

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
Web site: www.WangsMartialArts.com

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

May 2019 Newsletter Summary

05/04/2019- Octavia Fields Library Kung Fu Class
05/04/2019- Rotary festival
05/10/2019- Basic Sabre Begins
05/10/2019- Guest Instructor, Master Jia.
05/11/2019- Kung Fu Birthday Party at 1 pm,
2:00 pm - Olympic Opening Ceremony 2008 in Beijing, China.
05/13/2019- Women's Self-defense, 7 - 8 pm.
05/18/2019- Kung Fu Rank Test
05/20/2019-Kung Fu Rank Test Make up for all ages
05/25/2019-Inner School Tournament
05/27/2019- No class due to Memorial Day.



Brown & Black Test picture on April 13, 2019

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

Date: May 10, 2019 (Friday).

Time: 7 - 8 pm.

Cost: Paid by Wang's Martial Arts.

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

Date: May 10, 2019 (Friday).

Time: 5 - 6 pm.

Cost: Paid by Wang's Martial Arts.

Time 8 - 9 pm.

Make check payable to:

HeBei Chinese Martial Arts Inst.

Cost: \$50 per person.

Guest Instructor; Master Jia

Kung Fu Rank Test

Kung Fu Rank Test

Date: 05/18/2019

Time: 1:30 - 3:30 pm (5-14 yrs old)

3:30 - 5:30 pm (15-80 years old)

Make up for all ages

Date: 05-20-2019

Time: 6 - 8:30 pm

Inner School Tournament

Date: 05/25/2019 (Saturday)

Time: 2 - 5 pm.



Chinese New Year picture on February 2, 2019.

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 .

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;

9/5/18 - Lily Valdez

9/10/18 - Escrima class- \$30.

12/15/18 - Craig & PJ Glasco - \$20.

New Students:

Lamar Kendricks

Lanese Kendricks

Petri Duron

Farrah Orrick

Perla Ramos

Benutt Young

Welcome!

Red, Brown ad 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.

May Birthday

Clifford Reynolds	5/12
Paul Turk	5/23
Roberto Matsumura	5/20
Steve Castelo	5/29
Emmory Leach	5/14
J.R. Phillips	5/7
Virginia Gordman	5/15
Gina Payne	5/15
Philip Spruell	5/20
Chris Castillo	5/25
Julius Herron	5/29
Justyn Davis	5/27
Deztanie Hellsten	5/00
Brian peveto	5/10
Tri Tran	5/27
Ian Ramirez	5/29
Nicholas Hung	5/1
Myriah Jones	5/4
Guillermo Slack	5/6
Kelly Sibley	5/9
Dana Rose	5/10
Bruce Varley	5/11
Jared Boullion	5/13
Miguel Angelo Cacanindin	5/13
Jeremy Rangel Rangel	5/18
Matthew olmsted	5/19
Andrew Guzman	5/28
Anai Muniz	5/1
Prajakti Glasco	5/14
Jozlyn Rodriguez	5/19

Happy Birthday



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 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**

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 \$500 scholarship to UH student on 02/10/18.**

January 14, 2018 - Birthday - \$5.00
 February 17, 2018 - Birthday - \$5.00
 February 24, 2018 - inner-school tournament - \$75.
 March 17, 2018 - Birthday - \$10.
 April 23, 2018 - Women's Self Defense - \$10.
 May 15, 2018 - Birthday - \$10.
 May 26, 2018 - Tania Myers - \$15.
 June 23, 2018 - Inner-school tournament - \$60.
 September 22, 2019 - Inner-school tournament - \$70.
 December 15, 2018 - Birthday - \$10.
 December 8, 2018 - Inner-school tournament - \$80.
 January 12, 2019 - Birthday - \$5.
 February 16, 2019 - Birthday - \$5.
 March 18, 2019 - Birthday - \$10.
 April 13, 2019 - Birthday - \$5.
 April 16, 2019 - Peace by Piecing Quilt Guild, \$100.
 April 26, 2019 - Rosel Rodriguez - \$1.

Accelerated Rank Test

**Date: April 29, 2019 (Monday)
 Time: 6 - 8 pm
 Cost: \$35 & up**

Tai Chi Rank Test;

**Date: June 8, 2019 (Saturday).
 Time 12 noon to 2 pm.**

**Make up test on 6/11/2019.
 8 to 9 pm.**



Chinese New Year report - February 2, 2019.

On Saturday, February 02, 2019 Wang's Martial Arts held its 17th 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 was presented with red envelopes that contained a lucky Chinese coin. During the reception, visitors were able to enjoy pleasant music thanks to the contribution of our Brown Stripe Belt **Jeffrey Villarde**.

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 Ruby Abbott, Polly Ferguson, Margaret Swavely, Chantel Barnes, Karen Clarke, Cleotis Washington, Jessie Diaz, Sue Diaz, Paul Greenwood, Chris Duffy, Tania Myers, Richard Sibley, Danny Romine, Jeannett Adams, Wilfred Hung.**) with a Chinese Happy New Year Card, with their names written in Chinese Calligraphy.

Following, Victor Cheng Scholarship (provides by Mrs. Jenny Cheng) was awarded to a U of H Law Students **Alyssa Allen** for **\$1000** and **Read Fryar** for **\$1000**.

There was also a Chinese Fashion show & singing of two 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	Points	2018	Tournament Points 2018		
5-8 yrs.	1 st	Maya Rivadeneyra	5-8 yrs	1 st	Avairya Rodriguez
	2 nd	Anika Glasco		2 nd	Connor Sheridan
	3 rd	Connor Sheridan		3 rd	Levi Garcia
	4 th	Nicole Glasco		3 rd	Cameron Vancho
9-14 yrs	1 st	Hunter Figueroa	9-14 yrs	1 st	Jordyn Mayo
	1 st	Brandon Figueroa		2 nd	Tori Archinal
	2 nd	Joshua Li		3 rd	Nickelus Moreno
	2 nd	Cameron Vancho		4 th	Madeline Briles
	3 rd	Joseph Alonso	4 th	Jad Kawaja	
	3 rd	Madeline Briles	4 th	Juan Ceja	
	4 th	Nickelus Moreno	15-108 yrs	1 st	Makinzi Rodriguez
				2 nd	Rosel Rodriguez
		3 rd		Jeffrey Villarde	
		4 th		Ruby Abbott	
			5 th	John Prewett	
			5 th	Ricky Shepherd III	

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.

Wang's Martial Arts students presented Kung Fu demonstration. 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- **Alfred Marayag**
- 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,

Table Prize Drawing Winners

First Place	32' LED TV	David Barnes
Second Place	Keurig Coffee Maker	Tania Myers
Third Place	Big Golden Pig	Chris Duffy
Fourth Place	Big Tea Set	Jackie & Rosel Rodriguez
Fifth Place	Golden Dragon	Rob Sheridan
Sixth Place	Golden Horse	Jeffrey Villarde
Seventh Place	Small Tea Set	Susan Fischman
Eight Place	Big Set of Chopsticks	Polly Ferguson

Door Prize Drawing

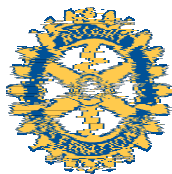
First Place	Bicycle	Tina Hoang
Second Place	Fit bit	Joanita Ante
Third Place	Big Tea Set	Paul Greenwood
Fourth Place	Small Golden Pig	Linda Duggan
Fifth Place	Picture Scroll	Laura Henderson
Sixth Place	Big Set of Chopsticks	Makinzi Rodriguez
Seventh Place	Small Golden Pig	Noah Gutierrez
Eight Place	Bruce Lee Pictures	Cleotis Washington
Ninth Place	Small Tea Set	Jordyn Mayo
Tenth Place	Green Dragon	Robert Ante
Eleventh Place	Small Golden Horse	Noah Gutierrez
Twelfth Place	Red Chinese Lanterns	Garin Chang

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

"Excellence Through Practice"



Wang's Martial Arts support Rotary Club of Humble

*Would you "buy" chances to win a prize
if you knew who the winners were going to be?
Before you "buy" those chances,
Let me tell you who are going to be the winners.....*

Battered women and their children
Individuals with learning disabilities
Families unable to feed or clothe their children
Emergency housing for families in need
Parenting education and legal advocacy for those in need
Counseling and support groups for abused
Employment and internship opportunities
Assistance toward self sufficiency
Scholarships for FFA and Humble ISD students
Food for needy families
Opportunities for Rotary Exchange Students
Promote world peace through cultural exchange students and host families
Adult education to improve job opportunities
Developmental learning opportunities
Open children's' eyes to learning opportunities
Provide water to foreign rural communities"
Eradicate polio in the world
Provide the opportunity for a local student to extend Diplomatic Studies
Eye and deformity operations for poor Mexican children

The acquisition of a \$100.00 "Chance" to WIN a new 2019 Chevy Equinox or Chevy Colorado a value of \$30,000, 2 lunch plates \$24 value, a round of golf for 4 people valued at \$125.00, a chance to win a \$250.00 gift card, and many additional prizes will provide the opportunity for someone in need.

All the proceeds are given away with 90% of the proceeds given locally.

Drawing is Saturday, May 4th, 2018 – at our HUMBLE ROTARY FESTIVAL, CAR SHOW, at the Humble Civic Center
Arena 11 AM to-3 PM

You do not need to be present to win BUT YOU MIGHT NOT WANT TO MISS THIS FUN DAY.

Buy your chances to "Change Lives".

Contact Yun Yang Wang,

e-mail: yyw3888wma@gmail.com call 281-682-3387

Must purchase on or before 04-30-2019.

Make check payable to "Humble Rotary Club".

With the purchase of a Rotary Club Ticket you get:

2 Free Lunch the day of the raffle (Valued \$24)

Round of Golf for 4 (golf cart not included) Valued at \$125.

Wang' Martial Arts offers:

- For current students: Free 30 minutes private lesson with Sifu Barnes (Valued \$69)
- Non- Students: One month FREE of Tai Chi or Kung Fu, one class a week (Value of \$110)

Jackie Curtis Photography offers:

- Mini session for only \$65.

***Students who purchase a ticket and are Currently enrolled in Wang's Martial Arts, will receive 30 minutes private lesson Free with Sifu Barnes valued \$69. Student will be able to set up an appointment.**

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Besides all the group lesson schedule we have which you are attending. We feel that as a student you will benefit from our private lesson club, with Sifu David Barnes. We've noticed your improvements as a student, and we would like to help you better your skills and techniques. The Private lesson is only half an hour and once a month, for only \$69.00. This will be added to your monthly tuition fee. If you are enrolled in our easy pay program, you will automatically save \$10.00 which will be \$59.00 monthly or \$13.72 weekly on top of your regular tuition.

You can choose the day and time that best works for you from our flexible schedule. We have different options for you to choose from, that will help improve or learn new skills. By adding this private lesson, you will progress much faster.

- **Forms (Review or learn a new form)**
- **Weapon (Review or learn a new weapon)**
- **Sparring or Drill**
- **Two men Set or Techniques**
- **Self Defense and conditioning**



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!

1st Place-12pts; 2nd Place-9pts; 3rd Place-6pts; Participation-3pts

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
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Web site: www.WangsMartialArts.com



Date: May 13, 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).

REGISTRATION FORM

NAME: _____ DATE: _____

STREET: _____

CITY: _____ STATE: _____ ZIP: _____

e-mail: _____

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

Cell phone: _____ Amount Paid _____

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

INNER SCHOOL TOURNAMENT

Date: 05-25-2019 (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 _____

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Sabre Class

Date : May 10, 2019 (Fri.)
May 17, 2019 (Fri.)
May 24, 2019 (Fri.)
May 31, 2019 (Fri.)

Time : 8:00 – 9:00 PM

Place : Wang's Martial Arts
5311 FM 1960 Rd. E. #J
Humble TX, 77338
(281) 548-1638
(281) 682-3387

Fee : \$49.00 / \$24.50 for Review

(15-80 years old, Yellow belt & above.)
(9-14 years old, Green belt & above)
(6-8 years old, Purple belt & above)



REGISTRATION FORM

NAME: _____ DATE: _____

STREET: _____

CITY: _____ STATE: _____ ZIP: _____

e-mail: _____

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

Cell phone: _____ Amount Paid _____

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

Advanced Bo



Date : June 07, 2019 (Fri.)
June 14, 2019 (Fri.)
June 21, 2019 (Fri.)
June 29, 2019 (Fri.)

Time : 8:00 – 9:00 PM

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

Fee : \$69.00 / \$34.50 for Review

(Pre-requisite must learned basic Bo & basic Sabre.)
(9-108 years old, Red, Brown & Black)

REGISTRATION FORM

NAME: _____ DATE: _____

STREET: _____

CITY: _____ STATE: _____ ZIP: _____

e-mail: _____

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

Cell phone: _____ Amount Paid _____

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e-mail yyw3888wma@gmail.com
Web site www.WangsMartialArts.com

Dagger Knife Class



Date : July 12, 2019 (Fri.)
July 19, 2019 (Fri.)
July 26, 2019 (Fri.)

Time : 8:00 – 9:00 PM

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

Fee : \$69.00 / \$34.50 for Review
(Minimum 4 people to start the class).

(Pre-requisite must learned basic Sabre and Basic Bo)
(9-108 years old, Red, Brown & Black)

REGISTRATION FORM

NAME: _____ DATE: _____

STREET: _____

CITY: _____ STATE: _____ ZIP: _____

e-mail: _____

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

Cell phone: _____ Amount Paid _____

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e-mail: yyw3888wma@gmail.com
Web site: www.WangsMartialArts.com

Birth Day Party for Wang's martial Arts students

Date: May 11 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 May. **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 (Veggie Hotdog, Veggie Egg Roll, Veggie Dumpling,
Organic cookies, Bottled water).
Singing Happy birthday song in English, Chinese & Spanish.
2:00 pm - Olympic Opening Ceremony 2008 in Beijing, China.

REGISTRATION FORM -

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.



Tai Chi: Balance in Motion

This ancient alternative medicine may offer many health benefits, including improved coordination and more restful sleep. By [Eric Metcalf, MPH](#) Medically Reviewed by [Cynthia Haines, MD](#)

When you think of martial arts, images of experts breaking boards or perhaps Chuck Norris teaching bad guys a lesson may come to mind.

But an [alternative medicine](#) practice called tai chi — which has roots in a centuries-old Chinese martial art — is experiencing a new wave of popularity. Instead of promoting the practice as a type of self-defense, Eastern practitioners promote tai chi as a way of bringing balance to your body, and Western medical researchers are busy exploring how this form of alternative medicine may help prevent and treat illnesses and injuries.

What Is Tai Chi?

According to legend, Chinese monks began practicing tai chi both to increase their ability to hold meditative poses and protect their monasteries from invaders. While performing tai chi, the participant smoothly proceeds through a flow of movements that are said to mimic the motions of animals such as the tiger and crane.

From the [Chinese medicine](#) standpoint, a vital energy called "qi" should constantly be circulating through your body. However, it can become blocked and stagnant, which disrupts your health — practicing tai chi is said to improve the flow of the qi energy.

Principles that are emphasized in the practice of this alternative medicine include:

- **Balance.** You maintain good body alignment while moving from foot to foot.
- **Relaxation.** You concentrate on your movement while keeping your mind calm and clear.
- **Coordination.** You learn to move your body through complex motions while maintaining good posture.

This form of alternative medicine is growing in popularity. According to the National Center for Complementary and Alternative Medicine (NCCAM), a recent survey revealed that an estimated 2.3 million adults had practiced tai chi in the previous year.

How Tai Chi Could Improve Your Health

In recent years, researchers have explored the possible effects of tai chi on a number of conditions and found that this alternative medicine may be beneficial for these problems:

- **Falls.** Preventing falls in the elderly community is a major focus of interest in tai chi. In one recent study, researchers reviewed studies on how to prevent falls among older people and found that tai chi was effective in reducing the rate of falls for this age group.
- **Sleep disorders.** A study in older people found that practicing tai chi for six months compared with low-impact exercise was associated with [better sleep](#) and less daytime sleepiness.
- **Stroke.** A recent study explored why tai chi might be a helpful alternative medicine for people who have had strokes. The practice is associated with improved balance, lower blood pressure, and elevated mood — all of which were beneficial for people who have survived strokes.
- **Knee pain.** In another study, one group of older people with osteoarthritis of the knee performed tai chi regularly for 12 weeks, while another group with the same condition did not. Those participating in this alternative medicine reported decreased pain and improvements in physical function and stiffness.

NCCAM recommends that you discuss tai chi with your doctor before participating if you have a medical condition or you haven't exercised in a while. In addition, you might experience muscle soreness when you start or if you perform movements too vigorously.

Because the movements are slow and controlled — focusing on simple poise instead of strength — tai chi makes a helpful [meditative](#) activity for any age group.



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 May 31, 2019
Email submission of forms is preferred

HISD Physical Education Department
Attention Helen Wagner
4810 Magnolia Cove
Kingwood, TX 77345
Email: helen.wagner@humbleisd.net

**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
2019-2020**

Student's Name _____ ID# _____
(Print)

Current Grade Level _____ Current Campus _____

Proposed Grade Level _____ Proposed Campus _____

This application is for Fall Semester _____ Spring Semester _____ Both _____

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 workout schedule will be: (90% of training time must be Monday-Friday)

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 I and 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 and to submit via fax student grade and attendance report to the campus Registrar by the end of the grading period in fall and spring. 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 _____

<input type="checkbox"/> Waiver Approved	<input type="checkbox"/> Waiver Denied
_____ Helen Wagner, Coordinator PE/Health	_____ Date

SEMESTER REPORT

IT IS THE RESPONSIBILITY OF THE INSTRUCTOR/VENDOR TO SEE THAT THIS “Semester Report” is faxed to the campus Registrar prior to the end of the semester. (Dec. 6, 2019 and May 15, 2020)

**This is only an example of the form the instructor/vendor will receive with their application packet.
NO STUDENT IS TO RETURN ANY SEMESTER REPORT TO THEIR COUNSELOR/REGISTRAR.**

Student's Name _____

Commercial Establishment _____

Instructor's Name _____ Phone _____

Student's home campus _____ Student's Grade Level _____

Number of absences _____ Conduct _____

Grade (Middle School): Pass Fail (Circle One)

Numeric Grade (High School) _____

Instructor's Signature

Date

Comments: _____



**HUMBLE ISD OFF CAMPUS PHYSICAL EDUCATION
ATTENDANCE/GRADE 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 77339	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
Westlake Middle School	11810 Madera Run Parkway Humble, TX 77346	281-641-5800	281-641-5817
Woodcreek Middle School	14600 Woodson Park Drive Houston, TX 77044	281-641-5200	281-641-5217

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 14, 2018
May 24, 2019

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 - 3/25/2019.

Age 15 year old and +

Madeline Vides- Yellow belt
 Mauricio Galvan- Yellow belt
 David Collison- Yellow belt
 Ezequiel Galvan- Yellow belt
 Jordan Louviere- Yellow stripe
 Rob Sheridan- Green Belt
 Gisela Villanueva- Purple stripe
 Harry Eugene- Red stripe

Accelerated Program Rank Test 02/25/2019

Jordan Louviere- Yellow Belt
 Gerardo Tum- Yellow Stripe
 Joel Villanueva- Purple Belt
 Gisela Villanueva- Purple Belt
 Jad Kawaja- Blue Belt
 Xiomara Laverde- Blue Stripe

Age 9 - 14 years old

Lanese kendricks- Yellow belt
 Nicolas Collison- Orange Belt
 Danna Caceres- Orange stripe
 Christopher Serrano- Green Belt
 Aurora Rodriguez- Green Belt
 Jayden NG-A-Mann - Purple Stripe
 Joel Villanueva- Purple Stripe
 Juan Ceja- Blue Stripe
 Jad Kawaja- Blue Stripe

Brown & Black Belt Test - 04/13/2019

Hunter Figueroa- Brown Belt
 Brandon Fiuroa- Brown Belt
 Ricky Shepard- Brown Belt
 Nickelus Moreno- Brown Stripe
 Avairya Rodriguez- Brown Stripe
 Makinzi Rodriguez- Brown Stripe
 Jozlyn Rodriguez- Brown Stripe
 John Prewett- Brown Stripe
 Rosel Rodriguez- Brown Stripe
 Jeffrey Villarde- Black Belt
 Charles Moore- Black Belt
 Madeline Briles- Jr Black 2nd degree
 Joseph Alonzo- Jr Black 2nd Degree
 Ruby Abbott- Black 2nd Degree

Age 5 - 8 years old

Lamar Kendricks- Yellow belt
 Lily Valdez- Yellow stripe
 Connor Craft- Yellow stripe
 Levi Garcia- Green Belt
 Connor Sheridan- Purple Stripe



Tai Chi test Result -03-09-2019

Mary Lee- Yellow Belt
 Jim Gustin- Green Belt
 Edu Araujo- Purple Belt
 Guillermo Slack- Brown Belt
 Monica Johnston- Black Belt
 John Quenzor- Black Belt

Tai Chi test Result -12-15-2018

Jim Guston - Orange belt
 Edu Arauja - Green belt
 Guillermo Slack - Red belt.

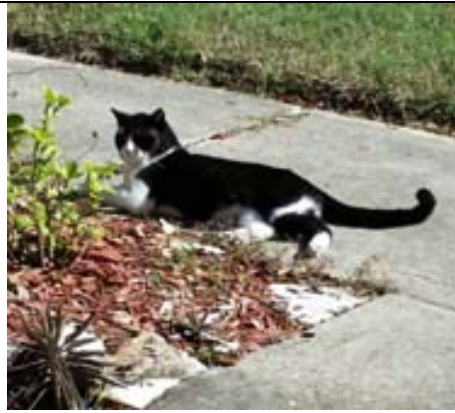
Wang's Martial Arts

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

Web site: www.WangsMartialArts.com

Schedule:

05/04/2019- Octavia Fields Library Kung Fu Class
05/04/2019- Rotary festival
05/10/2019- Basic Sabre Begins
05/10/2019- Guest Instructor, Master Jia.
05/11/2019- Kung Fu Birthday Party at 1 pm,
2:00 pm - Olympic Opening Ceremony 2008 in Beijing, China.
05/13/2019- Women's Self-defense, 7 - 8 pm.
05/18/2018- Kung Fu Rank Test
05/20/2019-Kung Fu Rank Test Make up for all ages
05/25/2019-Inner School Tournament
05/27/2019- No class due to Memorial Day.

06/01/2019- Octavia Fields Library Kung Fu Class
06/07/2019-06/28/2019- Advanced Bo Begins 8-9 pm
06/08/2019- Tai Chi Rank Test
06/08/2019- Kung Fu Birthday party 1:30 pm
06/11/2019- Tai Chi make up test
06/14/2019- Guest Instructor



**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, 2018)

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
		Friday.	7:00 - 8:00 PM (New)
		Monday	8:00 - 9:00 pm (New)
		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
		Tuesday	7:00 - 8:00 (9 - 14 years old, Green belt above).
		Friday.	7:00 - 8:00 PM (New)
		Monday	8:00 - 9:00 PM (New)
		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



Wang's Martial Arts

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July 24, 2017

PLEASE HELP KEEP OUR SCHOOL CLEAN!

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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 (2nd) 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

The Amazing Health Benefits of Green Tea



(Tomboy2290/Dremstime)

By Lynn Allison | Tuesday, 19 March 2019 08:52 AM

Green tea contains amazing antioxidant components and essential nutrients that can ward off many dreaded diseases. It even works as an anti-aging ingredient for your skin.

“Green tea has been a favorite drink of health enthusiasts for decades,” Dr. Ellen Kamhi, Ph.D., author of the “Alternative Medicine Definitive Guide,” tells Newsmax. “It has also been well studied for its health promoting effects on skin. It’s high in compounds called polyphenols which help eliminate free radical damage and rejuvenate aging skin cells.

“Green tea has been shown to reduce the effect of damaging UV radiation from the sun, which causes skin aging. It also reduces inflammation and can help improve skin elasticity.”

Kamhi says that to reap the benefits, use organic green tea bags that are NOT decaffeinated and steep them in boiling water. Allow to cool to the touch and place the tea bags directly on the face, especially in areas that tend to be puffy such as the lower eye lids. Allow the bags to stay in place for 20 minutes. Use the liquid from the steeped tea bags to make a refreshing wash.

Besides restoring your skin's youthful glow, drinking green tea has been linked to a number of health benefits, according to Medical Daily:

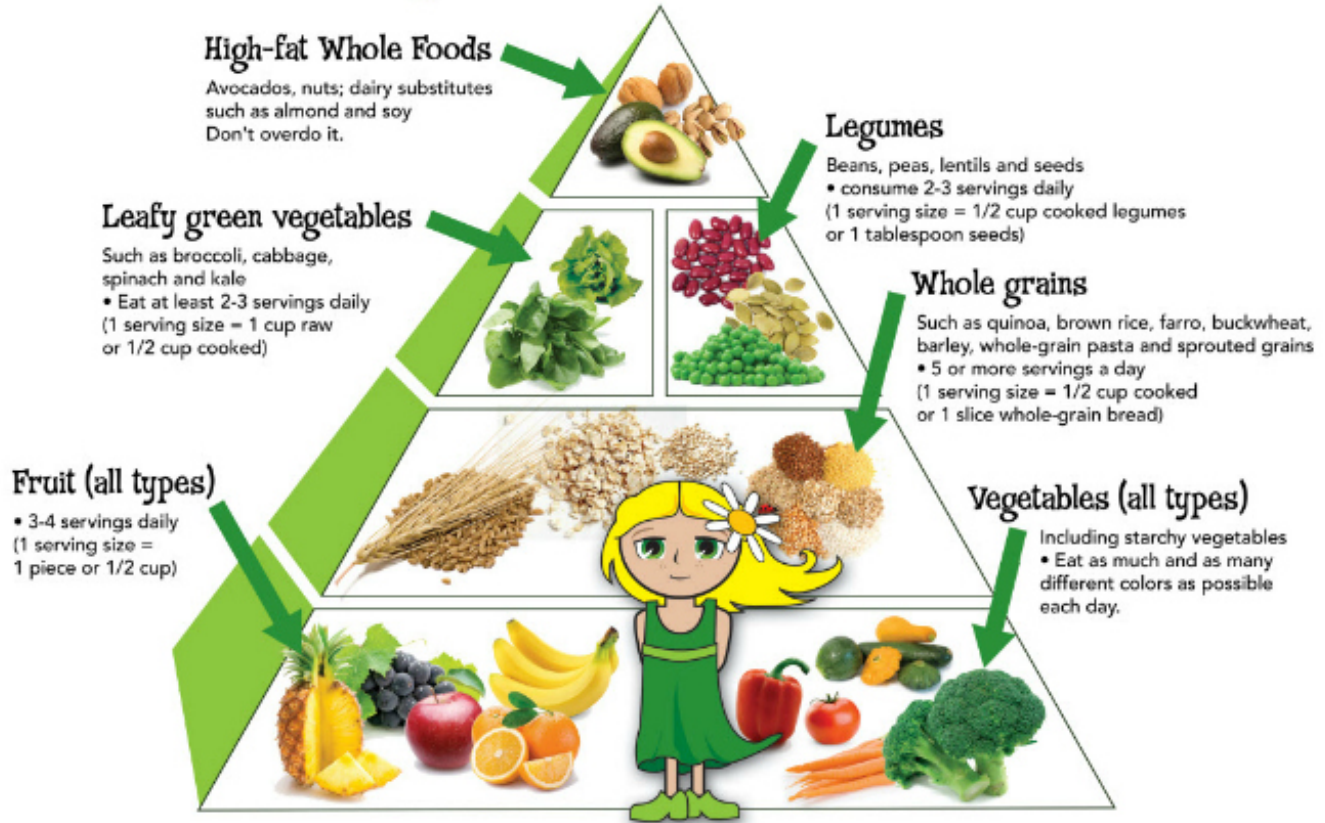
- Improves brain function. Consuming green tea, which contains caffeine, has been reported to improve the function of neurotransmitters necessary for brain activity. It also contains L-theanine which has anti-anxiety effects by increasing the body's dopamine levels.
- Promotes weight loss. Green tea boosts your metabolic rate, especially in the abdominal area, Studies have shown that drinking green tea on a regular basis significantly decreases body fat percentage and reduces your waistline.
- Fights cancer. Green tea is rich in polyphenols which help reduce inflammation. It also has been shown to prevent and minimize the adverse effects of cancer cells in the body. The catechin found in green tea is a powerful antioxidant that protects the body from cell damage, making it an effective cancer preventative.
- Regulates glucose levels. Green tea helps prevent diabetes by preventing dangerous spikes of sugar levels after eating if you drink a cup during or right after your meal.
- Improves mortality rate. A study of Japanese adults showed that people who drank five or more cups of green tea daily were less likely to die in the next decade than those who did not drink the tea. The results also showed a significant decrease in heart disease and stroke.
- Slows the progression of Parkinson's and Alzheimer's disease. Studies conducted on mice showed that consuming green tea delayed the deterioration of the body for those suffering from dreaded diseases. The studies showed that green tea prevents brain damage just as it does against cancer cells. Its protective mechanism restores the damage caused by these diseases, making the patient retain memory for longer periods of time.

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Read Newsmax: [The Amazing Health Benefits of Green Tea | Newsmax.com](#)

Urgent: Your Heart Attack Risk Determined Online - [More Info](#)

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



Always remember to balance the food you eat with physical activity!
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.”

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

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.



5 Things You Should Know About Organic Food

Use our guide to make the healthiest choices for your family. Then find out which organic foods you should buy to avoid pesticide residues.

By Jessica DeCostole

Nov 29, 2017



GETTY IMAGES

The organic-food business is booming: About 70 percent of Americans buy organic food occasionally, and nearly one quarter buy it every week, according to the Hartman Group, a market research firm. For most of us, the reason is simple: We want natural food that's better for us and for the environment, says Samuel Fromartz, author of *Organic, Inc.* But buying organic can cost you — as much as 50 percent more — so read on to know when it's worth it.

What is organic food, anyway?

Though organic food can be produced with certain synthetic ingredients, it must adhere to specific standards regulated by the United States Department of Agriculture (USDA). Crops are generally grown without synthetic pesticides, artificial fertilizers, irradiation (a form of radiation used to kill bacteria), or biotechnology. Animals on organic farms eat organically grown feed, aren't confined 100 percent of the time (as they sometimes are on conventional farms), and are raised without antibiotics or synthetic growth hormones.

Is organic food better for me?

Organic foods may have higher nutritional value than conventional food, according to some research. The reason: In the absence of pesticides and fertilizers, plants boost their production of the phytochemicals (vitamins and antioxidants) that strengthen their resistance to bugs and weeds. Some studies have linked pesticides in our food to everything from headaches to cancer to birth defects — but many experts maintain that the levels in conventional food are safe for most healthy adults. Even low-level pesticide exposure, however, can be significantly more toxic for fetuses and children (due to their less-developed immune systems) and for pregnant women (it puts added strain on their already taxed organs), according to a report by the National Academy of Sciences. Pesticide contamination isn't as much of a concern in meats and dairy products (animals may consume some pesticides, depending on their diet), but many scientists *are* concerned about the antibiotics being given to most farm animals: Many are the same antibiotics humans rely on, and overuse of these drugs has already enabled bacteria to develop resistance to them, rendering them less effective in fighting infection, says Chuck Benbrook, Ph.D., chief scientist at the Organic Center, a nonprofit research organization.

Is buying organic better for the environment?

Organic farming reduces pollutants in groundwater and creates richer soil that aids plant growth while reducing erosion, according to the Organic Trade Association. It also decreases pesticides that can end up in your drinking glass; in some cities, pesticides in tap water have been measured at unsafe levels for weeks at a time, according to an analysis performed by the Environmental Working Group (EWG). (To find out about the safety of your tap water, visit the EWG website.) Plus, organic farming used 50 percent less energy than conventional farming methods in one 15-year study.

When is it worth the splurge?

If you can afford it, buy local and organic, recommends Fromartz. Farmers' markets carry reasonably priced locally grown organic and conventional food; to find one in your area, go to localharvest.org. If you can't always afford organic, do spend the extra money when it comes to what the EWG calls the "dirty dozen": peaches,

strawberries, nectarines, apples, spinach, celery, pears, sweet bell peppers, cherries, potatoes, lettuce, and imported grapes. These fragile fruits and vegetables often require more pesticides to fight off bugs compared to hardier produce, such as asparagus and broccoli. Download a list of produce ranked by pesticide contamination at foodnews.org, an EWG website.

When shopping for organic foods, always look for the USDA seal on any kind of packaged food. For meat and dairy, this seal ensures you're getting antibiotic- and hormone-free products. When buying meat or produce that isn't packaged, look for a sign stating that it's organic, or ask the store clerk.

Does organic food taste better?

Anyone who loves organic food is going to say the taste is better than fruits or veggies that have been treated with pesticides — but is it true? According to a 2014 study published in the *British Journal of Nutrition*, the higher antioxidant levels in organic produce might actually enhance its organoleptic qualities — a.k.a. its aroma, taste, and even the sensation in your mouth as you're eating it. Pretty cool, huh?





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