

Wang's Martial Arts

92-B Wilson Rd.
Humble, TX 77338
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)

August & September 2014 Newsletter Summary

Kung Fu Rank Test

Date: 9-14 yrs: 9-25-2014, Thursday, 6-8:30 pm
5-8 yrs: 9-27-2014, Saturday, 1:30-3:30 pm
15 yrs +: 9-27-2014, Saturday, 3:30-5:30 pm
Must register on or before 9-23-2014.
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."

Tai Chi Rank Test

Date: 11-22-2014 (Sat.)
Time: 12 noon – 2:00 pm

Black Belt club & Accelerated program rank test:

Date: 11-1-2014 (Saturday)
Time: 2 - 4:30 pm

Basic Sabor class - Date: 9/12, 9/19, 9/26 (Friday), Time: 8 - 9 pm,
Cost: \$39.00 / \$19.50 for Review
Nunchaku Class - Date: 9/5/14 (Friday), Time: 7 - 8:30 pm, Cost: \$19.00
Advance Bo Class - Date: 8/8, 8/15, 8/22, 8/29, (Friday), Time: 8 - 9 pm,
Cost: \$ \$59.00 / \$29.50 for Review.
Basic Bo Class - Date: 10/10, 10/17, 10/24 (Friday), Time: 8 - 9 pm,
Cost: \$39.00 / \$19.50 for Review

Brown and Black rank test

October 14, 2014 (Tue.) 6 – 8 pm
October 16, 2014 (Thur.) 6 – 8 pm
October 18, 2014 (Sat.) 9 am – 3 pm

Kung Fu Test results - 8/23/14.

Cruz Flores - Yellow
Aiden Trayal - Green
Ruby Abbott - Green/stripe
Dennis Cruz - Brown

Tai Chi Test results - 8/9/14.
Dung Nguyen - Red
Margaret Swavely - Brown



Rank Test picture - June 21, 2014.

There is no class on September 1, 2014 (Monday) due to Labor Day.
To celebrate Labor Day, Buy American Made.

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
**Total - \$2568.98 - \$300 - \$300 =
\$1968.98**

**\$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

Red, Brown and Black Belt Class

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

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

New Student:

Magdalan Arce, Reagan Tunson,
John Bell, Elizabeth cKnight,
Emma Ferguson, Ian Ferguson,
Josue Rodriguez, Alondra Rodriguez,
Glenn Lyon, Alex Lyon,
Malik Khimani, Julianna Uzeta,
Javier Uzeta, Christopher McCarty,

Welcome!

Black Belt Club & Accelerated Program

Tournament Competition Class:

Date: 9-19-14 (Friday)
Time: 8:00 – 9:00 pm

Nunchaku Class:

Date: 9/5/2014 (Friday)
Time: 7:00 – 8:30 pm

Conditioning & Reaction Drill Class:

Age 5 –14 years old
Date: 9/11/2014 (Thursday)
Time: 8:00 – 9:00 pm

Age 15 – 98 years old
Date: 9/04/2014 (Thursday)
9/11/2014 (Thursday)
9/18/2014 (Thursday)
9/25/2014 (Thursday)

Time: 8:00 – 9:00 pm

Tournament Point:

David Ah-Bel Lara 42
Madeline Briles 30
Chantel Moody 21

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



September Birthday

| | |
|--------------------------|------|
| Brenis Johnson | 9/02 |
| Cheeleng Slack | 9/15 |
| Joshua Moricca | 9/21 |
| Nigel Singh | 9/24 |
| Tim Cevirgen | 9/07 |
| Victor Makris | 9/20 |
| Robin Whitehead | 9-11 |
| Kevin Papa | 9-18 |
| Julian Rosas | 9-25 |
| Steve Alonso | 9-07 |
| Roberto Alvarado | 9-14 |
| Valerie Roll | 9-22 |
| Joseph Alonso | 9-03 |
| Jeannette Osterman-Adams | 9-21 |
| Marvin Henderso, III | 9-23 |
| Andrew Nicholls | 9-18 |
| Nathan Johnson | 9-19 |
| Mike Valladares | 9-22 |
| Cleveland Glenn | 9-25 |
| Kendall People | 9-26 |
| Josue Rodriguez | 9-26 |
| Alondra Rodriguez | 9-26 |
| Robert Widerstrom | 9-5 |

Happy Birthday

Report card point:

| | |
|--------------------|------|
| Jarrett Almond | 8.25 |
| Alfred Kai Marayag | 6.75 |
| Jameson Ezzell | 5.25 |
| Libeth Nunez | 4.50 |
| Luis Nunez | 2.25 |
| Kendell People | 2.25 |
| Mark Lmones | 1.50 |
| Joseph Alonso | 0.75 |
| Luis Limones | 0.75 |
| Julian Rosas | 0.75 |

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.



* 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.

Family Special

Kung Fu or Tai Chi

| | 1st member | 2nd member | 3rd member | 4th member | 5th member or more |
|-------------------------|-----------------|-----------------|----------------|----------------|--------------------|
| Tuition/month | \$129.00 | \$116.00 | \$64.50 | \$64.50 | 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: August 1, 2014

| <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./Thur. 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./Thur. Mon./Fri. Mon./Tue./Wed./Thur./Fri. Saturday | 5:00 - 6:00 PM 7:00 - 8:00 PM 5:00 - 6:00 PM (Parents in Tai Chi class) 6:00 - 7:00 PM 10:00 - 11:00 AM |
| <u>TAI CHI CHUAN</u> | | | |
| All ages | | Tue. Sat. Mon./Wed./Fri. Wed. Tue./Thur. | 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



Kung Fu Rank Test Results - 7/26/14

Age 15 +

- Lauren White - Yellow
- James Davison - Yellow
- Cleotis Washington - Yellow/stripe
- Jeannette Adams - Orange
- Therese Harris - Orange/stripe
- Laura Dore - Green
- Adrian Zaldivar - Green
- Ruby Abbott - Green
- Chantel Moore - Purple/stripe
- Dennis Cruz - Red/stripe
- Charles Cates - Red/stripe

Congratulations!



Age 9 - 14 years old

- Anthony Murcia - Yellow
- Jordan Godfrey - Yellow
- Reagan Tunson - Yellow
- Gaston Nyemb - Yellow
- Francisco Zelaya - Green/stripe
- Madeline Briles - Blue/stripe
- Brandon Sarton - Blue/stripe



Age 5 - 8 years old

- Brayan Anayan - Yellow
- Jonathan Ajucum - Yellow
- Aiden Setia - Yellow
- Tristan Ruiz - Yellow
- Davon Williams - Yellow
- Hunter Figueroa - Yellow
- Brandon Figueroa - Yellow
- Jameson Ezzell - Yellow/stripe
- Dominic Venegas - Yellow/stripe
- Jarrettb Almond - Orange
- Alfred Kai Marayag - Orange/stripe
- Nathan Johnson - Green
- Noe Zevala - Green/stripe
- Santiago Guerrera - Purple
- Nick Limones - Blue
- Ethen Fu - Red
- Joseph Alonso - Red



Wang's Martial Arts 13th Annual Lunar New Year & World Peace Martial Arts Festival

Presented by
Victor Cheng Scholarship Fund, Rotary club of Humble Intercontinental,
Wang's Martial Arts,
Wu Martial Arts Scholarship, World Kung Fu News



March 14, 2015 (Saturday)
Humble Civic Center
8233 Will Clayton Parkway
Humble, TX 77338

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

Supporting Sponsors:

American Society of Karate, Hebei Chinese Martial Arts Institute, Wu Martial Arts Association, USA Chen Tai Chi federetion, Shaolin Kung Fu Academy, Jimmy Wong, George Hu, John S. Wang, Paul Chu, Raymond Montoya, Gary Jones, Willie Glass, Jack Santos, Russell Haws, Tye Botting, Abel Martinez, John Paulson, Esmerald Sanchez, David Barnes, Shawna Pietrangelo, Daniel Thibodeaux, Richard Strickland, Allen DeWoody, James Moricca, Marilyn Kidd, Willie Dotson, Danny Romine, Ed Green, Steve Alonso, David Neighbors, Susan Fischman, Marvin Henderson, Richard Dunsmore, Robert Kerr, Rafael Gonzales, Chuck Chretien, Darren Bush, Douglas Jasper, Padraic Gilbert, Nigel Singh, Sue Diaz, Jesse Diaz.

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Wang's Martial Arts 13th Lunar New Year World Peace Martial Arts Festival Schedule

Date: March 14, 2015 (Saturday)

Place: Humble Civic Center

Spectator Ticket: \$10 - (age 15 years old plus), \$5 - (age 5 to 14 years old), Free for 4 years old under.

10:00 am - 5 pm, World Peace Martial Arts Festival:

Martial Arts group demonstration . (*)

Lion Dance performance. (*)

Costume competition (individual or group).

Traditional Dance performance. (*)

Oriental Fashion Show competition . (individual or group).

Kicking contest. (*)

Games and activities -

Bow and arrow, throwing star, blow darts, Moon walks, Board Breaking, more.

Culture events - calligraphy, Brush painting, Traditional arts etc.

More details will follow.

6:00 pm - 1. Reception & Dinner (Dinner ticket - see next page.)

7:00 pm - 2. Evening program begin -

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

3. Lion Dance by Lee's Golden Dragon.

Singing of National Anthem US (by 2014 Miss Houston Isis Small) & Chinese (by Rose Sisiters).

4. Welcome to the 13th Annual Chinese New Year and Award Banquet (MC: Victor Makris)

**A Memorial Tribute to the Life and Achievements of
Grandmaster Victor Cheng & others, Black Belts, Instructors.**

(Narrated by _____).

5. Fashion Show, Pass out red envelopes

6. Traditional Dance

Guest Speaker - Grandmaster Bill "Superfoot" Wallace

7. Tournament Points

8. Report Card Points

9. Special Thanks to those who made this event possible.

(5 minutes intermission).

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

11. Martial Arts group demonstration performs. Kicking contest champion.

12. Singing by "Four Rose Sisters" (Chantel Moody, Liliana Campa, Valerie Campa, Melanie Campa).

13. World Peace Martial Arts - Hall of Fame.

Introduce 2014 HOF, Induct HOF for 2015.

14. Prize Drawing (must present to win).

Conclude.

Wang's Martial Arts

13th Annual Lunar New Year & World Peace Martial Arts Festival Dinner

Date: March 14, 2015 (Saturday)

Festival ticket: 10 am - 5 pm, Admission \$10 (age 15 years old & plus), \$5 (5 to 14 years old), Free (4 years old & under)

Dinner

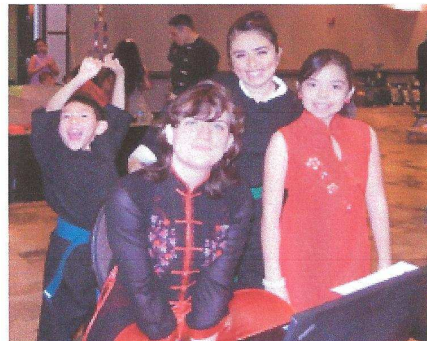
Time: 6:00 pm - 7:00 pm (Reception & Dinner)

7:00 pm (New Year program begin)

Place: Humble Civic Center
8233 Will Clayton Pkwy
Humble, TX 77338

Cost:

| Age | Section I | Section II | Section III |
|-------------------|-------------------|------------------|------------------|
| 4 years old under | \$20.00 | \$15.00 | \$10.00 |
| 5 - 14 years old | \$40.00 | \$35.00 | \$25.00 |
| 15 years old plus | \$55.00 | \$45.00 | \$35.00 |
| A Table | \$500 (10 people) | \$350 (8 people) | \$250 (8 people) |



For more information:

Wang's Martial Arts
92-B Wilson Road
Humble, TX 77338 (281) 682-3387, (281) 548-1638

Registration Form for Lunar New Year dinner event

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

\$50 deposit will reserve a table. Balance due on or before 12/31/14.
Your name will be entered for i-pad drawing.

Act fast to get best spot.



| |
|---------------|
| Stage Area |
| Section I |
| Section II |
| Section III |

Mission Statement:

Martial Arts training for health, fitness, self defense, discipline, concentration, focus, respect, character and building proper attitude.

Showcase Traditional cultural ideas to promote harmony and peace among people worldwide.

To increase vegetarianism in order to reduce cruelty to animals, improve human health, protect the environment and preserve world food resources by encouraging plant-based choices through education, information.

For the benefit of everyone's health, eat vegetables, fruits, grains and be kind to all animals. World Peace is possible and can be achieved.



ASK group picture. Master Bill Gray & Grandmaster Bill "Superfoot" Wallace (center).

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>

To celebrate July 4th, 2014,

Independence Day.

Buy American Made.





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Advance Bo



Date: August 08, 2014 (Friday)
August 15, 2014 (Friday)
August 22, 2014 (Friday)
August 29, 2014 (Friday)

Time : 8:00 - 9:00 PM

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

Pre-requisite: Took Basic Bo before.
Adults (15 years old and up) –
Red belt and up.

Jr. students (5–14 years old)- Brown belt and above.

Fee : \$59.00
\$29.50 for review class

REGISTRATION FORM

NAME: _____ DATE: _____

STREET: _____

CITY: _____ STATE: _____ ZIP: _____

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

Phone (cell): _____

e-mail: _____

Amount Paid _____ .

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

Nunchaku Class



Date: September 5 2014 (Friday)

Time : 7:00 - 8:30 PM

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

Fee : \$19.00
Free for Brown, Black, Jr. Black
& Accelerated program.

Age 15 to 80 year old - any rank.
Age 9 - 14 years old - Yellow belt above
Age 5 - 8 years old - Green belt above

Need bring your own nunchaku or purchase a foam
nunchaku for \$7.95 - \$14.00

REGISTRATION FORM

NAME: _____ DATE: _____

STREET: _____

CITY: _____ STATE: _____ ZIP: _____

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

Phone (Cell): _____

e-mail: _____

Amount paid _____ .

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Web site www.WangsMartialArts.com

Basic Sabre Class

Date : Sept. 12, 2014 (Fri.)
Sept. 19, 2014 (Fri.)
Sept. 26, 2014 (Fri.)

Time : 8:00 – 9:00 PM

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

Fee : \$39.00 / \$19.50 for Review

Pre-requisite: 15 years old and above, yellow belt +
5 -14 years old, green belt above.



REGISTRATION FORM

NAME: _____ DATE: _____

STREET: _____

CITY: _____ STATE: _____ ZIP: _____

e-mail: _____

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

Cell phone: _____ Amount Paid _____

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

INNER SCHOOL TOURNAMENT

Date: 11-8-2014 (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 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 _____

Inner-school tournament result - 8/2/14

Kung Fu FORM

Ages 5-8 Beg. - 1st. Alfred Marayag.
Adv. - 1st. Joseph Alonso.

Ages 9-14 Int. - 1st. Ayden Sowers 2nd. Madeline Briles.
Adv. - 1st. Kevin Papa, 2nd. Conner Roll Bush, 3rd. Brandon Roll Bush.

Ages 15-80 Beg. - 1st. Adrian Zaldivar, 2nd. Cleotis Washington.
Adv. - 1st. Dennis Cruiz , 2nd. Tennis Oliphant, 3rd. Susan Fischman
Black Belt - Padraic Gilbert, 2nd. Elmer Whitehead, 3rd. Darren Bush, 3rd. Allen DeWoody

Kung Fu/Tai Chi WEAPON

Ages 5 - 14 Int. - 1st. Madeline Briles , 2nd. Kevin Papa, 3rd. Brandon Roll Bush

Ages 15-80 Tai Chi - 1st. Susan Fischman 2nd. Paul Greenwood.
Kung Fu, Adv. - 1st. Darren Bush, 2nd. Elmer Whitehead, 3rd. Allen DeWoody, 3rd. Dennis Cruz.

Tai Chi FORM - Adv. 1st. Susan Fishman, 2nd. Paul Greenwood.

SPARRING

Ages 5-8 Int. - 1st. Alfred Marayag 2nd. Madeline Briles , 3rd. Joseph Alonso

Ages 9-14 Adv. - 1st. Conner Roll Bush , 2nd. Brandon Roll Bush, 3rd. Kevin Papa.

Ages 15-80 Beg. - 1st. Cleotis Washington , 2nd. Adrian Zaldivar.
Brown/Black - 1st. Darren Bush 2nd. Dennis Cruz, 3rd. Tennis Oliphant, 3rd. Padraic Gilbert





Student Science Experiment: Plants Won't Grow near Wi-Fi

Elaborate Summary

by

March 20th, 2014

Updated 03/20/2014 at 12:32 am

26

Over 60 percent of US households have WiFi, with little thought being given to the effects of the radiation it produces. Most of us never shut off our wireless routers, letting them run 24 hours a day so we can conveniently connect whenever the need arises. But there is some interesting evidence that all this radiation is harming us.

Some 34 studies have linked WiFi exposure to things like abnormal heart rates, headaches, infertility, oxidative stress, and even increased cancer risk. Recently, a group of students in Denmark set out to determine just how WiFi would affect life in general, by attempting to grow seedlings near such common radiation.

The students initially wanted to test cellphone radiation effects on humans since they had noticed they lacked focus on days after sleeping near their cellphones. But their school, Hjallerup School, didn't have the resources for such an experiment. Instead, they opted to test the growth of plants when near Wifi.

Six trays filled with *Lepidium sativum* (a garden cress) were placed in a room with two routers. Another six trays were placed in a room where there was no cellular radiation. Even before their 12-day study period was over, the results were astounding. The radiation produced by two routers is similar to that produced by ordinary cell phones, according to the girls' calculations.

Read: [Laptop Wifi Found to Damage Infertility](#)

The seedlings in the radiation room had either not grown or were completely dead. Those in the non-radiation room were thriving.

Not only did the students win top honors in a science competition, they earned the interest of scientists around the world. Their teacher reports a professor of neuroscience from the Karolinska Institute in Sweden is working to recreate their experience in a controlled scientific setting.

More than likely, your Wifi is having some effects on your health and wellbeing, whether you recognize it or not. You can limit your exposure by shutting off the router when it's not in use. One of the simplest ways of doing this is putting the device on a timer, so it shuts down in the evening hours. These timers are available at most home improvement stores for less than \$20.





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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Date: November 10, 2014 (Friday)
November 17, 2014 (Friday)
November 24, 2014 (Friday)

Time : 8:00 - 9:00 PM

Place : Wang's Martial Arts
92 – B Wilson Road
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(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.
(Minimum 6 people register.)

Fee : \$39.00
\$19.50 for review class

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