

Wang's Martial Arts

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

Phone (281) 548-1638, (281) 682-3387
E-mail: wang3888@embarqmail.com
Web site: www.WangsMartialArts.com

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

June & July 2016 Newsletter Summar



7/04/16 - No class due to Independence Day.
7/08/16 - Basic Bo class starting.
7/09/16 - July Birthday party.
7/15/16 - Demonstation at Octavia Fields Branch Library 2:30 pm
7/16/16 - Kung Fu Rank test.
7/18/16 - Kung Fu Rank test.
7/23/16 - Legends Of Kung Fu Tournamentat at Dallas, TX.

Report card point

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

Report Card Points – Turn in your report cards all year long for a chance to win a seven foot trophy at the Chinese New Year event!
All A's-12pts; A's & B's-9pts; All B's-6pts; Turn in your report card – 3pts

Tournament point:

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

Tournament Points: Don't forget to turn in your points after each tournament for a chance to win a seven foot trophy at the Chinese New Year event!
1st Place-12pts; 2nd Place-9pts; 3rd Place-6pts; Participation-3pts

Inner-school tournament;

Date: October 1, 2016 (Sat.)
Time: 2 - 5 pm
Place: Wang's Martial Arts
Fee: \$45.00 up to two events
\$5.00 additional event
\$5.00 goes to scholarship fund



Wang's Martial Arts College Student Scholarship Fund:

2009 Scholarship Fundraising Banquet - \$628.98

Inner-School tournament:

December 5, 2009 - \$105.00

March 6, 2010 - \$85.00

July 10, 2010 - \$100.00

December 6, 2010 - \$105.00

March 19, 2011 - \$80.00

June 4, 2011 - \$115.00

September 10, 2011 - \$150.00

December 3, 2011 - \$110.00

March 3, 2012 - \$150.00

Outdoor Training (3-25-12) - \$100.00

June 30, 2012 - \$160.00

September 29, 2012 - \$185.00

December 15, 2012 - \$125.00

May 4, 2013 - \$90.00

August 10, 2013 - \$105.00

November 2, 2013 - \$85.00

March 29, 2014 - \$90.00

August 2, 2014 - \$90.00

November 8, 2014 - \$45.00

January 24, 2015 - \$60.00

May 16, 2015 - \$65.00

Susan Fischman (7/18/15) - \$5.00

October 3, 2015 - \$55.00

December 19, 2015 - \$75.00

March 5, 2016 - \$45.00

March 2016 Birthday - \$25.00

April 2016 Birthday - \$40.00

May 2016 Birthday - \$20.00

June 2016 Birthday - \$10.00

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

June 25, 2016 - \$20.00

Total - \$3453.98 - \$300 - \$300 - \$1000 = \$1853.98

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

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

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

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

All A's - \$300.00

A & B's - \$200.00

All B's - \$100.00

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

All A's - \$500.00

A & B's - \$300.00

All B's - \$200.00

Proverbs 4 .

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

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

Black Belt Club & Accelerated Program

Tournament Competition Class:

Date: 7-25-16 (Monday)

Time: 8:00 – 9:00 pm

Conditioning & Reaction Drill Class:

Age 5 –14 years old

Date: 7/14/2016 (Thursday)

Time: 8:00 – 9:00 pm

Age 15 – 98 years old

Date: 7/07/2016 (Thursday)

7/14/2016 (Thursday)

7/21/2016 (Thursday)

7/28/2016 (Thursday)

Time: 8:00 – 9:00 pm

New Student:

Lleuellyn Craddock, James Nelson, Ross Bailey, Jesus Delgado, Kaitlyn Koch, Samantha Kearn, Jared Bouillion, Daniel Rosendo. Ronda Reyna, Britton McNaspy, Vincent Polidore, Austin Richardson, Joshua Stockton, Dana Rose.

Welcome!

Kung Fu Rank Test

Date: 5-14 yrs: 7-16-2016, Saturday, 1:30-3:30 pm

15 yrs +: 7-16-2016, Saturday, 3:30-5:30 pm

Make up all ages: 7-18-2016, Monday, 6:00-8:30 pm

Must register on or before 7-14-2016.

Test fee : \$40.00 and up

Brown and Black rank test

Oct. 11, 2016 (Tue.) 6 – 8 pm

Oct. 14, 2016 (Fri.) 6 – 8 pm

Oct. 15, 2016 (Sat.) 9 am – 3 pm

July Birthday

Jason Tansey	7/31
Ayden Sowers	7/28
Dougan Caruthers	7/18
Shaun Campbell	7/30
Liliana Campa	7/9
Susan Fischman	7/21
Cyndi Henderson	7/24
Fernando Garcia	7/25
Frank Gamez	7/8
Luke Munson	7/14
Jordan Godfrey	7/15
Clement Le Bon	7/21
Corin Jones	7/25
Greg Gordon	7/11
Earvin Patterson	7/15
Luccas Conceicao	7/17
Christopher McCarty	7/22
Ethan Araguz	7/31
Bill Campbell	7/14
Joshua Stockton	7/30
Antonio Bussey	7/4
Eli Duda	7/5
Jacob Solache	7/8
Rose Aschel	7/23
Randy Draughon	7/25
Ethan Araguzx	7/31

Happy Birthday

Red, Brown and Black Belt Class

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

Tai Chi Rank Test

Date: 8-27-2016 (Sat.)

Time: 12 noon – 2:30 pm



* 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.

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Web site: www.WangsMartialArts.com

Birth Day Party for Wang's martial Arts students

Date: July 9, 2016 (Saturday)
Place: Wang's Martial Arts
5311 FM 1960 E. #J
Humble, TX 77346
(281) 682-3387, (281) 548-1638



Wang's Martial Arts will be holding a birthday party for the month of July. **All students & guests are invited to participate.** This is a wonderful opportunity to have a Veggie meal. There will be demonstration of Kung Fu & Tai Chi for your guests. It is for Health, Physical Fitness, Confidence, Discipline and Self Defense. All students can participate in demonstration.

Cost: \$5.00 per person (All proceed will go to Wang's Martial Arts scholarship fund).

Time: 1:00 pm – Reception.
1:15 pm - Veggie lunch (Veggie Egg Roll, Veggie Dumpling, Veggie Meat Ball, Organic Cheese Quesadilla/Hot Dog . No soft drink/replace with Bottled water).
1:40 pm - Demonstration (Kung Fu & Tai Chi), Board breaking, Epic Battle,
2:15 pm - Chocolate birthday cake, Singing Happy birthday song in English, Chinese & Spanish.
2:30 pm – Party end.

REGISTRATION FORM - Reservation before July 7, 2016. No late registration.

NAME: _____, DATE: _____

STREET: _____

CITY: _____ STATE: _____ ZIP: _____

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

Phone (cell): _____ Date of Birth: _____

e-mail: _____

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

Family Special

Kung Fu or Tai Chi

	1st member	2nd member	3rd member	4th member	5th member or more
Tuition/month	\$149.00	\$134.00	\$74.50	\$74.50	Free
Uniform	\$49.95	\$49.95	\$49.95	\$49.95	\$49.95
Registration fee	\$10.00	\$10.00	\$10.00	\$10.00	\$10.00

Effective: September 1, 2015

<u>KUNG-FU class schedule</u>			
Adults	(Age 15-108)	Tue. Sat. Mon./Tue./Thur./Fri. Mon./Wed. Tues./Thur.	11:00 - 12:00 Noon 7:00 - 8:00 PM 8:00 - 9:00 PM 4:00 - 5:00 PM
Children	(Age 5 - 14)	Tue./Thur. Mon./Tue./Wed./Thur./Fri. Tue. Saturday	5:00 - 6:00 PM 6:00 - 7:00 PM 7:00 - 8:00 PM 10:00 - 11:00 AM
Family class	(Age 5-108)	Tue./Thur. Tue. Mon./Tue./Wed./Thur./Fri. Saturday	5:00 - 6:00 PM 7:00 - 8:00 PM 6:00 - 7:00 PM 10:00 - 11:00 AM
<u>TAI CHI CHUAN</u>			
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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www.WangsMartialArts.com



Wang's Martial Arts Scholarship Fund Raise Event

(For the benefit of everyone's health & kindness to all animals, the entire meal will be vegetarian styles.)

Date: September 10, 2016 (Sat.)

Cost:

Time: 10:00 am (Reception)

11: am (Lunch Buffet)

12 noon - 2 pm (Demo & program)

Place: China Ko

5421 FM 1960 Rd. E.
(at Timber Forest Dr.)

Humble, TX 77346

(281) 361-8006

Ages 8 years & under

\$15.00

Age 9 and up

\$25.00

A table of 8 people

\$200.00



Talent show selection for 9/10/2016 :

Audition Date: August 20, 2016 (Saturday)

Time: 1 pm - 4 pm

Must sign up before 8/18/2016

For more information:

Wang's Martial Arts

5311 FM 1960 Road E. at Timber Forest Dr.

Humble, TX 77346

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

Registration Form for scholarship fund raise Lunch Buffet. (Coat and tie, Sunday best or Chinese costume).

Name: _____ Date: _____

Address: _____

City: _____ St: _____ Zip: _____

Home Phone: _____, Other phone: _____, Age: _____

e-mail: _____

A table of 8 people: \$200.00 _____ = _____

\$25.00 x Number of 9 years old and up _____ = _____

\$15.00 x Number of 8 years old & under _____ = _____

Total: = _____

Kung Fu Rank Test Results - 5/2/16

Age 15 year old and +

Llewellyn Craddock - Yellow
 Antonio Bussey - Yellow/stripe
 Harry Eugene, Jr. - Orange
 Mathilde Le Bon - Orange/stripe
 Jeffrey Villarde – Orange/stripe
 Kollin Milton – Green/stripe
 Carlos Aquino – Green/stripe
 James Mayo – Green/stripe
 Clement Le Bon - Purple/stripe



Age 9 - 14 years old

Jalen Latin - Yellow/stripe
 Damen Dumo - Orange
 Jordon Godfrey - Green
 Emma Ferguson – Purple/stripe
 Dominic Venegas - Blue
 Alfred Kai Marayag – Red

 Age 5 - 8 years old

Jorney Antonie - Orange
 Nickelus Moreno - Orange
 Ian Ferguson – Orange/stripe
 Jordyn Mayo – Green/stripe
 Jameson Ezzell - Blue

 Tai Chi Test result - February 27, 2016

Robert Kerr - Black (1st)
 Margaret Swavely - Black (1st)
 Jeannette Adams - Black (2nd)
 Paul Greenwood - Black (2nd)
 Susan Fischman - Black (2nd)



Brown & Black Belt Test - 10/17/2015

Adela Limones - Brown
 Chantel Barnes - Brown
 Madeline Briles - Brown/stripe
 Koseph Alonso - Brown/stripe
 Ethan Fu - Brown/stripe
 Roberto Alvarado - Brown/stripe
 Charles Cates - Black (1st)
 Karen Clark - Black (1st)
 Dennis Cruz - Black (1st)



Wang's Martial Arts

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

Date:

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

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



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

	<u>Interior</u>		<u>Ocean View</u>		<u>Balcony</u>
4A	\$555.90	6A	\$605.90	8A	\$715.90
4B	\$555.90	6B	\$605.90	8B	\$715.90
4C	\$560.90	6C	\$610.90	8C	\$720.90
4D	\$565.90		N/A	8D	\$730.90
Insurance/person	\$49		\$49		\$79

3rd & 4th person in the same cabin is \$275.90 per person.

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

Name: _____ Date of Birth: _____
 Address: _____ Age: _____
 City: _____, State: _____ Zip: _____ Gender: Male, Female
 Home phone: _____, Work phone: _____
 Cell phone: _____, e-mail: _____

Citizen: Yes or No.

Cruise rate (include tax): _____

Insurance: _____

Total amount: _____

Deposit: _____

Balance: _____



2 or 3 payments option is OK before September 1, 2016.

Note: _____

Wang's Martial Arts

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

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

<u>Date</u>	<u>Day of the week</u>	<u>Time</u>	<u>Class</u>
11/10/2016	Thursday	5:30 - 6:00 pm	Orientation
11/11/2016	Friday	7:00 - 8:00 am 8:00 - 9:00 am 9:00 - 10:00 am 10:00 - 11:00 am 11:00 - 12:00 noon 1:00 - 2:00 pm 2:00 - 3:00 pm 3:00 - 4:00 pm 4:00 - 5:00 pm	Tai Chi Chi Kung Ballroom Dance Self defense Herb & Diet for Health Chin-Na Martial Arts Ballroom Dance Tai Chi
11/12/2016	Saturday	9:00 am - 4:00 pm	Port visit - Cozumel
11/13/2016	Sunday	7:00 - 8:00 am 8:00 - 9:00 am 9:00 - 10:00 am 10:00 - 11:00 am 11:00 - 12:00 noon 1:00 - 2:00 pm 2:00 - 3:00 pm 3:00 - 4:00 pm 4:00 - 5:00 pm	Tai Chi Chi Kung Ballroom Dance Self defense Herb & Diet for Health Chin-Na Martial Arts Ballroom Dance Tai Chi
11/14/2016	Monday	8:00 AM	Arrive at Galveston

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

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

Top Ten Reasons to Buy American Made

"Buy American!" might sound like nothing more than a slogan advanced by American manufacturers to sell products made in the USA, but the truth is that there are many reasons to consider buying American-made clothing, American-made toys, and other US-manufactured goods. We've listed just a few of the benefits of buying American below:

Top Ten Reasons to Buy USA Made Products:

10) Foreign labor standards allow unsafe worker conditions in many countries. When you buy American you support not only American manufacturers but also American workers, safe working conditions, and child labor laws.

9) Jobs shipped abroad almost never return. When you buy goods made in the USA, you help keep the American economy growing.

8) US manufacturing processes are much cleaner for the environment than many other countries; many brands sold here are produced in countries using dangerous, heavily polluting processes. When you purchase American-made product, you know that you're helping to keep the world a little cleaner for your children.

7) Many countries have no minimum wage restrictions, or the minimum wage is outrageously low. When you choose products made in the USA, you contribute to the payment of an honest day's wages for an honest day's work.

6) The growing lack of USA ability to manufacture many products is strategically unsound. When you seek out American-made goods, you foster American independence.

5) The huge US trade deficit leads to massive, unsustainable borrowing from other countries. Debt isn't good for you and it isn't good for America.

4) Foreign product safety standards are low. For example, poisonous levels of lead are in tens of millions of toys shipped to the USA. When you buy toys and other goods made in the USA, you can be confident that American consumer protection laws and safety standards are in place to protect your family.

3) Lack of minimum wage, worker safety, or environmental pollution controls in many countries undermines the concept of "fair and free trade". No Western nation can ultimately compete on price with a country willing to massively exploit and pollute its own people. When you buy only American-made products, you insist on a higher standard.

2) Factories and money are shifting to countries not friendly to the USA or democracy. When you avoid imported goods in favor of American-made items, you help ensure that the United States doesn't find its access to vital goods impacted by political conflict.

1) As the US manufacturing ability fades, future generations of US citizens will be unable to find relevant jobs. Buy American and help keep your friends and neighbors-and even yourself-earning a living wage.

Join Made in USA Forever.com in standing up for America.

By Todd Lipscomb, founder of MadeinUSAForever.com and author of the book "Re-Made in the USA"

Also, please see our Facebook page here: <https://www.facebook.com/MadeInUSAForever>

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Phone (281) 548-1638
(281) 682-3387
e-mail wang3888@embarqmail.com
Web site www.WangsMartialArts.com

Baisc Bo



Date: July 08, 2016 (Friday)
July 15, 2016 (Friday)
July 22, 2016 (Friday)
July 29, 2016 (Friday)

Time : 8:00 - 9:00 PM

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

Pre-requisite: Adults (15 years old and up) –
Yellow belt and up.
Jr. students (5–14 years old)- green belt and
above.

Fee : \$49.00
\$24.50 for review class

REGISTRATION FORM

NAME: _____ DATE: _____

STREET: _____

CITY: _____ STATE: _____ ZIP: _____

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

Phone (cell): _____

e-mail: _____

Amount Paid _____ .

Wang's Martial Arts

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



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

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





Published: April 1, 2014 Updated: 07:58 April 1, 2014

Help Kids Appreciate Nature

A Nature Table brings the outside world indoors.

By: Natural Vitality

Creating an appreciation for nature in our children is one way to promote future generations of environmentally friendly adults. It also helps our kids learn to enjoy the simple beauty and pleasure found in the natural world. While younger children may not be so keen on reflection, they do love to collect things. For an engaging activity that promotes a love of the outdoors for two- to eight-year-olds, consider a Nature Table. It works like this:

You will need a small, low table to place in a common area of the house, such as the living or dining room. This is your Nature Table. When you are out and about with the children, allow them to collect one or several items to bring back and place on the Nature Table. The only rule is that the objects must be natural. Kids will love finding these treasures, like rocks, leaves, sticks and so on. Allow them to play with the items on the table and rearrange them as they wish.

Here are some tips to have fun with your Nature Table:

- Create different themes for the table, such as the seasons or rocks, leaves or sticks.
- Go on a weekly Nature Table walk to find treasures.
- Cover the table with different colors of fabric for a change or to mark a change of season.
- Change the Nature Table on specific days, such as winter and summer solstice or the first day of a season, to connect your child to seasonal changes in nature.
- Place a magnifying glass on the table to inspect items close up.

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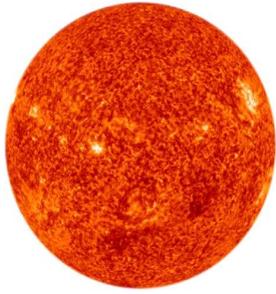
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*Mention this ad for special pricing available only to
Wang's Martial Arts
students and families*

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e-mail: wang3888@embarqmail.com
Web site: www.WangsMartialArts.com

INNER SCHOOL TOURNAMENT

Date: 10-1-2016 (Saturday)
Time: Ages 5 - 80 2:00 PM – 5:00 PM
Place: Wang's Martial Arts
5311 FM 1960 Road E. #J
Humble, TX 77346
(281) 548-1638, (281) 682-3387
Entry Fee: \$45.00 up to two events
\$5.00 additional event
\$5.00 goes to scholarship fund



Listed below are the divisions; in each, a first, second, and third place trophies will be awarded.

Encouragement awards are given for everyone who does not place.

***** FORMS*****

Ages 5-8 Beg./ Int./ Adv.
Ages 9-14 Beg./ Int./ Adv.
Ages 15-17 Beg./ Int./ Adv.
Ages 18-80 Beg./ Int./ Brown/ Black.
TAI CHI Beg./ Int./ Adv.

*****WEAPONS*****

Ages 5-14 Beg./ Int./ Adv.
Ages 15-17 Beg./ Int./ Adv.
Ages 18-80 Beg./ Int./ Adv.

*****SPARRING*****

Ages 5-8 Beg./ Int./ Adv. (Boys & Girls)
Ages 9-14 Beg./ Int./ Adv. (Boys)
Ages 9-14 Beg./ Int./ Adv. (Girls)
Ages 15-17 Beg./ Int./ Adv. (Boys)
Ages 15-17 Beg./ Int./ Adv. (Girls)
Adult Men Beg./ Int./ Brown & Black.
Adult Women Beg./ Int./ Brown & Black

Registration form for INNER-SCHOOL TOURNAMENT

NAME: _____ DATE: _____

ADDRESS: _____

CITY: _____, STATE: _____ ZIP: _____

HOME PHONE: _____ WORK PHONE: _____

CELL PHONE: _____ e-mail address: _____

RANK: _____ AGE: _____ DATE OF BIRTH: _____

DIVISIONS: FORMS _____ SPARRING _____ WEAPONS _____ Amount Paid _____

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



Grape Seed Extract May Lower Blood Pressure

People who took grape seed extract in a recent study experienced reductions in systolic blood pressure, according to a study in the *British Journal of Nutrition*.

A research team led by the Center for Nutritional Research at the Illinois Institute of Technology in Chicago gave juice with either grape seed extract or a placebo to 36 middle-aged volunteers with prehypertension, or numbers between normal at 120/80 and outright hypertension starting at 140/90. Only 29 completed the entire protocol and were included in the study results.

After six weeks, people who took the extract-enhanced juice saw their systolic blood pressure—the top number that measures pressure while the heart beats—drop by a “significant” 5.6%. Those with the highest readings to begin with experienced the greatest declines.

In addition, consumption of grape seed extract tended to lower fasting insulin levels, a sign that the body is responding better to blood sugar.

According to the American Heart Association, approximately 80 million Americans—roughly a third of the adult population—has high blood pressure, with only half of them controlling it successfully.

2016 - Traffic violations fines.

2016年新规定

罚单各种涨价

Not carrying driver's license: \$214

忘记带驾照，罚款:\$214 (原来\$35)

After 10 days without a change of address to notify DMV: \$214

变更地址超过10天通知DMV罚款:\$214 (原来没有罚款)

Driving without insurance cause an accident: \$ 796 and license suspended for 4 years

出车祸没有保险，罚款:\$796,并吊销驾照4年

Beyond the red lights: \$ 533

红灯不停，右转弯红灯不停罚金一样,:\$533 (原来是这个价格的一半不到)

Crossing two gold stripes (double solid lane): \$ 425

穿越双黄线:\$425

Turn and U-Turn in place or middle of road: \$ 284

违规转弯或掉头:\$284 (不知道这个数字是怎么来的。)

The speed (from 1-15 miles): \$224

超速1-15英里，罚金:\$224，通常来说超10迈才会给罚单

The speed (from 16 to 25 miles):\$338

超速16-25英里，罚金:\$338

Driving too slow: \$328

开太慢:\$328

Do not full stop at Stop Sign: \$ 284

Stop Sign没有完全停住:\$284

Passing through the bus when the lights are flashing: \$ 675

穿越闪灯的校车:\$675 (这个好像应该)

Holding and using the phone handset while driving (1st time): \$160

开车打电话第一次要:\$160，电话在手裡也要罚！

Parking place for buses: \$ 976

停在大巴位置罚金:\$976

Do not turn on the head light when it is coming up (30 minutes):\$382

开汽车大探照灯超30分钟:\$382

Cover car door: \$178

遮盖车门:\$178

Failing to wear seat belt: \$160

未系安全带:\$160

Children not wearing seat belts or in accordance with: \$ 436

小孩没有繫安全带或者没有儿童座椅:\$436

Wear your hearing in both ears covered: \$ 178

开车两耳戴耳机:\$178

Car pool violation

汽车共乘违规\$401

Wang's Martial Arts

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

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

e-mail: wang3888@embarqmail.com

Web site: www.WangsMartialArts.com

Schedule:

7/04/16 - No class due to Independence Day.

7/18/16 - Basic Bo class starting.

7/09/16 - July Birthday party.

7/15/16 - Demonstation at Octavia Fields Branch Library 2:30 pm

7/16/16 - Kung Fu Rank test.

7/18/16 - Kung Fu Rank test.

7/23/16 - Legends Of Kung Fu Tournament at Dallas, TX.



Overweight Teens Have Trouble Controlling Diabetes - by EngergyTimes

MAY 2012—It's bad enough that a third of US adolescents weigh more than they should. Now we learn that type 2 diabetes is much more difficult to control among overweight teenagers than it is among heavy adults.

A multi-institutional study team followed 669 youngsters between the ages of 10 to 17 for about four years. All were overweight or obese and had been recently diagnosed with type 2 diabetes, the kind associated with excess weight. Their glucose levels were stabilized with metformin, a standard diabetes drug, after which the participants were split into three groups. All the groups continued on metformin; one added diet and exercise counseling, and another took metformin along with a drug called Avandia.

By the end of the study, half of the teens who took metformin only had to start taking insulin to control their glucose levels. Those in the other groups did somewhat better, but not by much.

The study, funded by the National Institutes of Health with medications donated by drug manufacturers, has been published in the *New England Journal of Medicine*.

"It's frightening how severe this metabolic disease is in children," David Nathan, MD, director of diabetes research at Massachusetts General Hospital and one of the study authors, told the *New York Times*. "It's really got a hold on them, and it's hard to turn around."

Type 2 diabetes used to be labeled "adult onset" because it would generally first appear in midlife. In this type, the pancreas still produces insulin but the body's cells resist its effects. Type 1 diabetes, the "juvenile" variety, is an autoimmune disorder in which the immune system attacks the cells that secrete insulin; patients usually need to go on insulin therapy early in life.



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



\$12.00

Cancer & Sugar - Strategy for Selective Starvation of Cancer

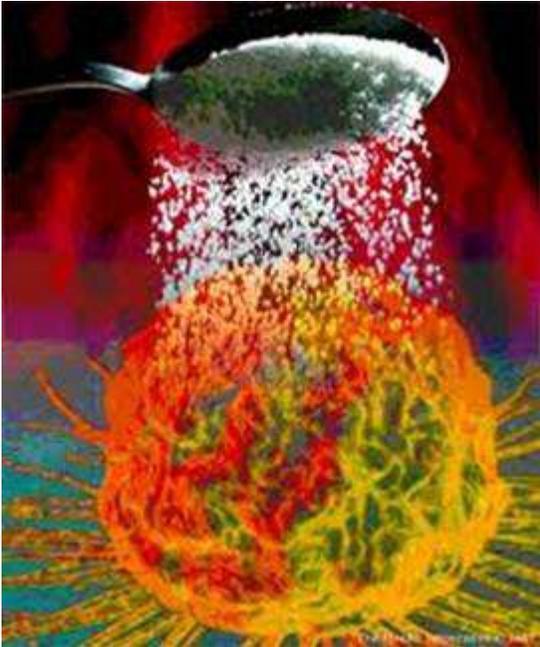
Posted on:

Wednesday, February 27th 2013 at 5:00 am

Written By:

[Dr. Mark Sircus](#)

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According to researchers at the University of California, San Francisco, **sugar** poses a health risk—contributing to around [35 million deaths globally each year](#). So high is [sugar's toxicity](#) that it should now be considered a potentially toxic substance like alcohol and tobacco. Its link with the onset of diabetes is such that punitive regulations, such as a tax on all foods and drinks that contain "added" sugar, are now warranted, the researchers concluded. They also recommend banning sales in or near schools, as well as placing age limits on the sale of such products.

Sugar's harmful effects do not stop at diabetes, metabolic syndrome, hyper- and hypoglycemia, GERD and heart disease. [Sugar and cancer](#) are locked in a death grip, yet oncologists often fail to do what's necessary to stop their patients from feeding their cancers with sweets.

Whereas many within the mainstream medical community insist on promoting the belief that the link between certain types of food with an increased risk of cancer is "weak" or only "nominally significant." They believe that research "linking foodstuffs to cancer reveals no valid medical patterns." We also find such superficial attitudes promoted in the medical press—all of which lack any kind of medical depth.

An increasing number of medical scientists and many alternative practitioners know that the most logical, effective, safe, necessary and inexpensive way to treat cancer is to cut off the supply of food to tumors and cancer cells, [starving them with a lack of glucose](#). The therapeutic strategy for selective starvation of tumors by dietary modification ([ketogenic diet](#)) is one of the principle forms of therapy that is necessary for cancer patients to win their war on cancer.

[Researchers](#) at Huntsman Cancer Institute in Utah were one of the first to discover that sugar "feeds" tumors. The research published in the journal *Proceedings of the National Academy of Sciences* said, "It's been known since 1923 that tumor cells use a lot more glucose than normal cells. Our research helps show how this process takes place, and how it might be stopped to control tumor growth," says Don Ayer, Ph.D., a professor in the Department of Oncological Sciences at the University of Utah.

[Dr. Thomas Graeber](#), a professor of molecular and medical pharmacology, has investigated how the metabolism of glucose affects the biochemical signals present in cancer cells. In research published June 26, 2012 in the journal *Molecular Systems Biology*, Graeber and his colleagues demonstrate that **glucose starvation—that is, depriving cancer cells of glucose—activates a metabolic and signaling amplification loop that leads to cancer cell death** as a result of the toxic accumulation of reactive oxygen species (ROS).[1]

Refined sugars are strongly linked to cancer, not only as a cause of it but also as something that feeds the cancer cells once a person has the disease—Nothing could be more important to consider in the attempt to improve the outcome of cancer treatments. The kinds of sugar so prevalent in today's standard American diet lead to cancer directly by causing inflammation throughout the body but in some places more than others depending on the individual and their constitution. Listen to this [video](#) and hear how simple this all really is. Once cancer cells are established in the body, they depend on steady glucose availability in the blood for their energy; they are not able to metabolize significant amounts of fatty acids or ketone bodies,[2]. so they need sugar.

Suppress/ Delay/ Slow/ Kill Cancer

Carbohydrates of one of the three macronutrients—the other two being fats and protein. There are simple carbohydrates and complex carbohydrates. Simple carbohydrates include sugars found naturally in foods such as fruits and fruit juices, sodas, some vegetables, white bread, white rice, pasta, milk and milk products, most snack foods, sweets, etc. But let us not forget the simple sugars added to foods during processing and refining that we may have no awareness of. It's the simple sugars that get most of the credit for causing the insulin response and glycation-associated inflammation that can lead to cancer.

Thus by reducing the amount of simple carbohydrates in the diet, the emergence of cancer can be suppressed or delayed, or the proliferation of already existing tumor cells can be slowed down, stopped and reversed by depriving the cancer cells of the food they need for survival.

Drs. Rainer Klement and Ulrike Kammerer conducted a comprehensive review of the literature involving dietary carbohydrates and their direct and indirect effect on cancer cells, which was published in October 2011 in the journal *Nutrition and Metabolism*, concluding that cancers are so sensitive to the sugar supply that cutting that supply will suppress cancer.[3] **"Increased glucose flux and metabolism promotes several hallmarks of cancer such as excessive proliferation, anti-apoptotic signaling, cell cycle progression and angiogenesis."**

Also, eating white sugar (or white anything) causes **magnesium mineral deficiencies** because the magnesium has been removed in the processing, **making sugar a ripe target as a major cause of cancer because deficiencies in magnesium are not only pro-inflammatory but also pro-cancer.**

More Ways to Cause Cancer with Sugar

High fructose corn syrup (HFCS) causes cancer in a unique way because much of it is contaminated with mercury due to the complex way it is made. High fructose corn syrup causes selenium deficiencies because the mercury in it binds with selenium, driving selenium levels downward. Selenium is crucial for glutathione production and its deficiency in soils tracks mathematically with cancer rates. Selenium and mercury are also eternal lovers having a strong affinity to bond with each other.

Already touched on briefly, excess sugar spikes insulin levels and insulin's eventual depletion. High insulin and **insulin-like growth factor (IGF-1)** are needed for the control of blood sugar levels that result from chronic ingestion of high-carbohydrate meals (like the typical American diet, that is full of grains and sugars). **Increased insulin levels are pro-inflammatory and pro-cancer** and can directly promote tumor cell proliferation via the insulin/ IGF-1 signaling pathway.

Dr. Christine Horner has a lot to say to women about insulin and breast cancer: When it comes to breast cancer, insulin is no friend. One of the biggest reasons is due to the fact that both normal breast cells and cancer cells have insulin receptors on them. **When insulin attaches to its receptor, it has the same effect as when estrogen attaches to its receptor: it causes cells to start dividing.** The higher your insulin levels are, the faster your breast cells will divide; the faster they divide, the higher your risk of breast cancer is and the faster any existing cancer cells will grow.

There's also another detriment that **high insulin levels** can inflict. It makes more estrogen available to attach to the estrogen receptors in breast tissue. Insulin regulates how much of the estrogen in your blood is available to attach to estrogen receptors in your breast tissue. When

estrogen travels in the blood, it either travels alone seeking an estrogen receptor, or it travels with a partner, a protein binder, that prevents it from attaching to an estrogen receptor. Insulin regulates the number of protein binders in the blood. So, the higher your insulin levels are, the fewer the number of protein binders there will be and therefore the more free estrogen that will be available to attach to estrogen receptors.

In other words, when your insulin levels are up, free-estrogen levels are up, and both of them speed up cell division. That's why high insulin levels increase your risk of breast cancer so much. Eating sugar increases your risk of breast cancer in another way. **It delivers a major blow to your immune system with the force of a prizefighter.**

Dr. Horner talks about a study conducted by Harvard Medical School (2004) that found that women who, as teenagers, ate high-glycemic foods that increased their blood glucose levels had a higher incidence of breast cancer later in life. "So, encouraging your teenage daughter to cut back on sugar will help her to lower her risk of breast cancer for the rest of her life," she said.

Sugar, Inflammation, Angiogenesis & Cancer

Sugars and the inflammation and acidic environments they create are important constituents of the local environment of tumors. In most types of cancer inflammatory conditions are present before malignancy changes occur. "Smoldering inflammation in tumor microenvironments has many tumor-promoting effects. Inflammation aids in the proliferation and survival of malignant cells, [promotes angiogenesis and metastasis](#), subverts adaptive immune responses, and alters responses to hormones and chemotherapeutic agents." [4]

The entire subject of inflammation, angiogenesis, sugar and cancer is crucial to understanding the links between cancer and the foods we eat. When we begin to zero in on inflammation and the acid conditions caused by excessive consumption of simple sugars, including fructose and high-fructose corn syrup, we begin to see more clearly how food and cancer are intimately connected.

In July 2012 a leading U.S. cancer lobby group urged the surgeon general to conduct a sweeping study of the impact of sugar-sweetened beverages on consumer health, saying such drinks play [a major role in the nation's obesity crisis](#) and require a U.S. action plan. In a letter to U.S. Health Secretary Kathleen Sebelius, the American Cancer Society's advocacy affiliate called for a comprehensive review along the lines of the U.S. top doctor's landmark report on the [dangers of smoking](#) in 1964.

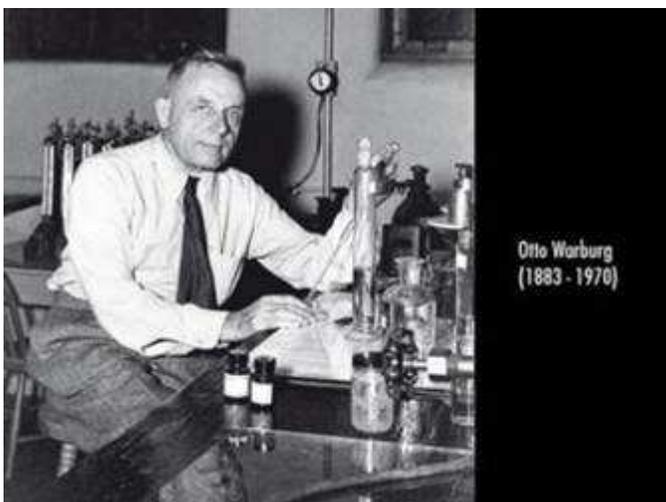
The ruckus is about the growing connection between high sugar intake, mineral depletion, dehydration, diabetes, heart disease and cancer. Sugar causes cancer because the tendency of high-carbohydrate consumers tends toward dehydration, which is pro-inflammatory and thus pro-cancer. [5]

Pancreatic cancer cells use the sugar fructose to help tumors grow more quickly.[6] Tumor cells fed both glucose and fructose used the two sugars in two different ways, a team at the University of California Los Angeles found. Their findings, published in the journal *Cancer Research*, helps explain other studies that have linked fructose intake with pancreatic cancer, one of the deadliest cancer types. Researchers concluded that **anyone wishing to curb their cancer risk should start by reducing the amount of sugar they eat.**

This is the first time a link has been shown between fructose and cancer proliferation. "In this study we show that cancers can use fructose just as readily as glucose to fuel their growth," said [Dr. Anthony Heaney](#) of UCLA's Jonsson Cancer Center, the study's lead author. "The modern diet contains a lot of refined sugar including fructose and it's a hidden danger implicated in a lot of modern diseases, such as obesity, diabetes and fatty liver." While this study was done on pancreatic cancer, these findings may not be unique to that cancer type, Heaney said. "These findings show that cancer cells can readily metabolize fructose to increase proliferation."

It has been known for decades that cancer cells thrive on glucose. Moreover, foods that cause a sharp rise in blood glucose (i.e. foods with a [high-glycemic index](#) ranking) trigger the secretion of insulin and insulin growth factor (IGF-1), two hormones that also promote cancer growth.

[Researchers](#) using rats have found that a low-carbohydrate high-protein diet reduces blood glucose, insulin, and glycolysis, slows tumor growth, reduces tumor incidence, and works additively with existing therapies without weight loss or kidney failure.[7] Such a diet, therefore, has the **potential of being both a novel cancer prophylactic and treatment.**



Dr. Otto Warburg's 1924 paper, "On metabolism of tumors," stated, "Summarized in a few words, **the prime cause of cancer is the replacement of the respiration of oxygen in normal body cells by a fermentation of sugar.**" If you've ever made wine, you'll know that fermentation requires sugar. The metabolism of cancer is approximately eight times greater than

the metabolism of normal cells. Doctors have known for a long time that cancer metabolizes much differently than normal cells. Normal cells need oxygen. Cancer cells disregard oxygen when adequate glucose is present.

Warburg's hypothesis was of course that cancer growth was caused when cancer cells converted glucose into energy without using oxygen. Healthy cells make energy by converting pyruvate and oxygen. The pyruvate is oxidized within a healthy cell's mitochondria, and Warburg theorized that since cancer cells don't oxidize pyruvate, cancer must be considered a mitochondrial dysfunction.

Most, if not all, tumor cells have a high demand on glucose compared to benign cells of the same tissue and conduct glycolysis even in the presence of oxygen (the Warburg effect). In addition, many cancer cells express insulin receptors (IRs) and show hyperactivation of the IGF1R-IR (IGF-1 receptor/ insulin receptor) pathway. Evidence exists that chronically elevated blood glucose, insulin and IGF-1 levels facilitate tumor genesis and worsen the outcome in cancer patients.

Treating diabetic patients, A. Braunstein observed in 1921 that in those who developed cancer, glucose secretion in the urine disappeared. One year later, R. Bierich described the remarkable accumulation of lactate in the micromilieu of tumor tissues and demonstrated lactate to be essential for invasion of melanoma cells into the surrounding tissue. One year after that Warburg began his experiments that eventually ended for him with a Nobel Prize.

Sugar turns the body into a suitable breeding ground for viruses, bacteria, fungi and cancer by devastating the immune system.



Knowing that one's cancer needs sugar, does it make sense to feed it sugar? Does it make sense to have a high-carbohydrate diet?

Of the four million cancer patients being treated in America today, hardly any are offered any scientifically guided nutrition therapy beyond being told to "just eat good foods." Oncologists have no shame about this, insisting that diet has little to do with cancer.

Cancer patients should not be feeding their cancers like they would feed cotton candy to their grandchildren. As long as this cancer cell can get a regular supply of sugar—or glucose—it lives and thrives longer than it should. Now imagine oncologists getting enlightened and they start to advise their patients to starve the cancer instead of bombing it to smithereens with chemotherapy and radiation treatments all the while feeding the cancer with sugar!

Resources

- [1] Nicholas A Graham, Martik Tahmasian, Bitika Kohli, Evangelia Komisopoulou, Maggie Zhu, Igor Vivanco, Michael A Teitell, Hong Wu, Antoni Ribas, Roger S Lo, Ingo K Mellinshoff, Paul S Mischel, Thomas G Graeber. **Glucose deprivation activates a metabolic and signaling amplification loop leading to cell death.** *Molecular Systems Biology*, 2012; 8 DOI: 10.1038/msb.2012.20
- [2] Ketone bodies, also called acetone bodies or simply ketones, are any of three compounds produced when the liver metabolizes fatty acids. The three types of ketone bodies—acetoacetic acid, beta-hydroxybutyric acid, and acetone—are released into the bloodstream after metabolism occurs. Acetoacetic acid and beta-hydroxybutyric acid are used for fuel by the brain and muscles, but the body can't break down acetone and therefore excretes it in the urine. Excess acetone or ketone bodies in the blood and urine can be a sign of a serious metabolic disease, and doctors often use the measurement of ketone bodies as a tool in the diagnosis of such diseases.
- In healthy individuals, the body uses mostly carbohydrate metabolism to fuel its cells. If sufficient carbohydrates are not available, such as during starvation, the body begins metabolizing fats into ketone bodies to provide the necessary fuel. High levels of ketones in the urine, a condition called ketonuria, indicates that the body is using mostly fat for its energy.
- A condition that will produce dangerously high levels of ketone bodies is Type I diabetes. Individuals with diabetes mellitus are unable to efficiently metabolize glucose, due to insufficient insulin production or insulin resistance. Their bodies will begin metabolizing fats and proteins to make up for the lack of available glucose for energy. Without treatment, extremely high levels of ketones in the blood and urine can lower the blood's pH and cause a condition called ketoacidosis. It occurs most often in people with uncontrolled diabetes mellitus and is exacerbated when high blood glucose levels, caused by lack of available insulin, further acidify the blood. Ketoacidosis can lead to ketoacidic coma or death.
- [3] Is there a role for carbohydrate restriction in the treatment and prevention of cancer? Rainer J Klement and Ulrike Kämmerer; *Nutr Metab (Lond)*. 2011; 8: 75; Published online

2011 October 26. doi: 10.1186/1743-7075-8-75

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3267662/?tool=pubmed>

- [4] Cancer-related inflammation; Mantovani A, Allavena P, Sica A, Balkwill F.; Nature. 2008 Jul 24;454(7203):436-44; <http://www.ncbi.nlm.nih.gov/pubmed/18650914>
- [5] <http://www.watercure.com/dehydrationandcancerlecturedvd.aspx>
- [6] <http://www.cancer.ucla.edu/index.aspx?recordid=385&page=644>
- [7] A Low Carbohydrate, High Protein Diet Slows Tumor Growth and Prevents Cancer Initiation; Victor W. Ho et al; Cancer Res July 1, 2011 71; 4484; <http://cancerres.aacrjournals.org/content/71/13/4484.full>

Dr. Mark Sircus, Ac., OMD, DM (P) (acupuncturist, doctor of oriental and pastoral medicine) is a prolific writer and author of some astounding medical and health-related books. His [books](#) are heavily referenced, and for many years Dr. Sircus has been researching into the human condition and into the causes of disease; he has distilled many of the divergent medical systems into a new form of medicine that he has coined [Natural Allopathic Medicine](#).

Disclaimer: This article is not intended to provide medical advice, diagnosis or treatment. Views expressed here do not necessarily reflect those of GreenMedInfo or its staff.



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

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

ABC Australia transcript excerpts, May 24, 2016:

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

ABC Australia, May 24, 2016: *Fukushima clean-up chief still hunting for 600 tonnes of melted radioactive fuel*... [TEPCO] has revealed that **600 tonnes of reactor fuel melted during the disaster**, and that the exact **location of the highly radioactive blobs remains a mystery**...

[C]hief of decommissioning at Fukushima, Naohiro Masuda, said the company hoped to... begin removing it from 2021... “But **unfortunately, we don’t know exactly where (the fuel) is**” [said Masuda]. [Gregory Jaczko, Chairman of the US NRC] at the time of the meltdowns at Fukushima **doubts the fuel can be retrieved**... “**Nobody really knows where the fuel is**... It may be possible that we’re never able to remove the fuel. You may just have to wind up leaving it there and somehow entomb it as it is.”... **For the first time, TEPCO has revealed just how much of the mostly uranium fuel melted down**... [Masuda said] “about 600 tonnes of melted debris fuel and a mixture of concrete and other metals are likely to be there.”

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

Related Posts

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

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

Spike in number of US sailors dying after Fukushima radiation exposure — Now over 400 veterans suffering serious illnesses — Former Japan Prime Minister breaks down crying, "This can't be ignored any longer... The number of sick people is increasing and their symptoms are worsening"

[Kyodo](#), May 19, 2016: Former Prime Minister Junichiro Koizumi has thrown his support behind a group of former U.S. sailors suing the operator of the Fukushima No. 1 nuclear plant... Speaking at a news conference Tuesday in Carlsbad, California, with some of the plaintiffs, Koizumi said, "Those who gave their all to assist Japan are now suffering from serious illness... **I learned that the number of sick people is still increasing, and their symptoms are worsening,**" he told the news conference... According to lawyers for the group, **seven of its members have died so far, including some from leukemia** [[Three deaths had been reported as of last July](#)].

[Asahi Shimbun](#), May 19, 2016: Former Prime Minister Junichiro Koizumi **broke down in tears** as he made an emotional plea of support for U.S. Navy sailors beset by health problems... **More than 400 veterans** who were part of a mission called Operation Tomodachi... filed a mass lawsuit in California against [TEPCO]. They are seeking compensation and an explanation for their **health problems**... Koizumi said: "U.S. military personnel who did their utmost in providing relief are **now suffering from serious illnesses. We cannot ignore the situation.**" Apparently overcome with emotion, **Koizumi started crying**... Theodore Holcomb [was] diagnosed with synovial sarcoma, a rare form of cancer. He died in 2014 at age 35. The **Department of Veterans Affairs later cut off a study** into the causal relationship between his exposure to radiation and his illness... Ron Wright, 26, worked on the deck [and] **developed a swelling of the testicles and underwent surgery four times**... A military doctor told him there was no relationship between his illness and exposure to radiation.



[CBS San Diego](#), May 18, 2016: *Sick sailors meet with Japan's former prime minister*... The USS Reagan sailed through a nuclear plume and crews had to spend hours decontaminating the vessel. Sailors now say they are suffering from radiation exposure. "Honestly, I just want to feel better," said Chad Holt, who served on the USS Ronald Reagan... "A lot of people, they can't physically see something wrong with you. They think there is nothing wrong with you. That is not the case what we are living with on a daily basis," said Daniel Hair, who is now retired from the Navy... "I realized **this is something that can't be skipped over, can't be ignored any longer. The three claims of being safe, cheap and clean were all lies,**" [Koizumi] said.

[NBC San Diego](#), May 18, 2016: Many of the sailors say doctors refused to connect their illnesses with the radiation exposure. “You have to experience it,” said William Zeller. “You have to experience the doctor telling you to your face. You have to experience the years of pain when everyone tells you ‘You know you’re fine.’”... **“I realize this is not something that can be just skipped over and can’t be ignored any longer,”** [Koizumi] said. “Everyone played a role in not shedding more light on this problem...” Koizumi said... The sailors’ attorney said they have won their case against Tokyo Electric Power Company twice, however the company has appealed the judge’s decisions. It is still unclear how exactly the sailors will be compensated...

[San Diego Union Tribune](#), May 17, 2016: **Koizumi [said] he believes the service members’ illnesses, reported to include leukemia and tumors, were caused by the 2011 exposure,** despite U.S. government findings to the contrary... Koizumi said the Japanese government and [TEPCO] should support the radiation-exposed U.S troops financially and “across the board.”

Related Posts

1. [Number of sick U.S. military first responders doubles — Around 250 victims of Fukushima radiation exposure contact attorney — Congress: Reports are ‘disconcerting’ \(VIDEO\)](#) January 28, 2014
2. [CBS San Francisco: Record number of sick seals & sea lions — Doctor: A lot with “large pockets of green and yellow puss all over their body” \(PHOTO & VIDEOS\)](#) April 20, 2014
3. [TV: Shocking number of cancers around leaking nuclear plant near NYC... Tens of thousands of cases recently reported... “More than anywhere else in US”... “Why is this story not being covered by everybody?” — Teacher: “I can’t believe the number of teachers who have gotten cancer” \(VIDEOS\)](#) March 2, 2016
4. [ABC: ‘Mysterious surge’ in sick marine mammals all along California coast — Infested with parasites, extremely emaciated; “Very seriously ill... in very bad shape” — Experts: “We’re extremely concerned right now” — Deaths up 1,500% at rescue facility — ‘Number mystifies officials’ \(VIDEOS\)](#) January 13, 2015

[Emotional interview with Navy sailor suffering after Fukushima exposure: Others with same symptoms “told to be quiet... nobody’s heard from them” — Health is worsening, worried I’m going to die — Can’t really use legs or arms, hands ‘barely functional’ — Rashes all over body, spasms, shaking — Doctors tell us “it’s all psychological” \(AUDIO\)](#) July 15, 2014



LEGENDS OF KUNGFU

2016 WORLD CHIN WOO MARTIAL ARTS CHAMPIONSHIP
& CULTURAL FESTIVAL

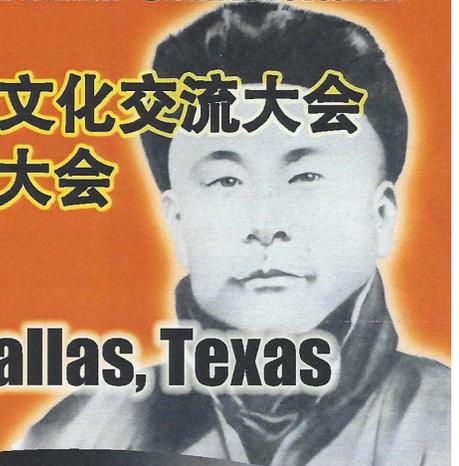
第十四届世界精武武术文化交流大会
世届武术名剑大会

July 22-24, 2016

DFW Hilton Lakes



Dallas, Texas



Greetings!

We would like to invite you to the 2016 Legends of Kung Fu World Martial Arts Championship! This year's event will be held in the DFW Hilton Lakes - Executive Conference Center in Dallas, TX.

Competitors from over 30 countries will participate in competitions for Kung Fu, Tai Chi, Modern Wushu, San Shou, Dragon/Lion Dance, and more! This year, we are introducing several new Grand Championship categories.

Participants are also invited to witness our famous Masters Demonstrations and attend seminars taught by Masters and Grandmasters from around the globe.

Sanctioned by the US Traditional Kung Fu Wushu Federation and in conjunction with the World Chin Woo Federation, the USA Chin Woo Federation is proud to present you with this fierce competition. We hope you enjoy this opportunity to meet old friends and make new ones.

See ya'll there!



Jimmy Wong
Tournament Chairman & Chief Organizer
President USA Chin Woo Federation

... GRAND CHAMPION EVENTS ...

- Chin Woo Northern Shaolin
- Chin Woo Eagle Claw
- Chin Woo 7 Star Praying Mantis
- Wing Chun
- Traditional Kungfu, Wushu & Tai Chi

... MARTIAL ARTS EVENTS ...

- Traditional Kung Fu & Tai Chi
- Wushu, Wing Chun
- External & Internal Forms
- Sparring & Push Hands
- Sanda & Chi Sao

... NEW CULTURAL EVENTS! ...

- Traditional Lion Dance
- Dragon Dance
- Painting
- Chinese Chess
- Chinese Calligraphy



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