

Wang's Martial Arts

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

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

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

June 2018 Newsletter Summary

06/01/2018- Basic Bo class start.
06/02/2018- Kung Fu Rank Test
06/02/2018- Kung Fu class at Octavia Fields Branch Library. 2:30 pm - 3:30 pm
06/04/2018- Kung Fu Rank Test Make up day
06/16/2018- June Birthday Party. 1:30 pm - 4:30 pm.
06/16/2018- Tai Chi Rank Test
06/18/2018- Women self defense class. 7 pm - 8 pm.
06/19/2018- Tai Chi Rank Test Make up day.
06/23/2018- Inner School tournament
06/29/2018- No class due to Independence Day Until July 4
06/30/2018- Lucky Land demonstration. 3 pm - 4 pm.

No class from 6/29/18 (Friday) to 7/4/18 (Wednesday) due to Independent Day Holiday.

Kung Fu Rank Test

Date: 5-14 yrs: 8-18-2018, Saturday, 1:30-3:30 pm
15 yrs +: 8-18-2018, Saturday, 3:30-5:30 pm
5 - 108 yrs: 8-20-2018, Monday, 6:00-8:30 pm

Must register on or 8-17-2018.
Test fee : \$40.00 and up

Tournament point:

Rosel Rodriguez	38
Jeffrey Villarde	37
Avairya Rodriguez	30
Makinza Rodriguez	14
Cameron Vancho	12
Charles Moore	6

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

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

Report card point

Maya Rivadeneyra	9.00
Anika Glasco	4.50
Madeline Briles	4.50
Nicole Glasco	1.50
Cameron Vancho	2.25
Hunter Figueroa	6.75
Brandon Figueroa	6.75
Connor Sherridan	3.75
Joseph Alonso	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.

Tai Chi Rank Test

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

Guest Instructor; Master Jia

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

Date: June 15, 2018 (Friday).

Time: 7 - 8 pm.

Cost: Paid by Wang's Martial Arts.

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

Date: June 15, 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.



Wang's Martial Arts College Student Scholarship Fund:

2009 Scholarship Fundraising Banquet - \$628.98

Inner-School tournament:

December 5, 2009 - \$105.00

March 6, 2010 - \$85.00

July 10, 2010 - \$100.00

December 6, 2010 - \$105.00

March 19, 2011 - \$80.00

June 4, 2011 - \$115.00

September 10, 2011 - \$150.00

December 3, 2011 - \$110.00

March 3, 2012 - \$150.00

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

June 30, 2012 - \$160.00

September 29, 2012 - \$185.00

December 15, 2012 - \$125.00

May 4, 2013 - \$90.00

August 10, 2013 - \$105.00

November 2, 2013 - \$85.00

March 29, 2014 - \$90.00

August 2, 2014 - \$90.00

November 8, 2014 - \$45.00

January 24, 2015 - \$60.00

May 16, 2015 - \$65.00

Susan Fischman (7/18/15) - \$5.00

October 3, 2015 - \$55.00

December 19, 2015 - \$75.00

March 5, 2016 - \$45.00

March 2016 Birthday - \$25.00

April 2016 Birthday - \$40.00

May 2016 Birthday - \$20.00

June 2016 Birthday - \$10.00

Darren Bush (6/14/16) - \$500.00

June 25, 2016 - \$20.00

July, 2016 Birthday - \$30.00

August 13, 2016 Birthday - \$40.00

September, 17, 2016 Birthday - \$10.

Marilyn Kidd (9/1/16) - \$200.00

October 8, 2016 Tournament - \$55.

Padraic Gilbert (1/21/17) - \$100

January 14, 2017 Birthday - \$20.

February 17, 2017 Birthday - \$85.

March 11, 2017 tournament - \$45.

March 18, 2017 Birthday - \$15.

April 15, 2017 Birthday - \$25.

July 15, 2017 Birthday - \$25.

Wang's Martial Arts (Jan. to Apr.) - \$400.

Wang's Martial Arts (May) - \$100.

Wang's Martial Arts (June) - \$100.

June 10, 2017 tournament - \$25.

August 19, 2017 Birthday - \$10.

September 16, 2017 Birthday - \$10.

October 14, 2017 Birthday - \$5.

November 12, 2017 Culture class - \$50.

November 20, 2017 Basic Escrima - \$25.

December 6, 2017 Basic nun chuck - \$50

December 9, 2017 tournament - \$50.

December 17, 2017 Chinese Culture - \$40.

January 15, 2018 Basic Escrima - \$25.

January 29, 2018 Women's SD - \$30.

2/3/18 Craig Glasco - \$10.

February 24, 2018 tournament - \$45.

February 26, 2018 Women's SD - \$20.

Wang's Martial Arts (Jan. & Feb.) - \$200

Darren Bush - \$500.

Craig Glasco - \$25.

Cynthia Pate - \$50.

Total - \$6013.98 - \$300 - \$300 - \$1000

-\$2000 - \$2000 = \$413.98

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

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

\$1000 scholarship to HISD student on 01-30-16.

\$1000 scholarship to HISD student on 01-21-17.

\$1000 scholarship to UH student on 01-21-17.

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

\$1000 scholarship to UH student on 02/10/18.

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

Proverbs 4 .

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

Red, Brown and Black Belt Class

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



New Student:

Drew Conner, Eric Anguiano

Chassidy Anguiano,

Levi Tran, Ethan Parent

Parker Chaffin

Welcome!

Accelerated program rank test

July 9, 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

June Birthday

Angela Morales	6-14
Rafael Gonzalez	6-08
Tye Botting	6-06
Sharon Strickland	6-25
John Barron	6-3
Megan Payne	6-2
Anna Vionis	6-15
Miguel Valladares	6-4
Zoe Whitehead	6-10
James Moricca	6-2
Kaeden Sims	6-15
Adela Limones	6-7
Elkin Carpintero	6-23
Libeth Nunez	6-12
Daniel Rosendo	6-24
Thomas Sistrunk	6-27
Eda Tong	6-6
Ruby Abbott	6-16
Therese Harris	6-21
Joshua Banta	6-2
Monet Carlile	6-14
Robert Carlile	6-21
Ronda Reyna	6-9
Britton McNaspy	6-15
Juan Ceja	6-5
Damian Tinajero	6-6
Monet Carballo	6-14
Paul Hunter	6-25
Richard olson	6-27
Antonio Herrera	6-3
Jake Murray	6-5
Mary Jones	6-6
Alfredo Ramirez	6-7
Emilio Guerrero	6-7
Keyman Fontene t	6-9
Hector Flores	6-13
Nicole Glasco	6-17
Anika Glasco	6-17
Orlando Jimenez	6-19
Steve Davenport	6-20
Emely Anatti Gonzalez	6-23
Aurora Rodriguez	6-25
Eason Loughman	6-29
Maria Rodriguez	6-30

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.

* 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.



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

Tournament point - 2017

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



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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Web site: www.WangsMartialArts.com



Date: June 18, 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).

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: June 16, 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: 1:30 pm – Reception & Demonstration (Kung Fu & Tai Chi),
Veggie lunch (Veggie chicken Nuggets, Veggie Egg Roll, Veggie Dumpling, Organic pop corn,
Bottled water).
Organic cookies, Singing Happy birthday song in English, Chinese & Spanish.
3:00 pm – Kung Fu Panda.
4:30 pm - Party end.

REGISTRATION FORM - Reservation before June 13, 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
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 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 - 6/4/2018.

Age 15 year old and +

Chassidy Anguiano - Yellow
 Nolan Coston - Yellow/stripe
 Rob Sheridan - Yellow/stripe
 Graig Glasco - Orange
 Prajakti Glasco - Orange
 Gisela Villanueva - Orange/stripe
 Xiomolay La Verde - Green/stripe
 Miguel Angelo Cacunindin - Green/stripe
 Sarah Rivera - Purple/stripe
 Harry Eugne - Red
 John Prewett- Red/stripe
 Rickey Shepherd - Red/stripe
 Rosel Rodriguez - Red/stripe



Age 9 - 14 years old

Nia Coston - Yellow
 Eric Anguiano - Yellow
 Grant Coston - Yellow/stripe
 Jad Kawaja - Orange
 Paisley Thomas - Orange/stripe
 Jayden Ng-A-Mann - Orange/stripe
 Joel Villanueva - Orange/stripe
 Paul Tang - Blue/stripe
 Nickelus Moreno - Red
 Makinzi Rodriguez - Red
 Jozlyn Rodriguez - Red/stripe
 Avairyra Rodriguez - Red/stripe
 Tori Arhinal - Red/stripe

Brown & Black Belt Test - 4/28/2018

Marvin Herderson - Black (4th),
 Darren Bush - Black (3rd),
 Allen Dewoody - Black (3rd),
 Deztanie Hellsten - Jr. Black (1st)
 Joseph Hellsten - Jr. Black (1st)
 Conner Roll-Bush - Jr. Black (2nd),
 Madeline Briles - Jr. Black (1st),
 Alfred Kai Marayag - Brown/stripe
 Cleo Washington-Brown/Stripe
 Charles Moore-Brown/Stripe
 Dominic Villegas-Brown
 Jeffrey Villarde-Brown

Age 5 - 8 years old

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



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)

Rank Test results - 4/30/2018

Jad Kawaja - Yellow/stripe
 Xiomora La Verde - Green Belt
 Ricky Shepherd - Red Belt
 John Prewett - Red Belt
 Rob Sheridan- Yellow Belt
 Jacqueline Rodriguez - Red/Stripe
 Jozlyn Rodriguez - Red Belt
 Mackenzie Rodriguez - Blue/stripe
 Tori Archineal-Red Belt
 Jayden Vital-Yellow Belt
 Alex Curtis-Green/Stripe
 Sarah Rivera-Purple Belt

HAIR BY TERE BEAUTY SALON
1502 1ST ST E
HUMBLE, TX 77338
CELL: 832-513-3495
MARIA T. RIVERO
TERE1475@HOTMAIL.COM



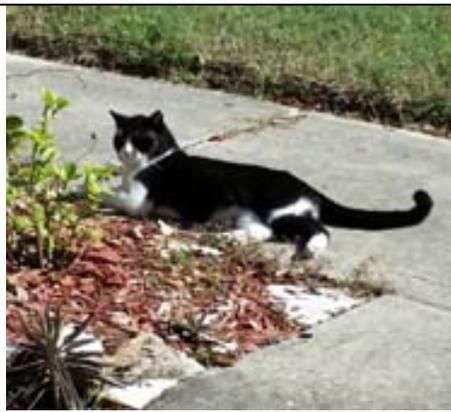
Wang's Martial Arts

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



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

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



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



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Schedule:

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06/02/2018- Kung Fu Rank Test
06/02/2018- Kung Fu class at Octavia Fields Branch Library. 2:30 pm - 3:30 pm
06/04/2018- Kung Fu Rank Test Make up day
06/16/2018- June Birthday Party. 1 pm - 2:30 pm.
06/16/2018- Tai Chi Rank Test
06/18/2018- Women self defense class. 7 pm - 8 pm.
06/19/2018- Tai Chi Rank Test Make up day.
06/23/2018- Inner School tournament
06/29/2018- No class due to Independence Day Until July 4
06/30/2018- Lucky Land demonstration. 3 pm - 4 pm.

NO CLASS 06/29/2018-07/04/2018 DUE TO INDEPENDANCE HOLIDAY

07/06/2018- Advanced Bo class start.
07/07/2018- Kung Fu class at Octavia Fields Branch Library. 2:30 pm - 3:30 pm
07/09/2018- Accelerated Program Kung Fu Rank Test
07/16/2018- Basic Escrima class.
07/21/2018- June Birthday Party.
07/28/2018- Lucky Land demonstration. 3 pm - 4 pm.
07/30/2018- Women self defense class. 7 pm - 8 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
		Friday.	7:00 - 8:00 PM (New)
		Monday	8:00 - 9:00 pm (New)
		Saturday	10:00 - 11:00 AM
Tournament Competition Class		To be announced	
Family class	(Age 5-108)	Tue./Thur.	5:00 - 6:00 PM
		Mon./Tue./Wed./Thur./Fri.	6:00 - 7:00 PM
		Friday.	7:00 - 8:00 PM (New)
		Monday	8:00 - 9:00 PM (New)
		Saturday	10:00 - 11:00 AM

T'AI CHI CHUAN

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

Wang's Martial Arts

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

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



Basic Escrima (short) stick Class

Date: July 16, 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).

REGISTRATION FORM

NAME: _____ DATE: _____

STREET: _____

CITY: _____ STATE: _____ ZIP: _____

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

Phone (Cell): _____

e-mail: _____

Amount paid _____ .



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July 24, 2017

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 & found box.

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

TAI – CHI – CHUAN - Testimony

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

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

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

Paul B. Greenwood
Student Wang’s Martial Arts



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

Baisc Bo



Date: June 01, 2018 (Friday)
June 08, 2018 (Friday)
June 15, 2018 (Friday)
June 22, 2018 (Friday)

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

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

Fee : \$49.00
\$24.50 for review class

REGISTRATION FORM

NAME: _____ DATE: _____

STREET: _____

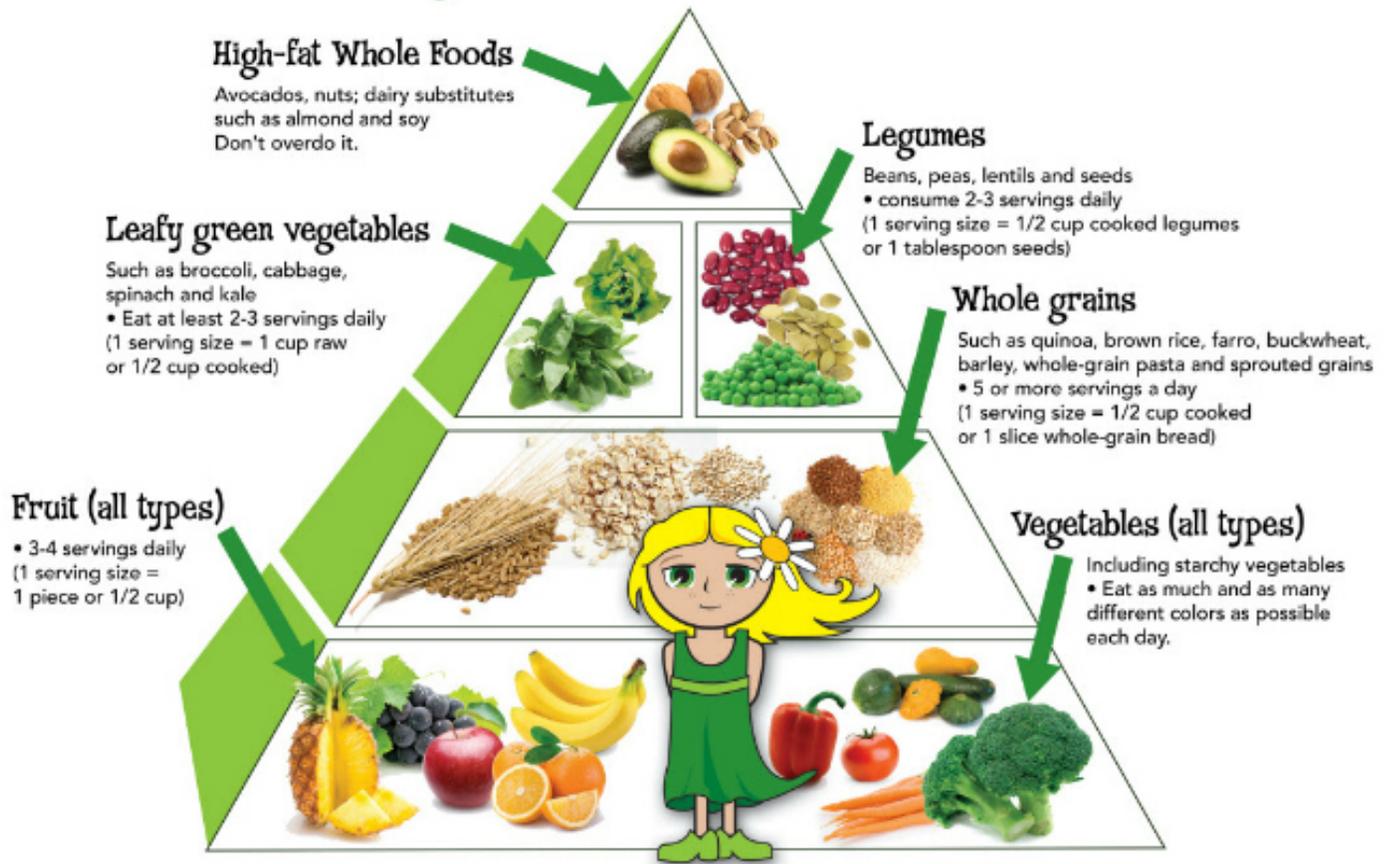
CITY: _____ STATE: _____ ZIP: _____

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

Phone (cell): _____

e-mail: _____

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



Always remember to balance the food you eat with physical activity!
www.ordinaryvegan.net

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



Why you feel tired all the time

Published Thursday 1 February 2018

By [Hannah Nichols](#)

[Fact checked](#) by Jasmin Collier

Do you often ask yourself, "Why am I so tired all the time?" If so, this article may be the perfect read for you; we have compiled a list of some of the most common reasons for tiredness and what you can do to bounce back into action.



there are many reasons for tiredness, including a lack of sleep, poor diet, a sedentary lifestyle, stress, and medical conditions.

According to the Centers for Disease Control and Prevention (CDC), around [15.3 percent](#) of women and 10.1 percent of men regularly feel very tired or exhausted in the United States. [Tiredness](#) can cause an array of problems. For example, around [1 in 25 adult drivers](#) report falling asleep at the wheel each month.

About 72,000 crashes and 44,000 injuries each year are a result of drowsy driving, and that's not to mention the estimated 6,000 fatal crashes caused by drowsy drivers.

Everyone feels tired at some point in their lives — whether it's due to a late night out, staying up to watch your favorite TV show, or putting in some extra hours at work.

Often, you can put your finger on the reason you're not feeling your best, but what about those times when you can't pinpoint the cause of your tiredness? What makes you feel tired then?

Medical News Today have researched the possible explanations for why you could be feeling so drained and the steps that you can take to feel re-energized.

1. Lack of sleep

A lack of sleep may seem an obvious reason for feeling tired, yet [1 in 3 U.S. adults](#) are consistently not getting enough of it.



Tiredness increases the risk of accidents, obesity, high blood pressure, depression, and heart disease.

People aged between 18 and 60 years need [7 or more hours of sleep](#) every day to promote optimal health, according to The American Academy of Sleep Medicine and the Sleep Research Society.

Getting under the recommended hours of sleep each night is not only associated with fatigue, impaired performance, and a greater risk of accidents, but it also has adverse health outcomes.

These include [obesity](#), [high blood pressure](#), [depression](#), [heart disease](#), [stroke](#), and an increased risk of death.

If you struggle to fit in 7 hours of sleep, here are some tips to help you achieve a full dose of much-needed slumber:

- **Maintain a consistent sleep routine.** Try to go to bed at the same time every night and get up at the same time each morning — even on the weekends.
- **Avoid naps.** We need a certain amount of sleep within a 24-hour period and no more than that. Napping reduces the amount of sleep that we require the following night, which might lead to difficulty getting to sleep and fragmented sleep.
- **Limit time awake in bed to 5–10 minutes.** If you find that you are lying awake in bed worrying or with your mind racing, get out of bed and sit in the dark until you are feeling sleepy, then go back to bed.
- **Ensure that your bedroom is quiet, dark, and a comfortable temperature.** Any light that enters your room could disturb your sleep. Ensure that your room is dark and that light emitted from digital devices is out of sight. Cooler room temperatures are considered better to promote sleep than warmer temperatures.
- **Limit caffeinated drinks.** Try not to consume caffeinated beverages after noon. The stimulating effects of caffeine can last for many hours after intake and cause issues with initiating sleep.
- **Avoid tobacco and alcohol before bed.** Smoking cigarettes and drinking alcohol before going to bed may cause fragmented sleep.

If you practice all the sleeping habits listed above and still wake up tired, it might be a good idea to contact your healthcare provider and discuss whether you have a sleep-related medical problem such as [insomnia](#), [obstructive sleep apnea](#), or [restless legs syndrome](#).

2. Poor diet

The easiest way to banish tiredness is to make adjustments to your diet. Eating a healthful and balanced diet can make the world of difference to how you feel.



Eating a healthful and balanced diet can help to combat fatigue. To improve your health and get all the nutrients you need — as well as eliminate fatigue — it is vital to choose a healthful mix of food from the five food groups, which are: fruits, vegetables, grains, protein, and dairy.

You can switch up your eating style today by implementing some of these small changes:

- **Eat the right amount of calories** for your sex, age, weight, and activity level. Eating either too much or too little can make you feel sluggish.
- **Fill half of your plate with fruits and vegetables.** Be sure to focus on eating whole fruits and a selection of vegetables.
- **Ensure whole grains make up half the grains you consume.** Examples of whole grains include brown rice, oatmeal, whole cornmeal, bulgur, and whole-wheat flour.

- **Shift to low-fat and fat-free dairy** to help limit your [calories](#) from saturated fats.
- **Vary your protein routine.** Try to choose lean poultry and meat, limit processed meats, choose unsalted nuts and seeds, and select some omega-3-rich seafood.
- **Cut down on sugar.** Sugar can give you a quick rush of energy, but it wears off fast and might make you feel more tired. Avoid foods and drinks that have lots of added sugar.
- **Never skip breakfast.** Regularly skipping breakfast can lead to you missing out on key nutrients and the energy that you need to kick-start your day.
- **Eat at regular intervals.** Sustain your energy levels by eating three meals per day and limiting unhealthful snacks.
- **Drink enough water.** Drinking water can help to prevent [dehydration](#), which results in fatigue, unclear thinking, mood changes, overheating, and [constipation](#).

3. Sedentary lifestyle

When tiredness sets in, sitting on the couch and relaxing could seem to be the only answer. But getting up and moving may be the best thing you can do to re-energize and eradicate fatigue.



Exercising can help to increase energy and reduce tiredness.

[Research](#) by the University of Georgia (UGA) in Athens discovered that compared with sitting quietly, one single bout of moderate-intensity exercise lasting for at least 20 minutes helped to boost energy.

An earlier [study](#) by UGA also found that when sedentary individuals completed an exercise program regularly, their fatigue improved compared with those who did not.

The U.S. Department of Health and Human Services Physical Activity Guidelines for Americans [suggest](#) that all adults need 2 hours and 30 minutes of moderate-intensity exercise per week and muscle-strengthening activities that work all the major muscle groups on 2 or more days per week.

This may seem to be a lot of time spent exercising, but you can spread out your activity across the week and, in total, it is just the amount of time that you might otherwise spend watching a movie.



THE DARK SIDE OF THE American Lawn

Your grass may be greener
than your neighbor's,
but at what price?

BY MCKAY JENKINS
FROM THE BOOK *CONTAMINATION*

ON A BEAUTIFUL APRIL DAY, I decided to meet outside with my students at the University of Delaware, where I teach journalism. We sat on the central lawn between two buildings that just happened to bear the names of two gargantuan chemical companies: DuPont and Gore. In the middle of a conversation about agricultural pesticides, a groundskeeper, dressed from feet to neck in a white chemical suit, drove by us on a mower. He wasn't cutting the grass, though; he was spraying it. And not from one nozzle, but from half a dozen. Up and back he went, describing parallel lines as neat as those in any Iowa farmer's cornfield. Not a blade escaped the spray. This became a perfect teaching moment.

"Who's going to ask him what he's spraying?" I asked my students. One young woman marched over to the groundskeeper. He turned off his engine, they spoke, and she returned.

"He said he's spraying 2,4-D," she said. "He said we didn't need to worry, because he sprayed where we're sitting at five this morning."

Which would mean about seven hours earlier. My students chuckled uneasily. He was wearing a full-body chem suit, and they were sitting on the grass in shorts and bare feet?

They'd never heard of 2,4-D, or 2,4-dichlorophenoxyacetic acid. But they had heard of Agent Orange, the notorious defoliant used in Vietnam, and 2,4-D, one of the most extensively used herbicides in the world, is a constituent of Agent Orange (it did not cause the bulk of the devastating effects associated with Agent

Orange). It was developed during World War II, mostly as a weapon to destroy an enemy's rice crops. Despite its history, 2,4-D has long been seen as safe for consumer use.

In the 1940s, botanist E. J. Kraus of the University of Chicago fed five and a half grams of pure 2,4-D to a cow every day for three months. The cow was fine, according to Kraus, as was her calf. Kraus said he himself had eaten half a gram of the stuff every day for three weeks and felt great. This was apparently good enough for the rest of the country; within five years, American companies were annually producing 14 million pounds of the stuff. By 1964, the number had jumped to 53 million pounds.

Today, annual sales of 2,4-D have surpassed \$300 million worldwide, and it's found in "weed and feed" products, like Scotts Green Sweep,

Ortho Weed B Gon, Salvo, Weedone, and Spectracide. At first, its impact on humans seems mild—skin and eye irritation, nausea, vomiting, dizziness, stiffness in the arms and legs—and many lawn-care companies have dismissed health concerns. Plus, the businesses add that the amount of chemicals in sprays is very diluted.

But the effects are more worrisome when considered over time. Because 2,4-D is designed to mimic a plant's natural growth hormone, it causes such rapid cell growth that the stems of treated plants tend to become grotesquely twisted and their roots swollen; the leaves turn yellow and die; and the plants starve to death (2,4-D does not have this effect on grass).

Unsurprisingly, 2,4-D also appears to affect human hormones. The National Institute of Health Sciences lists it as a suspected endocrine disrupter, and several studies point to its possible contribution to reproductive-health problems and genetic mutations. Although the EPA says there isn't enough evidence to classify 2,4-D as a carcinogen, a growing body of research has begun to link it to a variety of cancers.

A 1986 National Cancer Institute (NCI) study found that farmers exposed

to 2,4-D for 20 or more days a year had a sixfold higher risk of developing non-Hodgkin's lymphoma. Another NCI study showed that dogs were twice as likely to contract lymphoma if their owners used 2,4-D on their lawns.

Like flame retardants, this compound also tends to accumulate inside people's homes even days after the lawn has been sprayed. One study found 2,4-D in the indoor dust of 63 percent of sampled homes; another showed that levels of the chemical in indoor air and on indoor surfaces increased after lawn applications. After 2,4-D was sprayed, exposure levels for children were ten times higher than

before the lawns were treated—an indication of how easily the chemical is tracked inside on the little feet of dogs, cats, and kids.

Thanks to pressure from campus activists, my university replaced 2,4-D with "softer" herbicides and began putting signs on lawns that had just been sprayed. Of course, 2,4-D is one of scores of pesticides in use. According to David Pimentel, professor emeritus of entomology at Cornell University, 110,000 people suffer adverse health effects from

“
With 80 million
home lawns
and over
16,000 golf
courses, you
get close to 50
million acres of
cultivated turf
in America.



pesticides every year, and 10,000 cases of cancer in humans may be attributable to pesticide exposure.

The Greening of America

In 1900, 60 percent of Americans lived in rural areas. Today, 83 percent live in cities or suburbs. With that change has come an astonishing shift in the landscape. Over the past half century, Americans have become obsessed with grass. When you add up the country's 80 million home lawns and over 16,000 golf courses, you get close to 50 million acres of cultivated turf in the United States, an expanse roughly the size of Nebraska. This space is growing by 600 square miles a year.

By 1999, more than two thirds of America's home lawns had been treated with chemical fertilizers or pesticides—14 million by professional lawn-care companies. A year later, the U.S. General Accounting Office reported that Americans were spraying 67 million pounds of synthetic chemicals on their grass every year, and annual sales of lawn-care pesticides had grown to \$700 million.

The landscaping trucks rolling through our suburban neighborhoods seem to represent something

more than a communal desire for lush grass. Could it be relief from anxiety? (Why else call a company Lawn Doctor?) For one thing, hiring lawn-care specialists is a public declaration that you have the money not to take care of your yard yourself.

Diligent lawn maintenance and chemical use are also associated with approval and social status, Ohio State researchers reported in 2012: "The main factor influencing a homeowner's decision to use lawn chemicals is whether neighbors or other people in the neighborhood use them. Homeowners crave acceptance from their neighbors and generally want their lawns to fit in with

their surrounding community, so they adopt their neighbors' practices."

We also create manicured lawns to play the most chemically dependent of pastimes: golf. By 2004, there were just under 15,000 golf courses in the United States—a patchwork of chemically treated turf the size of Rhode Island and Delaware combined.

Even grass seed comes coated with chemicals. A close look at a bag of Scotts grass seed reveals it has been treated with Apron XL fungicide, whose active ingredient is Metalaxyl-M,

“My grandfather would go out in the field, and he'd get back in the truck looking like Frosty the Snowman.”



or methyl N-(methoxyacetyl)-N-(2,6-xylyl)-D-alaninate. The bag requests that the product be stored away from foodstuffs, kept out of the reach of children, and not be applied near water, storm drains, or drainage ditches. (A Scotts spokesperson says that its products are designed to be safe when used as directed.)

As the use of chemicals has become widespread, lawn companies have found an unexpected source of profits. Herbicides like 2,4-D preserve grass but kill weeds like clover. Clover, however, pulls nitrogen out of the air and fixes it in the soil. Without clover, soil becomes nitrogen poor and fails to support plant life. So chemical companies now replace the depleted nitrogen, which homeowners used to get for free from clover, with synthetic nitrogen, for which they have to pay.

In America's watersheds, nitrogen runoff is considered among the worst problems for water quality. Since synthetic fertilizers are water soluble, a good amount runs off your lawn after a rain, where it mixes with runoff from other homes and ends up feeding the plants in bodies of water. Doused with chemicals, algae grow and grow, creating "algae blooms" that—as they decay and die—suck most of the oxygen out of rivers, lakes, and bays and lead to massive "dead zones," in which neither fish nor plants can live.

In 2007, the Chesapeake Bay Foundation published a report card on the bay's health that showed just how

much trouble chemicals can pose. The bay received an F for nitrogen pollution, a D-minus for phosphorous, an F for water quality, an F for dissolved oxygen, and a D for toxics. On a scale of 100 (with 100 being the best), the bay's health was rated at 28.

In California, scientists are discovering that algae blooms off the coast not only remove oxygen; they also release a toxin, domoic acid. It enters the food chain when fish eat algae, then moves into the sea lions that consume the fish. If a sea lion is pregnant, her fetus can be contaminated, and years later, that mammal may develop epilepsy.

One Man's Chemical Conversion

Paul Tukey knows about pesticides; the man who invented 2,4-D was a distant cousin. When Tukey was a kid in the late 1960s, his grandfather hired a biplane to spray his 300 acres of fields in Maine a couple of times a year. The fields were mostly planted with cattle feed, not with crops intended for human consumption. For Tukey, spraying day was a thrill.

"My grandfather would go out in the field, dressed in his wool underwear and thick heavy pants, and wave the biplane over his field," Tukey recalled. "They'd drop this white powder, and he'd get back in the truck looking like Frosty the Snowman. Then we'd drive to the next field, and he'd do it again. My grandfather

was getting doused 20 times a day, but he would never let me get out of the truck. I always wondered why I couldn't go out and get dusted."

Tukey's grandfather died of a brain tumor at 60.

Tukey also followed his family's agricultural tradition but charted his own course. For years, he operated one of southern Maine's largest landscaping services and considered his job ideal. He worked outside in shorts and sandals. He never bothered with putting on protective gear.

In 1993, he started getting nosebleeds. His vision became blurry. But with business booming, Tukey was too busy to worry. One of his jobs was tending the grounds of a hospital where he hired university students for the work. One day, their professor, an eminent horticulturist named Rick Churchill, came by to say hello to his students. Tukey went out to greet him.

Churchill's eyes were focused on the weeds, which Tukey's crew had doused with herbicides and which were curling up and turning brown.

Churchill said, "I asked him how anyone in good conscience could be applying pesticides on the grounds of

a hospital where there were patients being treated for cancers that could be linked to their exposure to pesticides. I asked whether he knew anything about the toxicity ratings of what he was applying and how dangerous many of these compounds were to

an individual compromised by illness."

The words cut deeply. "It was devastating," Tukey told me. "In Maine, Rick Churchill is an icon."

Tukey did some reading, and what he found was troubling. Pediatric cancers in Los Angeles had been linked to parental exposure to pesticides during pregnancy. In Denver, kids whose yards were treated with pesticides were found to be four times more

likely to have soft-tissue cancers than kids whose yards were not. Elsewhere, links had been found between brain tumors in children and the use of weed killers, pest strips, and flea collars.

Tukey also learned that exposure to lawn chemicals was particularly alarming for people who spread them for a living. One study showed a three-fold increase in lung cancer among lawn-care workers who used 2,4-D; another found a higher rate of birth defects among the children of chemical applicators. When he finally went to the

“You have broken bags of poison,” Tukey told the manager. “They all say, ‘Keep out of reach of children!’”



doctor for his rashes and deteriorating eyesight, he learned that he had developed multiple chemical sensitivity. And his son—conceived in 1992, during the height of Tukey's use of synthetic chemicals—was diagnosed with one of the worst cases of ADHD his physician had ever seen. (Several recent scientific reports suggest that toxic chemicals may play a role in ADHD.)

"All the evidence indicates that you don't want pregnant women around these products, but I was walking into the house every single night with my legs coated with pesticides from the knees down," he said. "Even when my son was a year or two old, ... [he] would greet me at the door at night by grabbing me around the legs. He was getting pesticides on his hands and probably his face too."

Tukey's Breaking Point

In the midst of his research, Tukey was driving one day when he saw a sign: A store was having a big sale on Scotts Turf Builder. Tukey made a bee-line. He was going to buy the store's entire stock. Once inside, he walked to the lawn-care section.

Tukey noticed a woman standing by the lawn chemicals. At her feet, a girl was making sand castles from a broken bag of pesticides. Suddenly, something in him burst—the DDT squirting over his grandfather's fields, the chemicals that he'd sprayed outside the hospital, and now a child in a pile of pesticides.

Tukey told me, "I said, 'Ma'am, you

really shouldn't let your child play with that. It's not safe.' I'm fundamentally shy, but this just came out of me."

The store wouldn't sell the stuff if it wasn't safe, she told Tukey. She took her child and walked away. A manager came up and asked him if there was a problem. Tukey said there was.

"You have broken bags of poison on the floor," Tukey said to the manager. "All those bags say, 'Keep out of reach of children!'"

Those labels are there because of government formality, the manager said. The stuff isn't dangerous. The store wouldn't carry it if it was.

"That really was the stake in the heart of my chemical career," Tukey said. "By then, I'd already made myself sick. I'd already been questioned by Rick Churchill. When I saw that girl making sand castles out of the pesticides, [there] was just a sudden gut-level reaction I couldn't have anticipated. I was shaking when I left the store."

Tukey issued a decree to his employees: His business was going organic. It was time to start weaning his company—and customers—off synthetic chemicals. Most clients were fine with his decision, just as long as it didn't cost any more and as long as their lawns continued to look the same.

More than 170 municipalities in Canada have banned lawn pesticides, especially on public spaces like school yards and sports fields. Denmark, Norway, and Sweden have banned 2,4-D.

In 2009, the European Parliament passed laws banning 22 pesticides that can cause cancer or disrupt human hormones or reproduction.

How to Bring Back Butterflies

Certainly, switching to a less toxic lawn company can reduce your family's—and neighbors'—exposure to synthetic chemicals. It would also reduce the pollutants you contribute to the watershed. But there is another option, one that gets into the more inspiring realm of restoration. There is a way to think of your yard as more than a burden that needs to be mowed and weeded. There is a way to think of your yard as transformational, even magical. Doug Tallamy can show you how.

When Tallamy, former chair of the entomology department at the University of Delaware, walks around his yard, he sees things most of us would not. He can look at a black cherry tree and spot the larvae of 13 tiger swallowtail butterflies. He has planted scores of trees: sweet gums, tulips, white oaks, river birches, and sugar maples. But he's really interested in bugs and birds—and boosting their numbers.

Suburban development has been devastating to avian populations. Most of the birds we see in our yards are probably house sparrows and starlings, invasive species from Europe. If you study the population numbers for native birds, you'll find the wood thrush is down

48 percent; the bobwhite, 80 percent; bobolinks, 90 percent. An estimated 72 million birds are killed each year in America by direct exposure to pesticides, a number that does not include baby birds that perish because a parent died from pesticides or birds poisoned by eating contaminated insects or worms. The actual number of birds killed might be closer to 150 million.

In mid-Atlantic gardening circles, Tallamy is a bit of a prophet, his message freighted with both gloom and promise. It is the promise of ecological renewal that he most wants people to understand. His vision is based on three ideas: If you want more birds, you need more native insects; if you want more native insects, you need more native plants; and if you want more native plants, you need to get rid of—or shrink—your lawn.

Tallamy says that when we wake up in the morning to birdsong, it's often being made by hungry migratory birds that may have just flown 300 miles. What is there to eat? Too frequently, ornamental trees that bear none of the insects the birds need—and chemically treated grass. Tallamy's prescription: Put in native plants that will make your yard a haven for caterpillars, butterflies, and birds. In the mid-Atlantic region, this can mean swamp milkweed, butterfly weed, buttonbush, joe-pye weed, and a rudbeckia species like black-eyed Susans. At the University of Delaware, Tallamy and a team are

restoring native species to the campus.

And me? I ripped up 20 percent of my lawn and planted two flower gardens, two sets of flowering shrubs, and seven vegetable beds. Now my daughter helps me pick eggplants, tomatillos, okra, and Swiss chard. My son can identify not only monarchs and tiger swallowtails but also which plants they

like to eat. How? Because last year the butterflies were not here, and this year they are. We replaced the grass, which monarch caterpillars can't eat, with native flora they can consume. It's as simple as that. Milkweed and joe-pye weed were born to grow here. All you have to do is plant them and wait for the butterflies. **R**

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WISE MOVES FOR A LUSH LAWN

1. Get tested. "Spending money on fertilizer without a soil test is just guessing," says Paul Tukey. Good soil is key to a great lawn, and a soil test can tell you what's in the dirt and what's missing. For a test, call your county extension office (a national network of agriculture experts).

2. Plant clover with your grass. Clover competes with weeds and fixes nitrogen in the soil. John Bochert, a lawn and garden specialist in York, Maine, recommends a seed mix of white clover, perennial rye (it germinates quickly), fescue, and bluegrass.

3. Mow high, and leave the clippings. Taller grass provides more leaf for photosynthesis, develops deeper roots, and resists weeds. The clippings act as fertilizer. "Lawns mowed at four inches are the most weed-free," Tukey says. "If you did only one thing, adjusting your mower height would be it."

4. Cut back on watering. Frequent watering leads to shallow roots, so "water once a week if at all," says Tukey.

5. Apply compost. "Weeds need light to grow," Tukey says. "Spreading compost on a lawn in the spring prevents weed seeds from germinating."

6. Listen to weeds ...

"Weeds are nothing if not messengers," says Tukey. "Dandelions are telling you the ground needs more calcium. Plantains are telling you the ground is too compact and needs aerating."

7. ... and to insects.

Beneficial nematodes, which are microscopic worms, eat some 200 species of insects, including grubs that become Japanese beetles; you can buy them from farm and garden stores. Mix them in water, and spray them on your lawn.

EDGAR ALLEN BEEM,
from *Down East*

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

INNER SCHOOL TOURNAMENT

Date: 6-23-2018 (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 _____