

# Wang's Martial Arts

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

Phone (281) 548-1638, (281) 682-3387  
E-mail: [yyw3888wma@gmail.com](mailto:yyw3888wma@gmail.com)  
Web site: [www.WangsMartialArts.com](http://www.WangsMartialArts.com)

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

## January 2019 Newsletter Summary



01/04/2019- Basic Bo begins 8 pm- 9 pm.  
01/05/2019- Kung Fu class at Octavia Fields Branch Library. 2:30 pm - 3:30 pm  
01/05/2019- Fashion Show Practice 1 pm. (Every Saturday)  
01/12/2019- Kung Fu Birthday Party 1:30- 4:30 pm  
01/12/2019- Chinese Song Practice 2 pm. (Second and fourth Saturday)  
01/14/2019-Basic Escrima  
01/19/2019- Kung Fu Rank Test 1:30 - 3:30 pm, 3:30 - 5:30 pm.  
01/21/2019- Kung Fu Rank Test Make up for all ages 6:00 - 8:30 pm.  
01/28/2019- Women's Self Defense Class 7 pm- 8 pm.

**02/02/2019- Wang's Martial Arts Seventeenth Annual Chinese New Year Celebration 3 pm - 7 pm.**



### **Wu Shu class (for Red, Brown and Black belt) -**

Date: January 11, 2019 (Friday).

Time: 7 - 8 pm.

Cost: Paid by Wang's Martial Arts.

### **Tai Chi Class (for Red, Brown & Black Belt) -**

Date: January 11, 2019 (Friday).

Time: 5 - 6 pm.

Cost: Paid by Wang's Martial Arts.

Time 8 - 9 pm. person.

Make check payable to:

**HeBei Chinese Martial Arts Inst.**

Cost: \$50 per

**Guest Instructor; Master Jia**

### **2019 Wang's Martial Arts**

**17th Annual**

**Chinese New Year Celebration**

**& Kung Fu, Tai Chi Class Reunion**

**Date: February 2, 2019 ( Sat. )**

**Time: 3:00 pm (Reception)**

**4:00 pm (Dinner)**

**5:00 pm - 7 pm (Demo & program)**

**Place: China Ko**

**5421 FM 1960 Rd. E.**

**(at Timber Forest Dr.)**

**Humble, TX 77346**

**Dress code: Coat & Tie or Chinese Costu**

**(281) 361-8006**

**Ages 8 years & under - \$15.00**

**Age 9 and up - \$28.00**

**A table of 8 people - \$220.00**

**(See detail in this Newsletter).**

### **Kung Fu Rank Test**

Date: 01/19/2018

Time: 1:30- 3:30, 3:30- 5:30 pm

or

01/21/2018 (Mon.) 6:00-8:30

Wang's Martial Arts College Student Scholarship Fund:

2009 Scholarship Fundraising Banquet - \$628.98  
Inner-School tournament:  
December 5, 2009 - \$105.00  
March 6, 2010 - \$85.00  
July 10, 2010 - \$100.00  
December 6, 2010 - \$105.00  
March 19, 2011 - \$80.00  
June 4, 2011 - \$115.00  
September 10, 2011 - \$150.00  
December 3, 2011 - \$110.00  
March 3, 2012 - \$150.00  
Outdoor Training (3-25-12) - \$100.00  
June 30, 2012 - \$160.00  
September 29, 2012 - \$185.00  
December 15, 2012 - \$125.00  
May 4, 2013 - \$90.00  
August 10, 2013 - \$105.00  
November 2, 2013 - \$85.00  
March 29, 2014 - \$90.00  
August 2, 2014 - \$90.00  
November 8, 2014 - \$45.00  
January 24, 2015 - \$60.00  
May 16, 2015 - \$65.00  
Susan Fischman (7/18/15) - \$5.00  
October 3, 2015 - \$55.00  
December 19, 2015 - \$75.00  
March 5, 2016 - \$45.00  
March 2016 Birthday - \$25.00  
April 2016 Birthday - \$40.00  
May 2016 Birthday - \$20.00  
June 2016 Birthday - \$10.00  
Darren Bush (6/14/16) - \$500.00  
June 25, 2016 - \$20.00  
July, 2016 Birthday - \$30.00  
August 13, 2016 Birthday - \$40.00  
September, 17, 2016 Birthday - \$10.  
Marilyn Kidd (9/1/16) - \$200.00  
October 8, 2016 Tournament - \$55.  
Padraic Gilbert (1/21/17) - \$100  
January 14, 2017 Birthday - \$20.  
February 17, 2017 Birthday - \$85.  
March 11, 2017 tournament - \$45.  
March 18, 2017 Birthday - \$15.  
April 15, 2017 Birthday - \$25.  
July 15, 2017 Birthday - \$25.  
Wang's Martial Arts (Jan. to Apr.) - \$400.  
Wang's Martial Arts (May) - \$100.  
Wang's Martial Arts (June) - \$100.  
June 10, 2017 tournament - \$25.  
August 19, 2017 Birthday - \$10.  
September 16, 2017 Birthday - \$10.  
October 14, 2017 Birthday - \$5.  
November 12, 2017 Culture class - \$50.  
November 20, 2017 Basic Escrima - \$25.  
December 6, 2017 Basic nun chuck - \$50  
December 9, 2017 tournament - \$50.  
December 17, 2017 Chinese Culture - \$40.  
January 15, 2018 Basic Escrima - \$25.  
January 29, 2018 Women's SD - \$30.  
2/3/18 Craig Glasco - \$10.  
February 24, 2018 tournament - \$45.  
February 26, 2018 Women's SD - \$20.  
Wang's Martial Arts (Jan. & Feb.) - \$200  
Darren Bush - \$500.  
Craig Glasco - \$25.  
Cynthia Pate - \$50.

**Total - \$6013.98 - \$300 - \$300 - \$1000  
-\$2000 - \$2000 = \$413.98**

**\$300 scholarship to Ms. Megan Payne 06-04-12**  
**\$300 scholarship to Mr. Wilfred Hung 06-24-13**  
**\$1000 scholarship to HISD student on 01-30-16.**  
**\$1000 scholarship to HISD student on 01-21-17.**  
**\$1000 scholarship to UH student on 01-21-17.**  
**\$500 scholarship to UH student on 02/10/18.**  
**\$1000 scholarship to UH student on 02/10/18.**  
**\$500 scholarship to UH student on 02/10/18.**

**Proverbs 4 .**

<sup>18</sup> The path of the righteous is like the morning sun,  
shining ever brighter till the full light of day.  
<sup>19</sup> But the way of the wicked is like deep darkness;  
they do not know what makes them stumble.

**Scholarship donation;**

9/5/18 - Lily Valdez  
9/10/18 - Escrima class- \$30.  
12/15/18 - Craig & PJ Glasco - \$20.

**New Students:**

Brady Briles

**Welcome!**

**Red, Brown and Black Belt Class**

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



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

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

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

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

\* For all student's family members & guests, please be silent during the class in progress. The instructors and students require all the concentrations to teach and to learn. Please do not distract the class by talking.

All young people learning from parents, teachers, adults and their surroundings. Please be good example to all our young generations to observe the rules. We are counting on them to build better and brighter future for us and for themselves.

**January Birthday**

Adam Arce 1/08  
Clarissa Solis 1/23  
David Barnes 1/12  
Rick Strickland 1/07  
Rusty Palmer 1/16  
Diana Garcia 1/03  
Wilfred Hung 1/19  
Jack Santos 1/26  
Janalee Zubi 1/10  
James Dyess 1/21  
Valerie Campa 1/19  
Carlos Gamboa 1/19  
Grace Lopez 1/1  
Paul Greenwood 1/7  
Lori Disorbo 1/7  
James Gordon 1/8  
Hosus Rosas 1/9  
Robert Kerr 1/14  
Jazmin Esquivel 1/22  
Anthony Carrion 1/25  
Henry Zenger 1/3  
Josue Rosas 1/9  
January Tsai 1/13  
Joel Le Bon 1/15  
Michael Gamoras 1/15  
Anne Gutierrez 1/23  
Thomas Cowart 1/27  
Angie Ordonez 1/31  
Jason Nichols 1/08  
Josh Martinez 1/08  
Allura Boutte 1/21  
Rain Juarez 1/25  
Ian Ferguson 1/3  
Holt Nichols 1/8  
Roy Tinajero 1/9  
Janel Parker 1/10  
Becky Job 1/14  
Tori Archinal 1/16  
John Wade 1/17  
Gisela Villanueva 1/18

**Happy Birthday**



# 2019 Wang's Martial Arts **Seventeenth Annual Chinese New Year** & Kung Fu, Tai Chi Class Reunion

**Date:** February 2, 2019 ( Sat. )

**Cost:**

**Time:** 3:00 pm (Reception)  
4:00 pm (Dinner)  
5:00 pm - 7 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

\$28.00

A table of 8 people

\$220.00

Dress code: Coat & Tie or Chinese Costume.



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

**\* First 238 people (30 tables) will be in the private room where the main floor is. Overflow will be in the main dining room. Reserve your seat or table early to be close to the main floor. Reserve a table of 8 people with \$50 down & balance paid before January 15, 2019 and you will qualify for the following drawing.**

- 1st Prize: 32" LED TV
- 2nd Prize: Keurig Coffee Maker
- 3rd Prize: Big Golden Pig
- 4th Prize: Big Tea Set
- 5th Prize: Golden Dragon
- 6th Prize: Golden Horse
- 7th Prize: Small Tea Set
- 8th Prize: Big Set of Chopsticks

\* Do not have to be present to win\*

## Registration Form for Chinese New Year event

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

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

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

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

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

A table of 8 people: \$220.00	=
\$28.00 x Number of 9 years old and up	=
\$15.00 x Number of 8 years old & under	=

Total: = \_\_\_\_\_

**Door Prize:**

- 1st Prize: Bicycle
- 2nd Prize: Garmin-Vivosmart Activity Tracker
- 3rd Prize: Big Tea Set
- 4th Prize: Small Golden Pig
- 5th Prize: Picture Scroll
- 6th Prize: Big Set of Chopsticks

- 7th Prize: Small Golden Pigs
- 8th Prize: Bruce Lee Pictures
- 9th Prize: Small Tea Set
- 10th Prize: Green Dragon
- 11th Prize: Small Golden Horse
- 12th Prize: Pair of Chinese lanterns

**Menu:**

**All Food is Vegetarian Style**

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

Soup & Salad- All veggie Style

Main Dish: Veggie Egg Roll, Veggie Dumplings, Veggie Chicken Nugget, Veggie Beef, Mashed Potatoes, Corn Bread, Italiano's Bread rolls.

Dessert: Cookie.

# Wang's Martial Arts 17th Chinese New Year 2019 program Schedule

February 02, 2019 ( Saturday )

China KO Steak House

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

Humble, TX 77346

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

**10:00 am to 12:00 pm - Full dress rehearsal.**

**2:00 pm - Fashion show dress rehearsal & sing Chinese song rehearsal.**

**3:00 pm**

1. Reception

Slide & video presentation. (G.M. Cheng, ABSH)

**3:30 pm - 2. Blessing & Grace - Paster William Irwin.**

National Anthem - by Makinzi Rodriguez

Dinner (Vegetarian styles)

**4:00 pm - Entertainment Program -**

"Firework" dance solo by Jordyn Mayo.

Chinese folk song.

Victor Cheng Scholarship (provided by Mrs. Jenny Cheng) recipient for 2019 - \$1000

(To U of H Law student).

Wang's Martial Arts Scholarship recipient for 2019 (U of H Law student) - \$1000.

Animal rescue fund -

Proclamation from Mayor of Houston, Sylvester Turner.

**4:30 pm**

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

**4:45 pm - 4. Welcome to the 16th Annual Chinese New Year and Award Luncheon (MC: Victor Makris)**

**A Tribute and Celebration of the Life and Achievements of**

**Grandmaster Victor Cheng & others (Nancy Green, Steve Alonso, Robert Barnes, All unknown Animals).**

**5:00 pm - 5. Lion Dance** by Shaolin Kung Fu Academy.

**5:25 pm - Guest Speaker -**

**5:35 pm**

6. Tournament Points.

7. Report Card Points.

**5:45 pm**

Intermission.

**6:00 pm**

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

9. Kicking contest : (5 - 8 years)

(b) - (9 - 14 years)

(c) - Adult

**6:30 pm - 10. World Peace Martial Arts - Hall of Fame.**

**6:35 pm - 11. Prize drawing for table leader (Do not have to present to win).**

**12. Door Prize Drawing (must present to win).**

Special Thanks to all Black Belts who made this event possible.

**7:00 pm** Conclude program.



\*This is a tentative copy of the schedule, this schedule is subject to change. Copy of the actual schedule will be available on the day of the event.







**Reserve a table of 8 people with \$50 down & balance paid before January 15, 2019 & you are qualified for the following drawing. (Do not have to be present to win).**

1st Prize: 32" LED TV



2nd prize: Keurig Coffee Maker



3rd prize: Big Golden Pig



4th prize: Big Tea Set



5th prize :Golden Dragon



6th prize: Gold Horse



7th prize: Small Tea Set



8th prize: Big Set of Chopsticks



Chinese New Year on 02/02/2019 - door prize (must present).

1st Prize: Bicycle



2nd prize; Activity Tracker



3rd prize: Big Tea Set



4th prize: Small Golden Pig



5th prize: Picture Scroll



6th prize: Big Set of Chopsticks



7th prize: Small Golden Pigs



8th prize: 2 Bruce Lee pictures



9th prize: Small Tea Set



10th prize: Green Dragon



11th prize: Small Golden Horse



12th prize: Red Chinese lanterns





## Menu - 02/02/19

All Food is vegetarian Style.  
For the benefit of everyone's health, eat vegetables, fruits,  
grains, and be kind to all animals.

**Soup & Salad:** All Veggie style.

**Main Dish:** Veggie Egg Roll (2 per person)  
Veggie Dumpling ( 2 per person)  
Veggie Beef (2 per person)  
Veggie Chicken Nuggets ( 2 per person)  
Mashed Potatoes  
Corn Bread  
Italiano's Dinner Rolls

**Note:** These are served  
Family Style, so please start  
with your portion.

## Speed kick contest trophy







**Tournament & report card point - First place is seven foot trophy.**



**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**

**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!**

**1<sup>st</sup> Place-12pts; 2<sup>nd</sup> Place-9pts; 3<sup>rd</sup> Place-6pts; Participation-3pts**





On Saturday, February 10, 2018, Wang's Martial Arts held its 16th Annual Chinese New Year and Award Banquet at China Ko in Humble, Texas.

The vegetarian style meal was prepared for the health of all guests, & kindness to animals. At the tables, guest were presented with red envelopes, that contained a lucky Chinese coin, there were many Chinese costumes.

Jordyn Mayo also impressed the audience with her solo dance called fireworks- Great job Jordyn!

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, Russell Haws, Susan Fischman, Tye Botting, Darren Bush, Padraic Gilbert, Polly Ferguson, Margaret Swavely, Chantel Barnes, Karen Clarke, Chris Rivers, Jessie Diaz, Sue Starr, Paul Greenwood, WuZhong Jia, Xing Ho**) with a medal.

Following, Victor Cheng Scholarship (provides by Mrs. Jenny Cheng) was awarded to a U of H Law Student **Peter Zachry** for **\$1000**. Wang's Martial Arts School also awarded three lucky U of H students. **Samuel Hollingsworth** for **\$1000**, **Sarah Husbands** for **\$500**, **Brittany Pham** for **\$500**. Two whom are Marketing students and one Law student.

There was also a Chinese Fashion show & singing Chinese songs, WMA students, family, and friends showed off lovely silk like garments and their talent.

The entertainment program started with fabulous Chinese Lion Dance. With three lions and music team by Shaolin Kung Fu Academy. There were many smiles and joyful children.

Next, the awards for tournament and report card points were handed out with first place being a seven-foot trophy! Students are encouraged to turn in their report cards, for a chance to win a **seven foot trophy** at the Chinese New Year Banquet.

#### Report card point - 2017

- |                  |     |                          |
|------------------|-----|--------------------------|
| 5 - 8 years old  | 1st | <b>Nickelus Moreno</b>   |
|                  | 2nd | <b>Jordyn Mayo</b>       |
| 9 - 14 years old | 1st | <b>Joseph Alonso</b>     |
|                  | 2nd | <b>Conner Roll-Bush</b>  |
| 15 year old & up | 1st | <b>Brandon Roll-Bush</b> |

#### Tournament point - 2017

- |                   |     |                           |
|-------------------|-----|---------------------------|
| 9 - 14 years old  | 1st | <b>Makinzi Rodriguez</b>  |
|                   | 2nd | <b>Joseph Alonso</b>      |
| 15 -108 years old | 1st | <b>Rosel Rodriguez</b>    |
|                   | 2nd | <b>Jeffery Villarde</b>   |
|                   | 3rd | <b>Darren Bush</b>        |
|                   | 4th | <b>Cleotis Washington</b> |
|                   | 4th | <b>Ruby Lee Abbott</b>    |



Don't forget those tournament points! After each tournament, students should turn in their points for a chance to also win a **seven foot trophy** at the Chinese New Year Event.

World Peace Martial Arts - HOF goes to Mr. Joel Le Bon and Ms. Ruby Abbott.

Kung Fu demonstration was presented by Wang's Martial Arts students. Impressing the audience with what they have learned throughout the years of discipline and practice.

There were numerous smiles and flashes from the cameras. The students were able to participate in a kicking contest, which consisted of 20 or more kicks within 10 seconds. The winners for the contest are as followed,

5-8 years old- **Juan Ceja.**

9-14 years old- **Joseph Alonzo.**

15-108 years old- **Dezi Hellsten.**

Congratulations to those students who worked hard to win the kicking contest.

Door prizes were also drawn at the banquet, the first place winners for Table Leader, and Door prize drawing are as followed,

**First Place for Table Leader 40 inch T.V.- Sifu Tye Botting**

**First Place for Door Prize Drawing Bicycle - Ms. Madeline Vides**

Once again the banquet was a great success, thanks to everyone at WMA, their family, and friends for making it a successful celebration.

# Wang's Martial Arts App.

We are excited to announce our school app is now available for download in Google Play or the App Store. In the app you will be able to find school events, sign up for rank tests, view requirements for each belt and more.

**Android Users:** If you would like to download the app please see Master Wang or Ms. Madeline so they can forward you the link to Google Play store.

**If you are opening this email on your mobile device just click on the link provided and it will take you to the App store**

**Apple Device:**

<https://itunes.apple.com/us/app/wangs-martial-arts/id1422637801?mt=8>

**Android Device:**

<https://play.google.com/store/apps/details?id=com.wangs.martial.arts>

**Once downloaded all you have to do is enter your name, email, and app code.**

**App code:** 2816823387 (no spaces or special characters)



**Wangs  
Martial Arts**



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Web site: [www.WangsMartialArts.com](http://www.WangsMartialArts.com)



**Date: January 28, 2019 (Monday),**

**Time: 7:00 - 8:00 PM**

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

Fee : \$10.00 (All proceed goes to Wang's Martial Arts scholarship fund.)  
Free for Wang's Martial Arts members and their family.  
(9-108 years old, any rank).

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## REGISTRATION FORM

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

STREET: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

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

PHONE (HOME): \_\_\_\_\_ PHONE (WORK): \_\_\_\_\_

Cell phone: \_\_\_\_\_ Amount Paid \_\_\_\_\_



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Web site: [www.WangsMartialArts.com](http://www.WangsMartialArts.com)

## Birth Day Party for Wang's martial Arts students

Date: January 12, 2019 (Saturday)  
Place: Wang's Martial Arts  
5311 FM 1960 Rd. 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 January. **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 (All proceed will go to Wang's Martial Arts scholarship fund).  
Free for all students who will participate demonstration & their family members.

Time: 1:00 pm – Reception & Demonstration (Kung Fu & Tai Chi),  
Veggie lunch (Veggies Quesadilla, Veggie Egg Roll, Veggie Dumpling, Organic pop corn,  
Organic cookies, Bottled water).  
Singing Happy birthday song in English, Chinese & Spanish.  
1:30 pm – Fashion Show Practice

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REGISTRATION FORM - Reservation before January 10 2019.

NAME: \_\_\_\_\_, DATE: \_\_\_\_\_

STREET: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE (HOME): \_\_\_\_\_ PHONE (WORK): \_\_\_\_\_

Phone (cell): \_\_\_\_\_ Date of Birth: \_\_\_\_\_

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

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

# Iron On Patches for Kung Fu Uniforms

**Every student who turns in their report card with straight A's, will receive an iron on Academic patch, that can be placed on the right lower pant leg of their uniform.**



**Every student who participates in a Inner School Tournament, and has earned all 1st place awards, will receive a Rising Star iron patch, that can be placed on the left lower pant leg of their uniform.**





# OFF-CAMPUS PHYSICAL EDUCATION INFORMATION PACKET

- \_\_\_ Information for Parents
- \_\_\_ Parent Permission Form
- \_\_\_ Waiver Application
- \_\_\_ Submission Due To Physical Education  
Coordinator (Helen Wagner)

**Deadline to submit ALL paperwork is August 15, 2017.**

HISD Physical Education Department  
Eggers Instructional Support Center  
4810 Magnolia Cove  
Kingwood, TX 77345  
Email: [helen.wagner@humbleisd.net](mailto:helen.wagner@humbleisd.net)  
Fax: 281-641-1079

**Please remember students must reapply for an off campus physical education waiver each school year to be considered for the program.**



**HUMBLE INDEPENDENT SCHOOL DISTRICT**  
**OFF-CAMPUS Physical Education (OCPE)**  
**INFORMATION FOR PARENTS**

To maintain compliance with the Texas Education Code, Humble ISD offers students a waiver process for OCPE programs. This waiver process consists of Category 1 (15 hours) and Category 2 (five hours) for high school and middle school.

Request for waivers for approval of private or commercially sponsored physical activity programs will be considered in two categories. These are:

**CATEGORY 1 -OLYMPIC TRAINING: is available to Middle School and High School students.**

(Waiver requests considered under this category must be approved by the local Board and submitted to the Texas Education Agency for final approval.)

- Private or commercially sponsored physical activity programs that lead to **Olympic-level** participation and/or competition. These programs typically involve a **minimum of 15 hours** per week of highly intense, professionally supervised training. The training facility, instructors, and the activities involved in the program must be certified by the Superintendent or his/her designee to be of exceptional quality.
- Students qualifying and participating at this level may be dismissed from school one period per day for such participation. Students dismissed must not be permitted to miss any academic class to fill out a regular day in lieu of leaving campus for OCPE.
- **The OCPE students should leave the campus one period prior to the end of the day or not check in to school until the second period of the day. There will be no supervised areas for these students to stay on campus for the unassigned class period and will result in immediate dismissal of the OCPE Program.** Students who discontinue OCPE Category 1 during a semester will be enrolled in a regular physical education class for the remainder of the semester to complete the credit in physical education for that semester.
- It is anticipated that only a very limited number of students will qualify for this exceptional level of participation.
- The credits being earned for graduation requirements are to be taken during the students' high school enrollment period.
- Students participating at this level may receive a maximum of **one-half** credit per semester. A total of **one credit** may be earned toward state high school graduation requirements or **four semesters** for middle school PE requirements.

**CATEGORY 2: is available to Middle School and High School students.**

(Waivers in Category 2 must be approved by the local Board but **do not** require submission of approval of the Texas Education Agency.)

- Private or commercially sponsored physical activity programs as certified by the Superintendent or his/her designee to be of high quality, well supervised by appropriately trained instructors, and consisting of a **minimum of five hours** per school week.
- Students participating at this level may receive a **maximum of one-half** credit per semester. A total of **one credit** may be earned toward state high school graduation requirements or **four semesters** for middle school PE requirements.
- Students certified to participate at this level **may not** be dismissed from any part of the regular school day.
- The credits being earned for graduation requirements are to be taken during the students' high school enrollment period.

**Off Campus PE WAIVER APPLICATION**  
**Humble Independent School District**

Student's Name \_\_\_\_\_ ID# \_\_\_\_\_  
(Print)

Current Grade Level \_\_\_\_\_ Current Campus \_\_\_\_\_

Proposed Grade Level \_\_\_\_\_ Proposed Campus \_\_\_\_\_

This application is for Fall Semester \_\_\_\_\_ Spring Semester \_\_\_\_\_

Category I (15+hrs) Physical Activity Program, i.e.: Swimming, Dance, etc. \_\_\_\_\_

Category II (5+hrs) Physical Activity Program, i.e.: Swimming, Dance, etc. \_\_\_\_\_

**His/Her Monday through Friday workout schedule will be:**

Monday	Workout begins	_____ a.m. or p.m.	Workout ends at	_____ a.m. or p.m.
Tuesday		_____ a.m. or p.m.		_____ a.m. or p.m.
Wednesday		_____ a.m. or p.m.		_____ a.m. or p.m.
Thursday		_____ a.m. or p.m.		_____ a.m. or p.m.
Friday		_____ a.m. or p.m.		_____ a.m. or p.m.
Saturday		_____ a.m. or p.m.		_____ a.m. or p.m.

**TOTAL NUMBER OF WEEKLY HOURS** \_\_\_\_\_

Name of Commercial Establishment \_\_\_\_\_

Phone Number \_\_\_\_\_

**TO THE INSTRUCTOR FOR CATEGORY II APPLICANTS:**

As this student's instructor, I verify this time schedule to be correct. I understand that it is the responsibility of this commercial establishment to maintain the physical education programs in the described categories. I am to inform the Coordinator of PE/Health of any program changes or student's involvement or lack thereof.

\_\_\_\_\_  
Instructor's Signature Date

NAME OF STUDENT'S COUNSELOR \_\_\_\_\_

_____ Waiver Approved	_____ Waiver Denied
_____ Helen Wagner, Coordinator PE/Health	_____ Date



**Off Campus Physical Education**  
**PARENT PERMISSION FORM**  
**For Waiver Request**

School Year 20 \_\_\_\_\_ -20 \_\_\_\_\_

Student Name (please print) \_\_\_\_\_

Current Campus \_\_\_\_\_ Current Grade \_\_\_\_\_

I request permission from the Humble Independent School District for my child to receive physical education credit for active participation in the OCPE program.

I understand that the commercial facility named herein will satisfy the Texas Education Agency requirement for physical education instruction and submit the attendance/grade report form (via fax to campus registrar at the end of each semester). To access the Semester Attendance/Grade Report go to <https://goo.gl/QRtm6Q>. My child's middle school requirements may be satisfied through participation in an approved off-campus program. The grade earned by the middle school student will be pass/fail. The grade earned by the high school student will be a numeric grade.

I have been informed that if, for **any reason**, my child does not complete the entire semester/trimester, he/she **will not receive any partial credit**.

Furthermore, I acknowledge that the Humble Independent School District will not provide transportation to or from the establishment, does not endorse any commercial training program, and the approval of this application does not constitute any assurance as to the qualifications of the instructors or to the quality and/or safety of the equipment and facilities.

The undersigned is the parent or legal guardian of the named student. He/she is a student in the Humble Independent School District and I do hereby consent to said student participation in the commercial training program. I further agree to hold the Humble Independent School District, its Board of Trustees, administration, and/or faculty **harmless from all liability for any injuries** which said student may receive while participation in this program or while traveling to and from such program.

I also understand that if my child is approved for Category I **They must leave the campus one period prior to the end of the day or not check in to school until the second period of the day. There will be no supervised areas for these students to stay on campus for the unassigned class period thus resulting in immediate dismissal of the OCPE Program. My child will also be responsible for completing the annual fitness assessment that may require him/her to attend before, during, or after school testing sessions.**

I hereby acknowledge my understanding of this document with my signature below.

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Parent's Printed Name

Address \_\_\_\_\_

Home phone \_\_\_\_\_ Date \_\_\_\_\_

---

The Commercial Establishment we have chosen: \_\_\_\_\_

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

Instructor's Name \_\_\_\_\_ He/She is aware of this request.



**HUMBLE ISD OFF CAMPUS PHYSICAL EDUCATION  
GRADE/ATTENDANCE REPORT**

1. This form is due to the campus registrar at the end of each grading period.
2. Fax the completed form to the campus registrar.
3. Record the total number of hours for attendance and pass or fail for Middle School/Numeric Grade for High School.

MIDDLE SCHOOL	ADDRESS	PHONE #	FAX #
Atascocita Middle School	18810 West Lake Houston Parkway Humble, TX 77346	281-641-4600	281-641-4617
Creekwood Middle School	3603 West Lake Houston Parkway Kingwood, TX 77339	281-641-4400	281-641-4417
Humble Middle School	11207 Will Clayton Parkway Humble, TX 77346	281-641-4000	281-641-4188
Kingwood Middle School	2407 Pine Terrace Kingwood, TX 77345	281-641-4200	281-641-4217
Riverwood Middle School	2910 High Valley Drive Kingwood, TX 77345	281-641-4800	281-641-4817
Ross Sterling Middle School	1131 Wilson Rd Humble, TX 77338	281-641-6000	281-641-6017
Timberwood Middle School	18450 Timber Forest Drive Humble, TX 77346	281-641-3800	281-641-3817
Woodcreek Middle School	14600 Woodson Park Drive Houston, TX 77044	281-641-5200	281-641-5319

HIGH SCHOOL	ADDRESS	PHONE #	FAX #
Atascocita High School	13300 Will Clayton Parkway Humble, TX 77346	281-641-7500	281-641-7775
Humble Middle School	1700 Wilson Road Humble, TX 77338	281-641-6300	281-641-6595
Kingwood High School	2701 Kingwood Drive Kingwood, TX 77339	281-641-6900	281-641-7261
Kingwood Park High School	4015 Woodland Hills Drive Kingwood, TX 77339	281-641-6600	281-641-6724
Summer Creek High School	14000 Weckford Blvd Houston, TX 77044	281-641-5400	281-641-5423

**Grades Due to Registrar**

FALL SEMESTER & SPRING SEMESTER
December 8, 2017
May 25, 2018

**Grade Report Form**  
**(Fax to Registrar)**

Circle Grading Period: **FALL** or **SPRING**

*(Due in December and June)*

Student Name: \_\_\_\_\_

Student ID#: \_\_\_\_\_

Campus: \_\_\_\_\_

Grade Level: \_\_\_\_\_

Middle School Circle one: **PASS**      **FAIL**

High School: \_\_\_\_\_ (Numeric Grade)


Days Missed: \_\_\_\_\_

Instructor Printed Name: \_\_\_\_\_

\_\_\_\_\_  
Instructor Signature

\_\_\_\_\_  
Date

# Kung Fu Rank Test Results - 10/29/2018.

<p><b>Age 15 year old and +</b></p> <p>Jose Gutierrez- Yellow Belt  Drew Conner- Orange Belt  Rob Sheridan- Orange/Stripe  Eric Anguiano- Orange/Stripe  PJ Glasco-Green Belt  Craig Glasco-Green Belt  Xiomara LaVerde- Blue Belt</p>	<p><b>Accelerated Program Rank Test 11/19/2018</b></p> <p>Conner Craft- Yellow Belt  Eric Anguiano- Green Belt  Anthony Curtis- Blue Belt</p> <p><b>Accelerated Program Rank Test 12/10//2018</b></p> <p>Geraldo Tum - Yellow Belt  Joel Villanueva - Green/stripes  Jad Mawaka - Purple  Gisela Villanueva - Green/stripes</p>
<p><b>Age 9 - 14 years old</b></p> <p>Baiyi Liu- Yellow Belt  Noah Gutierrez- Yellow Belt  Joshua Li- Yellow Belt  Nicolas Collison- Yellow/Stripe  Parker Chaffin- Orange Belt  Nia Coston- Orange Belt  Cameron Vancho- Green Belt  Jayden Ng-A-Mann- Green/Stripe  Juan Ceja- Purple/Stripe  Paul Tang- Red Belt</p> <p>-----</p> <p><b>Age 5 - 8 years old</b></p> <p>Levi Garcia- Orange Belt  Anika Glasco- Orange/Stripe  Nicole Glasco- Orange/Stripe  Christopher Serrano- Orange/Stripe  Connor Sheridan- Purple Belt</p> <p>-----</p> <p><b>Tai Chi test Result -09-15-2018</b></p> <p>Jim Gustin- Yellow Belt  Edu Araujo- Orange Belt  Monica Johnston-Red Belt  John Quenzer- Brown Belt  Richard Sibley- Black Belt  Tania Myers- Black Belt  Chris Duffy- Black Belt  Bill Campbell-Black Belt</p> <p>-----</p> <p><b>Tai Chi test Result -12-15-2018</b></p> <p>Jim Guston - Orange belt  Edu Arauja - Green belt  Guillermo Slack - Red belt.</p>	<p><b>Brown &amp; Black Belt Test - 10/20/2018</b></p> <p>Tori Archinal- Brown Belt  Nickelus Moreno- Brown Belt  Avairya Rodriguez- Brown Belt  Makinzi Rodriguez- Brown Belt  Jozlyn Rodriguez- Brown Belt  Jackie Rodriguez- Brown Belt  John Prewett- Brown Belt  Rosel Rodriguez- Brown Belt  Jeffrey Villarde- Brown Stripe  Cleotis Washington- Black Belt  Alfred Marayag- Jr. Black Belt 1st  Susan Fischman- Black Belt 3rd</p> 



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.**



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





# Wang's Martial Arts

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

Phone (281) 548-1638, (281) 682-3387  
e-mail: [yyw3888wma@gmail.com](mailto:yyw3888wma@gmail.com)

Web site: [www.WangsMartialArts.com](http://www.WangsMartialArts.com)

## Schedule:

01/04/2019- Basic Bo begins 8 pm- 9 pm.  
01/05/2019- Kung Fu class at Octavia Fields Branch Library. 2:30 pm - 3:30 pm  
01/05/2019- Fashion Show Practice 1 pm. (Every Saturday)  
01/12/2019- Kung Fu Birthday Party 1:30- 4:30 pm  
01/12/2019- Chinese Song Practice 2 pm. (Second and last Saturday)  
01/14/2019- Basic Escrima  
01/19/2019- Kung Fu Rank Test  
01/21/2019- Kung Fu Rank Test Make up for all ages  
01/28/2019- Women's Self Defense Class 7 pm- 8 pm.

02/01/2019-Basic Sabre Begins 8-9 pm.  
02/02/2019- Kung Fu class at Octavia Fields Branch Library. 2:30 pm - 3:30 pm  
02/02/2019-Chinese New Year Celebration  
02/13/2019-Basic Nunchaku Class  
02/16/2019- Kung Fu Birthday Party 1:30- 4:30 pm  
02/18/2019- Women's Self Defense Class 7 pm- 8 pm.  
02/23/2019- Inner School Tournament  
02/23/2019- Lucky Land Demonstration  
02/25/2019-Accelerated Rank Test 6-8 pm.



**PLEASE HELP KEEP OUR SCHOOL  
CLEAN!**

Do not leave anything behind.

Put your name tag on equipment bags etc.

We can contact you if anything is left behind.

There will be a lost & find box.

But we will only keep for 10 days,

after that we will donate to HAAM in Humble.

# T-Shirt days

Wednesday & Saturday class

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



\$16.00



\$12.00

**CLASS SCHEDULE**  
**(New class times effective on September 15, 2017)**

**KUNG-FU**

Adults	(Age 15-108)	Tue. Sat.	11:00 - 12:00 Noon
		Tues./Thur.	4:00 - 5:00 PM
		Mon./Tue./Thur./Fri.	7:00 - 8:00 PM
		Mon./Wed.	8:00 - 9:00 PM
Children	(Age 5 - 14)	Tue./Thur.	5:00 - 6:00 PM
		Mon./Tue./Wed./Thur./Fri.	6:00 - 7:00 PM
		<b>Friday.</b>	<b>7:00 - 8:00 PM (New)</b>
		<b>Monday</b>	<b>8:00 - 9:00 pm (New)</b>
		Saturday	10:00 - 11:00 AM
Tournament Competition Class		To be announced	
Family class	(Age 5-108)	Tue./Thur.	5:00 - 6:00 PM
		Mon./Tue./Wed./Thur./Fri.	6:00 - 7:00 PM
		<b>Friday.</b>	<b>7:00 - 8:00 PM (New)</b>
		<b>Monday</b>	<b>8:00 - 9:00 PM (New)</b>
		Saturday	10:00 - 11:00 AM

**T'AI CHI CHUAN**

Adult	(Age 18 - 108)	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



Phone (281) 548-1638, (281) 682-3387  
e-mail yyw3888wma@gmail.com  
Web site [http://www. WangsMartialArts.com](http://www.WangsMartialArts.com)



## Basic Escrima (short) stick Class

Date: January 14, 2019 (Monday)

Time : 7:00 - 8:00 PM

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

Fee : \$10.00  
(All proceed goes to scholarship fund.)

(9-17 years old, Green belt & above)  
(18 years and older, Yellow belt and above).

---

### REGISTRATION FORM

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

STREET: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE (HOME): \_\_\_\_\_ PHONE (WORK): \_\_\_\_\_

Phone (Cell): \_\_\_\_\_

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

Amount paid \_\_\_\_\_ .



# Wang's Martial Arts

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

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e-mail: [yyw3888wma@gmail.com](mailto:yyw3888wma@gmail.com)  
Web site: [www.WangsMartialArts.com](http://www.WangsMartialArts.com)

July 24, 2017

## PLEASE HELP KEEP OUR SCHOOL CLEAN!

**Do not leave anything behind. Put your name tag on equipment bags etc.**

**We can contact you if anything is left behind.**

**There will be a lost & found box.**

**But we will only keep for 10 days, after that we will donate to HAAM in Humble.**

---

TAI – CHI – CHUAN - Testimony

Since earning (2<sup>nd</sup>) Black Belt in Tai – Chi – Chuan on 27 February 2016 from Master Wang – Wang’s Martial Arts, I decided I wanted to reach out and give back to the community by teaching Tai – Chi classes at Retirement Centers in Kingwood, Texas.

Currently I am teaching four (4) times a month or once per week at Watercrest Retirement Center and eight (8) times per month or twice per week at Brookdale Retirement Center. Both facilities are in Kingwood, Texas.

It is personally gratifying to me to see other people’s personal health and well being changed for the better as a result of practicing Tai – Chi.

Paul B. Greenwood  
Student Wang’s Martial Arts

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Phone (281) 548-1638  
(281) 682-3387  
e-mail yyw3888wma@gmail.com  
Web site www.WangsMartialArts.com

## Baise Bo



Date: January 04, 2019 (Friday)  
January 11, 2019 (Friday)  
January 18, 2019 (Friday)  
January 25, 2019 (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: \_\_\_\_\_

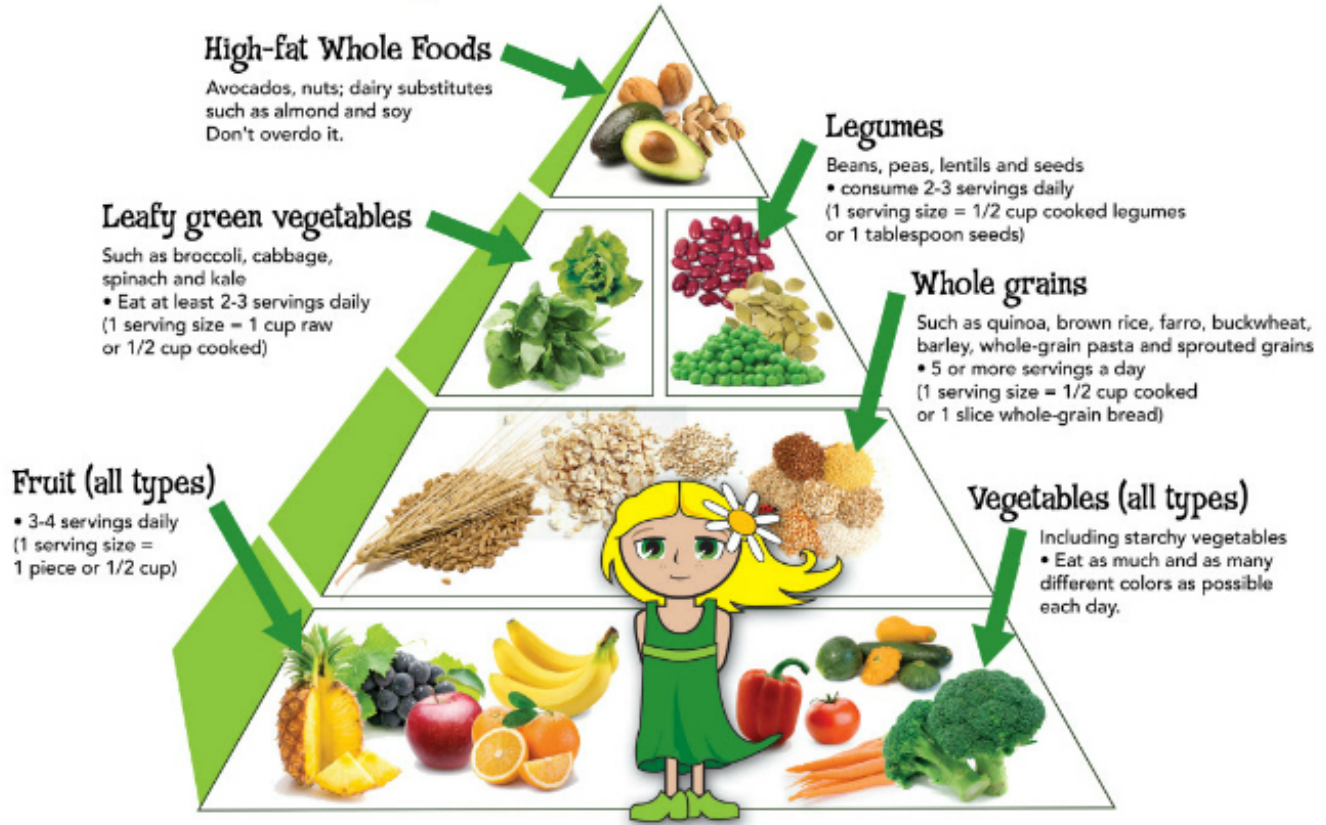
PHONE (HOME): \_\_\_\_\_ PHONE (WORK): \_\_\_\_\_

Phone (cell): \_\_\_\_\_

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

Amount Paid \_\_\_\_\_ .

# An Ordinary Vegan, Whole-Food, Vegan, Plant-Based Diet



Always remember to balance the food you eat with physical activity!  
[www.ordinaryvegan.net](http://www.ordinaryvegan.net)

\* Be sure to include a good source of vitamin B12, such as fortified cereals or vitamin supplements





## **Elderberry Fights Flu Symptoms**

**By Dr. Mehmet Oz and Dr. Mike Roizen, MDs**

Pliny the Elder was a first century Roman author and naturalist. One of his most famous sayings is: "Truth comes out in wine."

Did he know about elderberry wine? Being a naturalist (and Roman), there's a good chance he did. After all, the health benefits of elderberry syrup for treating the symptoms of the flu have been anecdotally cited since before his time.

But it's only in the last 20 years that the medicinal properties of the elderberry have been scientifically documented.

- A small study published in 1998 showed that 93 percent of flu patients given elderberry syrup (Sambucol) were completely symptom-free within two days, while those taking a placebo recovered in about six days.
- Another controlled study from 1999-2000 in Norway reported that flu patients taking three teaspoons of elderberry syrup four times a day saw their symptoms improve four days earlier than others who took a placebo.
- And a randomized, double-blind trial in 2009 found that 48 hours after flu sufferers took elderberry extract, 28 percent of them were devoid of all flu symptoms and 60 percent showed some symptom relief. Not a single patient in the placebo control group showed any relief.

Elderberries are more bitter than blackberries or raspberries, which is why they're distilled into wines or baked in pies in combination with other berries.

But the concentrated syrup is what you want if you have flu symptoms. As the American Nutrition Association states, "Elderberry extract seems to offer an efficient, safe and cost-effective treatment for influenza."

## Raw fruit and vegetables provide better mental health outcomes

Posted on May 7, 2018 in [Featured News](#), [Health](#)



The study surveyed more than 400 young adults — an age group with typically the lowest fruit and vegetable consumption and at high risk for mental health disorders. Image: Shutterstock

*New study identifies the top 10 raw foods related to better mental health: carrots, bananas, apples, dark leafy greens such as spinach, grapefruit, lettuce, citrus fruits, fresh berries, cucumber, and kiwifruit.*

— By University of Otago

Seeking the feel good factor? Go natural.

That is the simple message from University of Otago researchers who have discovered raw fruit and vegetables may be better for your [mental health](#) than cooked, canned and processed fruit and vegetables.

[Dr. Tamlin Conner](#), Psychology Senior Lecturer and lead author, says public health campaigns have historically focused on aspects of quantity for the consumption of fruit and vegetables (such as 5+ a day).

However, the study, published in [Frontiers in Psychology](#), found that for mental health in particular, it may also be important to consider the way in which produce was prepared and consumed.

“Our research has highlighted that the consumption of fruit and vegetables in their ‘unmodified’ state is more strongly associated with better mental health compared to cooked/canned/processed fruit and vegetables,” she says.

Dr. Conner believes this could be because the cooking and processing of fruit and vegetables has the potential to diminish [nutrient levels](#).

“This likely limits the delivery of nutrients that are essential for optimal emotional functioning.”

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**Related:** [Organic food provides significant environmental benefits to plant-rich diets](#)

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For the study, more than 400 young adults from New Zealand and the United States aged 18 to 25 were surveyed. This age group was chosen as young adults typically have the lowest fruit and vegetable consumption of all age groups and are at high risk for mental health disorders.

The group’s typical consumption of raw versus cooked and processed fruits and vegetables were assessed, alongside their negative and positive mental health, and lifestyle and demographic variables that could affect the

association between fruit and vegetable intake and mental health (such as [exercise](#), [sleep](#), unhealthy diet, chronic health conditions, socioeconomic status, ethnicity, and [gender](#)).

"Controlling for the covariates, raw fruit and vegetable consumption predicted lower levels of mental illness symptomology, such as [depression](#), and improved levels of psychological wellbeing including positive mood, life satisfaction and flourishing. These mental health benefits were significantly reduced for cooked, canned, and processed fruits and vegetables.

"This research is increasingly vital as lifestyle approaches such as [dietary change](#) may provide an accessible, safe, and adjuvant approach to improving mental health," Dr. Conner says.

---





Especially effective against diabetes, new medical programs are giving fresh groceries to low-income patients—and saving everyone money

## When Is Healthy Food The Best Medicine? When It's Free

BY ASHLEY LEWIS

☞ THAT OLD SAYING “An apple a day keeps the doctor away” may hold some truth. In fact, one study found that in 2012, almost half of the deaths in America caused by heart disease, stroke, and type 2 diabetes were linked to poor diet.

But knowing you should eat healthfully and actually doing it are two different things, and making the right choice isn't any easier when a pound of grapes costs more than twice as much as a pound of pasta. The Fresh Food Pharmacy aims to change that. A pilot program created by the

Geisinger Health System, a hospital network in Pennsylvania and southern New Jersey, this pharmacy resembles a grocery store stocked with fresh produce, lean meats, canned beans, and more. Even better, it's all free.

Under the program, patients with type 2 diabetes and qualifying income are prescribed a week's worth of food for their entire household, and dietitians show them how to transform it into healthy meals. After the first year, all 180 participants had improved in key health measurements, in particular their





hemoglobin A1c levels (HbA1c), the gold standard for tracking blood sugar control.

In 2012, the estimated costs associated with diabetes in the United States were \$245 billion. Geisinger will spend only about \$1,000 annually on each food-pharmacy patient. David Feinberg, Geisinger's president and CEO, calculates that "a decrease in HbA1c of one point saves us about \$8,000." With many of the patients dropping three points, the program could save \$24,000 (or more) a year in health-care costs—as well as reduce the risk of amputation, blindness, and other complications.

Geisinger isn't the only organization experimenting with produce prescriptions. Nonprofits, food banks, hospitals, and even doctors' offices around the country have implemented programs that bring the

"food is medicine" concept to life. Boston Medical Center's Preventive Food Pantry was the first such program in the country when it opened in 2001. Today it serves approximately 7,000 patients a month.

In 2010, the nonprofit organization

Wholesome Wave started the Fruit and Vegetable Rx program. Doctors give each family member \$1 per day to spend at a participating farmers' market or grocery store. The program has helped more than 11,000 low-income patients; in 2014, almost half decreased their body mass index,

thus lowering their risk for heart disease, some cancers, and many other health conditions. A new Johns Hopkins study estimates that losing weight can save up to \$16,000 per person in direct medical costs, depending upon age and the amount lost. How do you like them apples? **R**

“  
**All 180 people improved in key measurements, including hemoglobin A1c levels.**  
”

\*  
\*  
\*

## FIRST IMPRESSIONS AREN'T ALL THEY'RE CRACKED UP TO BE

A picture by impressionist Henri Matisse hung upside down in New York's Museum of Modern Art for 47 days in 1961 before anyone noticed. In coverage of the blunder, the *New York Times* ran part of its headline upside down.

Source: artnet.com



Wang's Martial Arts  
5311 FM 1960 Road E. # J.  
Humble Tx, 77346  
(281) 682-3387

## Free One Hour Lesson Kung Fu or Tai chi

\_\_\_\_\_ is guest of \_\_\_\_\_  
**Guest Name** **Student's Name**

If your guest signs up, you will receive a \$25.00 gift card.  
(For Tai Chi program must be 18 years and above)



**Office DEPOT.**  
**OfficeMax**



**Walmart** ✨

