

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)

February 2016 Newsletter Summary



Chinese New Year and Award Banquet

On Saturday, January 30, 2016, Wang's Martial Arts held its 14th Annual Chinese New Year and Award Banquet at China Ko in Humble, Texas.

The buffet style vegetarian meal was prepared for the health of all guests, & kindness to animals.

After enjoying a delicious and filling meal, the MC for the evening, Mr. Victor Makris, warmly welcomed everyone to the festivities and honored the present black belts (Rafael Gonzalez, Allen DeWoody, Marvin Henderson, Daniel Thibodeaux, David Barnes, Abel Martinez, Ed Green, Mariyn Kidd, Richard Dunsmore, Robert Kerr, Russell Haws, Susan Fischman, Tye Botting, WuZhong Jia, Chris Rivers, Dakao Do, Darren Bush, Jeannette Adams, Padraic Gilbert, Polly Ferguson, Rita Botting, Andrew Nicholls, Christopher Castillo, Dennis Cruz, Doug Jasper, Julia Kerr, Paul Greenwood.) with trophy for their time and effort at the studio. Next, the awards for tournament and report card points were handed out with first place being a seven-foot trophy! There were numerous smiles and flashes of the camera.

The entertainment program started with fabulous Chinese Lion Dance with two lions and music team. There were many smiles and joyful children. Kung Fu demonstration by Wang's Martial Arts students followed by Victor Makris playing on guitar - very impressive! There was Chinese Fashion show, WMA students, family and friends showed off lovely silk like garments.

There are Chinese custom with red envelopes and many nice door prizes

Once again the banquet was a great success thanks to everyone at WMA, their family and friends.

Afterwards students attended a free ladies self defence class & other workshops to enjoy and burn calories.

Report card

| <u>Age</u> | <u>Place</u> | <u>Name</u> |
|------------------|----------------|--------------------|
| 5 - 8 years old | 1st | Jameson Ezzell |
| | 2nd | Joseph Alonso |
| | 2nd | Santiago Aquino |
| 9 - 14 years old | 1st | Emma Ferguson |
| | 1st | Conner Roll-Bush |
| | 2nd | Alfred Kai Marayag |
| | 3rd | Madeline Briles |
| | 4th | Brandon Roll-Bush |
| | 5th | Joseph Hellsten |
| | 5th | Deztaniz Hellsten |
| | 5th | Justyn Davis |
| 5th | Jordan Godfrey | |

Tournament

| <u>Age</u> | <u>Place</u> | <u>Name</u> |
|-------------------|--------------|-------------------|
| 5 - 8 years old | 1st | Jordyn Mayo |
| | | |
| 9 - 14 years old | 1st | Madeline Briles |
| | 2nd | Brandon Roll-Bush |
| | 3rd | Conner Roll-Bush |
| 15 -108 years old | 1st | Darren Bush |
| | 2nd | Roberto Alvarado |
| | 3rd | Dennis Cruz |
| | 4th | Clint Hook |
| | 5th | Marvin Henderson |

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
**Total - \$2793.98 - \$300 - \$300 - \$1000
= \$1268.98**

**\$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: 2-22-16 (Monday)
Time: 8:00 – 9:00 pm

Nunchaku Class:

Date: 3/25/2016 (Friday)
Time: 8:00 – 9:00 pm

Conditioning & Reaction Drill Class:

Age 5 –14 years old
Date: 2/11/2016 (Thursday)
Time: 8:00 – 9:00 pm

Age 15 – 98 years old
Date: 2/04/2016 (Thursday)
2/11/2016 (Thursday)
2/18/2016 (Thursday)
2/25/2016 (Thursday)

Time: 8:00 – 9:00 pm

Red, Brown and Black Belt Class

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

Kung Fu Rank Test

Date: 9-14 yrs: 2-19-2016, Friday, 6-8:30 pm
5-8 yrs: 2-20-2016, Saturday, 1:30-3:30 pm
15 yrs +: 2-20-2016, Saturday, 3:30-5:30 pm
Must register on or before 2-17-2016.
Test fee : \$40.00 and up

February Birthday

Padraic Gilbert 2-11
Remi Dickinson 2-13
Mark Limones 2-17
Samuel Papa 2-9
Conner Roll-Bush 2-14
Laura Dore 2-4
Jackson Robinson 2-10
Julie Kerr 2-10
Esperanza Saucedo 2-1
Allison Golla 2-4
Diogo Ordonez 2-8
Jerod Rosenbarker 2-12
Affryea Charles 2-17
Santiago Aquino 2-7
Brandon Gordon 2-9
Pamela Alcaine 2-16
Michael Redic 2-24

Happy Birthday

New Student:

Antonio Bussey, Gabriel Duda,
Eli Duda, Pamela Alcaine.

Welcome!

Brown and Black rank test

April 12, 2016 (Tue.) 6 – 8 pm
April 15, 2016 (Fri.) 6 – 8 pm
April 16, 2016 (Sat.) 9 am – 3 pm

Tournament point:

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

Report card point

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

Black Belt club & Accelerated program rank test:

Date: 3-26-2016 (Saturday)
Time: 2 - 4:00 pm

Tai Chi Rank Test

Date: 2-27-2016 (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.

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

Birth Day Party for Wang's martial Arts students

Date: February 13, 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 February. **All students & guests are invited to participate.** This is a wonderful opportunity to have a Veggie lunch. 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.

Time: 1:00 pm – Reception.
1:15 pm - Veggie lunch (Veggie beef, Veggie Egg Roll, Veggie Dumpling, Veggie Sausage.
No soft drink/replace with Bottled water).
1:40 pm - Demonstration (Kung Fu & Tai Chi), Board breaking, Ninja Turtle appearance & Photo opp,
Mongolian Warriors, 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 February 11, 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: \$ _____.

* For the student who has a birthday in February, you and your guests cost will be re-fund to you within 7 days after appearance.

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. 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. 7:00 - 8:00 PM Saturday 10:00 - 11:00 AM |
| Family class | (Age 5-108) | Tue./Thur. 5:00 - 6:00 PM Tue. 7:00 - 8:00 PM Mon./Tue./Wed./Thur./Fri. 6:00 - 7:00 PM Saturday 10:00 - 11:00 AM |
| <u>TAI 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. 8:00 - 9:00 PM |

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 5311 FM 1960 E. #J
 Humble, TX 77346
 (281) 682-3387, (281) 548-1638

www.WangsMartialArts.com



Kung Fu Rank Test Results - 12/05/15

Age 15 year old and +

Michael Redic - Yellow
 Jeffrey Villarde – Yellow/stripe
 Matt Hunt – Yellow/stripe
 Joanna Mayo – Orange
 Kollin Milton – Orange/stripe
 Carlos Aquino – Orange/stripe
 James Mayo – Orange/stripe
 Clint Hooks – Green
 Patrick Parker – Green
 Magdalen Arce – Green/stripe
 Alaxandre Macedo – Purple
 Joel Le Bon – Red/stripe



Age 9 - 14 years old

Monet Carbollo – Yellow/stripe
 Heidi Macedo – Orange/stripe
 Hunter Figueroa – Orange/stripe
 Brandon Figueroa – Orange/stripe
 Jordan Godfrey – Orange/stripe
 Emma Ferguson – Green/stripe
 Alfred Kai Marayag – Blue

Rank Test results – 10/24/15

jason Nicholes - Orange
 Patrick Parker- Orange/stripe
 Alexandre Macedo – Green/stripe
 Dominic Venegas -Purple
 Joel LeBon - Red

Age 5 - 8 years old

Andrew Guzman – Yellow belt
 Tori Archinal – Yellow/stripe
 Ian Ferguson – Yellow/stripe
 Santiago Aquino – Orange/stripe
 Jordyn Mayo – Orange/stripe
 Jameson Ezzell - Purple

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)

Tai Chi Test result - November 7, 2015

Tania Myers - Yellow Belt
 Ruby Abbott - Orange
 Julia Kerr - Black (1st)



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

Labor Day.

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

Basic Bo



Date: February 05, 2016 (Friday)
February 12, 2016 (Friday)
February 19, 2016 (Friday)
February 26, 2016 (Friday)

Time : 8:00 - 9:00 PM

Place : Wang's Martial Arts
5311 FM 1960 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 _____ .

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

Nunchaku Class



Date: March 21, 2016 (Monday)

Time : 8:00 - 9:00 PM

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

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

Age 15 to 80 year old - Yellow belt above.

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 _____ .

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.



Inner-school tournament result - 10/3/15

Kung Fu FORM

Ages 5-8 Bginner – 1st. Dominic Venegas, 2nd. Jordyn Mayo.
 Adv. - 1st. Joseph Alonso
Ages 9-14 Int. - 1st. Alfred Kai Marayag
 Adv. - 1st. Madeline Briles, 2nd. Brandon Roll-Bush, 3rd. Conner Roll-Bush
Ages 15-80 Adv. - 1st. Darren Bush, 2nd. Marvin Henderson.
Tai Chi Adv. Susan Fischman

Kung Fu WEAPON

Ages 5 - 14 Adv. - 1st. Madeline Briles, 2nd. Brandon Roll-Bush, 3rd. Conner Roll-Bush.
Ages 15-80 Adv. - 1st.Susan Fischman, 2nd. Darren Bush, 3rd. Marvin Henderson .

SPARRING

Ages 5-14 Int. - 1st.. Alfred Kai Masrayag, 2nd. Dominic Vegenas, 3rd. Madeline briles, Joseph Alonso.
Ages 5-14 Adv. - 1st. Conner Roll-Bush , 2nd. Brandon Roll-Bush, 3rd. Ayden Sowers.
Ages 15-80 Adv. - 1st. Marvin Henderson, 2nd. Darren Bush.





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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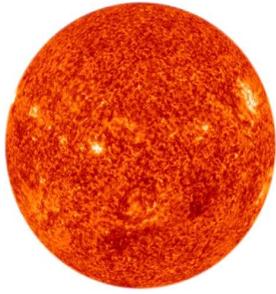
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- Propose a system** to fit your budget and reduce your electrical bills

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

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

INNER SCHOOL TOURNAMENT

Date: 3-5-2016 (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.

Humble Rotary Club

2015 - 2016 Budget Line Items

| | | |
|-------------------------|---|------------------|
| International | Global Grant Columbia food bank School Supplies Combat Malaria Children of the Dump (2 students) Global Scholarship Candidate | 12,600 |
| Public Relations | Club Brochure Social Media Projects Bridgefest Rotary night events Good oil days | 4,500 |
| Youth Exchange | Inbound Students Camps Phones Bus Trips Monthly Stipends RYLA | 8,850 |
| Local Scholarships | CATE & CARES Scholarships 4 Way Test Essay Rotary Connection Livestock Show Imagination Library | 22,500 |
| Rotary Grant Applicants | Boy Scouts Family Time HAAM Humble ISD Edu Foundation Including Kids KHS Science Olympiad YMCA Mission Northeast Oaks of Righteousness The Rose Group Society of St. Stephen Village Learning Center | 64,900 |
| | Total | \$113,350 |

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:

2/5/16 – Basic Bo class start.

2/13/16 – February Birthday party.

2/19/16 & 2/20/16 – Kung Fu Rank test.

2/27/16 – Tai Chi rank test.

3/4/16 – Basic Sabre class start.

3/5/16 – Inner-school tournament.

3/12/16 - March Birthday party.

3/19/16 - Good Oil Day Demonstration.

3/19/16 - World Star Chinese Martial Arts Competition

3/21/16 – Nunchaku class.

3/26/16 - Accelerated program rank test.

3/28/16 - Easter (no class).



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.

Diabetes and the Environment

Pesticides include a number of chemicals, including herbicides and insecticides. Some of the pesticides discussed below include the widely-used organophosphate pesticides (including malathion, diazinon, parathion, and chlorpyrifos), atrazine (widely used in the U.S. but banned in Europe), and many others. (For information on banned organochlorine pesticides such as DDT, see the persistent organic pollutant page).

Type 2 diabetes, insulin resistance, and body weight

Longitudinal studies in humans

The strongest evidence for the ability for environmental exposures to contribute to the development of diabetes comes from longitudinal studies. These are studies that take place over a period of time, where the exposure is measured before the disease develops.

A study of pesticide applicators in the U.S. found that diabetes incidence increased with the use (both cumulative lifetime days of use and ever use) of seven pesticides: aldrin, chlordane, heptachlor, dichlorvos, trichlorfon, alachlor, and cyanazine. Those who had been diagnosed more than one year prior to the study were excluded, and the participants were followed over time, ensuring that exposures were reported prior to diagnosis. Most participants probably had type 2 diabetes, although the study did not distinguish between type 1 and type 2. While these people were exposed occupationally, many of these pesticides are available to the general public. This study was based on data from the Agricultural Health Study, which includes over 33,000 participants from Iowa and North Carolina (Montgomery et al. 2008).

Another longitudinal study, also using data from the Agricultural Health Study, looked at exposure data from farmers' wives. It found that diabetes incidence was associated with exposure to five pesticides: three organophosphate pesticides: fonofos, phorate, and parathion; as well as the organochlorine pesticide dieldrin, and the herbicide 2,4,5-T (Starling et al. 2014).

Cross-sectional studies in humans

Cross-sectional studies are studies that measure exposure and disease at one point in time. These provide weaker evidence than longitudinal studies, since the disease may potentially affect the exposure, and not vice versa.

A survey of farmers from Saskatchewan, Canada, found that men who worked with insecticides had an increased risk of diabetes as compared to farmers who did not work with insecticides. On the other hand, overall, living on a farm was associated with a decreased risk of diabetes (as compared to other rural residences), probably due to the outdoor lifestyle (Dyck et al. 2013).

During the 1980s and 1990s in the northern U.S. Midwest, death rates from type 2 diabetes were higher in counties that had a higher level of spring wheat farming than in counties with lower levels of this crop. The herbicide 2,4-D is commonly used on this crop. A study compared people who have had a previous exposure to 2,4-D to those who had non-detectable levels of exposure, and found that exposure to 2,4-D was associated with adverse changes in glucose metabolism, a possible predisposing factor for diabetes. The effects were only seen in people with low levels of HDL, the "good" cholesterol (Schreinemachers 2010).

A study of the staff of an Australian insecticide application program found higher mortality rates for diabetes (probably type 2), as compared with the general Australian population, especially people reporting occupational use of herbicides (Beard et al. 2003).

Urinary levels of a dichlorophenol pesticide, 2,5-DCP, has been associated with obesity in U.S. children (Twum and Wei 2011), as well as in U.S. adults (Wei et al. 2014). In both of these studies, the risk of obesity increased as exposure increased, in a dose-dependent manner. These studies suggest that exposure to the fumigant insecticide paradichlorobenzene may increase the risk of obesity.

A growing concern: Pesticides in developing countries

Exposure to high levels of pesticides is common in developing countries, especially organophosphate pesticides. A study of these farmers showed that they had higher blood glucose levels (both fasting and after a glucose tolerance test), as well as neurological symptoms such as depression, as compared to a comparison group who were not exposed (Malekirad et al. 2013).

A study of Egyptian farmers (without diabetes) found that those with higher levels of malathion in their blood had higher insulin resistance, waist circumference, and body mass index (BMI). Not surprisingly, the farmers, who had been working with pesticides for 15-20 years, had higher levels of malathion in their blood than the comparison group who were not farmers (Raafat et al. 2012).

Pesticides may contribute to the growing rates of diabetes in sub-Saharan Africa. People in these countries may be more susceptible to the effects of pesticides due to a variety of factors, such as undernutrition, lack of access

to health care, genetic predisposition, high exposure levels, and exposure during developmental periods, such as in the womb and during childhood (Azandjeme et al. 2013).

Pesticide poisonings in humans

There are case studies documented in the scientific literature of people who developed high blood sugar and what was thought to be diabetic ketoacidosis immediately after consuming pesticides (e.g., in a suicide attempt). For example, a 15-year old girl, distressed from poor exam results, ingested an organophosphorous pesticide. Ten hours later, in the hospital, she had very high blood sugar levels and ketones in her urine, signs of diabetes. By the second day of treatment, however, her glucose levels were normal, and remained normal 4 weeks later. Pesticide poisoning can be misdiagnosed as diabetes due to some of the same symptoms (Swaminathan et al. 2013).

Laboratory studies

Long term, low dose exposure to the herbicide atrazine resulted in increased body weight and increased insulin resistance in rats. Those rats that were exposed and also ate a high-fat diet showed exacerbated weight gain and insulin resistance (Lim et al. 2009).

A number of organophosphate pesticides have been found to disrupt beta cell function, including malathion (Hectors et al. 2011). Animals exposed to malathion develop high blood sugar levels, and their carbohydrate metabolism is affected in ways that could promote insulin resistance (Rezg et al. 2010). Exposure to low doses of chlorpyrifos for 2-4 weeks resulted in high blood glucose levels in rats (Lukaszewicz-Hussain, 2014).

Animals exposed to diazinon, another organophosphate pesticide, were found to have impaired glucose tolerance and lower insulin levels (Pakzad et al. 2013). Diazinon has also been found to cause the liver to release glucose into the blood in rats, supporting the idea that diazinon exposure may predispose people to diabetes (Teimouri et al. 2006).

A fungicide, tolyfluanid, used in paint and on fruit crops, has been shown to promote the formation of fat cells as well as induce insulin resistance in these cells. These findings raise a concern that this chemical, an endocrine disruptor, could disrupt metabolism and contribute to the development of diabetes (Sargis et al. 2012).

When researchers exposed fat cells to imidacloprid, a neonicotinoid insecticide (now restricted in Europe due to bee colony collapse disorder), they found that there was increased fat accumulation in these cells (Park et al. 2013). When they exposed fat, liver, and muscle cells to this insecticide, they found that there was increased insulin resistance. Essentially, the exposed cells did not take up as much glucose as unexposed cells did (Kim et al. 2013).

When rats were exposed to omethoate, a commonly used insecticide in most developing countries, the effects suggested that omethoate has the potential to cause insulin resistance (Zhang et al. 2014).

Exposure during development

Early life exposure to organophosphate pesticides causes metabolic dysfunction resembling pre-diabetes in animals, especially when adults eat a high-fat diet (Slotkin 2011). Male rats exposed to the organophosphate pesticide chlorpyrifos just after birth, showed high insulin levels when not fasting as adults that resembles the metabolic pattern seen in type 2 diabetes in humans (Slotkin et al. 2005).

Male rats exposed to low doses of parathion just after birth showed high blood glucose levels and increased weight gain later in life (Lassiter et al. 2008). These authors point out that animals exposed to organophosphates as adults show increased weight gain and other diabetes-like changes. Exposures in early development may be even more significant. A further study by the same authors found that unlike chlorpyrifos and malathion, the effects of early life parathion exposure in rats lessened by adolescence, although other changes occur later that affect glucose utilization. The effects of parathion were not worsened by a high fat diet, but the effects of this diet and parathion were similar to each other (Adigun et al. 2010).

When pregnant mice were exposed to very low levels (400-times below the EPA's "no observed adverse effect level") of triflumizole, a fungicide used on food and ornamental crops, their offspring had excess fatty tissue, as compared to unexposed controls. Triflumizole also caused stem cells and pre-fat cells to develop into fat cells (Li et al. 2012).

Gestational diabetes

A study found that women who mixed or applied pesticides to crops or repaired pesticide application equipment during the first trimester of pregnancy had a higher risk of developing gestational diabetes. In the women who reported agricultural exposure during pregnancy, the risk of gestational diabetes was associated with the use of four herbicides (2,4,5-T; 2,4,5-TP; atrazine; butylate) and three insecticides (diazinon; phorate; carbofuran) (Saldana et al. 2007).

Type 1 diabetes and the immune system

Organophosphate pesticides have been found to be toxic to the immune system in animals and sometimes humans (Galloway and Handy 2003). Humans chronically exposed to chlorpyrifos have also been found to have increased levels of autoantibodies (Thrasher et al. 2002). A review on pesticides and immunotoxicity finds that there is some human and animal evidence indicates that some pesticides can affect the immune system. This evidence, however, is too sparse to be conclusive (Corsini et al. 2013).

Pesticides are a food contaminant, as a result of their use in agriculture. Daily ingestion of low doses of diquat, an extensively used herbicide, induces intestinal inflammation in rats. The authors of this study suggest that repeated ingestion of small amounts of pesticides, as could be found in food, may have consequences for human health and may be involved in the development of gastrointestinal disorders (Anton et al. 2000).

Vacor

One chemical known to cause type 1 diabetes in humans is the now-banned rat poison Vacor. In the late 1970s, a few people tried to kill themselves by eating Vacor, and ended up with type 1 diabetes instead. Vacor destroys beta cells directly, but has also been found to be linked to type 1-related autoimmunity (Karam et al 1980).

The bottom line

There is evidence that various pesticides may contribute to the development of type 2 and perhaps even gestational diabetes, especially at higher levels of exposure (e.g., among farmworkers). Exposures to pesticides have not been directly studied in relation to type 1 diabetes. Based on the above findings, it may be worth conducting appropriate studies on this possibility.

References

To download or see a list of all the references cited on this page, see the collection Pesticides and diabetes/obesity in PubMed.



A diet of organic food significantly lowers children's exposure to organophosphorous pesticides ([Lu et al. 2006](#)).

Organic food does not always have to be expensive; I grew these strawberries without pesticides or herbicides in my garden. Every little bit may help.

<http://www.diabetesandenvironment.org/home/contam/pesticides>

FDA Takes First Step in Banning Trans Fats in Processed Foods

- by EnergyTimes

In a move long urged by public health authorities, the Food and Drug Administration has determined that trans fats known as partially hydrogenated oils are no longer “generally recognized as safe (GRAS),” setting the stage for the elimination of these artificial fats from processed foods.

The agency estimates that an eventual ban on trans fats, which have been found to increase blood levels of harmful low-density lipoprotein (LDL), could prevent 20,000 heart attacks annually.

The FDA determination comes after years of calls to action by groups such as the American Heart Association, which “has long advocated for eliminating trans fats from the nation’s food supply,” according to an AHA press release.

The agency has acknowledged that the food industry has voluntarily reduced its use of trans fats, noting that daily consumption levels in the US have fallen from 4.6 grams in 2003 to about 1 gram in 2012. However, trans fats—often used to improve flavor, texture and shelf life—are still used in foods such as microwave popcorn and frozen pizzas. Small amounts of these fats, which have been listed on Nutrition Facts labels since 2006, do occur naturally in some meat and dairy products.

The ruling opens a 60-day window in which the FDA will accept comments on the proposed ban, including input on how long food manufacturers should be given to comply. The agency will decide after the comment period is over whether to finalize its preliminary determination.

Drug-Free Healing

January 2016 / [Emily A. Kane, ND, LAc](#) / [Ask The Naturopath](#)



[Emily A. Kane, ND, LAc](#)

A graduate of Bastyr University in Seattle, Emily Kane, ND, LAc, is a naturopathic physician and acupuncturist specializing in gynecology, counseling, herbal medicine, and naturopathic manipulation (body work). She worked as a Licensed Massage Therapist in Seattle during her medical training for 7 years. She regularly leads retreats and therapeutic fasts, and teaches health classes through her local community college. Kane maintains an active clinical practice in Juneau, Alaska, where she sees patients of all ages. She is the author of *Managing Menopause Naturally*. Visit her online at dremilykane.com.

[A go-to guide for treating five everyday health issues naturally](#)

Q: I'm trying to wean myself off over-the-counter drugs and take a more natural approach to my health. What would you recommend? —*Donna F., Detroit*

A: You're not alone. More and more Americans are finding that natural remedies are safe and effective—without the side effects of over-the-counter (OTC) drugs. Here are a few natural suggestions for five common ailments to get you started:

[Constipation](#)

The first order of business in improving bowel quality and regularity is to drink more water. Take your body weight in pounds and divide in half—that's the number of ounces of pure water you need to drink daily. Another low-tech approach to constipation is increasing your fiber intake through diet. I like apples, celery, and steel-cut oats as accessible high-fiber foods. Eat at least one of them daily. Exercise is also critical to good bowel tone. Aim for a minimum of 150 minutes weekly. Walking is a great way to start, and then ramp up from there if you can. If you haven't had a bowel movement by the end of the day, try a gentle herbal laxative to ensure that you have a bowel movement daily, at a minimum.

I prefer magnesium as a laxative, especially for women, who tend to be deficient due to mineral loss through menstruation. Start with 250–500 mg of magnesium in capsule or powder form at bedtime, and see how that works for you. If you develop loose stools, cut back on the dose. Senna is a stronger herbal laxative that can help in more dehydrating situations such as constipation associated with airplane travel.



Headaches

The first order of business is to determine which type of headache you're experiencing. If heat applied to the upper shoulders helps, you're likely having tension headaches, and regular heat application plus stress management should provide relief. If ice is more helpful, even temporarily, you're likely experiencing a migraine-type headache, especially if the pain is preceded by sensory changes (flashes of light or altered sense of smell or hearing). In general, these types of headaches are due to too much blood flow to the head. In conventional medicine, vasoconstrictors (triptans) are used to reduce this rush of blood. Ice packs may also help temporarily relieve symptoms, but like the triptans, they often cause a rebound headache when the constricting effect wears off.

For a more natural approach, the herbal medicines feverfew and butterbur help many (but not all) migraine sufferers. The real key to lasting relief, however, is to identify and avoid known migraine triggers. These include various high-tyramine foods such as chocolate, cheese, red wine, and cured meats. Too much or too little sleep; poor posture; computer glare; and out-of-control emotions can also contribute to migraines. For some, an enema helps relieve migraine pain.

Did you know...

aloe vera juice is a natural antacid

Heartburn

Antacids account for a large share of OTC drug sales in the U.S. The problem is, excess stomach acid isn't the issue in most cases of heartburn or GERD (gastro-esophageal reflux disease). The real problem is stomach acid in the esophagus, which can eventually lead to bigger problems. The reason that stomach contents reflux uphill is because the valve, or sphincter, at the base of the

esophagus isn't working properly. So the only cure is to restore the proper functioning of the lower esophageal sphincter (LES).

Known LES irritants include chocolate, coffee, strong mints, and processed foods, especially sugary ones. Avoid these substances if you want to cure your heartburn. Further, if you have a waist that measures more than 35 inches (for women) or 40 inches (for men), you need to lose belly fat. Excess abdominal girth increases the upward pressure of the stomach on the esophagus.

There are two other tricks for keeping the stomach contents flowing down. The first is to simply raise the head of your bed slightly. The second is performing "heel thunks"—drink a big glass of room-temperature water first thing in the morning or anytime you feel heartburn coming on, then rise up onto your toes and drop down sharply onto your heels 10–12 times in a row. This move can help pull the stomach down and away from the aperture in the diaphragm, where the esophagus passes through. The longer you keep your stomach out of this hole, the more likely the hole will tighten up.

To help wean yourself off antacids, take ¼ cup aloe vera juice before all main meals and 2–3 caps of DGL (a type of licorice) after meals.

[Insomnia](#)

The inability to fall asleep readily and difficulty staying asleep are somewhat different issues, but most insomnia is a type of anxiety, mitigated by the flight-or-fight chemical adrenaline. Many herbal tonics support adrenal health and help balance energy levels, which allow us to work, exercise, and digest during the day and then drop into an alpha state during the night. My favorite herb for this is ashwagandha, which tones, but also relaxes. Try 500–1,000 mg of bedtime for 6–12 months until you re-establish a healthy sleep pattern. Other effective bedtime herbs include valerian (especially if pain is part of your disturbed sleep quality), passion flower, Jamaican dogwood, California poppy, or the mineral magnesium (if muscle tension is an issue). For trouble with sleep onset, melatonin is brilliant. Low doses (1–3 mg) are generally enough.

[Sinus Congestion](#)

Acute stuffiness may be part of a cold or flu, and thus rest, liquid diets (bone broths are especially nutritive) and extra vitamin C (up to 10 grams daily) can help. Chronic sinus congestion is more likely to be caused by fungi than bacteria, especially if secretions are clear or white, not green or yellowish. If

you suffer from a chronic stuffy nose, you are likely a mouth breather at night, which quickly turns your pillow into a fungus factory. Wash your pillow-cases in very hot water weekly, and change your pillow every 3–6 months.

Application of antifungal herbs to the nasal passages is an effective approach to reducing sinus congestion. I prefer pleasant-smelling blends that include wintergreen, eucalyptus, thyme, or other volatile oils. A light layer can be applied with a cotton swap (diluted with olive or coconut oil) to the nasal passages at bedtime. You can also combine loose, dried herbs with a cup of hot water in a bowl, put a towel over your head, and breathe the steam in deeply for 10 minutes.

Some people also have good luck with a combination of garlic and cinnamon, taken internally. Others find they need to move to a vegetarian diet (fish and eggs are usually okay in moderation) to reduce inflammation and congestion.



Medicinal Foods: Garlic and Ginger

October 2014 / [Melissa Diane Smith](#) / [Food Matters](#)



Melissa Diane Smith

Melissa Diane Smith is the author of a number of nutrition books, including *Going Against the Grain*, and an internationally recognized nutritionist who specializes in therapeutic gluten-free diets. To learn about her online *Going Against the Grain* Group membership and packages or to sign up for her free newsletter, visit www.againstthegrainnutrition.com. For info about her books, consultations, or nutrition coaching programs, visit [/www.melissadianesmith.com](http://www.melissadianesmith.com).

These two flavorful treasures are superstar therapeutic foods to have on hand in your kitchen

What should you do when you have a sore throat or experience an upset stomach or intestinal gas? If you plan ahead, all you have to do is look no further than your kitchen pantry for therapeutic help.

Two especially medicinal foods to have on hand, especially during the colder autumn/winter months, are fresh garlic and ginger root. Not only do these two historically prized foods add incredible flavor and aroma to many different kinds of dishes, they can be used either as regular health boosters to include in the diet or as instant remedies to help relieve a wide variety of conditions.

While garlic and ginger are available in dried powder and supplement form, both are more effective, medicinally speaking, in fresh form. And the fact that they make flavorful additions to a variety of dishes doesn't hurt. Here's a look at these two kitchen medicine superstars.

Garlic

Health Benefits: Garlic has been used for thousands of years as a remedy for many different ailments, including intestinal disorders, flatulence, worms, respiratory infections, skin diseases, wounds, and symptoms of aging. Modern research indicates that garlic may help improve heart health in a number of different ways. It is a blood thinner that helps to lower both high blood pressure and blood triglycerides. Garlic also has anti-inflammatory properties—one particular study identified four different sulfur compounds in garlic that help reduce inflammation.



Several population studies also show an association between an increased intake of garlic and a reduced risk of certain cancers, including colon, stomach, esophagus, pancreas, and breast cancer. Additionally, garlic is a triple threat against infections, offering antibacterial, antiviral, and antifungal properties. Garlic has even been found to be effective at killing antibiotic-resistant bacteria, including MRSA.

Integrative medicine expert Andrew Weil, MD, recommends eating several cloves of raw garlic at the first onset of symptoms as an effective home remedy for the common cold. To make it more palatable, chop garlic fine and mix it into food.





Ginger

Health Benefits: Ginger root has a long history of being used as medicine in Asian, Indian, and Arabic herbal traditions. In China, for example, ginger has been used to aid digestion and treat stomach upset, diarrhea, and nausea for more than 2,000 years. Ginger also has been used to help treat arthritis, colic, flatulence, motion sickness, morning sickness, painful menstrual periods, and the common cold. Ginger is an effective anti-nausea agent, likely because of its carminative effect, which helps break up and expel intestinal gas.

Ginger contains potent anti-inflammatory compounds called gingerols and helps treat some inflammatory conditions. Daily ginger use has been found effective for relieving muscle pain following strenuous exercise, and also has provided relief from pain and swelling in patients suffering from rheumatoid arthritis, osteoarthritis, or general muscular discomfort. In addition, a study in Cancer Prevention Research found that regular supplementation with ginger led to reductions in inflammation markers in the colon within just a month, suggesting that ginger may have potential as a colon cancer prevention agent.

In ayurvedic tradition, ginger is thought to warm the body and help break down accumulation of toxins in the organs, particularly in the lungs and sinuses. It can help promote healthy sweating, which can assist detoxification during colds and flus. Plus, research has found fresh ginger effective against the human respiratory syncytial virus.

“Strong To the Bone”

by Victoria Dolby Toews, M.P.H.
from Better Nutrition magazine

More than 28 million Americans have been diagnosed with osteoporosis, 80 percent of whom are women. According to the National Institutes of Health (NIH), another 18 million have low bone mass, meaning they're at risk for the disease. And half of all American women over age 50 will suffer an osteoporosis-related fracture in their lifetime. What's particularly frightening about this disease is that it siphons away the strength of your bones without any symptoms. It results in 1.5 million fractured or broken bones annually—often leading to permanent disability—and nearly a quarter of hip-fracture patients over 50 die within a year of their fracture.

While osteoporosis can hit anyone, post-menopausal women are at the greatest risk. For starters, most women don't get enough calcium in the course of their lifetime. When this accumulated deficiency is coupled with the plummeting estrogen levels of menopause, bone mass is quickly lost. According to the NIH, women can lose up to 20 percent of their bone mass in the first five to seven years following menopause, making them more susceptible to osteoporosis. The good news is that the disease is considered highly preventable, with proper nutrition and exercise the keys to developing—and maintaining—strong, fracture-resistant bones.

Today's standard American diet, however, especially for women, falls short when it comes to calcium. That, plus contemporary lifestyle habits—smoking, caffeine, soft drinks, too much stress and not enough exercise—rob us of the little calcium we have managed to store. In fact, the Food and Nutrition Board (which sets the Dietary Reference Intakes and RDAs) says that the average woman only consumes between 530 and 785 milligrams (mg.) per day of this important mineral—far less than the daily 1,000 mg. recommended for premenopausal women and the 1,200 mg. for women ages 51-70.

Many people overlook the fact that calcium requires the presence of several other minerals and vitamins to be properly absorbed. Key among them is magnesium. While there is some debate over the percentages, most research suggests that a 2-to-1 ratio of calcium to magnesium is optimal, with a daily magnesium intake (through food and supplementation) of 500 to 600 mg. (with a maximum of 350 mg. of nonfood source for pregnant and nursing women).

The other essential bone-building “cohorts” include boron (3 to 6 mg.), manganese (2 to 5 mg.), potassium (630 mg. or one banana), lysine (50 mg.), and vitamins A (5,000 international units), B6 (1.6 to 10 mg.), C (1,000 mg.), E (400 IU), and K (65 to 100 micrograms). Additionally, vitamin D helps turn calcium into bone. Although human skin can synthesize enough vitamin D from just 15 minutes of direct sunlight, many people simply do not make enough of this vitamin due to geography, clothing choices, or staying inside. As little as 200 U of vitamin D daily prevents softening of the bones, though more is needed to stave off osteoporosis (400 IU per day).

Also critical for bone-building are isoflavones, estrogen-like plant hormones. The primary isoflavones in soy—genistein and daidzein—help maintain bone density. Incorporating soy into the diet can make a difference, says Mark Messina, Ph.D., M.S., Loma Linda University, Loma Linda, California, who recommends 50 to 60 mg. of isoflavones daily (roughly 1 cup of soy milk or 4 oz. of tofu).

According to Elizabeth Somer, R.D., author of The Origin Diet (Henry Holt 2000), omega-3 fats turn on prostaglandin production, which triggers bone cells to deposit calcium. “Omega-3s also help boost calcium absorption and enhance the action of vitamin D in bone building,” she says. Take approximately 1,000 mg. of omega-3 fats (flaxseed oil, nuts, seeds) and 7,000 mg. of omega-6 fats (vegetable oils).

In years past, the skeleton was viewed as a hard, unchanging frame for the body. But now we know that the bones are in a constant state of flux. Keeping them strong requires dedication to a sensible diet, regular exercise and a few well-chosen supplements. These new insights into bone health should give hope to millions of women.

Playing With Our Food

Genetic Engineering and Irradiation

By Lisa Turner

It used to be that getting clean food wasn't so hard. A trip to the local health food store and a quick scan of food labels, and you could fill your 'fridge with whole, healthy foods. Now, even tofu is likely to be tainted with genetically modified organisms, and your favorite natural tabouli mix may contain irradiated herbs and spices. Is nothing sacred? Not in the brave new world of "biotech" foods.

Genetic Engineering: Weird Science

Flounder genes in your pasta sauce? Insect genes in your mashed potatoes? Welcome to the high-tech world of genetic engineering, the process of artificially shuffling genes from one organism to another. Proponents of genetic engineering say it's a sure way to boost food supply, reduce pesticide use and possibly breed superfoods with extraordinary nutritional profiles. The problem is, that no one really knows the long-term effects of such complex genetic manipulation—and the potential dangers to humans and the environment are substantial.

Don't think that genetic engineering is merely a step-up version of traditional crossbreeding techniques. It's a new weird science that allows the insertion of genes from any plant or animal into any other organism. One example: an "anti-freeze" gene that allows flounder to survive in very cold water is inserted into tomatoes to boost their tolerance to frost. Or insect-killing genes from bacteria may be inserted into corn or potatoes to up their defenses against pests.

Shuffling genes between species raises plenty of scary possibilities. The technology is new enough to be frighteningly imprecise, with generally uncertain outcomes. And because no long-term safety tests have been conducted, no one really knows the full scope of the potential health risks. According to an editorial in a 1996 issue of the *New England Journal of Medicine*, "Questions of safety vex federal regulators and industry as well as the public. The transfer of genes from microbes, plants or animals into foods raises issues about the unintended consequences of such manipulations."

Some of these consequences include the production of new allergens in foods and unexpected mutations in an organism, which can create a new and higher level of toxins. One example: in 1993, 37 people died and more than 1500 people suffered partial paralysis from a disease called eosinophilia-myalgia, which was eventually linked to a tryptophan supplement made with genetically engineered bacteria.

Another worrisome possibility is that insects, birds and the wind can carry genetically altered seeds into neighboring fields and beyond, where they can cross-pollinate, threatening the future of wild crops, genetically natural crops and organic foods.

And once genetically modified organisms are introduced into the food supply, they can't be recalled. "Unlike pesticide use, genetic engineering introduces living organisms that will be replicated in other living organisms," says Susan Haeger, president/CEO of Citizens For Health, a non-profit consumer advocacy group based in Boulder, Colorado. "Once they're in the environment, there's no way to bring them back."

Irradiation: Zapping Our Food

What happens when you cross a potato with 10,000 rads of ionizing radiation – more than 2,500,000 times the dose of a chest X-ray? Better find out before you eat your next order of french fries. Irradiation, used to extend shelf life and kill microorganisms in food, can also lower nutritional value, create environmental hazards, promote the growth of toxins and produce compounds called unique radiolytic products, which have been associated with a variety of biological abnormalities.

Food irradiation was proposed by the Atomic Energy Commission in the early 1950's as a way of dealing with a formidable nuclear waste problem from the manufacture of nuclear weapons, according to Michael Colby, editor of the *Food & Water Journal*. In the mid-1980's, the FDA began to approve a huge range of foodstuffs for irradiation, including meat, poultry, produce, herbs and spices. Since then, permissible levels of radiation have been dramatically increased, and the amount now allowed is substantial.

Proponents say irradiation destroys harmful microorganisms and may reduce outbreaks of salmonella and trichinosis from meat. It is also said that irradiation increased shelf life of various foods and can reduce the use of toxic chemicals as post-harvest fumigants. Absurd, say irradiation opponents. "Irradiation is destroying our food

supply,” says Gary Gibbs, D.O., author of the *Food That Would Last Forever*. “It is nothing more than a toxic band-aide approach to the problems.”

Adequate cooking, sanitary handling and preparation and hygienic processing methods are better ways to reduce illness from microorganisms in meat. Shelf life is an unfounded concern in the United States, and the cost of irradiation in less-developed countries would usually offset savings from extended shelf life. As for the argument that irradiation would reduce the need for post-harvest chemical fumigants, some say that irradiated foods are more prone to infection by certain fungi.

The FDA and irradiation proponents claim the process is safe, but compelling evidence to the contrary says otherwise. Meanwhile, considerable controversy exists regarding safety studies. Although 441 studies have been conducted on food irradiation, the FDA based their toxicity evaluation on only five animal studies, according to Gibbs. Of these five studies, two were found to be methodically flawed, one suggested that irradiated food could have adverse effects on older animals and two investigated foods irradiated at doses well below FDA-approved levels.

Few human trials exist, because of obvious ethical considerations, but some small studies have raised concerns, suggesting that food irradiation can cause chromosomal abnormalities.

Irradiation of food can lead to cardiac disease, cancer, kidney disease, fetal malformations, and a dramatic shortening of the life span, according to Gibbs. “A lot of studies have shown problems with the heart, specifically that irradiation causes bleeding in the heart,” he says. “Also, when food is irradiated, it created benzene and formaldehyde, which are known mutagens and suspected carcinogens.”

Irradiation also appears to cause significant nutrient loss in foods, especially of vitamins A, B, C, and E. Generally, the higher amount of radiation, the greater the nutrient loss. Add to that environmental concerns, including hazards in transporting and handling radioactive isotopes, danger of exposure to workers and possible security problem at irradiation facilities. Right now, there are about 50 irradiation facilities in the United States, says Colby, but a huge increase is expected if irradiation is embraced in the market place. The result: a substantial increase in potential environmental disasters.

Speak Out Against Manipulated Foods

Tired of your food supply being tainted? You can have a voice, “Consumers have to demand that the government require labeling so they can make a choice,” Hager says. “The biotech industry has had so much influence, there wont be any changes unless people speak out.”

Some ideas:

- Let law makers know you’re concerned. The Citizens For Health website (www.citizens.org) allows you to send a message to your legislators. Just type in your zip code, personalize and customize the prewritten message, and email or print and mail in to legislators.
- Take the time and energy to educate yourself and others. Buy books and check out websites for the latest information on manipulated foods.
- Remember that your natural foods retailer is a partner in wanted natural healthy foods. Hager says, “Most retailers are trying their best to supply untainted food. Don’t point fingers – instead, let them know you’re concerned and ask how you can support them.”

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