

# Wang's Martial Arts

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

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

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

## April 2018 Newsletter Summary

04/06/2018- Basic Bo class start.  
04/07/2018- Kung Fu class at Octavia Fields Branch Library. 2:30 pm - 3:30 pm  
04/07/2018- World Star Chinese Martial Arts Tournament.  
04/07/2018- No class due to World Star Chinese Martial Arts Tournament.  
04/08/2018- Chinese Martial Arts EXPO. 10:30 am.  
04/09/2018- Basic Escrima class 7 pm - 8 pm.  
04/18/2018- Basic Nunchaku class 8 pm - 9 pm.  
04/28/2018 April Birthday Party. 3 pm - 4:30 pm.  
04/23/2018 Women's Self Defense Class 7 pm- 8 pm  
04/24/2018- Brown and Black Belt Kung Fu program rank test. 6 pm - 8 pm.  
04/27/2018- Brown and Black Belt Kung Fu program rank test. 6 pm - 8 pm.  
04/28/2018- Brown and Black Belt Kung Fu program rank test. 9 am - 3 pm.  
04/30/2018 Accelerated Program Rank Test

### **Kung Fu Rank Test**

Date: 5-14 yrs: 6-2-2018, Saturday, 1:30-3:30 pm  
15 yrs +: 6-2-2018, Saturday, 3:30-5:30 pm  
5 - 108 yrs: 6-4-2018, Monday, 6:00-8:30 pm

Must register on or 6-1-2018.  
Test fee : \$40.00 and up

### **Tai Chi Rank Test**

Date: 6-16-2018 ( Sat. )  
Time: 12 noon – 2:00 pm or  
6-19-2018 (Tue.) 8 - 9 pm.

### Report card point

Maya Rivadeneyra	6.00
Anika Glasco	4.50
Madeline Briles	4.50
Nicole Glasco	3.00
Cameron Vancho	2.25

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

All point report form must turn in before 12/31/2018.

### Tournament point:

Rosel Rodriguez	38
Jeffrey Villarde	37
Avaryia Rodriguez	30
Makinza Rodriguez	14
Cameron Vancho	12

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.

All point report form must turn in before 12/31/2018.

## **Guest Instructor; Master Jia**

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

Date: April 13, 2018 (Friday).

Time: 7 - 8 pm.

Cost: Paid by Wang's Martial Arts.

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

Date: April 13, 2018 (Friday).

Time: 5 - 6 pm.

Cost: Paid by Wang's Martial Arts.

Time 8 - 9 pm.

Cost: \$50 per person.

Make check payable to:

**HeBei Chinese Martial Arts Inst.**



**Chinese New Year celebration -  
February 10, 2018.**

#### 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.

#### **Brown & Black Belt Extra class**

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

Date: 4-16-18 (Monday)

Time: 7:00 – 8:00 pm

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

Age 5 –14 years old

Date: 4/05/2018 (Thursday)

Time: 8:00 – 9:00 pm

Age 15 – 98 years old

Date: 4/05/2018 (Thursday)

Time: 8:00 - 9:00 pm

4/19/2018 (Thursday)

Time: 7:00 – 8:00 pm

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

April 24, 2018 (Tue.) 6 – 8 pm

April 27, 2018 (Fri.) 6 – 8 pm

April 28, 2018 (Sat.) 9 am – 3 pm

#### **New Student:**

Austin Hughes,

Lily Valdez,

Jackson Biscamp,

John Sheridan.

**Welcome!**

#### **Accelerated program rank test**

April 30, 2018 (Monday) 6 – 8 pm

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.

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.**

#### **April Birthday**

Dennis Cruz	4/06
Ian Fu	4/10
Aiden Trayal	4/2
Kwaku Charles	4/9
Victor Tigreros	4/6
Minh Le	4/6
Johnny Garcia	4/22
Alexander Macedo	4/30
Harmoney Williams	4/5
Sammie Pate	4/6
Matthew Hunt	4/12
Johnnt Seals	4/22
Gabriel Duda	4/23
Billy Musgrave	4/29
Joseph Barela	4/20
Chris Avela	4/15
Diego Ramirez	4/10
Lisa Whitehead	4/16
Russell Hawes	4/8
Jonathan Mireles	4/1
Aiden Trayal	4/2
Andrew Medrano	4/4
Lauren White	4/5
Sammie Pate	4/6
Sarah Szczepanec	4/18
Jim Gustin	4/3
Vodrick Jones	4/14
Paisley Thomas	4/17
Jayden S. Ng-A-Mann	4/30

#### **Happy Birthday**

Inner-school tournament;

Date: June 23, 2018 (Sat.)

Time: 2 - 5 pm

Place: Wang's Martial Arts

Fee: \$45.00 up to two events

\$5.00 additional event

\$5.00 goes to scholarship fund.

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

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



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

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

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

The MC for the evening, Mr. Victor Makris, warmly welcomed everyone to the festivities and honored the present black belts (**Rafael Gonzalez, Allen DeWoody, Marvin Henderson, Daniel Thibodeaux, David Barnes, Abel Martinez, Ed Green, Russell Haws, Susan Fischman, Tye Botting, Darren Bush, Padraic Gilbert, Polly Ferguson, Margaret Swavely, Chantel Barnes, Karen Clarke, Chris Rivers, Jessie Diaz, Sue Starr, Paul Greenwood, WuZhong Jia, Xing Ho**) with a medal.

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

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

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

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

#### Report card point - 2017

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

#### Tournament point - 2017

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



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

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

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

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

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

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

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

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

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

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

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

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

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**Date: April 23, 2018 (Monday),**

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

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

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

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## REGISTRATION FORM

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

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

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

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

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

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

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

Date: April 28, 2018 (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 March. **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: 3:00 pm – Reception & Demonstration (Kung Fu & Tai Chi),  
Veggie lunch (Organic Spinach Cheese Quesadilla, Veggie Egg Roll, Veggie Dumpling.  
No soft drink/replace with Bottled water).  
Birthday cake, Singing Happy birthday song in English, Chinese & Spanish.  
4:30 pm – Party end.

-----  
REGISTRATION FORM - Reservation before April 26, 2018.

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

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

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

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

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

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

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

# Iron On Patches for Kung Fu Uniforms

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



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





# OFF-CAMPUS PHYSICAL EDUCATION INFORMATION PACKET

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

\_\_\_\_\_ **Waiver Approved**

\_\_\_\_\_ **Waiver Denied**

\_\_\_\_\_  
**Helen Wagner, Coordinator PE/Health**

\_\_\_\_\_  
**Date**

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

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

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

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

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

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

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

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

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

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

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

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

Address \_\_\_\_\_

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

---

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

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

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



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

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

MIDDLE SCHOOL	ADDRESS	PHONE #	FAX #
Atascocita Middle School	18810 West Lake Houston Parkway Humble, TX 77346	281-641-4600	281-641-4617
Creekwood Middle School	3603 West Lake Houston Parkway Kingwood, TX 77339	281-641-4400	281-641-4417
Humble Middle School	11207 Will Clayton Parkway Humble, TX 77346	281-641-4000	281-641-4188
Kingwood Middle School	2407 Pine Terrace Kingwood, TX 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
Woodcreek Middle School	14600 Woodson Park Drive Houston, TX 77044	281-641-5200	281-641-5319

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

**Grades Due to Registrar**

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

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

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

*(Due in December and June)*

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

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

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

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

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

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

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

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

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

\_\_\_\_\_  
Date

## Kung Fu Rank Test Results - 3/26/2018.

Age 15 year old and +

Graig Glasco - Yellow/stripes  
 Prajakti Glasco - Yellow/stripes  
 Gisela Villanueva - Orange  
 Xiomolay La Verde - Orange/stripes  
 Joshua Stockton - Green  
 Alex Curttis - Green  
 Sarah Rivera - Green/stripes  
 John Prewett - Blue/stripes  
 Rickey Shepherd - Blue/stripes  
 Harry Euegne - Blue/stripes  
 Rosel Rodriguez - Red  
 Jackie Rodriguez - Red



Age 9 - 14 years old

Daniel Gonzalez-Chavez - Yellow  
 Paisley Thomas - Orange  
 Jayden Ng-A-Mann - Orange  
 Joel Villanueva - Orange  
 Jalen Latin - Purple  
 Paul Tang - Blue  
 Nicholas Morena - Blue/stripes  
 Jozlyn Rodriguez - Blue/stripes  
 Avairya Rodriguez - Red  
 Brandon Figueroa - Red  
 Hunter Figueroa - Red

Brown & Black Belt Test - 4/15/2017

Susan Fischman - Black (2nd),  
 Ruby Abbott - Black (1st),  
 Joel Le Bon - Black (1st),  
 Deztanie Hellsten - Jr. Black,  
 Joseph Hellsten - Jr. Black,  
 Joseph Alonso - Jr. Black (1st),  
 Madeline Briles - Jr. Black (1st),  
 Alfred Kai Marayag - Brown/stripes,

Age 5 - 8 years old

Christopher Serrano - Yellow  
 Levi Garcia - Yellow  
 Anika Glasco - Yellow/stripes  
 Cameron Vancho - Yellow/stripes  
 Nicole Glasco - Yellow/stripes  
 Maya Rivadeneyra - Orange  
 Connor Sheridan - Orange/stripes  
 Juan Ceja - Green



Rank Test results - 2/19/2018

Jad Kawaja - Yellow belt  
 Xiomora La Verde - Orange  
 Ricky Shepherd - Blue  
 John Prewett - Blue  
 Rosel Rodriguez - Blue/stripes  
 Jacqueline Rodriguez - Blue/stripes  
 Jozlyn Rodriguez - Blue  
 Mackenzie Rodriguez - Blue4  
 Avairya Rodriguez - Blue/stripes

Tai Chi test Result - 3/10/2018

Becky Job - Yellow  
 Panakkal Job - Yellow  
 Monica Johnson - Purple  
 Guillermo Slack - Purple  
 Bill Campbell - Red  
 Chris Duffy - Red  
 Richard Sibley - Red  
 Tania Myers - Red  
 Cynthia Pate - Black (1st)  
 Sammie Pate - Black (1st)  
 Ruby Abbott - Black (1st)

Brown & Black Belt Test - 10/14/2017.

Charles Moore - Brown  
 Cleotis Washington - Brown  
 Alfred Kai Marayag - Jr. Black  
 Karen Clarke - Black (2nd)

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

## Chinese Culture Class



Date: 5-20-2018 (Sunday)

Time: 2 - 3:30 pm

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

Learn simple read and speak Chinese.  
Try calligraphy, traditional Chinese brush writing.

Cost: \$10.00 (Including the supplies)  
All proceed will go to scholarship fund.

(Limited to first 15 people register)

---

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



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- EXTENSIONES DE PELO, PERMANENTES Y
- WAXING

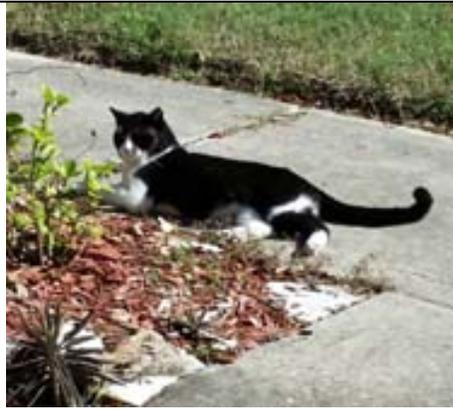
Wang's Martial Arts

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e-mail: [yyw3888wma@gmail.com](mailto:yyw3888wma@gmail.com)

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

## Schedule:

04/06/2018- Basic Bo class start.  
04/07/2018- Kung Fu class at Octavia Fields Branch Library. 2:30 pm - 3:30 pm  
04/07/2018- World Star Chinese Martial Arts Tournament.  
04/07/2018- No class due to World Star Chinese Martial Arts Tournament.  
04/08/2018- Chinese Martial Arts EXPO. 10:30 am.  
04/09/2018- Basic Escrima class 7 pm - 8 pm.  
04/18/2018- Basic Nunchaku class 8 pm - 9 pm.  
04/23/2018 Women's Self Defense Class 7 pm- 8 pm  
04/24/2018- Brown and Black Belt Kung Fu program rank test. 6 pm - 8 pm.  
04/27/2018- Brown and Black Belt Kung Fu program rank test. 6 pm - 8 pm.  
04/28/2018- Brown and Black Belt Kung Fu program rank test. 9 am - 3 pm.  
04/28/2018 April Birthday Party. 3 pm - 4:30 pm.  
04/30/2018 Accelerated Program Rank Test

05/04/2018- Basic Sabre class start.  
05/05/2018- Kung Fu class at Octavia Fields Branch Library. 2:30 pm - 3:30 pm  
05/05/2018- Humble Rotary Club Festival. 11 am - 3 pm.  
05/07/2018- Basic Escrima class 7 pm - 8 pm.  
05/19/2018- May Birthday Party. 1 pm - 2:30 pm.  
05/20/2018- Chinese Culture class. 2 pm - 3:30 pm.  
05/21/2018- Women self defense class. 7 pm - 8 pm.  
05/28/2018- No class due to Memorial Day.  
05/26/2018- Lucky Land demonstration. 3 pm - 4 pm.



**PLEASE HELP KEEP OUR SCHOOL  
CLEAN!**

Do not leave anything behind.

Put your name tag on equipment bags etc.

We can contact you if anything is left behind.

There will be a lost & find box.

But we will only keep for 10 days,

after that we will donate to HAAM in Humble.

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



**\$12.00**

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

**KUNG-FU**

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

**T'AI CHI CHUAN**

Adult	(Age 18 - 108)	Tue. Sat.	12:00 Noon- 1:00 PM
		Mon./Wed./Fri.	5:00 - 6:00 PM
		Wed.	7:00 - 8:00 PM
		Tue.	8:00 - 9:00 PM
		Thur. (Brown & Black Belt only)	8:00 - 9:00 PM

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Web site <http://www.WangsMartialArts.com>



## Basic Nunchuck Class

Date: April 18, 2018 (Wednesday)

Time : 8:00 - 9:00 PM

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

Fee : \$10.00  
(All proceed goes to scholarship fund.)  
(9-17 years old, Green belt and above)  
(18 years and older, Yellow belt and above).

Need bring your own nun chuck or purchase a foam nun  
chuck for \$7.95.

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## Basic Escrima (short) stick Class

Date: April 9, 2018 (Monday)

Time : 7:00 - 8:00 PM

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

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

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

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## Sabre Class

Date : May 04, 2018 (Fri.)  
May 11, 2018 (Fri.)  
May 18, 2018 (Fri.)  
May 25, 2018 (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)



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July 24, 2017

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

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

---

TAI – CHI – CHUAN - Testimony

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

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

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

Paul B. Greenwood  
Student Wang’s Martial Arts

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# Ditch the Gluten, Improve Your Health?



Updated: April 12, 2017

Published: May, 2015

By: Robert Shmerling, M.D.

This just in: A new health myth has been taking the country by storm.

Perhaps I'm exaggerating a bit. After all, health fads — especially diet fads — have come and gone for decades. Some are more worthy than others. For example, I am impressed by the evidence supporting the Mediterranean diet as a healthy option. As each one of us is different, the "ideal diet" may not be the same for each person. But the interest and enthusiasm surrounding the gluten-free food movement in recent years has been remarkable. Just a few years ago, relatively few people had ever heard of gluten. And it certainly wasn't the "food movement" it has recently become.

If you're considering limiting your consumption of gluten, you're certainly not alone. But, the question is: Will restricting the gluten you eat improve your health? And will it make you feel better? It's appealing to think so.

## What Is Gluten?

Gluten is a protein found in many grains, including wheat, barley and rye. It's common in foods such as bread, pasta, pizza and cereal. Gluten provides no essential nutrients. People with celiac disease have an immune reaction that is triggered by eating gluten. They develop inflammation and damage in their intestinal tracts and other parts of the body when they eat foods containing gluten. Current estimates suggest that up to 1% of the population has this condition. A gluten-free diet is necessary to eliminate the inflammation, as well as the symptoms. Grocery stores and restaurants now offer gluten-free options that rival conventional foods in taste and quality; only a few years ago, it was much harder to maintain a gluten-free diet.

So, maybe it should come as no surprise that people would embrace the gluten-free mantra. And embrace it they have. According to a survey by the Consumer Reports National Research Center a full 63% of Americans believe that a gluten-free diet could improve their mental or physical health. And up to a third of Americans are cutting back on it in the hope that it will improve their health or prevent disease.

## Is This Really a Myth?

To call something a myth, it's important to define the term. My non-scientific definition of a health myth requires most of the following:

- Many people believe it.
- There is no compelling scientific evidence to support it.

- There is at least some scientific evidence against it.
- There is a pseudo-scientific explanation that may have intuitive appeal (for example, enemas to "detoxify" the colon).
- The idea defies standard understanding of biology or has no reasonable biologic explanation. An example is a diet that is said to help you lose weight despite increasing your caloric intake and reducing exercise.

Three other features of many popular health myths include:

- The possibility that it can actually harm you
- A profit motive (by those promoting the myth)
- Celebrity endorsement

From this definition, the notion that a gluten-free diet will improve health is a certifiable health myth for most people.

### Who Should Avoid Gluten?

There is at least some truth to the idea that gluten can be harmful. As mentioned, people with celiac disease avoid sickness and maintain much better health if they follow a gluten-free diet. For them, a gluten-free diet is nothing short of essential.

And then there are people described as "gluten-sensitive." Their tests for celiac disease are negative (normal) and yet they get symptoms (including bloating, diarrhea or crampy abdominal pain) whenever they eat foods that contain gluten. One cause is wheat allergy, a disorder that can be diagnosed by skin testing. But for many, the diagnosis remains uncertain. Some have begun calling this "non-celiac gluten hypersensitivity," a poorly defined condition about which we have much to learn.

Avoiding gluten makes sense for people with celiac disease, wheat allergy or those who feel unwell when they consume gluten.

### What About Everyone Else?

There is no compelling evidence that a gluten-free diet will improve health if you don't have celiac disease. The same is true if you can eat gluten without trouble. Of course, future research could change this. We may someday learn that at least some people without celiac disease or symptoms of intestinal disease are better off avoiding gluten

### So Why Are Gluten-Free Diets So Popular?

I suspect the popularity relates to a combination of factors, including:

- Intuition – It just seems like a good idea.
- Logic – If gluten is bad for people with celiac disease, maybe it's bad for me.
- Celebrity endorsement – If eliminating gluten is encouraged by someone I admire, maybe I should give it a try.
- Anecdote – Testimonials can be powerful. Hearing about someone with bothersome symptoms that finally went away after eliminating gluten is difficult to ignore.
- Marketing – Never underestimate the power of persuasion. Those selling gluten-free products or books about gluten-free diets can be convincing even if there's little science to back it up.

### What's the Downside?

Actually, just about any health intervention comes with some risk. Eliminating gluten is no exception. Before you buy into the gluten-free life, buyer beware! It may not help, may cause trouble, and it'll likely cost you more.

While many people in the Consumer Reports survey thought gluten-free diets were more nutritious and contained more minerals and vitamins than conventional foods, the opposite is often true. Gluten-free foods are commonly less fortified with folic acid, iron and other nutrients than regular, gluten-containing foods. And gluten-free foods tend to have more sugar and fat. Several studies have found a trend toward weight gain and obesity among those who follow a gluten-free diet (including those with celiac disease).

Meanwhile, gluten-free foods tend to be more expensive than conventional foods. It reminds me of the organic food option: People are often willing to pay higher prices for foods they think are healthier. The problem is that there is little or no proof that these foods are actually better for you.

### What's a Gluten-Conscious Person To Do?

If you feel well and have no digestive symptoms, enjoy your good health! And stop worrying so much about gluten.

But if you have symptoms that might be related to gluten, or if you have significant and unexplained symptoms, talk to your doctor. Symptoms of celiac disease or gluten sensitivity include:

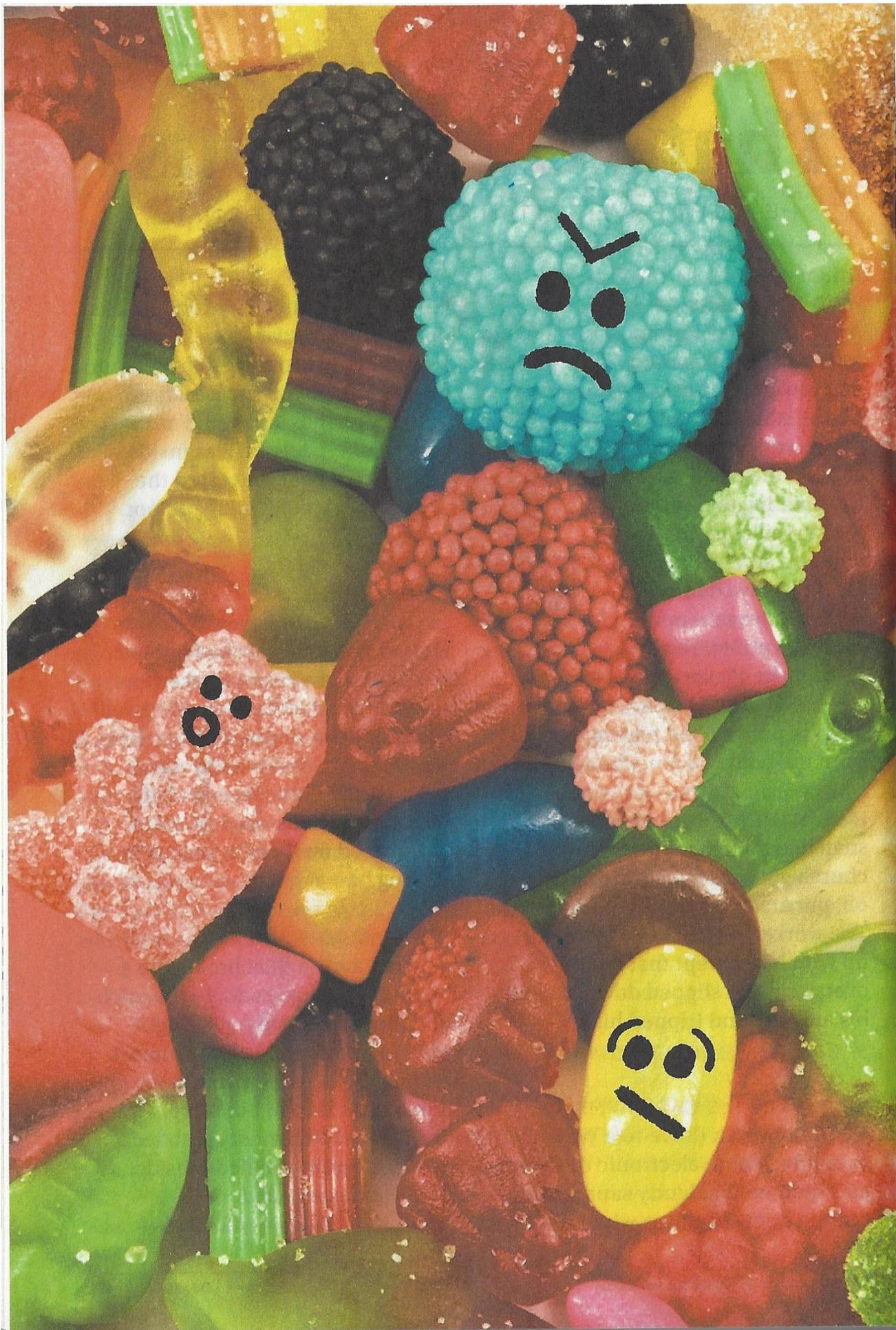
- Diarrhea
- Abdominal pain
- Weight loss and poor appetite
- Bloating or feeling full
- An itchy rash
- Growth delay (in children)

There are reliable tests to diagnose celiac disease. These include blood tests that detect certain antibodies, genetic tests and intestinal biopsies. The results can help you understand which, if any foods, you should avoid. You may learn that you can eat anything you like. Or, you may learn that it's lactose (the sugar in milk), not gluten, that's causing you trouble. Or, you may turn out to have another common condition that's unrelated to gluten, such as Crohn's disease, an ulcer or irritable bowel disease.

### The Bottom Line

We are undoubtedly in a time of heightened gluten awareness. Is that a good thing? It is if you have celiac disease. I think it's a major step forward that people who truly need to avoid gluten can do so more easily than in the past as more gluten-free foods are now available and labels are more clearly identifying foods with or without gluten. But the "dangers" of gluten have probably been overstated — and oversold. Don't be swayed by an elite athlete or movie star to restrict your diet when there's no medical reason to do so. It's up to you and your doctor – not a celebrity or a book author - to take care of your health.

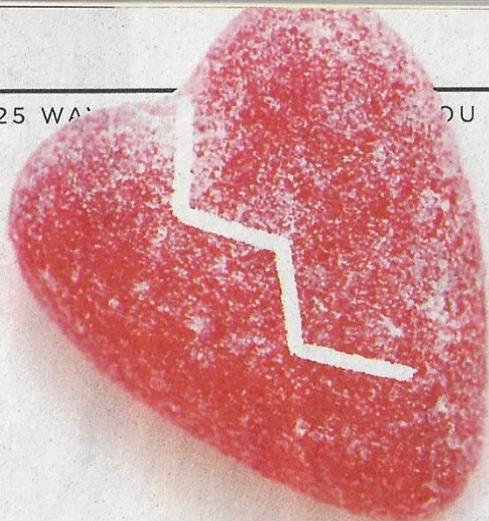




HEALTH

# 25 Ways Sugar Is Making You Sick

BY SYDNEY LONEY



## 1 It Hurts Your Heart

Harvard University researchers studied thousands of American adults over 15 years and found that those who consumed 25 percent or more of their daily calories from added sugar were **more than twice as likely to die from heart disease** as those whose diets included less than 10 percent of added sugar a day. The biggest sugar sources? Sweetened beverages, fruit drinks, grain-based treats such as muffins, and dairy desserts such as ice cream.

## 2 “No Sugar Added” Doesn’t Mean “Healthy”

Even if a label says *100 percent juice*, don’t chug with abandon. The drink may have no added sweeteners, but **its naturally occurring sugars are far more concentrated than what you’d find in a piece of fruit**. And unlike oranges and apples, which are high in fiber, juice offers empty calories and is of minimal nutritional value.

## 3 Excess Sugar Is Linked To Dementia

In 2017, researchers at the University of Bath found a **molecular link between sugary diets and early Alzheimer’s**. The scientists discovered that glycation—a reaction through which glucose affects cells—causes damage to an enzyme that’s involved in reducing abnormal protein buildup in the brain, which is characteristic of the disease.

## 4 Sugar Won’t Make Kids Hyper. It’s Worse Than That.

A meta-analysis in the *Journal of the American Medical Association (JAMA)* found that sugar doesn’t affect children’s behavior. “It may simply be the environment where certain food is being served (for example, parties) that causes children to be more excitable,” says Andrea D’Ambrosio, a registered dietitian in Kitchener-Waterloo, Ontario. But **it does spike their blood pressure and cholesterol**.

One 2016 study in *Obesity* showed that reducing young subjects’ sugar consumption for just nine days led to improvements in those areas, as well as in overall blood sugar levels.



## SNACKS THAT SNEAK IN THE SUGAR

These five convenience foods may appear to be healthy choices, but they often contain startling amounts of the sweet stuff.

### SMOOTHIES

A medium (16-ounce) store-bought smoothie has 30 to 80 grams of sugar. (A 1.6-ounce Hershey bar has 24 grams.)

### TRAIL MIX

Conventional wisdom suggests stashing trail mix in your car for a healthy snack on the go, but a quarter cup of a commercial variety can contain 16 grams of sugar.

### YOGURT

A 5-ounce serving of fruit-flavored yogurt can contain 22 grams of sugar. If you top it with a quarter cup of store-bought granola, you're downing another 6 grams.

### OATMEAL

Flavored oatmeal packets may seem like a healthy plan for busy mornings, but they can contain as much as 12 grams of sugar per serving. (Heaping on a tablespoon of brown sugar adds an extra 12 grams.)

### SALAD DRESSING

Grabbing a salad for lunch is smart, but not if you pick the wrong bottled dressing. Some brands of French and raspberry vinaigrette have 5 or more grams of sugar per 2-tablespoon serving.





## 13 FIVE-POUND BAGS

This is **the amount of added sugar the average American eats in a year**—without noticing most of it. The American Heart Association recommends that men consume no more than 9 teaspoons (36 grams) of added sugar per day (about the amount in a Three Musketeers bar) and women no more than 6 (24 grams). On average, we each ingest 19.5 teaspoons (78 grams) a day.

### 7 An Expert Says You Should Cut Down—Now

**Laura A. Schmidt**, a professor at the University of California, San Francisco, worries about all the damage sugar is doing to our bodies. That's why she became lead investigator for UCSF's SugarScience, a site developed as an "authoritative source for the scientific evidence about sugar and its impact on health." Here is her strongest advice:

*With all the negative news about sugar, should we switch to something else?*

The evidence is mounting against sucralose, saccharin, and aspartame. Some research shows that these sweeteners damage the microbiome in the gut. They're also

associated with weight gain and glucose intolerance—the things people use them to prevent. Based on what we know, I wouldn't consume those products or give them to my kids.

*How do you keep added sugar from seeping into your own diet?*

I just don't have it around the house. Take all that stuff out of your environment. Once you start cutting back, you'll lose your sweet tooth.

It's a palate phenomenon, and it doesn't take long. You'll notice that you can suddenly taste the natural sweetness in unprocessed food, and you'll start to find processed products cloying and unpleasant.

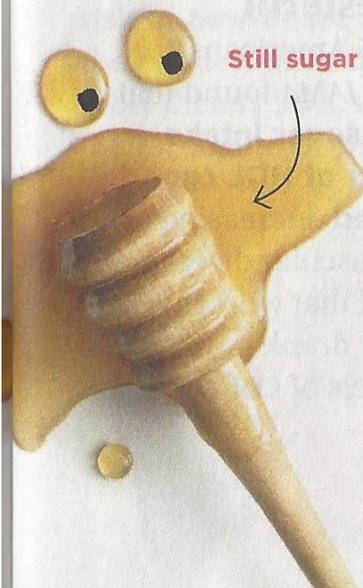


## 8 Sugar Is As Bad for Your Liver As Alcohol

Unlike other forms of sugar, fructose is processed in the liver. Though it occurs naturally in fruit, we're still consuming too much of it thanks to our penchant for foods with added fructose sweeteners, and it's **leading to a rise in nonalcoholic fatty liver disease (NAFLD)**. One visible red flag: a sugar belly (yes, like a beer belly). Why? The liver breaks down excess fructose into fat globules that travel through the bloodstream and lodge around your midsection and internal organs. And, like the liver damage produced by alcohol, NAFLD causes inflammation and scarring. "It is one of the leading causes of liver transplants," Schmidt says.

## 9 "Healthier" Sweeteners Are No Better for You

Those trying to cut down on sugar may be drawn to studies that tout maple syrup's antioxidant benefits or honey's healing power. Ignore them, says D'Ambrosio. "Sugar doesn't add a significant amount of other nutrients," she says. **"Sugar is sugar, so it's best used in moderation no matter what form it takes."**



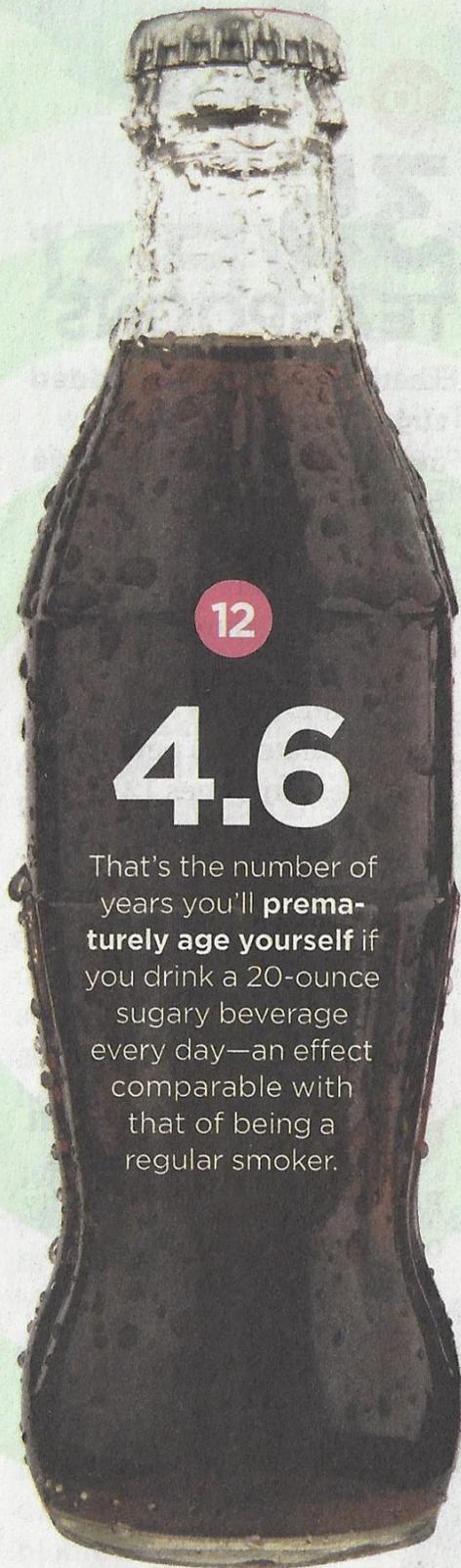
Still sugar

## 10 35 TEASPOONS

That's the **amount of added sugar consumed by the average American teenage boy each day**, according to the Centers for Disease Control and Prevention. The leading sources among kids ages 12 to 19: soda and energy and sports drinks. Approximately 20 percent of adolescents ages 12 to 19 are obese; 40 years ago, the number was only 5 percent. Also, excess sugar can lead to type 2 diabetes and high cholesterol in children.

## 11 Cancer Cells Can Be Sugar Fiends

Research from the University of Texas at Dallas **shows a link between sugar and squamous cell carcinoma**, which is hard to treat and accounts for about a quarter of all lung cancers. All told, the study found, four types of squamous cell cancer consume a lot of sugar.



12

4.6

That's the number of years you'll **prematurely age yourself** if you drink a 20-ounce sugary beverage every day—an effect comparable with that of being a regular smoker.

### 13 Sugar May Keep You Up at Night

A 2016 study in the *Journal of Clinical Sleep Medicine* shows eating more sugar (along with less fiber and more saturated fat) is associated with **lighter, more disrupted, and less restorative sleep.**

### 14 We're Still Drinking Too Much Liquid Sugar

Good news: We are drinking less soda. Sales of carbonated soft drinks are at their lowest level in 30 years. Bad news: We've replaced it with options that may be just as unhealthy. Sales of flavored waters, ready-to-drink coffees and teas, energy drinks, and sports beverages are all growing. **Energy drinks contain about 30 grams of sugar, sports drinks contain about 40 grams, and your average flavored latte comes in at around 45 grams.**

### 15 Sugar Messes with Your Cholesterol

A 2010 study of 8,495 Americans over 18 published in *JAMA* found that **as subjects' added-sugar intake went up, their levels of HDL (good cholesterol) dropped**, increasing their risk for cardiovascular disease. The study also found that women in particular who ate or drank more added sugar had higher levels of LDL (bad cholesterol) density.

# 16 74%

That's the **percentage of packaged foods that contain added sugars**, according to a study published in the *Journal of the Academy of Nutrition and Dietetics*, which analyzed more than 85,000 food items sold in the United States.

# 17 Sugar Can Make You Sad

Ending a bad day with a bowl of Ben & Jerry's may make you feel worse in the long run. In 2015, Columbia University Medical Center researchers found that **postmenopausal women with diets high in added sugars and refined grains were at an increased risk of new-onset depression**, while the risk decreased in subjects who ate more dietary fiber, whole grains, vegetables, and unprocessed fruits.



# 18 Some Food Labels Can Hide Sugar Content

For the first time in 20 years, the FDA is revising nutrition labels for packaged foods to better highlight the links between diet and chronic diseases. A particularly welcome change is the way the new label lists sugar.

## WHAT HAS CHANGED

Added sugars are called out separately from naturally occurring ones, and there's a new percentage of daily value (DV) for them. More than 10 percent of your total daily calories from added sugar is too much.

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
<b>Calories</b>	<b>230</b>
% Daily Value*	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

## THE PROBLEM

While some manufacturers already use the new label, they don't have to until 2020. If you're looking at a label that doesn't list added sugar, scan the ingredients for one of the pseudonyms for sugar listed on the next page.

MARADON 333/SHUTTERSTOCK  
ISTOCKPHOTO

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## BEWARE: YOU MAY BE EATING INCOGNITO SUGAR

Here are **ten sneaky pseudonyms** manufacturers use to fool you into thinking their food isn't packed with the sweet stuff:

- Amazake
- Carob powder
- Corn syrup
- Dextrose
- Evaporated cane juice
- Fructose
- Fruit juice concentrate
- High-fructose corn syrup
- Honey
- Maltose

## 20 Sugar Takes Your Breath Away

Scientists have long suspected a link between sugar-sweetened beverages and asthma. After analyzing data from 146,990 adults in the United States, they found that, sure enough, **adults who downed at least two of these drinks a day were more likely to have respiratory issues.**

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## Sweets Could Be Worse than Salt for Hypertension

According to a study in the *Journal of the American Society of Nephrology* in 2010, a **high-fructose diet can push your blood pressure over the threshold of 120/80**, which is considered the upper end of normal. In a 2014 research review published in the journal *BMJ Open Heart*, medical experts argued that added sugar intake may have the most dramatic effect on blood pressure—and, in fact, could be more detrimental to heart health than sodium.

22

## It's Bad for Your Body Mass Index

Researchers from the University of Reading, the University of Cambridge, and Arizona State University studied the sugar intake of 1,700 men and women ages 39 to 77 in Norfolk, United Kingdom. According to a study published in 2015, they found that **those who ate the most sugar were 54 percent more likely to be overweight** (that is, have a body mass index over 25)—and were also more likely to have underreported how much sugar they consumed.



23

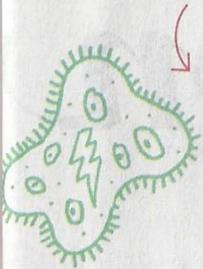
## SWEET TREATS RUIN YOUR TEETH ...

Your childhood dentist was right—sugar causes cavities.

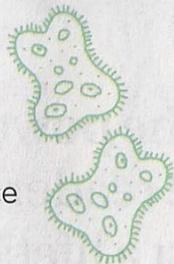
1. You sip a sweet coffee shop beverage.



2. Bacteria in your mouth thrive on sugar, which provides them with energy.



3. Those microorganisms multiply, creating a film of plaque on the surface of your teeth.



4. The plaque produces an acid that dissolves the minerals that make up the hard surface of your teeth.



5. The longer the plaque builds up, the worse the damage will be. Tiny holes appear and expand until they become cavities.



## 24 ... And Make Your Gums Bleed

Most kids grow up learning about the connection between candy and cavities. Turns out, a **high-sugar diet also inflames your gums and increases your risk of periodontal disease**, based on a 2014 study in the *American Journal of Clinical Nutrition*. Signs of periodontal disease include bad breath, bleeding gums, and sensitive teeth.

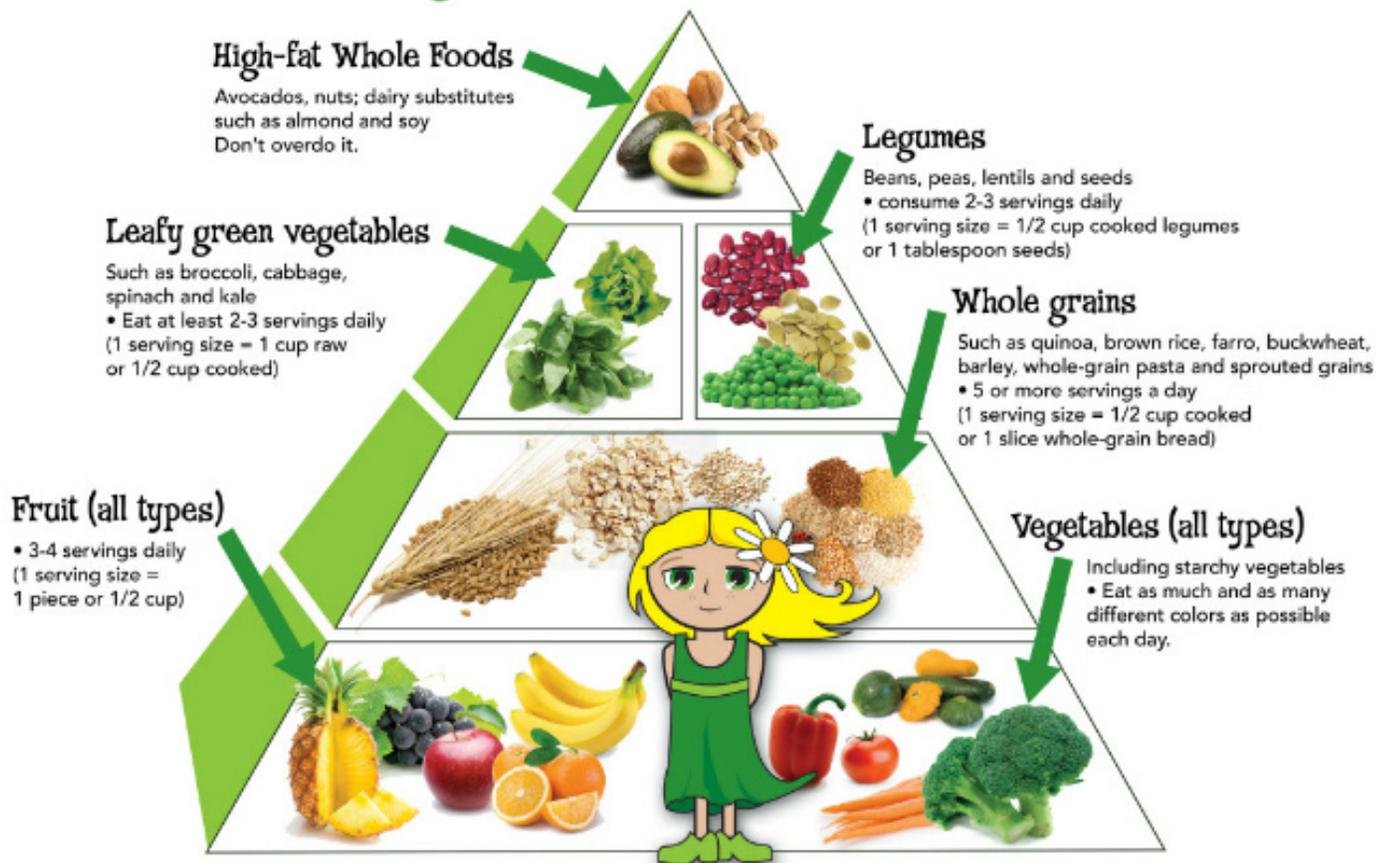
## 25 You Might Be Addicted

Though some researchers quibble with the idea that sugar is addictive, past studies, including a 2015 paper out of the Massachusetts Institute of Technology, do show that **sugar elevates levels of the neurotransmitter dopamine, which forms a key part of the brain's reward and pleasure centers**, in a way that's remarkably similar to the effects of nicotine and morphine. "There's growing evidence that sugar leads to cravings and withdrawal, which are the hallmarks of addictive disorders," says Schmidt. "You can see the effects on an MRI."

Now Australian researchers have discovered that drugs typically used to treat cocaine and nicotine addiction, such as varenicline, could help so-called sugar addicts kick their cravings as well. **R**



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



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

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



# 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

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 students: Free Weapon Class (Valued \$49-\$69)
- Non- Students: One month FREE of Tai Chi or Kung Fu, one class a week (Value of \$100)

Jackie Curtis Photography offers:

- 20 minute mini session for only \$60 (Valued at \$125)

Brillando Beauty Salon offers:

- 44% off Basic Facial ( Valued at \$45) only \$19.99

A Gift of Health Offers:

- 15% off Total Purchase

The acquisition of a \$100.00 "Chance" to WIN a new 2018 Chevy Camaro or Chevy Colorado a value of \$35,000, 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 5th, 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](mailto:yyw3888wma@gmail.com) call 281-682-3387

Must purchase on or before 04-30-2018.

Make check payable to "Humble Rotary Club".

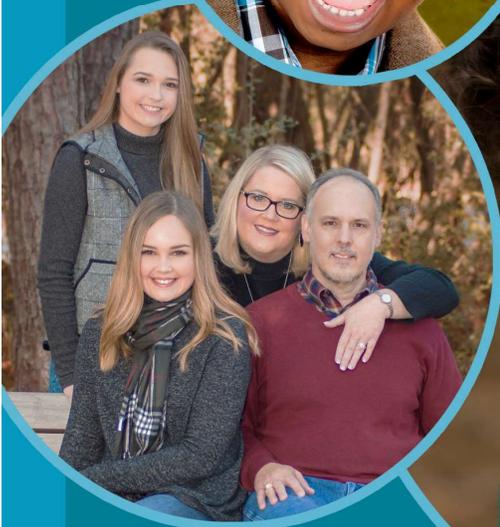
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\*Students who purchase a ticket and are Currently enrolled in Wang's Martial Arts, will receive any weapon lesson Free valued from \$49-\$69. Student will be able to choose any lesson of their interest.

Humble Area BFA Photographer

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