Phone (281) 548-1638, (281) 682-3387 E-mail: yyw3888wma@gmail.com **Web site: www.WangsMartialArts.com** 



WMA - Wang's Martial Arts Hand Sign - Peace & Respect Chinese Character - Kindness

If any of you never received Newsletter or information from our studio, please send me a e-mail.

yyw3888wma@gmail.com

#### Kung Fu Brown & Black belt rank test.

Date: April 16, 2022 (Saturday)

Time: 2:00 - 5:00 pm

Place: Wang's Martial Arts

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

February 11, 2022 (Friday)

Time: 7 - 8 pm.

Cost: Paid by Wang's Martial Arts.

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

- February 11, 2022 (Friday)

Time: 5 - 6 pm.

Cost: Paid by Wang's Martial Arts.

Guest Instructor; Master Jia

#### January & February 2022 Newsletter

#### In School Kung Fu class schedule:

All ages: (Age 5-108) Mon./Tue. /Wed./Thur./Fri. 6:00 - 7:00 PM

Mon./Fri. 7:00 - 8:00 PM Saturday 10:00 - 11:00 AM Saturday 11:00 - 12:00 noon.

Tue. /Thur. (Color belt only) 5:00 - 6:00 PM (Age 18\_108) Tue. /Thur. 7:00 - 8:00 PM Red/Brown/Black Saturday 9:00 - 10:00 AM

(Basic wooden Bo and Basic wooden sabre is included in the Kung Fu training program for yellow belt and above 15 years old and older, Green belt and above for 14 years old and younger.)

#### In School Tai Chi class schedule:

All ages: (Age 18 - 108) Tue. Sat. 12:00 Noon - 1:00 PM

Thur. 4:00 - 5:00 PM Mon./Wed./Fri. 5:00 - 6:00 PM Wed. 7:00 - 8:00 PM



The health and safety of everyone is of great importance to us, below are the measure we have implemented and will continue to practice until further notice.

- Temperatures will be checked upon entry
- Everyone is required to wear a mask
- Social distancing will be practiced at all times.
- All students are required to wash their hands prior to and after class
- We will be using disinfectant wipes periodically to wipe down doorknobs and door handles.

#### **Parents:**

Please remind students to place their belongings inside the cubicles. We are not responsible for any damages. Thank you.

# 2022 Wang's Martial Arts 20th Annual Chinese New Year January 29, 2022 (Sat.)























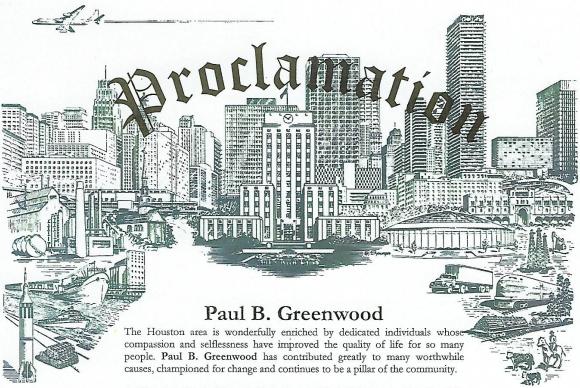












A First Dan Black Belt and Sixth Degree Black Belt in Tai Chai, Paul B. Greenwood has dedicated over three decades to sharing his wealth of expertise in martial arts to all as an instructor in Tai Chi at Wang's Martial Arts. He is well versed in several martial arts movements, including the 42 movements form, Push Hands, BaQua, Xinghi, Sun Tai Chi, Wu Tai Chi and more. To this end, he has taught students Yang Style Chi at Memorial Hermann Wellness Center in locations in Humble, Kingwood, Channelview's YMCA, Brookdale Watercress and Cypresswood Retirement Centers for seniors to help improve their overall quality of life.

On January 29, 2022, Paul B. Greenwood will be recognized for his tireless contributions to the community. In recognition and appreciation of his dedication and loyal service to the community, the City of Houston commends and appreciates Paul B. Greenwood for his great compassion and kindness to so many people and worthwhile endeavors over the years and extends best wishes for his continued success.

Therefore, I, Sylvester Turner, Mayor of the City of Houston, hereby proclaim January 29, 2022, as

#### Paul B. Greenwood Day

in Houston, Texas.



In Witness Whereof, I have hereunto set my hand and have caused the Official Seal of the City of Houston to be affixed this 13th day of January, 2022.

Sylvester Turner Mayor of the City of Houston Report card point for 2021-

Age 5 - 8 years old; 1<sup>st</sup> place – Olivia Sheridan

Age 9 - 14 years old:

1<sup>st</sup> place – Conner Sheridan 2<sup>nd</sup> place – Griffin Booher 3<sup>rd</sup> place – Edwin Garcia

3<sup>rd</sup> place – Yuliana Trejo

Kicking contest on January 29, 2022.

Age 9 - 14 years old (Adv.)

1<sup>st</sup> place – Joseph Alomso 2<sup>nd</sup> place – Jun Ceja

Age 9 - 14 years old (Int.)

1<sup>st</sup> place – Yijiao Cai 2<sup>nd</sup> place – Sharon Yu 3<sup>rd</sup> place – Charles Labrator

Age 15 years & up

1<sup>st</sup> place – David Barnes 2<sup>nd</sup> place – Elmer Whitehead





# World Star

CHINESE MARTIAL ARTS COMPETITION

世界之星中華武術錦標賽

# April 1 - April 3, 2022

Marriott Westchase - 2900 Briarpark Dr. Houston, TX

Competition, Demonstration, Scholarship, Workshops .....





www.kungfucompetition.com

#### Contact:

Wu Martial Arts Association Ernie Wu - 713.780.4007 wumartialartsassociation@gmail.com

Tickets: (purchasing Online or on site)

Saturday, 4/2 "All Day Competition"

\*All tickets come with FREE ticket for "EXPO of Chinese Martial Arts"

Sunday, 4/3 10:30 AM "EXPO of Chinese Martial Arts"

\*Kids 12 & under are FREE





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

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

## February 2022 Newsletter

Rank Test Results - November & December 2021



WMA - Wang's Martial Arts Hand sign - Peace & Respect Chinese Character - Kindness

#### **Brown & Black Belt Test Result:**

Craig Glasco - Brown Belt
PJ Glasco - Brown Belt
David Barnes - Black Belt (6th)
Allen DeWoody - Black Belt (4th)
Rosel Rodriguez - Black Belt (2nd)
Elmer Whitehead - Black Belt (2nd)
Makinzi Rodriguez - Black Belt (1st)

#### Tai Chi test Result:

Michael William – Yellow Belt Scott Muse - Orange Belt Dawn Chalaire - Orange Belt Dennes Chalaire - Orange Belt Audrey Chalaire - Orange Belt Cheryl Kennedy - Yellow belt Argelia Olan - Orange belt Maria Wilrick - Blue belt Frank Martinez - Red belt Mary Sue Lee - Red belt

Jim Gustin - Black Belt (3nd)
John Quenzer - Black Belt (3nd)
Tania Myers - Black Belt (3rd)
Edu Araujo - Black Belt (3rd)
Margaret Swavely - Black Belt (4th)
Paul Greenwood - Black Belt (6th)
Russell Haws - Black Belt (8th)

#### Age 15 year old and +

David Edwards - Yellow/stripe belt Christian Bonds - Yellow/stripe belt Jessica Nelson - Yellow belt Alejanaro Borque - Orange/stripe Sreejith Pulickal - Orange/stripe Celeste Rivera – Orange/stripe belt Guowang Yu - Orange belt Blair Fose - Yellow belt Sarah Rouse - Yellow belt Rodrigo Mendez - Yellow/stripe Randy Drauchon - Orange Belt Desmon Harrison - Purple belt Grant Coston - Green belt Nolan Coston - Green belt Natalie Cruz – Blue/stripe belt Joshua Stockton - Blue belt Jose Gutierrez - Blue belt Maricio Galvan - Blue/stripe belt Rob Sheridan - Red belt

Sommer Sinclair - Yellow Belt Langston Sinclair - Yellow Belt Amando Garcia - Yellow/stripe Byran Byrne - Yellow Belt

#### Age 9 - 14 years old

Angel Martinez - Yellow Belt Edwin Garcia - Yellow/stripe Belt Griffin Booher - Yellow/stripe Belt Mano Saad - Yellow/stripe Belt Jocelyn Bonds - Yellow belt Charles Labrador - Orange/stripe belt YiJiao Cai - Green/stripe YiJun Cai - Green/stripe Delaney Roose - Yellow belt Jessica Swindle - Yellow belt YulianaTrejo - Green Alex Guerrero - Orange/stripe Nigel Wee-Tom -Green/stripe Amir Narcisse - Purple Daniel Guerrero Orange Nia Coston - Green Noah Gutierrez - Blue/stripe Ocean Phan - Red belt Levi Garcia- Red/stripe

Connor Sheridan - Brown belt Jayden Ng-A-Mann - Brown/stripe Juan Ceji - Jr. Black Belt Jad Kawaja - Jr, Black Belt Nyriah Jones - Yellow Belt Jean Paulo Oropesa - Yellow Belt

#### Age 5 - 8 years old

Tobias Wang - Yellow/stripe Belt Abel Wu - Orange belt Heather Smith - Yellow belt Allen Smith - Orange belt Zachard Edward - Yellow/stripe Mateo Gramsdos - Yellow/stripe Yuliana Trejo - Green belt Sharon Yu - Green Jordi Alonso - Green Harrison Alvey - Orange belt Louie Copley – Orange/stripe belt Logan Best - Yellow belt Noah Garcia - Green Tylen Johnson - Yellow/stripe YiJia Cai – Green/stripe Belt Leah Gutierrez - Green Olivia Sheridan - Green/stripe Hanamel Kirubel - Blue/stripe

Caleb Villalpando- Red

Gilbert Frayre – Yellow/stripe Belt Albert Frayre – Yellow/stripe Belt Sophia Palma - Yellow Belt Andrew mata – Yellow Belt Anna Yuan – Yellow Belt Brady Jiang – Yellow Belt





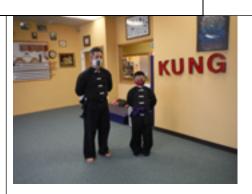








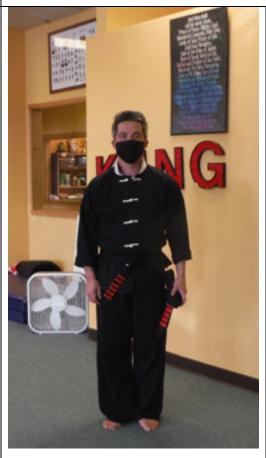


























Wang's Martial Arts College Student Scholarship Fund: 2009 Scholarship Fundraising Banquet - \$628.98 Inner-School tournament: December 5, 2009 - \$105.00 March 6, 2010 - \$85.00 July 10, 2010 - \$100.00 December 6, 2010 - \$105.00 March 19, 2011 - \$80.00 June 4, 2011 -\$115.00 September 10, 2011 - \$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

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

Darren Bush - \$500.

Craig Glasco - \$25.

Cynthia Pate - \$50.

\$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.

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.

#### **Scholarship donation**;

05/18/19 Darren Bush \$500. 05/18/19 WMA \$500. 06/12/19 Rosel Rodriguez \$1. 06/12/19 Lily Valdez \$10. 07/12/19 Rosel Rodriguez \$2. 07/18/19 Anonymous \$18. 07/19/19 Caleb Villalpando \$5. 07/24/19 Ruby Abbott \$50. 07/31/19 Madeline Vides \$3. 09/14/19 Margret Swavly \$5. 09/16/19 Ruby Abbott \$50. 10/28/19 Raffle of small laptop \$240. 02/07/20 Rosel Rodriguez \$10



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.

#### **December Birthdays**

T 'M'	10/16
Jaci Moricca	12/16
Andrea Smith	12/25
Brandon Roll-Bush	12/20
Carmen Thompson	12/23
Laura Cunningham	12/26
Julius Herron, Jr.	12/02
Deanna Farris	12/24
Kai Alfred Marayag	12/4
Franscisco Espinoza-Rocha	12/21
Charles Moore	12/22
Joshua Billingslea	12/30
Chantel Moody	12/31
Andrian Zaldivar	12/10
Lincoln Tedder	12/21
Jayden Goudeau	12/20
Austin Richardson	12/29
Kaitlyn Koch	12/08
Deanna Farris	12/24
Allen Anthony Curtis	12/29
Rosel Rodriguez, Sr.	12/18
Mathew Trimm	
Orlando Taylor	12/27 12/01
Tony Johns	12/01
Brian Boccanegra	12/02
Donovan Thompson	12/03
Sam Hybary	12/05
Elizabeth McKnight	12/05
Mark Neisie	12/06
Ximena Davila	12/06
Trey Soviette	12/08
Kyle Conley	12/08
Davion Roque	12/10
Christopher Serrano	12/10
Melinda Pettey	12/12
Richard Pamirez	12/12
Juan Ochoa	12/12
Sara Solhjou	12/12
Jordan Torres	12/9
Mateo Grandados	12/6
Andrew Puissegur	12/11
Jordyn Taylor	12/12
Sidney Bonds	12/16
Raiden Allison	12/22
Alex Guerrero	12/28
Kathryn Martinez	12/12
Calandra Jenkins-Mickens	12/12
Samantha Lugo	12/16
Yalexie Trejo	12/10
Talexic Tiejo	12/0

#### Happy Birthday



















# Wang's Martial Arts new student Family Special for Kung Fu or Tai Chi

	1st member	2nd member	3rd member	
			or more	
Tuition/month (12 to 13 lessons in a month)	\$199.00	\$179.10	\$99.50	
Easy pay/Week	\$43.95	\$39.55	<b>\$21.97</b>	
Uniform	\$69.95	\$69.95	\$69.95	
Registration fee	\$10.00	\$10.00	\$10.00	

#### Kung Fu class schedule:

All ages: (Age 5-108) Mon./Tue./Wed./Thur./Fri. 6:00 - 7:00 PM

Mon./Fri. 7:00 - 8:00 PM
Saturday 10:00 - 11:00 AM
Saturday 11:00 - 12:00 noon.
Tue. /Thur. (Color Belt Only) 5:00 - 6:00 PM

(Age 18-108) Tue. /Thur. 7:00 - 8:00 PM
Red/Brown/Black Saturday 9:00 - 10:00 AM

(Basic wooden Bo and Basic wooden sabre is included in the Kung Fu training program for yellow belt and above 15 years old and older, Green belt and above for 14 years old and younger.)

#### Tai Chi class schedule:

All ages: (Age 18 - 108) Tue. Sat. 12:00 Noon - 1:00 PM

Thur. 4:00 - 5:00 PM Mon./Wed./Fri. 5:00 - 6:00 PM Wed. 7:00 - 8:00 PM

#### Wang's Martial Arts

5311 FM 1960 E. #J at Timber Forest Dr. Humble, TX 77346 (281) 682-3387, (281) 548-1638 www.WangsMartialArts.com

# Call for a Free Lesson (281) 682-3387.









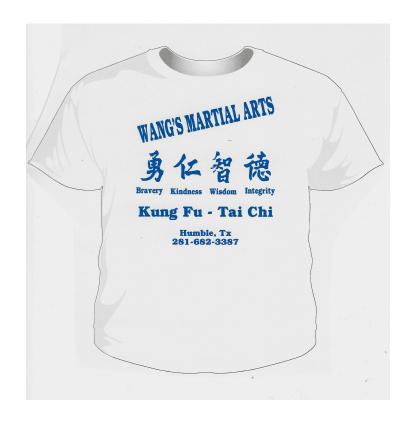
## T-Shirt days

# Wednesday & Saturday class

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



\$16.00







# 5 REASONS TO GO VEGETARIAN

IF YOU FIND YOURSELF FEELING CONSTANTLY SLUGGISH, IT MAY BE A SIGN TO SWITCH DIET SO HERE ARE SOME REASONS TO GO VEGETARIAN...



# 1.REDUCES RISK OF HEART DISEASE

Meat clogs up arteries to stop blood getting to the heart.

Salads don't.



#### 2. HELPS YOU LOSE WEIGHT

Because of the fat they have in them, meat puts weight on a person's body.

Salads don't.



#### 3. COMPASSION FOR ANIMALS

Meat comes from animals.

Salads don't.



# 4. BEING VEGETARIAN WOULD HELP END WORLD HUNGER

The animals that the meat comes from need loads of food to be fattened up. Salads don't. That food could go to people who need it.



#### 5. BEING VEGETARIAN SETS A GOOD EXAMPLE TO THE YOUNGER GENERATION

By seeing adults refusing to eat meat, kids may do the same and could adopt a healthy lifestyle, seriously reducing the risk of heart disease and cancer later in life. While feeding little ones meat is quick and easy, it can create a detrimental effect on their health. Salads don't.



What are the benefits of a clean diet?

We live in a fast paced environment, which spoiled us when it comes to eating. We are always on the go and society has made it a norm to eat on the go. About half of your day is spent in your vehicle, and well you also get hungry. It is now so easy to order food without having to get off your car and just eat it on the go. Have you stopped and asked yourself what really goes into all of these foods? Like they say, "you are what you eat". Sure we make healthier choices when we grocery shopping, but are they really a healthy choice? It is so easy to fall off the wagon and start "next Monday" with the clean eating, is it worth the risk of waiting? Why not start now? Nowadays, we have so many options to transition into a healthy clean diet. Organic fruits, vegetables, and pastas are now a choice.

No one tells us the risks of eating veggies and fruits that are exposed to pesticides, the effects it can have in your organs nor the permanent damage something so minimal can do. They might be a little more expensive when purchasing but in the long run it will be cheaper for your health.

Veggie beef, veggie poultry and veggie fish are also part of this trend.

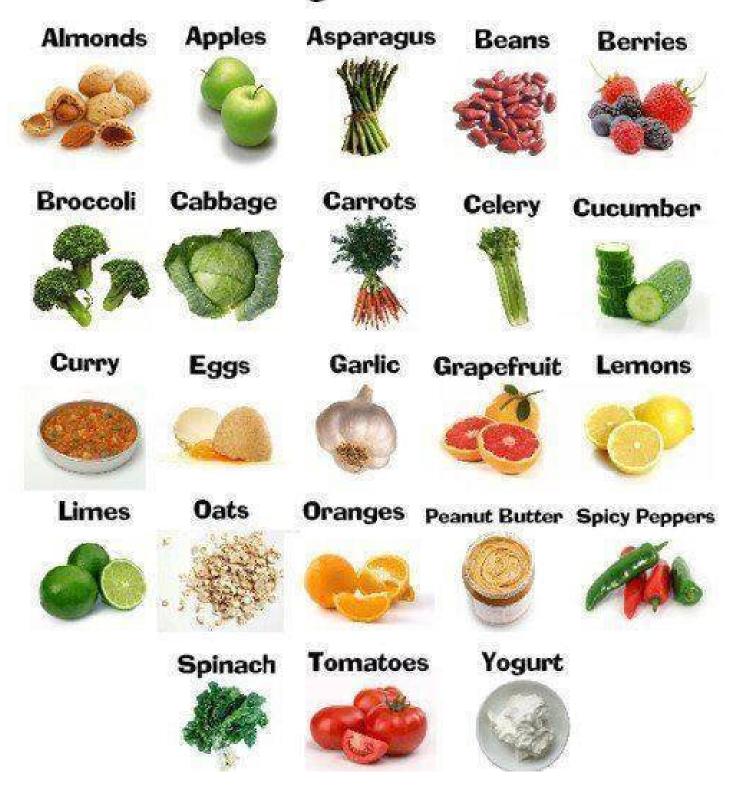
Farm animals are also fattened and exposed to chemicals while alive and dead. In order to maintain their shelf life, they must be put through a number of chemicals to preserve its shape, color, and texture.

One cannot quit a habit from one day to another, therefore we must slowly transition our minds and body into a healthier and cleaner lifestyle.

What are the benefits of a Clean Healthy Eating?

- Lowers the risks of Cancer
- Lowers risks of Diabetes
- Prevents (In some cases reverses) Heart disease
- Helps with Weight Loss
- Expands life expectancy
- Less animals are harmed every day.

# Metabolism boosting foods! (Vegetarian)



# Top 20 Uses For Apple Cider Vinegar



- 1. Wards off flu
- 2. Dissolves kidney stones
- 3. Detoxifies the body
- 4. Regulates pH balance in the body
- 5. Aids with nausea
- 6. Relieves heart burn
- 7. Relieves allergies
- 8. Lowers glucose levels in diabetics
- 9. Natural appetite suppressant
- 10. Helps relieve migraines
- 11. Helps relieve sinus pressure and infection
- 12. Lowers blood pressure
- 13. Lowers cholesterol
- 14. Kills cancer cells or slow their growth
- 15. Reduces inflammation, relieve arthritis
- 16. Gets rid of buildup on scalp
- 17. Gets rid of fingernail or toenail fungus
- 18. Soothes bug bites
- 19. Gets rid of warts
- 20. Clears skin







### AMAZING BENEFITS OF BANANAS



Bananas supply proper carbohydrates necessary to replace the muscle glycogen (muscle sugar) used

3,,--3-

Potassium High in potassium, bananas help the body's circulatory system deliver



oxygen to the brain, helping maintain regular heartbeat and proper water balance in

#### PMS

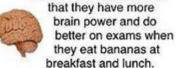
Bananas contain vitamin B6. This vitamin regulates blood glucose levels and helps us in times of stress and helps to

suppress cranky

moods

#### **Brain Power**

Potassium-packed fruit helps learning because it makes the pupils more alert. Students find



#### **Bowel Health**

Bananas are high in soluble fiber which helps stop constipation and helps to restore and maintain regular bowel function



#### Increase happiness

Bananas release a mood regulating substance called tryptophan which is converted to serotonin in the brain and thus elevates mood

the brain and thus elevates mood & makes us happier!

#### **Help Smokers Quit**

Bananas contain B vitamins and

other minerals that lessen the effects of nicotine withdrawal both physically and psychologically

#### Iron

Bananas are rich in iron too, and can help individuals with anemia. Iron

anemia. Iron
rich foods, such
as bananas
help stimulate
production of
hemoglobin in
the blood and





U.S.A.

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

#### INNER SCHOOL TOURNAMENT

Date:	3-19-2022	(Saturday)	

Time: Red/Brown/Black 9:00 am - 10:00 am White/Yellow/Orange 10:00 am - 11:00 am Green/Purple/Blue 11:00 am - 12:00 am Tai Chi (all levels) 12:00 noon - 1 pm

Place: Wang's Martial Arts

5311 FM 1960 Road E. #J

Humble, TX 77346

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

Entry Fee: \$35.00 one event

\$40.00 two events



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\*\*\*\* \*\*\*\*WEAPONS\*\*\*\*

 Ages 5-8
 Beg./ Int./ Adv.
 Ages 5-14
 Beg./ Int./ Adv.

 Ages 9-14
 Beg./ Int./ Adv.
 Ages 15-17
 Beg./ Int./ Adv.

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

Ages 18-80 Beg./ Int./ Brown/ Black.

TAI CHI Beg./ Int./ Adv.

	Registration form	n 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	WEAPONS	Amount Paid	

# **Wang's Martial Arts - Tournament Points**

Student Name:	
Age:	Rank:

Date	Tournament Name	Forms	Sparring	Weapons	Other Total

1st place- 12 points, 2nd place- 9 points, 3rd place- 6 points, participate- 3 points



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. Mixed grade - 3pts Report Card Point - 2022

Conner Sheridan3.00Griffin Booher2.25YiJun Cai2.25YiJiao Cai2.25YiJai Cai2.25Olivia Sheridan0.75Hanamel Kirubel0.75

Be sure turn in your report card before 12/30/2022