

Wang's Martial Arts

92-B Wilson Rd.
Humble, TX 77338
U.S.A.

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Web site: www.WangsMartialArts.com

School Phone number:
281-548-1638,
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January 2014 Newsletter Summary

Kung Fu Rank Test

Date: 9-14 yrs: 2-06-2014, Thursday, 6-8:30 pm
5-8 yrs: 2-08-2014, Saturday, 1:30-3:30 pm
15 yrs +: 2-08-2014, Saturday, 3:30-5:30 pm
Must register on or before 2-3-2014.
Test fee : \$35.00 and up

Proverbs 12-11.

"Those who work their land will have abundant food,
but those who chase fantasies have no sense."



Kung Fu rank test on 1/11/14.



Tai Chi rank test on 1/18/14.

Chinese Fashion show practice date, time for New Year Banquet on 3/8/14.

2/1/14 (Saturday) - 1:00 pm - 2:00 pm
2/8/14 (Saturday) - 1:00 pm - 2:00 pm
2/12/14 (Wednesday) - 7 pm - 8:00 pm
2/15/14 (Saturday) - 1:00 pm - 2:00 pm
2/19/14 (Wednesday) - 7:00 pm - 8:00 pm
2/22/14 (Saturday) - 1:00 pm - 2:00 pm
2/26/14 (Wednesday) - 7:00 pm - 8:00 pm
3/1/14 (Saturday) - 1:00 pm - 2:00 pm
3/5/14 (Wednesday) - 7:00 pm - 8:00 pm
3/7/14 (Friday) - 7:00 pm - 8:00 pm
**3/8/14 (Saturday) 12 noon - 1 pm at
Humble Civic Center
(Must attend)**



2014

**12th Annual Chinese New Year & Kung Fu, Tai Chi
Class Reunion Banquet - 3/8/14.**

The 4th Annual "Lone Star"
Chinese Martial Arts
Championship:
Date: January 24 - 26, 2014
Marriott Westchase
Houston, TX

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
Total - \$2388.98 - \$300 - \$300 = \$1788.98

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

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

Current student at Wang's Martial Arts who is taking 12 or more college credit hours at semester final report card:

All A's - \$300.00
A & B's - \$200.00
All B's - \$100.00

Current Black Belt at Wang's Martial Arts who is taking 6 or more college credit hours at semester final report card:

All A's - \$500.00
A & B's - \$300.00
All B's - \$200.00

Tai Chi Rank Test

Date: 1-18-2014 (Sat.)

Time: 12 noon – 2:00 pm

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!
1st Place-12pts; 2nd Place-9pts; 3rd Place-6pts; Participation-3pts

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

Report card point:

Be sure turn in a copy of your report card as you receive it. For point 2014, every one must turn in before 12-31-2014.

No class on

1/25/14 (Saturday) due to tournament.

Inner-School Tournament

Date: 3-15-2014 (Saturday)

Ages 5 - 80 2:00 PM – 5:00 PM

Entry Fee: \$45.00 up to three events
\$5.00 goes to scholarship fund

Black Belt club & Accelerated program rank test:

Date: 3-22-2014 (Saturday)

Time: 2 - 4:30 pm

New Student:

Ruby Abbott
Raymond Lomelo
Therese Harris

Welcome!

Black Belt Club & Accelerated Program

Tournament Competition Class:

Date: 1-17-14 (Friday)
Time: 8:00 – 9:00 pm

Nunchaku Class:

Date: 3/21/2014 (Friday)
Time: 8:00 – 9:00 pm

Conditioning & Reaction Drill Class:

Age 5 –14 years old
Date: 1/09/2014 (Thursday)
Time: 8:00 – 9:00 pm

Age 15 – 98 years old
Date: 1/02/2014 (Thursday)
1/16/2014 (Thursday)
1/23/2014 (Thursday)
1/30/2014 (Thursday)

Time: 8:00 – 9:00 pm

Tournament Point:

Be sure turn in your tournament point. For point 2014, every one must turn in before 12-31-2014.

Brown and Black rank test

April 8, 2014 (Tue.) 6 – 8 pm
April 10, 2014 (Thur.) 6 – 8 pm
April 12, 2014 (Sat.) 9 am – 3 pm

January birthday

Adam Arce	1/08
Clarissa Solis	1/23
David Barnes	1/12
Rick Strickland	1/07
Rusty Palmer	1/16
Diana Garcia	1/03
Wilfred Hung	1/19
Jack Santos	1/26
Janalee Zubi	1/10
James Dyess	1/21
Valerie Campa	1/19
Carlos Gamboa	1/19
Grace Lopez	1/1
Paul Greenwood	1/7
Lori Disorbo	1/7
James Gordon	1/8
Hosus Rosas	1/9
Robert Kerr	1/14
Jazmin Esquivel	1/22
Anthony Carrion	1/25
Henry Zenger	1/3
Josue Rosas	1/9
January Tsai	1/13
Joel Le Bon	1/15
Michael Gamoras	1/15
Anne Gutierrez	1/23
Thomas Cowart	1/27
Angie Ordonez	1/31

Happy Birthday

Red, Brown and Black Belt Class

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

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

2014

12th Annual Chinese New Year & Kung Fu, Tai Chi Class Reunion Banquet

Date: March 8, 2014 (Saturday)

Cost: Ages 3 and under

\$8.00

Time: 4:00 pm (Reception)

Ages 4 - 12

5:00 pm (Dinner)

\$20.00

6:00 pm (New Year program)

Age 13 and up

Place: Humble Civic Center

\$25.00

8233 Will Clayton Pkwy

A table of 12 people

Humble, TX 77338

\$250.00



For more information: Wang's Martial Arts
92-B Wilson Road
Humble, TX 77338 (281) 548-1638

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

(Every family please bring a pot luck dessert to share.)

Banquet Fees:

A table of 12 people: \$250.00

_____ = _____

\$25.00 x Number of 13 years old and up

_____ = _____

\$20.00 x Number of 4 – 12 years old

_____ = _____

\$8.00 x Number of 3 years old and under

_____ = _____

Total: = _____

Door Prize:

- 1st prize: Chinese Jewlery Armoire
- 2nd prize: Kindle Fire
- 3rd prize: Bicycle
- 4th prize: Hand Stitch Color Art (L)
- 5th prize: Hand Stitch Color Art (S)
- 6th prize: Golden color Vase
- 7th prize: Blue Vase
- 8th prize: Lucky Fruit Bowl

Banquet Menu:
(For the benefit of everyone's health and kindness to all animals, the entire meal is vegetarian style.)
 Dinner salad/ranch dressing,
 Guacamole/purple corn dip,
 Vegetable sushi/sauce,
 Spaghetti/marinara sauce,
 Spinach cheese quesadillas,
 Chinese vegetable fried rice,
 Baked potato,
 Dinner roll,
 Sesame ball with red bean paste

Wang's Martial Arts 12th Chinese New Year 2014 Banquet Schedule

March 8, 2014 (Saturday)
Humble Civic Center
8233 Will Clayton Parkway
Humble, TX 77338

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

7:00 am - Kitchen staff start to prepare for dinner.

10:00 am - 11 am, Kung Fu rehearse (Allen DeWoody, James Moricca)

11:00 am - 12 noon, Tai Chi rehearse (Rusty Haws, Susan Fischman)

12 noon - 1:00 pm, Chinese fashion show rehearse (Shawna Rencher, Marvin Henderson)

1:00 pm - Special lunch for all Black Belts, volunteers and assignment meeting. (Nigel Singh)

4:00 pm

1. Reception

Slide & video presentation. (James Dyess, Padraic Gilbert)

5:00 pm Paster Herb Haws will say Grace to bless the meal.

Kindness to animals speech by Wu Hsing, and donations to animal charity groups.
Rotary International world projects.

2. Dinner (Joseph Alonso's Family in charge)

5:45 pm

3. Fashion Show (by Wang's Martial Arts students & Family)

Pass out red envelopes (Shawna Rencher, Marvin Henderson)

6:00 pm Singing of National Anthem by Miss Houston Isis Smalls.

4. Welcome to the 12th Annual Chinese New Year and Award Banquet (Victor Makris)

A Tribute and Celebration of the Life and Achievements of Grandmaster Victor Cheng.

6:15 pm

5. Lion Dance by Lee's Golden Dragon.

6. Kung Fu & Tai Chi demonstration by Wang's Martial Arts students.

(Kung Fu Introduce by Allen DeWoody, James Moricca, Tai Chi by Rusty Haws, Susan Fischman)

7:00 pm - Guest Speaker - Bill "Superfoot" Wallace.

7:15 pm

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

7:30 pm

8. Tournament Points (Marvin Henderson)

9. Report Card Points (Daniel Thibodeaux)

7:45 pm

10. Entertainment Program - Guitar by Victor Makris and Russell Martino
- Dance program.

8:00 pm - World Peace Martial Arts - Hall of Fame.

11. Introduce Black Belts (Rafael Gonzales, Ed Green)

8:45 pm

12. Prize Drawing (must present to win). (Darren Bush, Chris Castillo)

9:00 pm Conclude Banquet.

www.WangsMartialArts.com

* Volunteer schedule:

1st shift - 7:00 am to 10 am (30 people).

2nd shift - 10:00 am to 2 pm (30 people). Lunch at 1 pm.

3rd shift - 1:00 pm to 5 pm (60 people). Lunch at 1 pm.

* Tentative schedule, subject to change. See program book on the day of event.

Wang's Martial Arts New Year Banquet Workshop

Date: March 9, 2014 (Sunday)

Place: 92 Wilson Road Suite B Humble, TX 77338
(281) 548-1638, (281) 682-3387

<u>Time</u>	<u>Event</u>	<u>Normal Fee</u>	<u>Banquet attendee</u>
9 am - 11 am	Black Belt class Kung Fu, Tai Chi Black Belt only		
11 am - 12 noon	Lunch break		
12 noon - 1 pm	Take down & ground self defense Instructor by Rafael Gonzales (Limited to 60 people)	\$20.00	\$10.00
1 pm - 2 pm	Woman's self defense Instructor by Shawna Rencher (Limited to 60 people, ladys only)	\$20.00	\$10.00
2 pm - 3 pm	Escrima stick class Instructor by Tye Botting (Limited to 60 people)	\$20.00	\$10.00
3 pm - 5 pm	Bill "Superfoot" Wallace Kicking & sparring technique (Limited to 60 people)	\$40.00	\$20.00

Space is limited. First come, first serve.

Registration Form

Name: _____ Date: _____

Address: _____

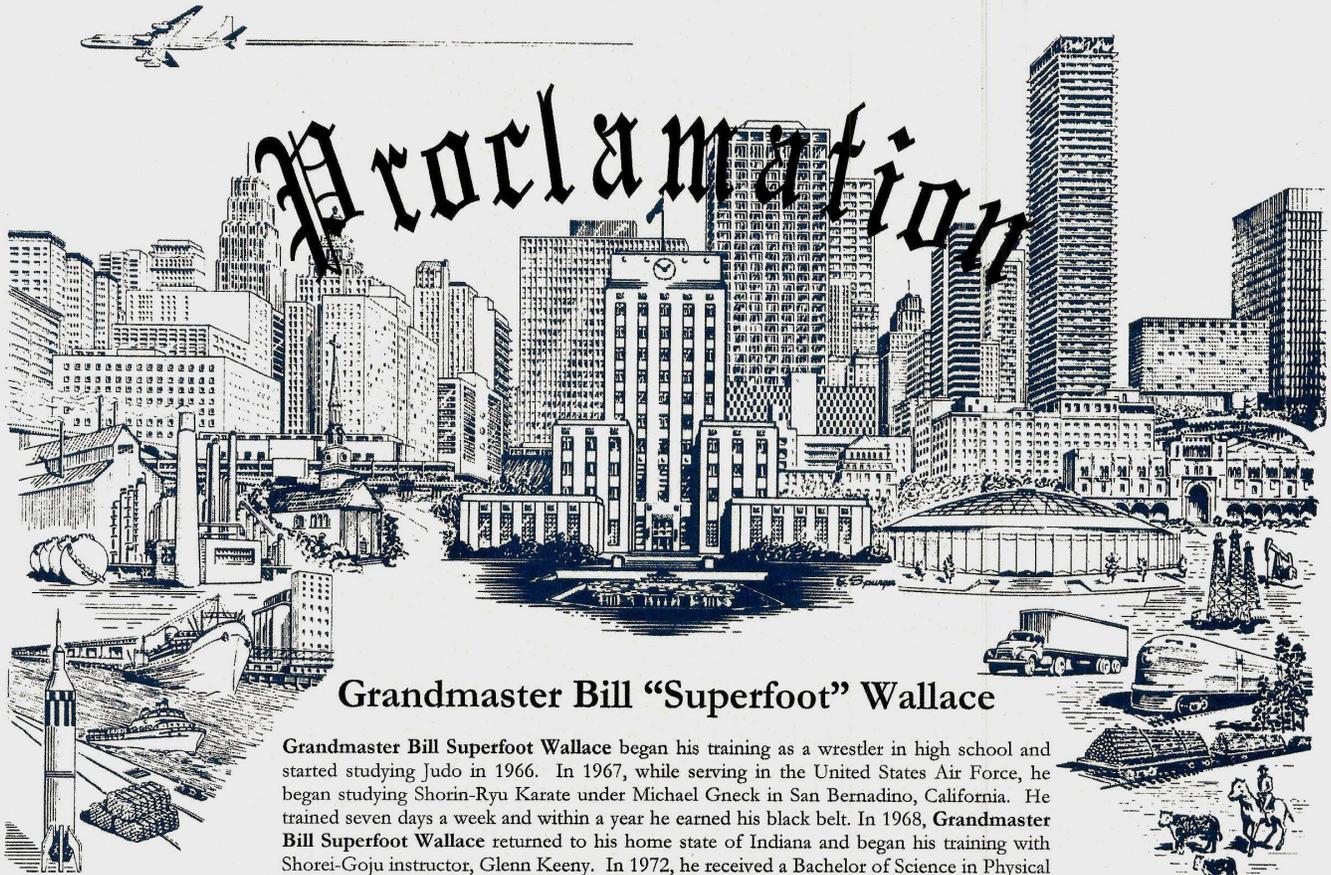
City: _____ State _____ Zip: _____

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

e-mail: _____

_____, _____, _____, _____, _____.
(9 am - 11 am), (12 noon - 1 pm), (1 pm - 2 pm), (2 pm - 3 pm), (3 pm - 5 pm)
Black Belt class, Take down , Woman's defense, Escrima stick, "Superfoot"

Total amount paid: \$ _____



Grandmaster Bill “Superfoot” Wallace

Grandmaster Bill Superfoot Wallace began his training as a wrestler in high school and started studying Judo in 1966. In 1967, while serving in the United States Air Force, he began studying Shorin-Ryu Karate under Michael Gneck in San Bernadino, California. He trained seven days a week and within a year he earned his black belt. In 1968, **Grandmaster Bill Superfoot Wallace** returned to his home state of Indiana and began his training with Shorei-Goju instructor, Glenn Keeny. In 1972, he received a Bachelor of Science in Physical Education from Ball State University and a Master of Science in Kinesiology from Memphis State University in 1976.

Grandmaster Bill Superfoot Wallace has trained in martial arts for more than 50 years. He has been named “Competitor of the Year” twice and “Man of the Year” in *Black Belt Magazine*. He has received numerous Hall of Fame recognitions worldwide and a Lifetime Achievement Award from Century Martial Arts. From 1974 to 1980, **Grandmaster Bill Superfoot Wallace** won more than 20 consecutive professional fights and became the Professional Karate Association Middleweight World Full-Contact Champion, retiring undefeated. He is known worldwide as “Superfoot” for his 60-80 mph kicks, and has starred in several films with Chuck Norris, John Belushi, Jackie Chan and Mickey Rourke. He is also known for training both Elvis Presley and John Belushi, and has written and co-written several books. He has been influential to martial arts in the City of Houston for the past 38 years. He has supported and contributed several charities such as Hannah the Warrior Princess Fund and the Healing Warrior Initiative. He is currently a 10th degree Black Belt, and teaches over 50 seminars yearly.

On March 8, 2014, **Grandmaster Bill Superfoot Wallace** will be honored at the Chinese New Year and Cultural Event Day. The City of Houston commends **Grandmaster Bill Superfoot Wallace** for his accomplishments within the martial arts field, serving as an inspiration and positive role model for martial arts students worldwide.

THEREFORE, I, Annise D. Parker, Mayor of the City of Houston, hereby proclaim March 8, 2014, as

Grandmaster Bill “Superfoot” Wallace Day

in Houston, Texas.



In Witness Whereof, I have hereunto set my hand and have caused the Official Seal of the City of Houston to be affixed this 27th day of February, 2014.

Annise D. Parker

Annise D. Parker
Mayor of the City of Houston



Kung Fu or Tai Chi

One Month Special- **\$129.00**

Free uniform (\$49.95) & registration (\$30.00)

Saving of \$79.95

(Good till 2-28-2014.)

Wang's Martial Arts
92- B Wilson Road

Humble, TX 77338

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

www.WangsMartialArts.com

<u>KUNG-FU</u>		
Adults	(Age 15-98)	Tue. Sat. 11:00 - 12:00 Noon
		Mon./Tue./Thur./Fri. 7:00 - 8:00 PM
		Mon./Wed. 8:00 - 9:00 PM
		Tues./Thur. 4:00 - 5:00 PM
Children	(Age 5 - 14)	Tue./Thur. 5:00 - 6:00 PM
		Mon./Tue./Wed./Thur./Fri. 6:00 - 7:00 PM
		Tue./Thur. 7:00 - 8:00 PM
		Saturday 10:00 - 11:00 AM
Family class	(Age 5-98)	Tue./Thur. 5:00 - 6:00 PM
		Tue./Thur. 7:00 - 8:00 PM
		Mon./Tue./Wed./Thur./Fri. 6:00 - 7:00 PM
		Saturday 10:00 - 11:00 AM
<u>T'AI CHI CHUAN</u>		
All ages		Tue. Sat. 12:00 Noon- 1:00 PM
		Mon./Wed./Fri. 5:00 - 6:00 PM
		Wed. 7:00 - 8:00 PM
		Tue./Thur. 8:00 - 9:00 PM

Name: _____ is guest of _____ .

(Name of current student)

Each guest signed up, you will receive one FREE Chinese New Year Award Banquet ticket (value \$25) for March 8, 2014 (Saturday).

Kung Fu Rank Test Results - 1/11/14

Age 15 - 108 years old

Ah-Bel Lara - Yellow/stripe
Dennis Cruz - Purple
Roberto Alvarado - Blue

Age 9 - 14 years old

Dezie Hellsten - Orange/stripe
Joseph Hellsten - Orange

Congratulations!



Tai Chi Rank Test Result - 1/18/14

Cleveland Glenn - Orange
Deanna Farris - Green
Shannon Disorbo - Green
Dung Nguyen - Purple
Robert Kerr - Brown
Polly Ferguson - Brown
Julia Kerr - Brown
Paul Greenwood - Black (1st)
Andrew Nicholls - Black (1st)
Jeannette Adams - Black (1st)



Quick Tips to Jump-Start Nutrition

Published: August 24, 2009 Updated: 07:11 March 20, 2013

Any time is an ideal time to take a hard look at what you're eating and adjust your diet toward more wholesome choices. Try these quick tips to jump-start nutrition.

1. Vary Your Diet

Most Americans eat the same few foods (corn, dairy, eggs, sugar, wheat, and yeast) every day, setting themselves up for food allergies and boredom, which can lead to overeating, while limiting their nutritional intake. Add some of the following to your diet:

- Beans (a cup a day can lower cholesterol up to 10 percent in six weeks), running the gamut from tiny adzukis to hearty pintos.
- Brightly colored fruits and veggies, choosing daily from the cabbage family (bok choy, broccoli, Brussels sprouts), citrus family, legumes (beans, peas, soybeans), lily family (asparagus, garlic, onions), melon/squash family, solanum family (eggplants, peppers, tomatoes), and umbel family (carrots, parsley, parsnips).
- Gluten-free grains: buckwheat, millet, quinoa, sorghum, teff.
- Rice bran, a non-bloating source of fiber that helps balance blood sugar and control weight, and its oil, which helps lower cholesterol. Surprise: Rice bran is rich in antioxidants.

2. Enjoy a Little Healthy Fat Daily

The human body can't produce essential fatty acids (EFAs), important fats that support your brain, heart, weight control, and may even help tame PMS and hot flashes. Use extra-virgin olive oil for cooking, and add wild-caught fish, evening primrose and flax oils, walnuts, and EFA supplements to your diet.

3. Less Really is More

Pay attention to portion control, using the following sizes as a gauge:

- A serving of meat or poultry = a computer mouse
- A serving of fish = a checkbook
- A 1-ounce serving of cheese = your thumb
- A serving of butter = your thumb tip.

By eating realistic portions, you can retrain yourself to enjoy satiety—without stuffing yourself. “It’s all about listening to your body’s cues,” says Cindy Moore, MS, RD, “but a lot of people don’t do that. They just eat until the food is gone.”

4. Snack on Nutritious Foods

A little fruit, a handful of nuts, or a cup of broth-based soup can help curb appetite and balance blood sugar. For example, eating half a grapefruit before meals improved insulin resistance and contributed to weight loss in obese subjects in one recent study.

5. Eat Organic Whenever Possible

Organic foods have been produced without toxic and persistent pesticides, synthetic fertilizers, growth hormones, and sewage sludge (a source of heavy metals). In addition, scientists have recently discovered that organic produce is higher than conventionally raised crops in antioxidants that slow aging and polyphenols that help delay diabetes.

6. Stay Hydrated

Drink plenty of pure water daily (half your body weight in ounces) between meals. “If you wait to drink until you actually feel thirsty, you’ve waited too long,” says nutritionist Ann Louise Gittleman, PhD, CNS. “Dehydration starts long before we’re conscious of it.” Don’t consume more than half a glass of liquid with meals, though. “Drinking too much of any liquid while eating can dilute your hydrochloric acid, which is so necessary in the digestion of protein and the assimilation of acid-based minerals such as calcium and iron,” she adds.

New research suggests that drinking several cups of green tea a day helps protect your heart and lengthen your lifespan. This polyphenol-rich unfermented tea even helps fight certain types of cancer, diabetes, and bacteria like *H. pylori*, implicated in ulcers.

7. Consider Supplements

“For about a dime a day, you can enjoy the benefits of some pretty decent health insurance. It comes in pill form—as a multivitamin,” says Harvard’s Walter Willett, MD. No wonder that half of medical students recently surveyed take a daily multivitamin/mineral formula. Also consider extra calcium and other bone-building nutrients.

Enzymes protect your investment in supplements by increasing nutrient absorption and supporting digestion. “By some estimates, 80 percent of the energy we use in our lifetime is used to digest the foods we eat,” says Tom Bohager, author of *Enzymes: What the Experts Know*. The more energy we can free up for the body to use in fighting disease, the better, he adds.

Organic and Sustainable Herbs

Published: August 24, 2009 Updated: 12:22 September 11, 2012

Herbs offer nourishing, varied flavors in recipes, brew a soothing cup of tea, and add nutrients and glorious scents to some favorite natural beauty products. What’s more, many of us turn to healing plants in concentrated, supplemental form to help support or regain optimal health. Peace of Mind Those who are interested in the healing properties of herbs, especially, have an investment in their purity and quality. “It’s ironic that people taking herbal supplements for health may be unaware that the herb could have grown next to a highway or undergone chemical processing,” says Paul Schulick, founder and CEO at New Chapter. If contaminants are present in a fresh herb, these toxins may be increasingly concentrated as the herb is processed. The good news? According to Sidney Sudberg, DC, LAc, RH (AHG), “Many tests ensure identity, purity, quality, strength, and composition of the herb, which helps maintain the safety of what enters the marketplace.” For some, the organic seal offers additional peace of mind. Standards for organic herbs are the same as for all organic agricultural products: Organic certification allows no toxic and persistent pesticides or herbicides in farming—ensuring fewer unwanted chemicals in the final product. It also supports a healthy ecosystem and work environment back on the farm. Natural Defenses Irradiation, a process that uses radioactive gamma rays to kill certain bacteria and pathogens, is an alternative to fumigation on most conventional spices, herbs, and seasonings since the U.S. Food and Drug Administration approved this technique in 1986. “No reliable, long-term studies have been done on the dangers of ingesting irradiated foods,” says Kathy Larson, vice president of corporate social responsibility at Frontier. “Both workers in irradiation facilities and the people and animals in nearby communities are at risk of being exposed through leaks.” Organic standards prohibit irradiation. Alternative methods of quality- and safety-control include heat and ozone treatments. Irradiation is not only banned for herbs grown, harvested, and shipped in accordance with organic standard, its effects may not be necessary. “Many [herbs] produce oils that keep insects at bay; in fact, some are themselves used as insect repellents,” explains Luddene Perry, author of *A Field Guide to Buying Organic*. Botanicals’ own natural defenses help them thrive under organic cultivation. Cost and Benefits Is the effort and expense worth it for people who grow and process herbs organically? Holly Givens, communications director at the Organic Trade Association, points out that not using toxic substances benefits farmers, their families, and communities—both in the U.S. and in developing countries. Organic production also promotes sustainability. Frontier’s Larson concurs. Growing herbs organically “helps prevent soil erosion, saves the energy it takes to produce synthetic fertilizers, and helps keep the carcinogens found in most herbicides and pesticides out of our water systems and the food we eat. The world’s demand for products is met without compromising the earth for future generations.”



In an ideal world, we wouldn't go first to a pharmacist to address maladies ranging from the common cold to cancer; instead, we'd create grocery shopping lists aimed at fostering optimal health. Good nutrition may not cure disease, but a growing body of research shows it could do something even more powerful: help prevent disease. "By choosing foods wisely, we can control our health destiny," says Joel Fuhrman, MD, author of *Eat for Health* (Gift of Health, 2008). "But we can't make small, moderate changes to the average diet and expect prevention; we need to make aggressive, radical changes."

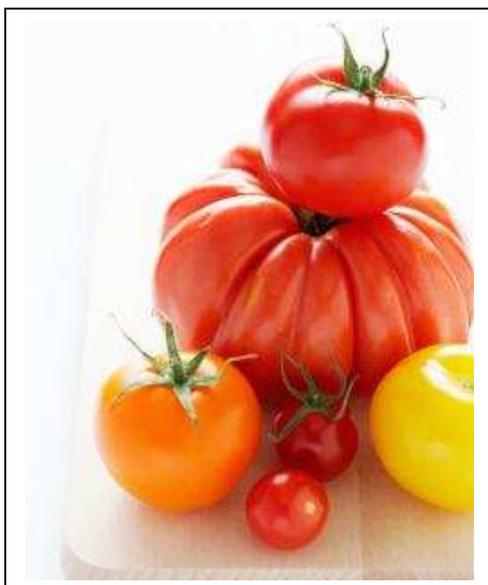
Fuhrman developed a comprehensive nutrient-per-calorie ranking system, which he calls the Aggregate Nutrient Density Index (ANDI). The charts on the following pages list the top ANDI-ranked foods by category. Use them as guides to make the healthiest eating choices for you and your family.

32 essential foods for women

1. Almonds
2. Avocados
3. Bananas
4. Beans
5. Berries
6. Broccoli
7. Butternut squash
8. Cabbage
9. Citrus
10. Dark chocolate
11. Eggs
12. Flaxseeds
13. Kiwifruit
14. Leafy greens
15. Lean red meat
16. Lentils
17. Mangoes
18. Olives
19. Pomegranates
20. Pumpkin
21. Red grapes
22. Salmon
23. Sardines
24. Sesame seeds

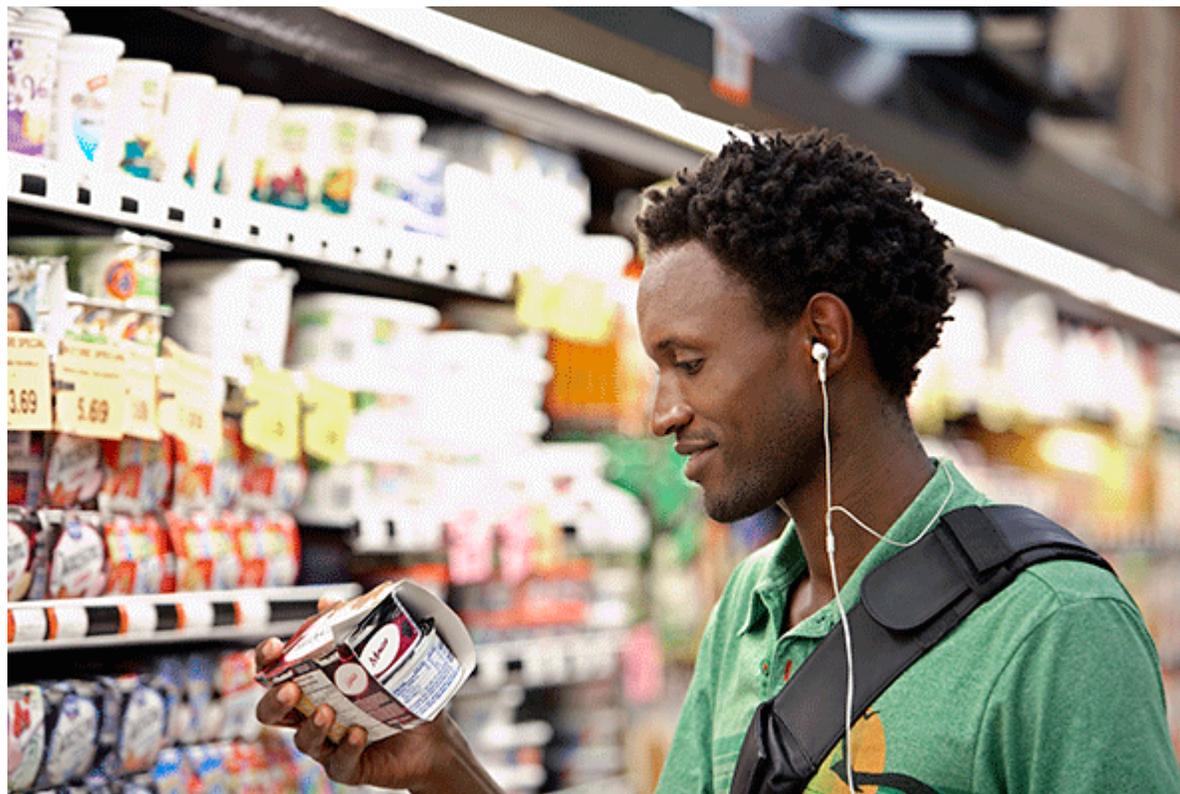


- 25. Soy
- 26. Spinach
- 27. Sweet potatoes
- 28. Tea
- 29. Turkey
- 30. Turmeric
- 31. Walnuts
- 32. Yogurt



A glossary of tricky ingredients on food labels

by [Rachel Begun, RDN](#) in [Delicious Living Blog](#)



When the New Year rolls around, many of us make a conscientious effort to eat healthier, which means paying closer attention to the foods we eat. And of course, those of us with special dietary restrictions—whether by choice or medical necessity—need to closely watch what we eat year-round.

As a follow-up to my October post, "[8 Tricky Halloween Treat Ingredients](#)", here are ten more tricky ingredients for people avoiding gluten, dairy, and animal products.

1. Caramel color

Many gluten-free eaters unnecessarily avoid foods that contain caramel color. Products made in North America use corn as the base for their caramel color. And even though European-made products may use glucose syrup derived from wheat, it is so highly processed that no gluten remains.

2. Carmine (cochineal)

You might see this red coloring listed on food or cosmetic labels as carmine, cochineal, or cochineal extract. The FDA classifies it as a natural color additive, but unfortunately for vegans, it's derived from the cochineal beetle, a type of insect. If you strictly avoid animal-based products, don't purchase items that contain it.

3. Glycerin

Glycerin (also called glycerol), used as a humectant in many foods, mouthwashes, chewing gum, cosmetics, and pharmaceuticals, may be derived from animal or vegetable sources. If you're vegan, check with the manufacturer or look for products that specifically state *vegetable glycerin* in the ingredients statement.

4. Lecithin

This common ingredient helps to emulsify water- and oil-based ingredients so they don't separate (for example, bottled salad dressings). It's derived from various sources, both plant and animal, including milk, marine life, sunflower seed, canola, and cottonseed; most commonly, it's made from soy or eggs. Because soy and eggs are common allergens that must be declared on food labels, it's easy to identify the lecithin source. If you can't identify what kind of lecithin is used, call the company, particularly if you're sensitive to one of the potential sources.

5. Maltose

While the "malt" in barley malt, malt syrup, and malt extract indicates gluten, maltose or malt sugar is gluten-free. It's a disaccharide (two sugar units) formed from two monosaccharide glucose units.

6. Malt vinegar

To make things even more confusing, malt vinegar is *not* gluten-free. Distilled vinegars derived from gluten-containing grains are gluten-free because distilling removes the gluten protein. However, malt vinegar, made from malt barley, is fermented, not distilled—and therefore it's not gluten-free.

7. Nondairy

It's hard to believe, but foods labeled "nondairy" can in fact contain milk proteins, thanks to confusing FDA regulations that do not define nondairy as milk-free. Indeed "nondairy" products are allowed to contain up to 0.5 percent milk by weight, typically as casein (milk protein). Be sure to read the ingredients label to identify if the product contains milk; if it does, it will be clearly stated either within the ingredients list or in a "contains" statement at the bottom.

8. Sorbet and sherbet

While sorbet's culinary definition as a fruit-based frozen dessert implies it is not made with milk, it is not a regulated term; also, take care you don't confuse it with sherbet, which does contain milk or cream. To be safe, read ingredient labels for all sorbet, sherbet, and other fruit-based frozen desserts.

6 ways to stay healthy in a stressful job

by [Radha Marcum](#) in [Delicious Living Blog](#)

I've been sick lately. A stomach bug, a cold, a cough ... As a mom of two and coworker of many, I know this is inevitable, and yet most of the time I am able to bolster immunity with vitamins, Chinese herbs, and extra sleep—and fight it off. I hardly ever miss a day of work because of my own illnesses. So this recent bout of *yuck* got me thinking about why we get sick when we get sick. (My boss had pneumonia for several weeks recently, too.)

For me, work stress plays a critical role. You're so busy being busy (translate: body in the flight-or-fight mode) that you're literally too busy to get sick. But once that stress lets up just a little bit? ... Watch out! Here comes *the yuck*. In fact, the immune system is temporarily bolstered by acute stress. For example, research shows that people undergoing a stressful exam or giving a public speech have higher numbers of killer cells after the event. The opposite has been found with long-term stress, which research shows suppresses immunity.

Short of living a stress-free work life—or one punctuated only by occasional acute bouts of stress over a deadline or meeting with influential persons—here are some ways that I typically stay (mostly) healthy while succeeding at a stressful job.

1. **Drink tea.** All types of true tea (derived from the *Camillia sinensis* plant) contain ample amounts of the amino acid L-theanine, which aids the [immune system's gamma delta T cells](#). Green tea's polyphenol EGCG also boosts T cells and acts as an anti-inflammatory agent.
2. **Keep Yin Chiao in your drawer**, a go-to Chinese formula for pumping up immunity when you need it most: when you feel like you're getting sick, if everyone around you is ill, or when you know you're going into germ territory (e.g. just before and during travel).
3. **Take a walk every day.** Exercise boosts mood by stimulating the body's natural feel-good chemicals. Getting sunlight, important for vitamin D (though you should probably take a supplement, too) also increases mental well-being during winter months and helps regulate the body's circadian rhythm (sleep and waking patterns) and melatonin production; melatonin plays a role in immunity and has been shown to protect against certain cancers.
4. **Eat more soup.** According to Chinese medicine, eating too many cold or raw foods during the winter taxes the body, which becomes depleted from having to work hard to digest these foods. Soups are ideal—they gently nourish the body with easy-to-digest and –absorb nutrients. Include garlic, ginger, and beta carotene-rich carrots, sweet potatoes, or winter squash for extra immune punch. [Try these immunity boosting recipes](#).
5. **Turn on the parasympathetic nervous system (PSN).** Activating your PNS turns off the flight-or-fight response and tells the body that it's time to “rest and digest.” Practicing yoga, [tai chi](#), or meditation can help boost immunity by down regulating the stress response. Training in mindfulness, such as meditation, allows mind and body to naturally “reset” in daily life.
6. **When you get sick, rest.** It's hard to turn off in our 24-7 society; I get well over 100 work-related emails per day and am almost never without access to that account. Bottom line: It's easier than ever not to rest, and so it's vitally important to give yourself the gift of reprieve when your body needs it most. Although I felt like garbage last Friday, the day I spent partially in bed, staring at the window watching branches dance in the wind was one of the most nourishing days I've had in a long time.



Distilled Water Kills Bladder Cancer Cells As Effectively As Chemotherapy



Can distilled water kill bladder cancer cells? That's the question doctors at the Department of Urology, University of Bonn, Germany are attempting to answer. The surprising results suggest simple distilled water might just be a bladder cancer cell's worst nightmare.

Reporting in the October 2006 *International Journal of Clinical Practice*, the team said that the surgical procedure called transurethral resection is used to remove bladder cancer and followed by instillation of chemotherapeutic agents such as mitomycin; it is considered as standard therapy in recurrent superficial bladder cancer.

"However, incidence of bladder cancer is increasing and contrariwise, the resources to finance health care systems are decreasing. Therefore, effective alternatives to expensive chemotherapeutics are necessary," said the authors.

Recurrence of bladder cancer after transurethral resection is caused by reimplantation of dissolved tumor cells. To kill them off, mitomycin is used. The researchers took human bladder cancer cells and incubated them in mitomycin or distilled water.

[Read: Distillation Removes Heavy Metals From Water](#)

"Distilled water led to significant cytolysis in all tumor cells," they write. "This effect was comparable to exposition to mitomycin. Distilled water and mitomycin have comparable in vitro effects in bladder cancer cells," the scientists wrote.

This was not the first study to determine distilled water kills bladder cancer cells. In a 1986 issue of *European Urology*, the effect of distilled water on tumor cells was compared to the effect of chemotherapeutic agents dissolved in saline and in distilled water.

"Distilled water proved as effective as chemotherapeutic agents in distilled water and more destructive than chemotherapeutic agents in saline within the 2-hour time limit of the experiment," the researchers reported.

Disclosure in accordance with the Federal Trade Commission regulation 16 CFR, Part 255: this post is sponsored by an advertiser.

Pecans boast most antioxidants of all nuts

19 antioxidant vitamins and minerals

Rich in ellagic and oleic acids, with antioxidant and cancer preventive mechanisms, from lowering cholesterol to the ability to suppress the activity of a gene thought to trigger breast cancer, pecans are powerhouses of vitamins, minerals and phytochemicals.

With their antioxidant power and cancer prevention properties, almonds and walnuts have received increased culinary attention beyond just their taste. Yet, one of the most underestimated nuts is actually an American natural; in fact, the only true North American native species, the pecan, which was first cultivated in the 1600s and 1700s in northern Mexico and is now cultivated in Georgia and New Mexico, deserves its own spotlight.

Perhaps we don't see the virtue of pecans since they are almost always candied in fattening pecan pies during the winter holiday season. But away from high calorie desserts and presented to consumers in their more naturally occurring state, pecans provide more than 19 vitamins and minerals including carotenes (vitamin A), B complex (especially folic acid and thiamine), vitamin E, calcium, magnesium, phosphorous, potassium and zinc. Pecans are also rich in ellagic and oleic acids with antioxidant and cancer preventive mechanisms. In addition, a one ounce serving provides 10% of the daily recommended intake of fiber.

Scientists at Loma Linda University in California and New Mexico State University have found that pecans' cholesterol-lowering properties come from both their omega-6 and omega-3 fatty acids and a phytochemical called beta-sitosterol. Consuming a handful a day (about 1.5 ounces) can reduce cholesterol by about 10%. The jury is still out as to whether pecans can raise beneficial high-density lipoproteins—but the US Food and Drug Administration has already confirmed that pecans have the ability to reduce heart disease risk and may be labeled as a heart-healthy food.

Also, according to a US Department of Agriculture analysis, pecans provide the highest number of antioxidants of all nuts tested, including almonds and walnuts.

Breast and Prostate Cancer Prevention

The oleic acid in pecans has the ability to suppress the activity of a gene thought to trigger breast cancer. (A one ounce serving of pecans provides about 25% more oleic acid than a one tablespoon serving of olive oil.)

The same natural compound that gives pecans their cholesterol-lowering power has also been shown to be effective in treating the symptoms of benign prostatic hyperplasia, a non-cancerous enlargement of the prostate gland in men. About two ounces of pecans provide enough beta-sitosterol to be effective for shrinking prostates. In addition, a laboratory study from Purdue University, in West Lafayette, Indiana found that gamma-tocopherol, the type of vitamin E found in pecans, has the ability to kill prostate cancer cells while leaving healthy cells alone.

Next time when considering whether to go for crackers, chips or nuts—choose pecans.

Pecan Recipes

This healthy salad is appealing to all of the senses. It's beautiful to behold with the tantalizing aroma of citrus and satisfying crunch from heart-healthy, antioxidant rich Georgia pecans.

Avocado, Grapefruit Salad with Toasted Georgia Pecans

Ingredients:

- 1-2 heads bibb lettuce, torn into bite-sized pieces
- 1 bunch arugula, torn into bite-sized pieces
- 2 Haas avocados, ripe but firm, peeled and cubed
- 2 ruby red or pink grapefruits, peeled and segmented, reserve excess juice
- ½ C Georgia pecan halves (toasted in a sauté pan)
- ¼ C minced fresh parsley

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INNER SCHOOL TOURNAMENT

Date: 3-15-2014 (Saturday)
Time: Ages 5 - 80 2:00 PM – 5:00 PM
Place: Wang's Martial Arts
92 – B Wilson Road at First St.
Humble, TX 77338
(281) 548 - 1638
Entry Fee: \$45.00 up to three events
\$ 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

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Enter division numbers below (1 division per box). See kungfuchampionship.com for RULES

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NOTE: Teens 16-17 may compete in Adult Traditional or Wushu divisions with advance approval of ICMAC.

I, _____ the undersigned, knowingly and voluntarily submit my entry in the "Lone Star" Chinese Martial Arts Championship, owned by Alipes LLC (hereafter referred to as "the Championship"). I assume all risk of physical and mental injuries, disabilities, and losses that may result from or in connection with my participation in the Championship. Acting for myself, heirs, personal representatives, and assignees, I do hereby release the International Chinese Martial Arts Championship (ICMAC), Alipes, the Houston Marriott Westchase, its agents, officers, representatives, sponsors, volunteers, and all other related members from all claims, actions, suits, and controversies at law by reason of a matter or cause sustained by me as a result of or in connection with my participation in the Championship. I understand that participation in the Championship, especially but not limited to sparring, grappling, Sanda (Kickboxing), Sport Sanda, Shuai Jiao (Chinese wrestling), Chi Sao, and other reaction skills events, entails a risk of injury, and I assume full responsibility for my actions intentional or otherwise. I fully understand that any medical attention or treatment afforded to me on site by the Championship will be of a first-aid nature only, and I release its agents, officers, representatives sponsors, volunteers, and other related members and entities from any liability from such aid. I consent that any pictures or video furnished by me or taken of me at the tournament can be used for publicity, promotion, or media showing now or in the future and I waive compensation in regards thereto. I have read and fully understand the rules, regulations, and general information published by the Championship and agree with them in their entirety. I understand that I may be dismissed from the Championship for unsportsmanlike conduct without refund of my entry fees. I have read and fully understand the above waiver.

DATE _____

COMPETITOR MUST SIGN (or Parent/Legal Guardian if competitor is under 18)

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