

# Wang's Martial Arts

92-B Wilson Rd.  
Humble, TX 77338  
U.S.A.

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

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

## December 2014 Newsletter Summary

### Kung Fu Rank Test

Date: 9-14 yrs: 12-11-2014, Thursday, 6-8:30 pm  
5-8 yrs: 12-13-2014, Saturday, 1:30-3:30 pm  
15 yrs +: 12-13-2014, Saturday, 3:30-5:30 pm  
Must register on or before 12-09-2014.  
Test fee : \$40.00 and up

### Proverbs 12-11.

" Those who work their land will have abundant food,  
but those who chase fantasies have no sense."

### Tai Chi Rank Test

Date: 2-21-2014 ( Sat. )  
Time: 12 noon – 2:00 pm

Black Belt club & Accelerated program rank test:

Date: 1-10-2015 (Saturday)  
Time: 2 - 4:30 pm

Basic Sabor class - Date: 12/5, 12/12, 12/19 (Friday), Time: 8 - 9 pm,  
Cost: \$49.00 / \$24.50 for Review  
Nunchaku Class - Date: 12/20/14 (Saturday), Time: 1 - 2 pm, Cost: \$19.00

Advance Sabre Class - Date: 4/3, 4/10, 4/17, 4/24/15, (Friday), Time: 8 - 9 pm,  
Cost: \$ \$69.00 / \$34.50 for Review.

Basic Bo Class - Date: 1/9/15, 1/16/15, 1/23/15, 1/30/15 (Friday), Time: 8 - 9 pm,  
Cost: \$49.00 / \$24.50 for Review

### Brown and Black rank test

April 07, 2015 (Tue.) 6 – 8 pm  
April 09, 2015 (Thur.) 6 – 8 pm  
April 11, 2015 (Sat.) 9 am – 3 pm

### Kung Fu Test results - 11/1/14.

Jared Torres - Yellow  
Joel LeBon - Orange/stripe  
Jeannette Osterman-Adams -  
Orange/stripe

Tai Chi Test results - 11/22/14.  
Polly Ferguson - Black



Rank Test picture - September 27, 2014.

There are no class from December 24 (Wed.) to December 27,2014 (Sat..) Christmas Holiday.  
There are no class from December 31 (Wed.) to January 1, 2015 (Thur.) New Year Day.

**To celebrate Christmas & New Year Day, Buy American Made.**

Wang's Martial Arts College Student  
Scholarship Fund:

2009 Scholarship Fundraising Banquet -  
\$628.98

Inner-School tournament:

December 5, 2009 - \$105.00

March 6, 2010 - \$85.00

July 10, 2010 - \$100.00

December 6, 2010 - \$105.00

March 19, 2011 - \$80.00

June 4, 2011 - \$115.00

September 10, 2011 - \$150.00

December 3, 2011 - \$110.00

March 3, 2012 - \$150.00

Outdoor Training (3-25-12) - \$100.00

June 30, 2012 - \$160.00

September 29, 2012 - \$185.00

December 15, 2012 - \$125.00

May 4, 2013 - \$90.00

August 10, 2013 - \$105.00

November 2, 2013 - \$85.00

March 29, 2014 - \$90.00

August 2, 2014 - \$90.00

November 8, 2014 - \$45.00

**Total - \$2613.98 - \$300 - \$300 =  
\$2013.98**

**\$300 scholarship to Ms. Megan Payne  
on 06-04-12**

**\$300 scholarship to Mr. Wilfred Hung  
on 06-24-13**

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

All A's - \$300.00

A & B's - \$200.00

All B's - \$100.00

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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

### **New Student:**

Abraham Rocha

Jason Nichols

Minh Le

**Welcome!**

### **Red, Brown and Black Belt Class**

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

### **Black Belt Club & Accelerated Program**

#### **Tournament Competition Class:**

Date: 12-30-14 (Tuesday)

Time: 8:00 – 9:00 pm

#### **Nunchaku Class:**

Date: 12/20/2014 (Saturday)

Time: 1:00 – 2:00 pm

#### **Conditioning & Reaction Drill Class:**

Age 5 – 14 years old

Date: 12/11/2014 (Thursday)

Time: 8:00 – 9:00 pm

Age 15 – 98 years old

Date: 12/04/2014 (Thursday)

12/11/2014 (Thursday)

12/28/2014 (Thursday)

Time: 8:00 – 9:00 pm

#### **Tournament Point:**

Madeline Briles 84

David Ah-Bel Lara 42

Chantel Moody 21

Be sure turn in your tournament point.

For point 2014, every one must turn in  
before 12-31-2014.

### **December Birthday**

Jaci Moricca 12/16

Tracy Supple 12/19

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

Francisco Espinoza-Rocha 12/21

Charles Moore 12/22

Joshua Billingslea 12/30

Chantel Moody 12/31

Andrian Zaldivar 12/10

***Happy Birthday***

#### **Report card point:**

Jarrett Almond 8.25

Alfred Kai Marayag 6.75

Jameson Ezzell 5.25

Madeline Briles 5.25

Libeth Nunez 4.50

Jordan Godfrey 3.00

Joseph Hellsten 2.25

Dezi Hellsten 2.25

Luis Nunez 2.25

Kendell People 2.25

Mark Lmones 1.50

Joseph Alonso 0.75

Luis Limones 0.75

Julian Rosas 0.75

Be sure turn in a copy of your report card as  
you receive it. For point 2014, every one  
must turn in before 12-31-2014.

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

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



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

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

# Family Special

## Kung Fu or Tai Chi

	1st member	2nd member	3rd member	4th member	5th member or more
<b>Tuition/month</b>	<b>\$139.00</b>	<b>\$125.00</b>	<b>\$69.50</b>	<b>\$69.50</b>	<b>Free</b>
<b>Uniform</b>	<b>\$49.95</b>	<b>\$49.95</b>	<b>\$49.95</b>	<b>\$49.95</b>	<b>\$49.95</b>
<b>Registration fee</b>	<b>\$10.00</b>	<b>\$10.00</b>	<b>\$10.00</b>	<b>\$10.00</b>	<b>\$10.00</b>

**Effective: December 1, 2014**

<u><b>KUNG-FU class schedule</b></u>			
Adults	(Age 15-108)	Tue. Sat. Mon./Tue./Thur./Fri. Mon./Wed. Tues./Thur.	11:00 - 12:00 Noon 7:00 - 8:00 PM 8:00 - 9:00 PM 4:00 - 5:00 PM
Children	(Age 5 - 14)	Tue./Thur. Mon./Tue./Wed./Thur./Fri. Tue./Thur. Saturday	5:00 - 6:00 PM 6:00 - 7:00 PM 7:00 - 8:00 PM 10:00 - 11:00 AM
Family class	(Age 5-108)	Tue./Thur. Tue./Thur. Mon./Fri. Mon./Tue./Wed./Thur./Fri. Saturday	5:00 - 6:00 PM 7:00 - 8:00 PM 5:00 - 6:00 PM (Parents in Tai Chi class) 6:00 - 7:00 PM 10:00 - 11:00 AM
<u><b>TAI CHI CHUAN</b></u>			
All ages		Tue. Sat. Mon./Wed./Fri. Wed. Tue./Thur.	12:00 Noon- 1:00 PM 5:00 - 6:00 PM 7:00 - 8:00 PM 8:00 - 9:00 PM

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# Kung Fu Brown & Black Rank Test Results - 10/18/14



Ayden Sowers - Brown  
Conner Roll-Bush - Brown/stripes  
Brandon Roll-Bush - Brown/stripes  
Kevin Papa - Jr. Black

Charles cates - Brown  
Karen Clarke - Brown/stripes  
Susan Fishman - Brown/stripes  
Theunis Oliphant - Black (1st)

Congratulations!

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## Costume making class for March 14, 2015.

**Date:** 12/6/14 (Saturday)

**Time:** 2 - 3 pm.

**Place:** Wang's Martial Arts

**By Sifu Rafael Gonzales**



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

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



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

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

## Supporting Sponsors:

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

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

**Date: March 14, 2015 (Saturday)**

**Place: Humble Civic Center**

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

**9:00 am - 5 pm, World Peace Martial Arts Festival:**

**Martial Arts group demonstration .**

**Lion Dance performance.**

**Costume competition (individual or group).**

**Traditional Dance performance.**

**Oriental Fashion Show competition . (individual or group).**

**Kicking contest.**

**Games and activities -**

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

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

**More details will follow.**

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

**7:00 pm - 2. Evening program begin -** Guitar by Victor Makris and Russell Martino  
MC by Mr. Victor Makris (Makris Law Firm, P.C.)

3. Lion Dance by Lee's Golden Dragon.

**Singing of National Anthem US (by 2014 Miss Houston Isis Small).**

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

**A Memorial Tribute to the Life and Achievements of**

**Grandmaster Victor Cheng & others (Luis Garza, Nancy Green, David Manning, Ken Hogan, Paul St. Amand, Rand Warzeka, Steve Alonso, Mr. Barnes, All Unknown Animals. (Narrated by Mr. Steve Christopherson).**

5. Fashion Show, Pass out red envelopes

6. Traditional Dance

**Guest Speaker - Grandmaster Bill "Superfoot" Wallace**

7. Tournament Points

8. Report Card Points

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

(5 minutes intermission).

10. Entertainment Program - Traditional Dance

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

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

**13. World Peace Martial Arts - Hall of Fame.**

**Introduce 2014 HOF, Induct HOF for 2015 (by Mr. Steve Christopherson).**

14. Prize Drawing (must present to win).

Conclude.

\* Tentative schedule, subject to change. See program book on the day of event.

# Wang's Martial Arts

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

Date: March 14, 2015 ( Saturday )

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

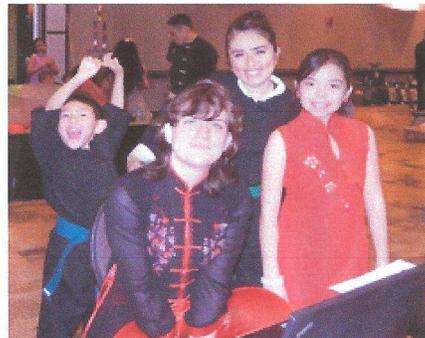
### Dinner

Time: 6:00 pm - 7:00 pm (Reception & Dinner)  
7:00 pm (New Year program begin)

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

### Cost:

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



For more information:

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

Registration Form for Lunar New Year dinner event

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

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

Act fast to get best spot.



Stage Area
Section I
Section II
Section III

Wang's Martial Arts 13th Lunar New Year 2015 World Peace Martial Arts Festival Schedule			
Time:	Main Ball Room	Specialty Room	Meeting Room
9:00 am - 9:10 am	Wang's Martial Arts - Kung Fu		
9:15 am - 9:25 am		Young warrior demonstration	
9:30 am - 9:40 am	Nunchaku demo.		
9:45 am - 9:55 am			
10:00 am - 10:10 am	Arsene		Nunchaku class
10:15 am - 10:25 am			10 am - 10:30 am
10:30 am - 10:40 am			
10:45 am - 10:55 am			
11:00 am - 11:10 am	Wang's Martial Arts - Tai Chi (part I, sabre, Fan)	Talent show competition	
11:15 am - 11:25 am			
11:30 am - 11:40 am	Sword to Sword - German swordsmanship.		
11:45 am - 11:55 am			
12 noon - 12:10 pm	Hebei Chinese martial Arts Institute (Kung Fu)		Sword to Sword class
12:15 pm - 12:25 pm			12 noon - 12:30 pm
12:30 pm - 12:40 pm	Bill "Superfoot" Wallace (Kick Boxing)		Master Jia Kung Fu class
12:45 pm - 12:55 pm			12:30 - 1 pm
1:00 pm - 1:10 pm	Arnis (Erscriama Sticks)	Bill "Superfoot" Wallace class	
1:15 pm - 1:25 pm		1 pm - 2:30 pm	
1:30 pm - 1:40 pm	Sword to Sword - German swordsmanship.		Arnis class
1:45 pm - 1:55 pm			1:30 pm - 2 pm
2:00 pm - 2:10 pm	Arsene		Sword to Sword class
2:15 pm - 2:25 pm			2 pm - 2:30 pm
2:30 pm - 2:40 pm			
2:45 pm - 2:55 pm			
3:00 pm - 3:10 pm	Hebei Chinese martial Arts Institute (Kung Fu)		
3:15 pm - 3:25 pm	Donnie Lee K. F. Tigers (Weapon & Self Defense)		
3:30 pm - 3:40 pm	OAEC -Chinese Traditional dance		Master Jia Kung Fu class
3:45 pm - 3:55 pm			3:30 pm - 4 pm
4:00 pm - 4:10 pm			
4:15 pm - 4:25 pm			
4:30 pm - 4:40 pm	OAEC -Chinese Traditional dance		
4:45 pm - 4:55 pm	Wang's Martial Arts - Black Belt group		
5:00 pm	-conclude the demonstration program		
Martial Arts group demonstration (maximun 98 people per group).			
10 minutes per group			
\$150 registration fee.			
Each demonstration group will receive recognition award, each member will get small token award.			
Costumes dress up are encouraged.			
Vendor's tables available for advertising materials for \$100 from 9:00 am to 5:00 pm only.			
Mr. Arsene - This French performer's accolades are too numerous to list in full.			
He has performed for Presedent Mrs. George H. Bush, taught juggling to the			
Cirque du Soleil, won 1st place at "Le Cirque de Demain", and appeared at such			
diverse locations as Disney World, Las Vegas, and Hawaii.			
Arsene has been performing worldwide since 1978, both live and on TV.			
You have never seen an act quite like this one.			
Arsene, il est magnifique.			

## Mission Statement:

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

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

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

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



# Top Ten Reasons to Buy American Made

"Buy American!" might sound like nothing more than a slogan advanced by American manufacturers to sell products made in the USA, but the truth is that there are many reasons to consider buying American-made clothing, American-made toys, and other US-manufactured goods. We've listed just a few of the benefits of buying American below:

Top Ten Reasons to Buy USA Made Products:

- 10) Foreign labor standards allow unsafe worker conditions in many countries. When you buy American you support not only American manufacturers but also American workers, safe working conditions, and child labor laws.
- 9) Jobs shipped abroad almost never return. When you buy goods made in the USA, you help keep the American economy growing.
- 8) US manufacturing processes are much cleaner for the environment than many other countries; many brands sold here are produced in countries using dangerous, heavily polluting processes. When you purchase American-made product, you know that you're helping to keep the world a little cleaner for your children.
- 7) Many countries have no minimum wage restrictions, or the minimum wage is outrageously low. When you choose products made in the USA, you contribute to the payment of an honest day's wages for an honest day's work.
- 6) The growing lack of USA ability to manufacture many products is strategically unsound. When you seek out American-made goods, you foster American independence.
- 5) The huge US trade deficit leads to massive, unsustainable borrowing from other countries. Debt isn't good for you and it isn't good for America.
- 4) Foreign product safety standards are low. For example, poisonous levels of lead are in tens of millions of toys shipped to the USA. When you buy toys and other goods made in the USA, you can be confident that American consumer protection laws and safety standards are in place to protect your family.
- 3) Lack of minimum wage, worker safety, or environmental pollution controls in many countries undermines the concept of "fair and free trade". No Western nation can ultimately compete on price with a country willing to massively exploit and pollute its own people. When you buy only American-made products, you insist on a higher standard.
- 2) Factories and money are shifting to countries not friendly to the USA or democracy. When you avoid imported goods in favor of American-made items, you help ensure that the United States doesn't find its access to vital goods impacted by political conflict.
- 1) As the US manufacturing ability fades, future generations of US citizens will be unable to find relevant jobs. Buy American and help keep your friends and neighbors-and even yourself-earning a living wage.

Join Made in USA Forever.com in standing up for America.

By Todd Lipscomb, founder of MadeinUSAForever.com and author of the book "Re-Made in the USA"

Also, please see our Facebook page here: <https://www.facebook.com/MadeInUSAForever>

**To celebrate**

**Thanksgiving Day.**

**Buy American Made.**





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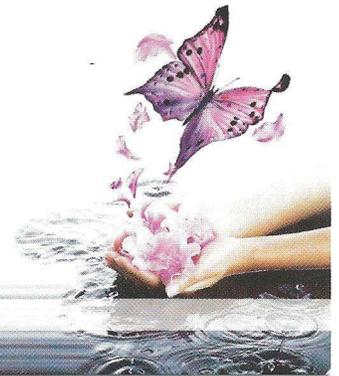
## Avon

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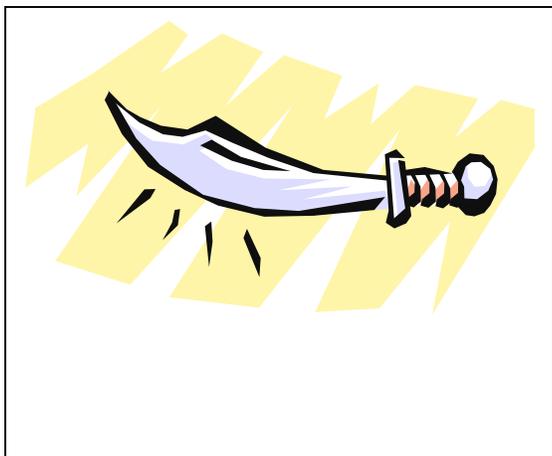
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Phone (281) 548-1638  
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e-mail wang3888@embarqmail.com  
Web site www.WangsMartialArts.com

## Advance Sabre



Date: April 03, 2014 (Friday)  
April 10, 2014 (Friday)  
April 17, 2014 (Friday)  
April 24, 2014 (Friday)

Time : 8:00 - 9:00 PM

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

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

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

Fee : \$69.00  
\$34.50 for review class

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### REGISTRATION FORM

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

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

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

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

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

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

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

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

## **Nunchaku Class**



Date: December 20, 2014 (Saturday)

Time : 1:00 - 2:00 PM

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

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

Age 15 to 80 year old - Yellow belt above.

Age 9 - 14 years old - Yellow belt above

Age 5 - 8 years old - Green belt above

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

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### REGISTRATION FORM

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

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

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

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

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

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

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

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Phone (281) 548-1638  
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Web site www.WangsMartialArts.com

## Basic Sabre Class



Date : December 05, 2014 (Fri.)  
December 12, 2014 (Fri.)  
December 19, 2014 (Fri.)

Time : 8:00 – 9:00 PM

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

Fee : \$49.00 / \$24.50 for Review

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

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### REGISTRATION FORM

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

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

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

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

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

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

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

**INNER SCHOOL TOURNAMENT**

Date: 1-24-2015 (Saturday)  
Time: Ages 5 - 80 2:00 PM – 5:00 PM  
Place: Wang's Martial Arts  
92 – B Wilson Road at First St.  
Humble, TX 77338  
(281) 548 - 1638  
Entry Fee: \$45.00 up to two events  
\$5.00 additional event  
\$5.00 goes to scholarship fund



Listed below are the divisions; in each, a first, second, and third place trophies will be awarded.  
Encouragement awards are given for everyone who does not place.

\*\*\*\*\* **FORMS**\*\*\*\*\*

Ages 5-8 Beg./ Int./ Adv.  
Ages 9-14 Beg./ Int./ Adv.  
Ages 15-17 Beg./ Int./ Adv.  
Ages 18-80 Beg./ Int./ Brown/ Black.  
TAI CHI Beg./ Int./ Adv.

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

Ages 5-14 Beg./ Int./ Adv.  
Ages 15-17 Beg./ Int./ Adv.  
Ages 18-80 Beg./ Int./ Adv.

\*\*\*\*\* **SPARRING**\*\*\*\*\*

Ages 5-8 Beg./ Int./ Adv. (Boys & Girls)  
Ages 9-14 Beg./ Int./ Adv. (Boys)  
Ages 9-14 Beg./ Int./ Adv. (Girls)  
Ages 15-17 Beg./ Int./ Adv. (Boys)  
Ages 15-17 Beg./ Int./ Adv. (Girls)  
Adult Men Beg./ Int./ Brown & Black.  
Adult Women Beg./ Int./ Brown & Black

Registration form for INNER-SCHOOL TOURNAMENT

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

ADDRESS: \_\_\_\_\_

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

HOME PHONE: \_\_\_\_\_ WORK PHONE: \_\_\_\_\_

CELL PHONE: \_\_\_\_\_ e-mail address: \_\_\_\_\_

RANK: \_\_\_\_\_ AGE: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_

DIVISIONS: FORMS \_\_\_\_\_ SPARRING \_\_\_\_\_ WEAPONS \_\_\_\_\_ Amount Paid \_\_\_\_\_

# Inner-school tournament result - 11/8/14

## Kung Fu FORM

Ages 5-8 Int. - 1st. Aiden Trayal  
Ages 9-14 Adv. - 1st. Kevin Papa, 2nd. Dezie Hellsten, 3rd. Daniel Rosendo.  
Ages 15-80 Adv. - 1st. Dennis Cruiz , 2nd. Chantel Moody,

## Kung Fu/Tai Chi WEAPON

Ages 5 - 14 Int. - 1st. Kevin Papa, 2nd. Dezie Hellsten, 3rd. Madeline Briles  
Ages 15-80 Adv. - 1st. Dennis Cruz , 2nd. Polly Ferguson, 3rd. Paul Turk.

Tai Chi FORM - Adv. 1st. Polly Ferguson, 2nd. Paul Turk.

## SPARRING

Ages 5-8 Int. - 1st.. Madeline Briles 2nd.. Aiden Trayal.  
Ages 9-14 Adv. - 1st. Kevin Papa , 2nd. Daniel Rosendo, 3rd. Dezie Hellsten .  
Ages 15-80 Adv. - 1st. Dennis Cruz, 2nd. Chantel Moody.





Published: April 1, 2014 Updated: 07:58 April 1, 2014

## Help Kids Appreciate Nature

A Nature Table brings the outside world indoors.

By: Natural Vitality

Creating an appreciation for nature in our children is one way to promote future generations of environmentally friendly adults. It also helps our kids learn to enjoy the simple beauty and pleasure found in the natural world. While younger children may not be so keen on reflection, they do love to collect things. For an engaging activity that promotes a love of the outdoors for two- to eight-year-olds, consider a Nature Table. It works like this:

You will need a small, low table to place in a common area of the house, such as the living or dining room. This is your Nature Table. When you are out and about with the children, allow them to collect one or several items to bring back and place on the Nature Table. The only rule is that the objects must be natural. Kids will love finding these treasures, like rocks, leaves, sticks and so on. Allow them to play with the items on the table and rearrange them as they wish.

Here are some tips to have fun with your Nature Table:

- Create different themes for the table, such as the seasons or rocks, leaves or sticks.
- Go on a weekly Nature Table walk to find treasures.
- Cover the table with different colors of fabric for a change or to mark a change of season.
- Change the Nature Table on specific days, such as winter and summer solstice or the first day of a season, to connect your child to seasonal changes in nature.
- Place a magnifying glass on the table to inspect items close up.

## REGIO BUS CHARTERS

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[regiobus@aol.com](mailto:regiobus@aol.com)

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**Hugo Campa**  
General Manager  
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<ul style="list-style-type: none"> <li>* Reclining Seats</li> <li>* Seatbelts</li> <li>* Window Curtains / Blinds</li> <li>* Escort Seats</li> </ul>	<ul style="list-style-type: none"> <li>* 3 to 6 TV Monitors</li> <li>* DVD / CD Player</li> <li>* PA System</li> <li>* Reading Lights</li> </ul>
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We are Insured in the U.S. and Mexico  
US DOT 1250587

# Wang's Martial Arts

92 – B Wilson Rd.  
Humble, TX. 77338  
U.S.A.

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

## Baisc Bo



Date: January 09, 2015 (Friday)  
January 16, 2015 (Friday)  
January 23, 2015 (Friday)  
January 30, 2015 (Friday)  
Time : 8:00 - 9:00 PM

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

Pre-requisite: Adults (15 years old and up) –  
Yellow belt and up.  
Jr. students (5–14 years old)- green belt and above.  
(Minimum 6 people register.)

Fee : \$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 \_\_\_\_\_ .

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



The Rotary Club of Humble presented a \$7000.00 check to HAAM to assist them in purchasing a truck. Humble Rotary is also developing an additional support of \$6000.00 via a District Rotary Grant where \$3000.00 from the Rotary Club of Humble will be matched with \$3000.00 from other Rotary clubs in District 5890. The net amount will be \$13,000 to assist HAAM in purchasing a much needed truck.

The presentation was made as the Board of each entity, Humble Rotary and HAAM met together. Susan Brodbeck, Humble Rotary, presented the check to Millie Garrison, Acting Director of HAAM. Also pictured is Darryl Chandler, President of HAAM's Board.

The Rotary Club of Humble has contributed more than \$1,600,000 to humanitarian needs in the past 16 years. Included in this has been more than \$350,000 to local social services institutions. The community supports the fundraising of the Rotary Club of Humble via support of its annual Humble Rotary Festival, Eat Fish, Change Lives event. More than 40 local firms have supported this event via an annual sponsorship. More than 1000 attended this event this past year in March. This year's event will be held on May 2, 2015.



# WORLD STAR CHINESE MARTIAL ARTS COMPETITION



## 世界之星中華武術錦標賽

Dear Friends,

The World Star Chinese Martial Arts Competition hosted by Wu Martial Arts Association (WMAA) will be held at Marriott Westchase Hotel in Houston, Texas and scheduled for March 20th - 22nd, 2015. In this event WMAA will host workshops, seminars and friendly competition. The event will set a common ground for all Chinese martial arts lovers to exchange techniques and help the younger generation to understand the true meaning of Chinese martial arts.

WMAA cooperates with all Chinese Martial Art communities. Together, we promote Chinese Martial Arts through competitions in Houston and throughout the world.

We are looking forward to see you at the 2015 tournament in Houston, Texas.

Sincerely,  
Ernie Wu



### GRAND CHAMPION CUPS

being awarded in  
all Advanced Categories:  
Traditional Kung Fu, Wushu,  
Taiji & Other Internal.

★ Honor medals will be awarded to  
all kids 12 and under who place after 3rd.

**Time: March 20 - 22, 2015**  
**Place: Westchase Marriott**  
**Houston, TX**

Saturday night 7 pm  
Chinese Martial Arts  
Exhibition

**Free** admission w/ ticket

**More than**  
**400 Divisions**  
Tradition Kung Fu,  
Wushu, Taichi,  
Xing Yi, Bagua,  
Wing Chun, Sparring,  
Push Hands,  
Chi Sao  
and much more...

### EVENT SCHEDULE

FRIDAY, MARCH 20, 2015

6 - 8 pm On-site Registration

SATURDAY, MARCH 21

8 - 9:30 am On-site Registration

8:30 am Official's meeting

9:30 am Open Ceremony

6:00 pm Competition Ends

7:00 pm Martial Arts Exhibition

SUNDAY, MARCH 22

8:00 AM Seminars

2900 Briarpark Dr. Houston Texas 77042



We have secured the special rate of **\$109.<sup>00</sup>**/night for Single or Double  
Occupancy and we recommend that all out of town guests stay here for  
both convenience and value.

To make reservations by phone please call **800-452-5110**  
and mention "Kung Fu competition"

### Fee: Registration

\$65 (includes 1st event)

must be received by 3/7/15

\$20 Late Fee if received after 3/7/15

\$20 per additional event after the 1st

\$20 compete for Grand Champion

(Level IV only\*\*)

\$80 per Group event

### Spectator:

Adult \$20, Kids (12 & under) \$10

**FREE** CMA Exhibition/Saturday 7 PM

Registration and more details, please check: [www.kungfuppetition.com](http://www.kungfuppetition.com)

Contact Information: Ernie Wu / Wu Martial Arts Association

(713) 780-4007 • E-mail: [wumartialartsassociation@gmail.com](mailto:wumartialartsassociation@gmail.com)

Phone (281) 548-1638, (281) 682-3387 (cell)  
Email: wang3888@embarqmail.com

**Chinese Vegetarian Food & Tour Chinatown**

**Date:** 12-27-2014 (Saturday)

**Time:** 10:00 am - Meet at Wang's Martial Art.

**Place:** 11:15 am -  
Pine Forest Garden Vegetarian Restaurant  
9108 Bellaire Blvd. At Ranchester.  
Houston, TX 77036  
(713) 772-2888  
(281) 682-3387 (Cell phone for Master Wang)

1:00 pm Ten Thousand Luck Trading for Chinese Cloth  
& Mulan Asian market  
9866 Harwin dr.  
Houston, TX 77036  
(713) 975-8889



**Cost for Food:** \$12.00 for 10 years old and above.  
(Including food, tax, tip, soft drink or tea.)  
\$10.00 for 9 years old and younger.

-----  
**Registration Form**

**Name :** \_\_\_\_\_ . **Date :** \_\_\_\_\_

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

**Home Phone :** \_\_\_\_\_ . **Work Phone :** \_\_\_\_\_

**Cell Phone :** \_\_\_\_\_

**Number of People ( 10 years and above):** \_\_\_\_\_ x \$12.00 = \_\_\_\_\_

**( 9 years and younger)** \_\_\_\_\_ x \$10.00 = \_\_\_\_\_

**( Total Amount Paid )** = \_\_\_\_\_

## 8 Excellent Immune System Boosters for Kids - In partnership with Natural Vitality (article from Taste for Life)

Fall brings a host of changes—kids head back to school, the leaves turn and the weather cools down. This transitional time can leave children more susceptible to illness. We consulted with natural health experts for some easy ways that parents can support their kids' immune systems and hopefully avoid pesky colds and other illnesses. Here's the lowdown:

**Avoid getting cold.** Lauren Feder, MD, author of *Natural Baby and Childcare* (Hatherleigh, 2006), advises to avoid swimming during changing fall weather and to add an extra layer of light clothing to ensure children stay warm during abrupt weather changes. She also says a hot water bottle in bed at night is a great way to warm up quickly.

**Offer high-vitamin foods.** Foods rich in vitamin C, such as grapefruit, lemons, limes, bell peppers, broccoli and goji berries, are effective in helping to boost immunity, says licensed acupuncturist and nationally certified herbalist Lexi Hagenson. "So in terms of meals and snacks, I would encourage parents to offer their children foods like veggie pizza, trail mix and yogurt parfaits."

**Adequate sleep.** With the excitement and stress of returning to school, experts agree that not just adequate, but even some extra, sleep can go a long way in boosting immunity, and mood. Feder cautions to ensure adequate sleep during the busy holiday season as well, when we are susceptible to illness such as the flu.

**Minimize sugar.** Sugar can depress the immune system, says Hagenson. "Avoid giving children packaged sugary foods and drinks as much as possible," she says. Offer vitamin-rich fruits as treats instead.

**Eat moisturizing foods.** Our bodies can have a difficult time adapting to weather changes, such as dryness, that accompany a new season, making us more susceptible to illness, according to Hagenson. She suggests serving kids nuts, seeds, pears, honey and organic yogurt, which she says are all great at moistening the body internally to protect it against the dry fall environment.

**Go for gut health.** Probiotics are also an excellent way to boost the immune system by increasing healthy gut bacteria, which can then properly fight off bad bacteria and germs. "Kefir smoothies are a nice way to give your child probiotics," Hagenson suggests. "Just blend plain kefir with a mix of fresh or frozen fruit and a touch of honey or maple syrup as necessary."

**Keep the ears clean.** The ears may also be an entry point for illness-causing bacteria, so keeping them clean may prevent illness especially in preschool-age kids, according to Dr. Feder. "At bath time simply put a few drops of hydrogen peroxide in each ear. The solution will bubble and there may be a little stinging. Within a couple minutes, the liquid will drain out."

**Essential oils.** When added to a bath, a couple of drops of eucalyptus or cinnamon essential oil really help to open the sinuses, Hagenson says. Lavender or chamomile can be calming. Try and keep the bathroom as steamy as possible when using the oils.



## Introducing the Next Super Green - In partnership with Natural Vitality (article from Taste for Life)



Unless you garden and grow broccoli yourself, you may not know that this popular vegetable grows amid plentiful leaves. Yup, the stuff you see in markets is just the florets, or crown, of the broccoli plant. So what happens to the leaves? Depending on the farmer, they get tossed or composted—but eaten, not so often. One company though is working to change that, and BroccoLeaf is turning the maligned broccoli leaf into a culinary superstar.

It all began when the produce company Foxy was doing a juicing demo and an employee brought in some broccoli leaves. The team tested the leaves and the result was delicious—and nutritious. They decided to bring the leaves to market under the name BroccoLeaf. The dark green leaves of the broccoli plant have all the major health benefits of broccoli; a serving delivers an adult dose of vitamin C and it's packed with folate and calcium.

Celebrity registered dietitian Ashley Koff is very excited about Foxy bringing its BroccoLeaf product to market. “OK, so I am a broccoli addict—just the florets until now—so I may be biased. But I love the taste of the leaves. I love that it's organic and non-GMO, and I loved learning that farmers rely on the leaves to detox [cleanse and nourish] the soil after growing lettuces. What it does in nature it does within us. I love that it is super versatile too,” she says.

Koff suggests using the leaves in juice, smoothies, sautéing them and adding them to eggs, pasta sauce or as a burger topping. “A serving contains a day's dose of vitamin C, plant compounds called glucosinolates that aid in detoxification and cancer prevention, and a nice dose of calcium as well.”

BroccoLeaf is hitting stores this month, so get your forks ready.

---

**Merry Christmas**  
&  
**Happy New Year!**

# Frequently Asked Questions About Christianity and Animals -

<http://www.jesuspeopleforanimals.com>

## \* **Didn't Jesus eat meat?**

The animal agriculture industry today is rife with abuse. Factory farmers mutilate animals without using any painkillers, keep them in cages so small that they can't spread their limbs, and slit their throats and allow them to bleed to death. In other words, it's nothing like raising and killing animals for food in first-century Palestine. Jesus would be horrified by today's factory-farming practices. A vegan diet is consistent with Jesus' teachings, particularly his love for those whom society has rejected, marginalized, and oppressed. The billions of needless deaths that we cause in order to satisfy our craving for flesh must be very sad for a God whose very nature is to love.

## \* **Do you really think eating meat is a sin?**

Animals on factory farms are painfully castrated and have their beaks or teeth chopped off, their horns carved out of their skulls, brands burned into their skin, and more—all without any painkillers. At the slaughterhouse, animals are strung up by one leg and their throats are cut, often while they're still conscious. Animals are routinely skinned or dismembered while they're still alive. The mammoth meat, dairy, and egg industries are built on cruelty, oppression, and abuse—they are sinful structures, and Christians should reject them.

## \* **Why should Christians "go Vegan"?**

There are a couple of ways to think about being vegan. Some people eat only vegan food, which is a great first step. Vegan food is consistent with Jesus' teachings of compassion and mercy. He would be appalled by the abuse of animals on filthy factory farms and in slaughterhouses. Other Christians (like me) abstain from using all animal products, since the reality is that you can't get milk, eggs, or leather without causing harm to animals. And I only buy cruelty-free products (those not tested on animals) for the same reason.

## \* **What about "free-range" or "human" meat, dairy products, and eggs?**

There is absolutely no such thing as "humane" meat. Investigations have revealed horrific conditions on farms and in slaughterhouses, including at religious facilities, that are so-called "humane." However, many people find that going vegan is a process that starts with eliminating the worst of the worst products and moving forward from there. Eliminating factory-farmed animal products and having as many meat-free meals as possible would be a wonderful step in the right direction.

## \* **Doesn't the Bible say we have dominion over animals?**

The dominion with which God privileged humans in Genesis is nothing like what we practice now. Dominion means stewardship, not dominance. Christianity emphasizes mercy and respect for life and opposes cruelty. There is nothing merciful about factory farms—baby chicks have part of their beaks chopped off, piglets have their tails cut off, and fish are slowly suffocated to death. Animals are often skinned or dismembered while they're still alive. Christians everywhere can reject this cruelty by adopting a healthy vegan diet.

\* Doesn't God require animal sacrifices?

Hebrews 8-9 tells us that Jesus is the mediator of a better covenant, one in which his own blood replaces that of goats and calves.

**\* Jesus told peter to kill and eat animals. How can you say Jesus would want me to be vegan?**

If Peter's vision in Acts 10 is read in its complete context, it's easy to see that the vision isn't about carte-blanche permission to eat at a dead-animal buffet but a call for radical inclusion. Where Jews and Gentiles had formerly been separated by laws and culture, now both were given the opportunity for new life in Christ. In other words, Peter's vision is a metaphor.



勇 仁 智 德

bravery

kindness

wisdom

integrity

# HUMBLE ROTARY FESTIVAL

FISH FRY & CAR SHOW

EAT  
FISH



CHANGE  
LIVES



Saturday, May 2, 2015 • 11am to 3pm  
(Car registration 9am to 11am)

**Humble Civic Center Arena**  
**8233 Will Clayton Parkway**  
**Humble, TX 77338**

Entry Fee: \$30. (include Fish Fry meal for one, extra meal ticket only \$12)

## **Class Awards & Best of Show Award!**

Fried catfish, potatoes, coleslaw, water, tea, or coffee. Dessert, beer, and wine are available for sale. Live band, silent auction, door prize, and more.

**\$100 raffle with Grand Prize of a New Vehicle from Robin Chevrolet plus a chance to win other fabulous prizes including ten \$500 shopping sprees.**

Bring the family & friends  
For additional call Tom Gibbins, 281-435-6879



**For information: 281-548-1638 (w)**  
**281-682-3387 (c)**

## **Wang's Martial Arts**

### **13th Lunar New Year & World Peace Martial Arts Festival**

presented by  
Victor Cheng Scholarship Fund  
Rotary club of Humble Intercontinental  
Wang's Martial Arts  
Wu Martial Arts Scholarship

Date: **March 14, 2015 (Saturday)**  
Time: 9 am - 5 pm  
Place: Humble Civic Center  
Ticket: \$10 for age 15 years old plus  
\$5 for age 5 - 14 years old  
Free for 4 years old & under  
(Discount ticket available at

**Raceway Gas Station.)**

Martial Arts group demonstration .  
Lion Dance performance.  
Costume competition  
Traditional Dance performance  
Oriental Fashion Show.  
Kicking contest.  
Games and activities - Bow and arrow, throwing star, blow darts, Moon walks, Board Breaking, more.  
**Culture events - calligraphy, Brush painting, Traditional arts etc.**  
More details will follow.

## Mushroom love

Oct 21, 2014 Delicious Living | Delicious Living

Savor the robust, earthy flavor and impressive nutrition of edible fungi.

Mushrooms beautifully complement a wide variety of dishes—when they're not the stars of their own show.

Wondering which variety to grab in the produce aisle? Check out the flavor profiles and nutritional benefits of four popular seasonal mushrooms below.



**Button**

Mild and slightly earthy; easily absorbs other flavors. **Benefits:** Vitamin B6, Vitamin D.

**Try this recipe:** [Wild Mushroom Risotto with Saffron](#)



**Chanterelle**

Trumpet-shaped and delicate; fruity and nutty. **Benefits:** Vitamin B12, Vitamin D4.

**Try this recipe:** [Tea-Marinated Grilled Tofu Steaks with Chanterelle Mushrooms](#)



**Portobello**

Meaty and firm; great vegetarian substitute. **Benefits:** Potassium, selenium, copper.

**Try this recipe:** [Grilled Tofu with Portobellos](#)



## Shiitake

Smoky, dense, woody. **Benefits:** Iron, B vitamins, immune-supporting properties.

Try this recipe: [Mushroom-Cauliflower Soup with Roasted Shiitake and Nori Garnish](#)

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## 3 ways to enjoy sunchokes

Nov 19, 2014 [Jenna Blumenfeld](#) | Delicious Living



Also called Jerusalem artichokes, seasonal sunchokes are actually tubers that resemble fresh ginger. Homely on the outside, sunchokes' creamy, potato-like flesh is nutty and slightly sweet and supplies ample folate, fiber, and vitamin C, plus 28 percent of your daily iron needs per 1-cup serving.

Here are three of our favorite ways to enjoy sunchokes. (Peeling is optional, but wash thoroughly before using.)

### **Mash.**

Dice peeled sunchokes into 1-inch chunks; add to a large pot of boiling water. Reduce heat and cook until tender, about 20 minutes. Drain and transfer to a bowl; mash until smooth and stir in butter or coconut oil. Season to taste; garnish with minced, fresh chives.

### **Roast.**

Slice sunchokes lengthwise into ¼-inch pieces; coat with olive oil and sprinkle with minced garlic, salt, pepper, and dried rosemary. Roast at 425 degrees until easily pierced with a knife, 15–20 minutes.

### **Raw.**

Using a mandolin slicer or a very sharp knife, thinly slice peeled, raw sunchokes. Toss with a lemony vinaigrette, arugula, and Parmesan cheese for a simple salad.

# Epilepsy and Healthy Supplements -

Article from Taste for Life.



While it has not been proven that healthy foods can help to treat epilepsy, various vitamin and mineral deficiencies are thought to cause seizures. Along with treatments decided on by a patient and their doctor, the following supplements may help to avoid unhealthy deficiencies.

**Vitamin B6:** Preventing a B6 deficiency, which can cause seizures, may be helpful to newborns and young children. A vitamin B6 deficiency is the only vitamin deficiency known to cause seizures. Among other foods, pistachio nuts, sunflower seeds, turkey, and chicken are high in this vitamin.

**Minerals:** People with epilepsy may need to regulate their intake of sodium, calcium or magnesium. Although mineral deficiencies are rare, the lack of these minerals may cause seizures or other complications. Calcium can commonly be found in cheese, yogurt, and milk. Food sources of magnesium include beans, vegetables, and nuts.

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## Anti-Cancer Foods - Article from Taste for Life.



It'd be great if there was one easy diet we could all eat to eliminate cancer risk. Alas, it's not that simple. No one food can prevent cancer. It turns out that it's a combination of what you eat that matters.

Strong evidence shows that if you consume a diet high in a wide variety of plant items (fruits, vegetables, beans, whole grains), this is what can help lower the risk for many cancers. Plant foods offer protection by providing phytochemicals (natural plant compounds); antioxidants for repairing DNA and controlling the growth and spread of cancer cells; and vitamins and minerals for producing and repairing DNA and controlling cell growth. Plant foods also contain fiber, which may lower the risk of colon cancer.

And while studies show that many vitamins, minerals, and phytochemicals exhibit anti-cancer benefits, evidence suggests that it's the effect of the compounds working together in a person's overall diet that gives the best cancer protection. So the more colorful your plate of food, the better. The American Institute for Cancer Research recommends filling at least two-thirds of it with fruits, vegetables, whole grains, and beans. The remaining one-third can be lean poultry or seafood.

### **A Few Fighting Foods**

**Beans:** Diets high in beans or lentils can help lower breast cancer recurrence in women.

**Broccoli:** The phytochemical sulforaphane in this cruciferous veggie appears to slow the growth of leukemia and melanoma.

**Brown Rice:** A great source of fiber, this whole grain may protect premenopausal women against breast cancer—especially those that are overweight. Whole grain rice fiber may also help reduce colon cancer risk.

**Cabbage:** Extremely high in anticancer phytochemicals, one of which (indole-3-carbinol) nearly doubles the speed in which the liver can break down estrogen so it doesn't remain in the body.

**Dark Chocolate:** This healthy treat is rich in flavonoids, which have chemoprotective effects. The darker the chocolate, the better. It has four times the amount of antioxidants found in tea.

**Leeks:** Just like garlic and onions, this vegetable is linked to a reduced risk of prostate and colon cancers.

**Mushrooms:** Shiitake, maitake, and reishi mushrooms all appear to boost the body's immune system, which can make it potentially more resistant to cancer.

### **Other Cancer-fighting Foods**

Enjoy them as often as possible. - Apples , Berries, Broccoli and other cruciferous veggies, Cherries, Cranberries,

Dark green, leafy veggies, Flaxseed, Garlic, Grapefruit, Grapes, Green tea, Legumes (dry beans, peas, lentils),

Squash (winter), Tomatoes, Walnuts, Whole grains.

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

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

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

---

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

## **Garlic**

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

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

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

## **Ginger**

**Health Benefits:** Ginger root has a long history of being used as medicine in Asian, Indian, and Arabic herbal traditions. In China, for example, ginger has been used to aid digestion and treat stomach upset, diarrhea, and nausea for more than 2,000 years. Ginger also has been used to help treat arthritis, colic, flatulence, motion sickness, morning sickness, painful menstrual periods, and the common cold. Ginger

is an effective anti-nausea agent, likely because of its carminative effect, which helps break up and expel intestinal gas.

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

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

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**For the benefit of everyone's health, eat vegetables, fruits, grains and be kind to all animals (& people).**