS October 31, 2016

## STUDENTS WITH ADHD CAN BENEFIT GREATLY FROM THE MARTIAL ARTS.

If your child has ADHD, you know how challenging it is for them to succeed in school, in sports, and in many of the activities that come naturally to many of their peers. At the same time, you know how they need activity and a place to channel their energy more than most kids. The good news is, Martial Arts is often the perfect fit for their learning style, providing the individual attention they need and providing a place to channel their extra energy in a positive way.

If your child has been diagnosed with ADHD, you probably see any or all of the following challenges:

- 1 **Following directions.** This has become an issue for all children in today's media-saturated society, especially since most kids live 24/7 with mobile devices. For children with ADHD, the problem is far worse. They often miss multi-step directions, and even if they catch them, they lose focus and attention while trying to carry them out.
- 2 **Impulsivity.** Your child may sometimes act without thinking. That, combined with exceptionally high energy, creates challenges in the classroom, in the home, and everywhere in life.
- 3 **Inattention.** This one seems obvious, but in moments when you're trying to teach a child with ADHD, or help them learn to do things around the house or even teach them basic safety, it becomes apparent just how inattentive this disorder makes them.
- 4 **Low frustration tolerance.** Life is tough for a student with ADHD, and it becomes worse because they get lots of "you failed" messages in life. Children are not naturally patient, but there is an even lower threshold for kids with ADHD. This makes for an angst-ridden childhood experience.

The problem is, of course, that ADHD makes it even more challenging for the child to cope with these issues. It is just as challenging for the adults who care for them, whether it be parents, teachers, or relatives. Children with ADHD experience a greater degree of conflict in the home and at school. That leads to a growing cycle of frustration, depression, diminished self-esteem, and a lack of peace at home and in school. ADHD is brutal for everyone involved.

Doctors and Psychologists are still learning about this disorder, even today. As of this writing, there is no known "cure," but, there are many ways in which the martial arts can and will help your child be more successful.

- 1 **Social development:** Students learn values such as Self Discipline, Self Control, Respect, Honesty, and Patience in the martial arts. It is woven into any substantial martial arts experience. Kids learn that they can control their actions and behavior. It doesn't happen overnight, but as they study the martial arts, they learn personal accountability and responsibility.
- 2 **Emotional development:** Bit by bit, martial arts students discover strategies to control themselves, and not let their ADHD control them. They learn, through genuine accomplishment, that they are capable people who can do great things. When a child earns a new belt rank or wins an award at a competition, they re-discover how good a "win" feels. Particularly for kids with ADHD who may not have scored a "win" in a while, these genuine, real-world accomplishments help them discover that they can and will be successful in life if they work hard enough at it.
- 3 **Physical development:** Probably the greatest benefit to children with ADHD, the martial arts provides a highly focused outlet that is more than enough to handle their nearly limitless energy. More importantly, success in the martial arts requires focusing that energy in positive ways. students learn to use their whole body in every block and strike. They learn when to turn it "on" and "off." For a child whose internal "engine" is perpetually in high gear, this can be a game changer.

## **Martial arts vs. team sports**

Martial arts has a distinct advantage over team sports for kids with ADHD. In the dojo, each student is on his or her journey toward black belt. The training is highly physical, and exhausting in the most positive way. Kung Fu training involves both individualized feedback and high-repetition, both of which are essential for someone trying to learn despite this disorder.

In a team sports setting, the fast pace of play requires a focus on multiple stimuli. Players have to focus on position, on the ball, on the goal, on the rest of their team, and on the movements of the opposition. For a child with ADHD, this is a Herculean task, leading to frustration or embarrassment. These high-energy kids often bring tremendous speed and energy to the game but are prone to high-profile errors during play because they just can't track the ball or know what to do next.

On the field or the court, kids with ADHD sometimes become "ball hogs," hanging onto the ball too long and trying to do everything by themselves. It appears as selfishness, but it's not. For a child with ADHD, they often don't pass the ball because they don't know where to send it. They, quite literally, cannot see the big picture. In games like baseball or softball, they're often the child who is fast enough to steal a base but is thrown out on a baserunning error because they couldn't track the flow of the game. For children who already has a tough time handling frustration, this can make team sports a negative experience.

Not so in the Martial Arts, where every child learns a small, discrete set of skills at one time, and practices those skills until they are mastered. They learn to focus and control their entire body. They learn to react to input successfully. They learn to spar in a safe environment and discover how to focus their body and mind completely in the moment. This is a life-changing experience for a child with ADHD. As they experience success in the dojo, they translate these lessons to other areas of life.

### **Small group and individual attention**

This is probably the best reason to enroll a child with ADHD in the martial arts as soon as you can. Students receive a combination of small group, semi-private instruction, and group classes designed for their particular developmental level. This is the absolute best learning environment for students in general, but particularly for a child with ADHD. He or she is seen and known every single class. It is "preferential seating" of the highest order because each student receives positive and constructive feedback at consistent, short intervals. The class is fast-paced, highly physical, singularly focused, and changes at regular intervals. Each group class is designed to meet the developmental needs of that particular age level. This eliminates much of the frustration and makes learning fun.

### **Learning can be fun again**

What a relief it will be when your child discovers that learning can be FUN once again. When school is tough, when there is drama at home, when there is conflict with peers, there always seems to be negative energy in the air. You'll watch your child laugh, smile, and feel good about himself or herself as she or he pours all that energy into something positive. They will engage in learning games, run high-energy drills, and push themselves to new limits. One day, take a picture of your child walking out of class and save it. When life brings its challenges, you'll discover that the dojo has become a place where your child can focus his or her energy and find the natural joy that comes with being a kid.

### **Not a cure, but a life changer**

There are no snap "cures" for ADHD, but the Martial Arts can change your child's life for the better. Dramatically. Any parent of a child with ADHD will tell you that life with this disorder is a draining combination of love mixed with discipline, patience seasoned with accountability, and an absolute determination that your child will grow into a successful, happy adult. The martial arts can help you both rediscover and celebrate your child's many gifts. Your child will become himself or herself once again, as you enjoy taking the journey together.

# Top Flu Fighters

## From Nature's Medicine Chest

### Apples

One apple has the immune-boosting antioxidant equivalent of 1,500 mg of vitamin C. Plus, apples are loaded with protective flavonoids, which may prevent heart disease and cancer.



### Strawberries, Raspberries & Blueberries

Nature's answer to a vitamin pill. Berries help keep you healthier with loads of vitamin C, a cell-protecting antioxidant and immune booster.



### Grapefruit

Not only is grapefruit loaded with vitamin C, it also contains natural compounds called limonoids, which can lower cholesterol. The red varieties are a potent source of the cancer-fighting substance lycopene.

### Cranberries

One serving of cranberries has the time: the amount vitamin C found in broccoli. Cranberries are a natural probiotic, enhancing the body's good bacteria levels and protecting it from foodborne illnesses.

### Fresh Ginger Root

Ginger contains gingerol, a natural plant compound that can help fight off infection.



### Garlic

The compounds found in garlic have been shown to kill viruses—making us almost three times less likely to get sick. Plus, fresh garlic has more immune-boosting potential than cooked, so to increase the health benefit, add a clove of fresh minced garlic at the end of cooking.

### Papayas

A cold-fighting super hero, papaya is packed with 250% of the RDA for vitamin C. Plus, the combination of beta-carotene with vitamins C and E in papaya reduces inflammation throughout the body and can lessen the effects of asthma.



### Mangoes

Originally from India, mangoes have been an immune system booster for more than four thousand years. One small mango provides a quarter of your recommended daily allowance for vitamin C, plus vitamins A, E, K and fiber.



### Oranges, Clementines & Lemons

A delicious way to increase vitamin C. Make fresh squeezed orange juice, add clementine sections to salads and add lemon to tea.

### Sweet Red Peppers

Gram for gram, red bell peppers have twice as much immune-enhancing vitamin C as an orange. Vitamin C is an essential weapon in your flu-fighting food arsenal—it can decrease the duration of a cold by 80 percent and the severity of symptoms like sniffles and cough.



### Sweet Potatoes

Sweet potatoes boost the immune system with generous amounts of beta-carotene. Beta-carotene—the vitamin that gives sweet potatoes their orange pigment—converts to vitamin A in the body, which research shows can help fight respiratory infections.



### Broccoli, Spinach & Red Onions

Broccoli, spinach and red onions contain high levels of quercetin, a highly potent flu fighter. The best food for quercetin? Red onions. Eat them raw and you'll receive four times the amount found in other produce.



1 Orange  
(vitamin C)

1 sprig Oregano  
(anti-bacterial,  
reduces cough)

1 sprig Parsley  
(vitamin C, anti-  
bacterial, anti-  
inflammatory)

1/4 Lemon  
(vitamin C, boosts  
immune system)

pinch Turmeric  
(antimicrobial)

1tsp Gubinge/Camu Camu  
(highest source of vitamin C  
on the planet - 60x > than  
oranges)

1/2 clove Garlic  
(anti-bacterial)

1 Carrot  
(beta-carotene  
enhances immunity)

1cm Ginger  
(anti-viral)

1 stalk Celery  
(anti-inflammatory)

# FLU SHOT

[begoodorganics.com](http://begoodorganics.com)

# Flu-fighting Foods



Ginseng Root

Strawberries



Cinnamon

Raw Honey



Cayenne pepper

Raw garlic



Turmeric

spinach



Berries

Onions



Cloves

Ginger



[rawforbeauty.com](http://rawforbeauty.com)