

# 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

**There is no class on  
December 24 & 25, 2021  
due to Christmas Day.  
December 31, 2021 &  
January 1, 2022. due to  
New Year Day.**

## Kung Fu Brown & Black belt rank test.

Date : April 2, 2022 (Saturday)  
Time: 2:00 - 5:00 pm  
Place: Wang's Martial Arts

**Wu Shu class (for Red, Brown and Black belt)**  
December 10, 2021 (Friday)  
Time: 7 - 8 pm.  
Cost: Paid by Wang's Martial Arts.

**Tai Chi Class (for Red, Brown & Black Belt)**  
- December 10, 2021 (Friday)  
Time: 5 - 6 pm.  
Cost: Paid by Wang's Martial Arts.

**Guest Instructor; Master Jia**

## December 2021 Newsletter Summary

### In School Kung Fu class schedule:

All ages: (Age 5-108)	Mon./Tue. /Wed./Thur./Fri. 6:00 - 7:00 PM
	Mon./Fri. 7:00 - 8:00 PM
	Saturday 10:00 - 11:00 AM
	Saturday 11:00 - 12:00 noon.
Tue. /Thur. (Color belt only)	5:00 - 6:00 PM
(Age 15_108)	<b>Tue. /Thur. 7:00 - 8:00 PM</b>
<b>Red/Brown/Black</b>	<b>Saturday 9:00 - 10:00 AM</b>

(Basic wooden Bo and Basic wooden sabre is included in the Kung Fu training program for yellow belt and above 15 years old and older, Green belt and above for 14 years old and younger.)

### In School Tai Chi class schedule:

All ages:	(Age 18 - 108)	Tue. Sat.	12:00 Noon - 1:00 PM
		Thur.	4:00 - 5:00 PM
		Mon./Wed./Fri.	5:00 - 6:00 PM
		Wed.	7:00 - 8:00 PM



**The health and safety of everyone is of great importance to us, below are the measure we have implemented and will continue to practice until further notice.**

- Temperatures will be checked upon entry
- Everyone is required to wear a mask
- Social distancing will be practiced at all times.
- All students are required to wash their hands prior to and after class
- We will be using disinfectant wipes periodically to wipe down doorknobs and door handles.

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

# 2022 Wang's Martial Arts 20th Annual Chinese New Year & Kung Fu, Tai Chi Class Reunion

Date: January 29, 2022 ( Sat. )

Time: 10:00 am - 12 noon

Place: Wang's Martial Arts



For more information:

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

## Registration Form for Chinese New Year event

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ St: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_, Other phone: \_\_\_\_\_, Age: \_\_\_\_\_

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

Number of person: \_\_\_\_\_

**For safety reason, Face mask is required. No food or drink.**

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To whom it may concern:

Wang's Martial Arts is to sponsor one of Northeast Hospital Foundation "**In the Loop**" **Project Mammogram** which serve the residence within Northeast Harris, East Montgomery, and Liberty counties. See information attached.

Our studio goal is \$2,500. I am starting with \$300. Any amount you like to support this project, please make check payable to "**Northeast Hosiptal Foundation**" and turn in your check at our studio before **December 28, 2021**. There is another generous donor has been secured to match all funds raised \$1 for \$1 through 12/31/2021. If any question, please call me at (281) 682-3387. Thank you.

Sincerely,

Yun Yang Wang





Commit to being

**In the Loop**  
& **DOUBLE** your donation's impact!

A generous donor has been secured to match  
all funds raised **\$1 for \$1** through 12/31/21

## HONORING THE LIFE & LEGACY OF JOYCE WHITE

Donor Recognition includes website, social media and newsletter recognition.

All funds raised will be restricted to the Project Mammogram program.

**In the Loop Giving Levels:** Your 100% tax deductible donation will have **DOUBLE** the impact!

☐ \$10,000 Pink Champion Donor

☐ \$5,000 Pink Visionary Donor

☒ \$2,500 Pink Hero Donor

☐ \$1,500 Pink Innovator Donor

☐ \$500 Pink Patron Donor

☐ \$250 Pink Advocate Donor

☐ \$150 Pink Ambassador Donor

☐ \$ \_\_\_\_\_ (other amount)

Company Name: WANG'S MARTIAL ARTS

Contact/Individual Name: YUN YANG WANG

Email: yyw3888wma@gmail.com Phone Number: 281-682-3387

Address: 5311 FM 1960 RD. E. #J

City: HUMBLE, State: TX Zip: 77346

Name recognition for donation: (company or individual name): \_\_\_\_\_

☒ In Memory of: G.M. VICTOR CHENG

OR ☐ In Honor of: \_\_\_\_\_

OR ☐ I would like my gift to remain anonymous

Click here to complete your donation online: <https://www.betterunite.com/nehf-becomeanintheoopdonor2021>

OR make check payable to: Northeast Hospital Foundation • PO Box 2738 • Humble, TX 77338



**PROJECT MAMMOGRAM**  
Giving Peace of Mind and Saving Lives

Decreasing the incidence of late stage breast cancer diagnosis through free-to-the-patient outreach, education, preventative diagnostic screenings (mammograms, ultrasounds, biopsies) and other breast service for those who qualify.

The Northeast Hospital Foundation is a nonprofit 501(c)3 organization #76-0224541  
[www.northeasthospitalfoundation.org](http://www.northeasthospitalfoundation.org)





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## December 2021 Newsletter Summary

### Rank Test Results – October & November 2021

<b>Brown &amp; Black Belt Test Result:</b> Craig Glasco - Brown Belt PJ Glasco - Brown Belt David Barnes - Black Belt (6th) Allen DeWoody - Black Belt (4th) Rosel Rodriguez - Black Belt (2nd) Elmer Whitehead - Black Belt (2nd) Makinzi Rodriguez - Black Belt (1st)		<b>Tai Chi test Result:</b> Scott Muse - Yellow Belt Dawn Chalaire - Yellow Belt Dennes Chalaire - Yellow Belt Audrey Chalaire - Yellow Belt Cheryl Kennedy - Yellow belt Argelia Olan - Orange belt Maria Wilrick - Blue belt Frank Martinez - Red belt Mary Sue Lee - Red belt	Jim Gustin - Black Belt (3rd) John Quenzer – Black Belt (3rd) Tania Myers - Black Belt (3rd) Edu Araujo – Black Belt (3rd) Margaret Swavely – Black Belt (4th) Paul Greenwood – Black Belt (6th) Russell Haws - Black Belt (8th)
<b>Age 15 year old and +</b> David Edwards - Yellow belt Christian Bonds - Yellow belt Jessica Nelson - Yellow belt Alejanaro Borque - Orange belt Sreejith Pulickal - Yellow/stripe Celeste Rivera - Orange belt Guowang Yu - yellow/stripe belt Blair Fose - Yellow belt Sarah Rouse - Yellow belt Rodrigo Mendez - Yellow/stripe Randy Drauchon - Orange Belt Desmon Harrison - green belt Grant Coston - Green belt Nolan Coston - Green belt Natalie Cruz – Blue belt Joshua Stockton - Blue belt Jose Gutierrez - Blue belt Maricio Galvan - Blue belt Rob Sheridan - Red belt	Sommer Sinclair - Yellow Belt Langston Sinclair - Yellow Belt Amando Garcia - Yellow Belt	<b>Age 9 - 14 years old</b> Angel Martinez - Yellow Belt Edwin Garcia - Yellow Belt Griffin Booher - Yellow Belt Mano Saad - Yellow Belt Jocelyn Bonds - Yellow belt Charles Labrador - Orange/stripe belt YiJiao Cai - Green YiJun Cai - Green Delaney Roose - Yellow belt Jessica Swindle - Yellow belt YulianaTrejo - Yellow/stripe Alex Guerrero - Orange Nigel Wee-Tom -Green/stripe Amir Narcisse - Green/stripe Daniel Guerrero _ Orange Nia Coston - Green Noah Gutierrez - Blue/stripe Ocean Phan – Red belt Levi Garcia- Red/stripe	Connor Sheridan - Brown belt Jayden Ng-A-Mann - Brown/stripe Juan Ceji - Jr. Black Belt Jad Kawaja - Jr, Black Belt
<b>Age 5 - 8 years old</b> Tobias Wang - Yellow Belt Abel Wu - Yellow/stripe belt Heather Smith - Yellow belt Allen Smith - Yellow/stripe belt Tobias Wang - Yellow belt Zachard Edward - Yellow belt Mateo Gramsdos - Yellow/stripe Yuliana Trejo - Orsnge belt Sharon Yu - Orange/stipe Jordi Alonso - Orange Haeison Alvey - Orange belt Louie Copley - Yellow/stripe belt Logan Best - Yellow belt Noah Garcia – Orange/stripe Tylen Johnson - Yellow/stripe YiJia Cai - Green Belt Leah Gutierrez - Green Olivia Sheridan - Green/stripe Hanamel Kirubel – Blue Caleb Villalpando- Red	Gilbert Frayre - Yellow Belt Albert Frayre - Yellow Belt Sophia Palma - Yellow Belt		





















# 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 HSD student on 01-30-16.**

**\$1000 scholarship to HSD 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 Margaret Swavly \$5.

09/16/19 Ruby Abbott \$50.

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

02/07/20 Rosel Rodriguez \$10



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.

## December Birthdays

Jaci Moricca	12/16
Andrea Smith	12/25
Brandon Roll-Bush	12/20
Carmen Thompson	12/23
Laura Cunningham	12/26
Julius Herron, Jr.	12/02
Deanna Farris	12/24
Kai Alfred Marayag	12/4
Francisco Espinoza-Rocha	12/21
Charles Moore	12/22
Joshua Billingslea	12/30
Chantel Moody	12/31
Andrian Zaldivar	12/10
Lincoln Tedder	12/21
Jayden Goudeau	12/20
Austin Richardson	12/29
Kaitlyn Koch	12/08
Deanna Farris	12/24
Allen Anthony Curtis	12/29
Rosel Rodriguez, Sr.	12/18
Mathew Trimm	12/27
Orlando Taylor	12/01
Tony Johns	12/01
Brian Boccanegra	12/02
Donovan Thompson	12/03
Sam Hybary	12/05
Elizabeth McKnight	12/05
Mark Neisie	12/06
Ximena Davila	12/06
Trey Soviet	12/08
Kyle Conley	12/08
Davion Roque	12/10
Christopher Serrano	12/10
Melinda Pettey	12/12
Richard Pamirez	12/12
Juan Ochoa	12/12
Sara Solhjoui	12/12
Jordan Torres	12/9
Mateo Grandados	12/6
Andrew Puissegur	12/11
Jordyn Taylor	12/12
Sidney Bonds	12/16
Raiden Allison	12/22
Alex Guerrero	12/28
Kathryn Martinez	12/12
Calandra Jenkins-Mickens	12/1
Samantha Lugo	12/16
Yalexie Trejo	12/8

## Happy Birthday









# Wang's Martial Arts new student Family Special for Kung Fu or Tai Chi

	1st member	2nd member	3rd member or more
<b>Tuition/month</b> (12 to 13 lessons in a month)	<b>\$199.00</b>	<b>\$179.10</b>	<b>\$99.50</b>
<b>Easy pay/Week</b>	<b>\$43.95</b>	<b>\$39.55</b>	<b>\$21.97</b>
<b>Uniform</b>	<b>\$69.95</b>	<b>\$69.95</b>	<b>\$69.95</b>
<b>Registration fee</b>	<b>\$10.00</b>	<b>\$10.00</b>	<b>\$10.00</b>

## Kung Fu class schedule:

All ages: (Age 5-108)      Mon./Tue./Wed./Thur./Fri. 6:00 - 7:00 PM  
    Mon./Fri. 7:00 - 8:00 PM  
    Saturday 10:00 - 11:00 AM  
    Saturday 11:00 - 12:00 noon.  
    Tue. /Thur. (Color Belt Only) 5:00 - 6:00 PM  
    (Age 15-108) Tue. /Thur. 7:00 - 8:00 PM  
    Red/Brown/Black Saturday 9:00 - 10:00 AM

(Basic wooden Bo and Basic wooden sabre is included in the Kung Fu training program for yellow belt and above 15 years old and older, Green belt and above for 14 years old and younger.)

## Tai Chi class schedule:

All ages:                      (Age 18 - 108)                      Tue. Sat.                      12:00 Noon - 1:00 PM  
       Thur.                                      4:00 - 5:00 PM  
       Mon./Wed./Fri.                      5:00 - 6:00 PM  
       Wed.                                        7:00 - 8:00 PM

## Wang's Martial Arts

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# Call for a Free Lesson (281) 682-3387.





## T-Shirt days

Wednesday & Saturday class

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



\$16.00







# 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.



# Metabolism boosting foods!

## (Vegetarian)

**Almonds**



**Apples**



**Asparagus**



**Beans**



**Berries**



**Broccoli**



**Cabbage**



**Carrots**



**Celery**



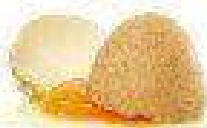
**Cucumber**



**Curry**



**Eggs**



**Garlic**



**Grapefruit**



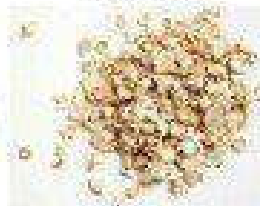
**Lemons**



**Limes**



**Oats**



**Oranges**



**Peanut Butter**



**Spicy Peppers**



**Spinach**



**Tomatoes**



**Yogurt**



# Top 20 Uses For Apple Cider Vinegar



1. Wards off flu
2. Dissolves kidney stones
3. Detoxifies the body
4. Regulates pH balance in the body
5. Aids with nausea
6. Relieves heart burn
7. Relieves allergies
8. Lowers glucose levels in diabetics
9. Natural appetite suppressant
10. Helps relieve migraines
11. Helps relieve sinus pressure and infection
12. Lowers blood pressure
13. Lowers cholesterol
14. Kills cancer cells or slow their growth
15. Reduces inflammation, relieve arthritis
16. Gets rid of buildup on scalp
17. Gets rid of fingernail or toenail fungus
18. Soothes bug bites
19. Gets rid of warts
20. Clears skin







fights free radical formation  
 increases iron absorption  
 fights skin damage  
 prevents asthma  
 reduces wrinkles  
 good source of Vitamin C  
 helps with weight control  
 prevents kidney stones  
 reduces cancer risk  
 lemon scent reduces stress  
 antibacterial properties



## health benefits of *Lemons*



improves digestive health  
 boosts immune system  
 may protect against polyarthritis  
 may support healthy cholesterol levels  
 helps with inflammation relief  
 reduces kidney stone formation  
 natural diuretic  
 boosts energy  
 provides DNA cell protection

**OAW**Health  
*oasis advanced wellness*



### GOOD MORNING Elixir

24 ounces of warm distilled  
 water (do not microwave  
 water)  
 juice from 1-2 large  
 organic lemons  
 1 tablespoon raw apple cider  
 vinegar  
 1-2 tsp raw honey  
 1/2 tsp organic cayenne  
 pepper  
 Stir well & drink 8 ounces in  
 glass cup first thing in AM.  
 Refrigerate remaining  
 mixture & drink through the  
 day!



# AMAZING BENEFITS OF BANANAS

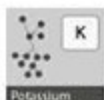
## Energy



Bananas supply proper carbohydrates necessary to replace the muscle glycogen (muscle sugar) used

## Potassium

High in potassium, bananas help the body's circulatory system deliver oxygen to the brain, helping maintain regular heartbeat and proper water balance in



## PMS

Bananas contain vitamin B6. This vitamin regulates blood glucose levels and helps us in times of stress and helps to suppress cranky moods



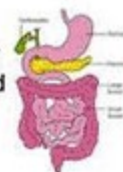
## Brain Power

Potassium-packed fruit helps learning because it makes the pupils more alert. Students find that they have more brain power and do better on exams when they eat bananas at breakfast and lunch.



## Bowel Health

Bananas are high in soluble fiber which helps stop constipation and helps to restore and maintain regular bowel function



## Increase happiness



Bananas release a mood regulating substance called tryptophan which is converted to serotonin in the brain and thus elevates mood & makes us happier!

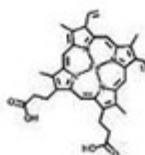
## Help Smokers Quit

Bananas contain B vitamins and other minerals that lessen the effects of nicotine withdrawal both physically and psychologically



## Iron

Bananas are rich in iron too, and can help individuals with anemia. Iron rich foods, such as bananas help stimulate production of hemoglobin in the blood and



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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.  
 Mixed grade - 3pts



Report Card Point - 2021

Conner Sheridan -	9.75
Olivia Sheridan -	3.00
Griffin Booher -	3.00
Edwin Garcia -	2.25
Yuliana Trejo -	2.25
Nia Coston -	2.25

Be sure turn in your report card before  
 12/30/2021