

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 )**

## March 2016 Newsletter Summary



Tai Chi Rank Test result -  
February 27, 2016

Robert Kerr - Black (1st)  
Margaret Swavely - Black (1st)  
Jeannette Adams - Black (2nd)  
Paul Greenwood - Black (2nd)  
Susan Fischman - Black (2nd)

Congratulation!

There is no class on March 28,  
2016 (Monday) due to Easter  
Holiday.



Wang's Martial Arts College Student  
Scholarship Fund:  
2009 Scholarship Fundraising Banquet -  
\$628.98

Inner-School tournament:  
December 5, 2009 - \$105.00  
March 6, 2010 - \$85.00  
July 10, 2010 - \$100.00  
December 6, 2010 - \$105.00  
March 19, 2011 - \$80.00  
June 4, 2011 - \$115.00  
September 10, 2011 - \$150.00  
December 3, 2011 - \$110.00  
March 3, 2012 - \$150.00  
Outdoor Training (3-25-12) - \$100.00  
June 30, 2012 - \$160.00  
September 29, 2012 - \$185.00  
December 15, 2012 - \$125.00  
May 4, 2013 - \$90.00

August 10, 2013 - \$105.00  
November 2, 2013 - \$85.00  
March 29, 2014 - \$90.00  
August 2, 2014 - \$90.00  
November 8, 2014 - \$45.00  
January 24, 2015 - \$60.00  
May 16, 2015 - \$65.00  
Susan Fischman (7/18/15) - \$5.00  
October 3, 2015 - \$55.00  
December 19, 2015 - \$75.00  
**Total - \$2793.98 - \$300 - \$300 - \$1000  
= \$1268.98**

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

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

**\$1000 scholarship to HISD student on  
01-30-2016.**

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

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

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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

#### Proverbs 4 .

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

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

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

Date: 3-14-16 (Monday)  
Time: 8:00 – 9:00 pm

##### **Nunchaku Class:**

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

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

Age 5 –14 years old  
Date: 3/10/2016 (Thursday)  
Time: 8:00 – 9:00 pm

Age 15 – 98 years old  
Date: 3/03/2016 (Thursday)  
3/10/2016 (Thursday)  
3/17/2016 (Thursday)  
3/24/2016 (Thursday)  
3/31/2016 (Thursday)

Time: 8:00 – 9:00 pm

#### **New Student:**

Lleuellyn Craddock, James Nelson, Ross Bailey,  
Jesus Delgado, Kaitlyn Koch, Samantha Kearn,  
Jared Boullion, Daniel Rosendo.

**Welcome!**

#### **Kung Fu Rank Test**

Date: 5-14 yrs: 4-30-2016, Saturday, 1:30-3:30 pm  
15 yrs +: 4-30-2016, Saturday, 3:30-5:30 pm  
Make up all ages: 5-2-2016, Monday, 6:00-8:30 pm

Must register on or before 4-28-2016.  
Test fee : \$40.00 and up

#### **Tournament point:**

Tournament Points: Don't forget to turn in  
your points after each tournament for a  
chance to win a seven foot trophy at the  
Chinese New Year event!  
1<sup>st</sup> Place-12pts; 2<sup>nd</sup> Place-9pts; 3<sup>rd</sup> Place-  
6pts; Participation-3pts

#### **Report card point**

Report Card Points – Turn in your report  
cards all year long for a chance to win a  
seven foot trophy at the Chinese New Year  
event!  
All A's-12pts; A's & B's- 9pts; All B's-  
6pts; Turn in your report card – 3pts

#### **March Birthday**

##### **March birthday**

David Neighbors 3/27  
Esmeralda Smith 3/15  
Timothy Garcia 3/13  
William Stanley 3/01  
Andrik Sanchez 3/8  
Brandon Sarton 3/6  
Toni Henderson 3/12  
Melanie Campa 3/23  
Guy Anderson 3/13  
Thomas Essick 3/15  
Kathryn Werling 3/22  
Jacob Lewis 3/22  
Jarrett Almond 3/8  
Jose Garcia 3/23  
Emma Castro 3/27  
Lilly Robinson 3/15  
Nick Limones 3/2  
Emma Ferguson 3/2  
Hunter Ferguson 3/21  
Brandon Figueroa 3/21  
John Cox 3/24  
Jose Angel Guzman, Jr. 3/24  
Jalen Latin 3/29  
Malik Khimani 3/30

#### ***Happy Birthday***

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

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

#### **Brown and Black rank test**

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

Black Belt club & Accelerated  
program rank test:

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

#### **Tai Chi Rank Test**

Date: 5-28-2016 ( Sat. )  
Time: 12 noon – 2:30 pm

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

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

# Wang's Martial Arts

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

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e-mail: wang3888@embarqmail.com  
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## Birth Day Party for Wang's martial Arts students

Date: March 12, 2016 (Saturday)  
Place: Wang's Martial Arts  
5311 FM 1960 E. #J  
Humble, TX 77346  
(281) 682-3387, (281) 548-1638



Wang's Martial Arts will be holding a birthday party for the month of February. **All students & guests are invited to participate.** This is a wonderful opportunity to have a Veggie lunch. There will be demonstration of Kung Fu & Tai Chi for your guests. It is for Health, Physical Fitness, Confidence, Discipline and Self Defense. All students can participate in demonstration.

Cost: \$5.00 per person (All proceed will go to Wang's Martial Arts scholarship fund).

Time: 1:00 pm – Reception.  
1:15 pm - Veggie lunch (Veggie fish, Veggie Egg Roll, Veggie Dumpling, Organic Spinach Cheese Quesadilla. No soft drink/replace with Bottled water).  
1:40 pm - Demonstration (Kung Fu & Tai Chi), Board breaking, Ninja Turtle appearance & Photo opp, Mongolian Warriors, Epic Battle,  
2:15 pm - Chocolate birthday cake, Singing Happy birthday song in English, Chinese & Spanish.  
2:30 pm – Party end.

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REGISTRATION FORM - Reservation before March 10, 2016. No late registration.

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

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

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

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

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

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

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

# Family Special

## Kung Fu or Tai Chi

	1st member	2nd member	3rd member	4th member	5th member or more
<b>Tuition/month</b>	<b>\$149.00</b>	<b>\$134.00</b>	<b>\$74.50</b>	<b>\$74.50</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: September 1, 2015**

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

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

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



# Kung Fu Rank Test Results - 2/20/16

Age 15 year old and +

Harry Eugene, Jr. - Yellow/stripe  
 Mathilde Le Bon - Orange  
 Jeffrey Villarde - Orange  
 Joanna Mayo - Orange/stripe  
 Kollin Milton - Green  
 Carlos Aquino - Green  
 James Mayo - Green  
 Magdalen Arce - Purple  
 Charles Moore



Age 9 - 14 years old

Harmony Williams - Yellow Belt  
 Christine Garrison - Yellow Belt  
 Damen Dumo - Yellow/stripe  
 Justyn Davis - Green  
 Hunter Figueroa - Green  
 Brandon Figueroa - Green  
 Emma Ferguson - Purple  
 Dominic Venegas - Purple/stripe  
 Julius Herron II - Blue/stripe  
 Alfred Kai Marayag - Blue/stripe

Brown & Black Belt Test - 10/17/2015

Adela Limones - Brown  
 Chantel Barnes - Brown  
 Madeline Briles - Brown/stripe  
 Koseph Alonso - Brown/stripe  
 Ethan Fu - Brown/stripe  
 Roberto Alvarado - Brown/stripe  
 Charles Cates - Black (1st)  
 Karen Clark - Black (1st)  
 Dennis Cruz - Black (1st)

Age 5 - 8 years old

Nickelus Moreno - Yellow/stripe  
 Andrew Guzman - Yellow/stripe  
 Ian Ferguson - Orange  
 Santiago Aquino - Green  
 Jordyn Mayo - Green  
 Jameson Ezzell - Purple/stripe



Tai Chi Test result - February 27, 2016

Robert Kerr - Black (1st)  
 Margaret Swavely - Black (1st)  
 Jeannette Adams - Black (2nd)  
 Paul Greenwood - Black (2nd)  
 Susan Fischman - Black (2nd)



## Wang's Martial Arts

### Health & Harmony Cruise - 4 days (November 10th to November 14th, 2016)

**Date:**  
11/10/2016 Day 1 Ready for boarding at Noon time, Galveston depart - 4:00 pm  
11/11/2016 Day 2 Fun day at sea & training  
11/12/2016 Day 3 Cozumel -arrive 9:00 am, depart 4:00 pm  
11/13/2016 Day 4 Fun day at sea & training  
11/14/2016 Day 5 Galveston arrive - 8:00 am

Kung Fu Northern Shaolin & Northern Praying Mantis.  
Tai Chi Yang Style.  
Chin Na Grasp Hand Techniques in self defense.  
Discussion in Health, Herb, Diet & many more.

The rate is based on per person with double occupancy in a cabin (tax is included, not tip).

	<u>Interior</u>	<u>Ocean View</u>	<u>Balcony</u>
1st	\$505.90	\$555.90	\$665.90
2nd	\$505.90	\$555.90	\$665.90
3rd	\$275.90	\$275.90	\$275.90
4th	\$275.90	\$275.90	\$275.90



\$100 initial deposit before 3/31/2016.  
Remaining balance in 2 to 3 payments within 3 month.

For information: Wang's Martial Arts  
5311 FM 1960 Rd. E. #J  
Humble, TX 77346  
(281) 682-3387 (281) 548-1638  
e-mail: wang3888@embarqmail.com

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

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

City: \_\_\_\_\_, State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home phone: \_\_\_\_\_, Work phone: \_\_\_\_\_

Cell phone: \_\_\_\_\_, e-mail: \_\_\_\_\_

Cruise rate (include tax): \_\_\_\_\_

Insurance: \_\_\_\_\_

Total amount: \_\_\_\_\_

Deposit: \_\_\_\_\_

Balance: \_\_\_\_\_

Note: \_\_\_\_\_



# 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>

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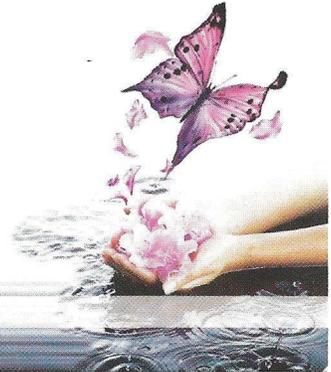
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Web site www.WangsMartialArts.com

## Advanced Bo



Date : April 1, 2016 (Fri.)  
April 8, 2016 (Fri.)  
April 15, 2016 (Fri.)  
April 22, 2016 (Fri.)  
April 29, 2016 (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)  
(9-108 years old, Red, Brown & Black)

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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 <http://www.WangsMartialArts.com>

## Nunchaku Class



Date: March 21, 2016 (Monday)

Time : 8:00 - 9:00 PM

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

Fee : \$19.00

Free for Brown, Black, Jr. Black  
& Accelerated program.

Age 15 to 80 year old - Yellow belt above.

Age 9 - 14 years old - Yellow belt above

Age 5 - 8 years old - Green belt above

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

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### REGISTRATION FORM

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

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

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

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

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

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

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

**For the benefit of everyone's health & kindness to all animals, please eat veggie, fruit and grains.**



**Feed cat, bird & wildlife in your backyard. They will protect your house, and they keep away snakes & pests.**

**Wang's Martial Arts is caring for & feeding these animals.**



# Inner-school tournament result - 10/3/15

## Kung Fu FORM

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

## Kung Fu WEAPON

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

## SPARRING

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





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

## Help Kids Appreciate Nature

A Nature Table brings the outside world indoors.

By: Natural Vitality

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

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

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

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

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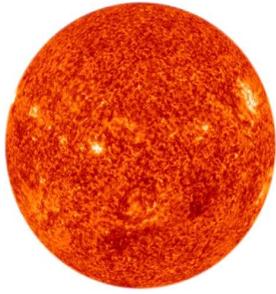
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students and families*

# Wang's Martial Arts

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

## INNER SCHOOL TOURNAMENT

Date: 3-5-2016 (Saturday)  
Time: Ages 5 - 80 2:00 PM – 5:00 PM  
Place: Wang's Martial Arts  
5311 FM 1960 Road E. #J  
Humble, TX 77346  
(281) 548-1638, (281) 682-3387  
Entry Fee: \$45.00 up to two events  
\$5.00 additional event  
\$5.00 goes to scholarship fund



Listed below are the divisions; in each, a first, second, and third place trophies will be awarded.

Encouragement awards are given for everyone who does not place.

### \*\*\*\*\* FORMS\*\*\*\*\*

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

### \*\*\*\*\*WEAPONS\*\*\*\*\*

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

### \*\*\*\*\*SPARRING\*\*\*\*\*

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

### Registration form for INNER-SCHOOL TOURNAMENT

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

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

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

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

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

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

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



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



# Grape Seed Extract May Lower Blood Pressure

People who took grape seed extract in a recent study experienced reductions in systolic blood pressure, according to a study in the *British Journal of Nutrition*.

A research team led by the Center for Nutritional Research at the Illinois Institute of Technology in Chicago gave juice with either grape seed extract or a placebo to 36 middle-aged volunteers with prehypertension, or numbers between normal at 120/80 and outright hypertension starting at 140/90. Only 29 completed the entire protocol and were included in the study results.

After six weeks, people who took the extract-enhanced juice saw their systolic blood pressure—the top number that measures pressure while the heart beats—drop by a “significant” 5.6%. Those with the highest readings to begin with experienced the greatest declines.

In addition, consumption of grape seed extract tended to lower fasting insulin levels, a sign that the body is responding better to blood sugar.

According to the American Heart Association, approximately 80 million Americans—roughly a third of the adult population—has high blood pressure, with only half of them controlling it successfully.

The 50th Annual Fundraiser

# HUMBLE ROTARY FESTIVAL

## FISH FRY & CAR SHOW

**EAT  
FISH**



**CHANGE  
LIVES**



**Saturday, April 16, 2016 • 11am to 3pm**  
**(Car registration 9am to 11am)**

**CLASS AWARDS AND BEST OF SHOW AWARDS!**

HUMBLE CIVIC CENTER ARENA  
8233 WILL CLAYTON PKWY • HUMBLE, TEXAS 77338

Entry Fee: \$30 (Includes Fish Fry meal for one, Extra meal ticket only \$12)  
Fried catfish, coleslaw, water, tea, or coffee. Dessert and sodas are  
available for sale. Music, silent auction, door prizes, and more!

**\$100 Raffle Ticket**

**Grand Prize 2016 Chevy Camaro courtesy of Robbins Auto Mall**

BRING THE FAMILY & FRIENDS

For additional information call: Tom Gibbins, 281-435-6879



## **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 cloth their children  
Emergency housing for families in need  
Parenting education and legal advocacy for those in need  
Counseling and support groups for abuse  
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 thru 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 2016 Chevy Camaro or many additional prizes will provide the opportunity for someone in need.**

**All the proceeds are given way with 90% of the proceeds given locally.**

**Drawing is Saturday, April 16, 2016 – at our HUMBLE ROTARY FESTIVAL, CAR SHOW, and FISH FRY at the Humble Civic Center Arena 11AM to-3PM**

**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](mailto:yyw3888wma@gmail.com) call 281-682-3387**

This ticket good  
for one Fish Dinner.

This ticket good  
for one Fish Dinner.

Thanks for supporting  
Humble Rotary!

Thanks for supporting  
Humble Rotary!

THE 50TH ANNUAL FUNDRAISER

# HUMBLE ROTARY FESTIVAL

FISH FRY & CAR SHOW

**#0535**

**SATURDAY**  
**APRIL 16**  
**11AM - 3PM**




**HUMBLE**  
**CIVIC**  
**CENTER**  
**OUTDOOR**  
**ARENA**

## EAT FISH • CHANGE LIVES

8233 Will Clayton Parkway • Humble, TX 77338

### RAFFLE DRAWING

\$100 per Ticket

### GRAND PRIZE

Courtesy of  
**Robbins Auto Mall**



*2016 Chevy Camaro*

**MANY ADDITIONAL PRIZES!**  
Winners need not be present to win. Payment of all local, state and federal taxes, tax, title, and license are the responsibility of the winners. Winners will be contacted by email by May 1. Payment should be to:  
The Rotary Club of Humble Intercontinental.

## HUMBLE ROTARY FESTIVAL

FISH FRY & CAR SHOW

### EAT FISH • CHANGE LIVES





#### Platinum Sponsors

Mann Eye Institute  
Plains State Bank  
Robbins Chevrolet-Nissan

#### Gold Sponsors

Memorial Herman NE	Skip Curry-Edward Jones
Wang's Martial Arts	DT Construction
Wilbert Vaults of Houston	KW Receivables
Homewood Suites Kingwood	Minuteman Press-Humble
The MINT National Bank	

#### Silver+ Sponsors

Artie & Dorothy McFerrin Foundation  
Waste Management, Inc.  
Berkley Eye Center

#### Silver Sponsors

Ted Price	Green Bank
Commercial State Bank	Wells Fargo
MKP-Price & Co. P.C. CPA	Trigg Catering-Humble Inn
Kingwood Medical Center	Community Bank of Texas
Dougherty's Pharmacy	Ward Brothers Ins.-Personal Ins.
REM Communications, Inc.	

#### Media Sponsors

The Tribune • Observer • Dock Line Magazine

**Round of Golf for Two**  
**Oakhurst Golf Club**  
20700 Mills Branch Drive, Porter TX 77365  
Monday thru Wednesday (Non-Holiday) • Cart not included  
Call for tee time: 281-354-4653  
Must present this ticket at check-in. Offer Expires 8-31-2016

**THANKS FOR SUPPORTING**  
**THE 50th ANNUAL FUNDRAISER**  
**HUMBLE ROTARY FESTIVAL**  
**FISH FRY & CAR SHOW**

### Humble Rotary Festival Raffle Entry #0535

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

### HUMBLE ROTARY FESTIVAL

FISH FRY & CAR SHOW



### EAT FISH • CHANGE LIVES

Sold By Rotarian \_\_\_\_\_

## 2016 - Traffic violations fines.

2016年新规定

罚单各种涨价

Not carrying driver's license: \$214

忘记带驾照，罚款:\$214 (原来\$35 )

After 10 days without a change of address to notify DMV: \$214

变更地址超过10天通知DMV罚款:\$214 (原来没有罚款 )

Driving without insurance cause an accident: \$ 796 and license suspended for 4 years

出车祸没有保险，罚款:\$796,并吊销驾照4年

Beyond the red lights: \$ 533

红灯不停，右转弯红灯不停罚金一样,:\$533 ( 原来是这个价格的一半不到 )

Crossing two gold stripes (double solid lane): \$ 425

穿越双黄线:\$425

Turn and U-Turn in place or middle of road: \$ 284

违规转弯或掉头:\$284 ( 不知道这个数字是怎麼来的。 )

The speed (from 1-15 miles): \$224

超速1-15英哩，罚金:\$224，通常来说超10迈才会给罚单

The speed (from 16 to 25 miles):\$338

超速16-25英哩，罚金:\$338

Driving too slow: \$328

开太慢:\$328

Do not full stop at Stop Sign: \$ 284

Stop Sign没有完全停住:\$284

Passing through the bus when the lights are flashing: \$ 675

穿越闪灯的校车:\$675 ( 这个好像应该 )

Holding and using the phone handset while driving (1st time): \$160

开车打电话第一次要:\$160，电话在手裡也要罚！

Parking place for buses: \$ 976

停在大巴位置罚金:\$976

Do not turn on the head light when it is coming up (30 minutes):\$382

开汽车大探照灯超30分钟:\$382

Cover car door: \$178

遮盖车门:\$178

Failing to wear seat belt: \$160

未系安全带:\$160

Children not wearing seat belts or in accordance with: \$ 436

小孩没有繫安全带或者没有儿童座椅:\$436

Wear your hearing in both ears covered: \$ 178

开车两耳戴耳机:\$178

Car pool violation

汽车共乘违规\$401

# Wang's Martial Arts

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

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

e-mail: wang3888@embarqmail.com

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

## Schedule:

- 3/4/16 – Basic Sabre class start.
- 3/5/16 – Inner-school tournament.
- 3/12/16 - March Birthday party.
- 3/19/16 - Good Oil Day Demonstration.
- 3/19/16 - World Star Chinese Martial Arts Competition
- 3/21/16 – Nunchaku class.
- 3/26/16 - Accelerated program rank test.
- 3/28/16 - Easter (no class).
  
- 4/1/16 - Advanced Bo class starting.
- 4/9/16 - April Birthday party
- 4/12, 4/15, 4/16 - Brown & Black belt test.
- 4/16/16 - Humble Rotary Club festival.
- 4/30/16 - Kung Fu rank test.
- 5/1/16 - Kung Fu rank test



# Overweight Teens Have Trouble Controlling Diabetes - by EngergyTimes

MAY 2012—It's bad enough that a third of US adolescents weigh more than they should. Now we learn that type 2 diabetes is much more difficult to control among overweight teenagers than it is among heavy adults.

A multi-institutional study team followed 669 youngsters between the ages of 10 to 17 for about four years. All were overweight or obese and had been recently diagnosed with type 2 diabetes, the kind associated with excess weight. Their glucose levels were stabilized with metformin, a standard diabetes drug, after which the participants were split into three groups. All the groups continued on metformin; one added diet and exercise counseling, and another took metformin along with a drug called Avandia.

By the end of the study, half of the teens who took metformin only had to start taking insulin to control their glucose levels. Those in the other groups did somewhat better, but not by much.

The study, funded by the National Institutes of Health with medications donated by drug manufacturers, has been published in the *New England Journal of Medicine*.

"It's frightening how severe this metabolic disease is in children," David Nathan, MD, director of diabetes research at Massachusetts General Hospital and one of the study authors, told the *New York Times*. "It's really got a hold on them, and it's hard to turn around."

Type 2 diabetes used to be labeled "adult onset" because it would generally first appear in midlife. In this type, the pancreas still produces insulin but the body's cells resist its effects. Type 1 diabetes, the "juvenile" variety, is an autoimmune disorder in which the immune system attacks the cells that secrete insulin; patients usually need to go on insulin therapy early in life.



The City of Humble presents:



# The 36<sup>th</sup> Annual Humble Good Oil Days

A celebration of Humbles rich  
heritage!!

Walk the historic Main St. in downtown Humble and  
shop the many antique, crafts and collectible vendors  
for that just right bargain!



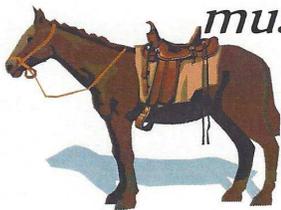
Be sure to visit the famous  
Senior Plant sale booth!!



## MARCH 19, 2016

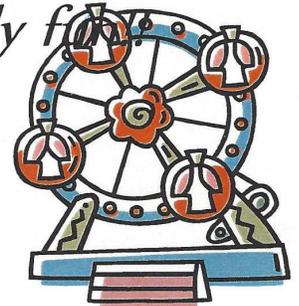
10am-5pm

*Moon walks, ferris wheel, train rides, live  
music/entertainment and lots of family fun!*



**ALL ATTRACTIONS IN KIDZ ZONE**

**ARE FREE!!**



**FREE ADMISSION/FREE PARKING**

For more information/booth rental  
call 281-446-4140

Proceeds from this event benefit the Humble Senior Activity  
Center



Wang's Martial Arts Chinese New Year Celebration picture - 01/30/2016









Summer T-Shirt time  
Wednesday & Saturday class  
(Unless if we have special event, rank test, demonstration  
need to be in full uniform).



\$12.00