

Wang's Martial Arts

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

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

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

December 2016 Newsletter Summary

Report card point

Jameson Ezzell	9.00
Alfred Kai Marayag	6.75
Michael Limones	6.75
Hunter Figueroa	6.75
Brandon Figueroa	6.75
Joseph Alonso	6.00
Conner Roll-Bush	6.00
Emma Ferguson	4.50
Santiago Aquino	3.75
Nick Limones	3.75
Brandon Roll-Bush	2.25
Justyn Davis	2.25
Jonathon Mosley	2.25
Nickelus Moreno	1.50
Jordan Godfrey	1.50
Luis Limones	1.50

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 report cards must turn in on or before 12/31/2016

All A's-12pts; A's & B's-9pts; All B's-6pts; Turn in your report card – 3pts

12/02/16 - Basic Sabre class start.
12/03/16 - Kung Fu class at Octavia Fields Branch Library 2:30 pm.
12/10/16 - Kung Fu Rank Test.
12/12/16 - Kung Fu Rank Test.
12/17/16 - Tai Chi Rank Test.
12/24/16 to 12/31/16 - No class due to Christmas & New Year Holidays.

Tournament point:

Darren Bush	51
Conner Roll-Bush	36
Brandon Roll-Bush	30
Madeline Briels	24

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! All tournament points must turn in on or before 12/31/2016.
1st Place-12pts; 2nd Place-9pts; 3rd Place-6pts; Participation-3pts



Chinese New Year celebration - January 21, 2017.

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

Total - \$3723.98 - \$300 - \$300 - \$1000 = \$2123.98

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

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

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

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

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

Current Black Belt at Wang's Martial Arts who is taking 6 or more college credit hours at semester final report card:

All A's - \$500.00
A & B's - \$300.00
All B's - \$200.00

Proverbs 4 .

- 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.

Black Belt Club & Accelerated Program

Tournament Competition Class:

Date: 12-19-16 (Monday)
Time: 8:00 – 9:00 pm

Conditioning & Reaction Drill Class:

Age 5 – 14 years old
Date: 12/08/2016 (Thursday)
Time: 8:00 – 9:00 pm

Age 15 – 98 years old
Date: 12/01/2016 (Thursday)
12/08/2016 (Thursday)
12/15/2016 (Thursday)
12/22/2016 (Thursday)

Time: 8:00 – 9:00 pm

New Student:

Sealy Moore, Hustib Smith,
Elyse Fu, Sarah Szczepaica,
Patrick Fraser, Rowland Palacios,
Cody Walker.

Welcome!

Kung Fu Rank Test

Date: 5-14 yrs: 12-10-2016, Saturday, 1:30-3:30 pm
15 yrs +: 12-10-2016, Saturday, 3:30-5:30 pm
5 - 108 yrs: 12-12-2016, Monday, 6:00-8:30 pm

Must register on or before 12-8-2016.
Test fee : \$40.00 and up

Red, Brown and Black Belt Class

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

December Birthday

Jaci Moricca	12/16
Tracy Supple	12/19
Andrea Smith	12/25
Brandon Roll-Bush	12/20
Carmen Thompson	12/23
Laura Cunningham	12/26
Julius Herron, Jr.	12/02
Deanna Farris	12/24
Kai Alfred Marayag	12/4
Francisco Espinoza-Rocha	12/21
Charles Moore	12/22
Joshua Billingslea	12/30
Chantel Moody	12/31
Andrian Zaldivar	12/10
Lincoln Tedder	12/21
Jayden Goudeau	12/20
Austin Richardson	12/29
Kaitlyn Koch	12/08

Happy Birthday



Tai Chi Rank Test

Date: 12-17-2016 (Sat.)
Time: 12 noon – 2:00 pm

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

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

2017 Wang's Martial Arts Fifteenth Annual Chinese New Year & Kung Fu, Tai Chi Class Reunion

Date: January 21, 2017 (Sat.)

Cost:

Time: 10:00 am (Reception)
 11: am (Lunch)
 12 noon - 2 pm (Demo & program)

Ages 8 years & under

\$15.00

Age 9 and up

\$25.00

Place: China Ko
 5421 FM 1960 Rd. E.
 (at Timber Forest Dr.)
 Humble, TX 77346
 (281) 361-8006

A table of 8 people

\$200.00



*** First 280 people will be in the private room where main floor is, overflow will be in the main dining room. Reserve your seat or table early to be close to the main floor.**

Reserve a table of 8 people with \$50 down & balance paid before January 10, 2017 & you are qualified for the following drawing.

- 1st prize: 40" LED TV.
- 2nd prize: Wavemaster.
- 3rd prize: Gold color Chinese Vase.
- 4th prize: Glass Art Ball.
- 5th prize: Chinese Art Stand.
- 6th prize: Bill Wallace book.
- 7th prize: Tea set.
- 8th prize: Veggie Birthday lunch for 4.

*Do not have to present to win.

For more information: Wang's Martial Arts
 5311 FM 1969 Road E. at Timber Forest Dr.
 Humble, TX 77346
 (281) 548-1638, (281) 682-3387

Registration Form for Chinese New Year Lunch

Name: _____ Date: _____
 Address: _____
 City: _____ St: _____ Zip: _____
 Home Phone: _____, Other phone: _____, Age: _____
 e-mail: _____

A table of 8 people: \$200.00
 \$25.00 x Number of 9 years old and up
 \$15.00 x Number of 8 years old & under

 = _____

 = _____

 = _____

Door Prize:

- 1st Prize: Bicycle.
- 2nd prize: Chinese Jewlery Armoire.
- 3rd prize: Bill Wallace book.
- 4th prize: Dragon picture.
- 5th prize: Blue color Chinese Vase.
- 6th prize: Jumbo glass art.

Total: = _____

- 7th prize: Asian stand.
- 8th prize: Piggy Bank.
- 9th prize: Satin scroll picture.
- 10th prize: Egg art.
- 11th prize: Tea Set.
- 12th prize: Kicking target.

*** Must to present to win on door prize.**

Wang's Martial Arts 15th Chinese New Year 2017 program Schedule

January 21, 2017 (Saturday)

China Ko

5421 FM 1960 Road E. (at Timber Forest Dr.)

Humble, TX 77346

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

10:00 am

1. Reception

Slide & video presentation. (G.M. Cheng, ABSH)

11:00 am - 2. Lunch Buffet (Vegetarian styles)

Kindness to animals speech.

Special Thanks to all Black Belts who made this event possible.

Chinese folk song.

Victor Cheng Scholarship (provided by Mrs. Jenny Cheng) recipient for 2017 - \$1000

Wang's Martial Arts Scholarship recipient for 2017 - \$1000

Wang's Martial Arts Scholarship recipient for 2017 - \$1000

11:45 am

3. Fashion Show (by Wang's Martial Arts students & Family)

Pass out red envelopes

12:00 Noon - 4. Welcome to the 15th Annual Chinese New Year and Award Luncheon (MC: Victor Makris)

A Tribute and Celebration of the Life and Achievements of

Grandmaster Victor Cheng & others (Luis Garza, Nancy Green, David Manning,

Ken Hogan, Paul St. Amand, Rand Warzeka, Steve Alonso, Robert Barnes, Willie

Dotson, All unknown Animals.

5. Lion Dance .

12:25 pm - Guest Speaker -

12:35 pm

6. Tournament Points.

7. Report Card Points.

11:55 pm

Intermission.

1:00 pm

8. Kung Fu & Tai Chi demonstration by Wang's Martial Arts students.

9. Kicking contest.

1:30 pm

10. Entertainment Program - Guitar by Victor Makris and Russell Martino

1:40 pm - 11. World Peace Martial Arts - Hall of Fame.

1:50 pm - Prize drawing for table leader (Do not have to present to win).

12. **Door Prize Drawing (must present to win).**

2:00 pm

Conclude program.

* Tentative schedule. See schedule on the day of the event.



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Birth Day Party for Wang's martial Arts students

Date: December 17, 2016 (Saturday)
Place: Wang's Martial Arts
5311 FM 1960 E. #J
Humble, TX 77346
(281) 682-3387, (281) 548-1638



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

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

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

REGISTRATION FORM - Reservation before December 15, 2016. No late registration.

NAME: _____, DATE: _____

STREET: _____

CITY: _____ STATE: _____ ZIP: _____

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

Phone (cell): _____ Date of Birth: _____

e-mail: _____

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

Family Special Kung Fu or Tai Chi

	1st member	2nd member	3rd member	4th member	5th member or more
Tuition/month (12 to 13 lessons in a month)	\$149.00	\$134.00	\$74.50	\$74.50	Free
Uniform	\$49.95	\$49.95	\$49.95	\$49.95	\$49.95
Registration fee	\$10.00	\$10.00	\$10.00	\$10.00	\$10.00

KUNG-FU class schedule

Adults	(Age 15-108)	Tue. Sat. Mon./Tue./Thur./Fri. Mon./Wed. Tues./Thur.	11:00 - 12:00 Noon 7:00 - 8:00 PM 8:00 - 9:00 PM 4:00 - 5:00 PM
Children	(Age 5 - 14)	Tue./Thur. Mon./Tue./Wed./Thur./Fri. Tue. Saturday	5:00 - 6:00 PM 6:00 - 7:00 PM 7:00 - 8:00 PM 10:00 - 11:00 AM
Family class	(Age 5-108)	Tue./Thur. Tue. Mon./Tue./Wed./Thur./Fri. Saturday	5:00 - 6:00 PM 7:00 - 8:00 PM 6:00 - 7:00 PM 10:00 - 11:00 AM

TAI CHI CHUAN

All ages	Tue. Sat. Mon./Wed./Fri. Wed. Tue.	12:00 Noon- 1:00 PM 5:00 - 6:00 PM 7:00 - 8:00 PM 8:00 - 9:00 PM
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www.WangsMartialArts.com

Free Uniform by bringing in this flyer before December 30, 2016.



Guest Name: _____, by student _____

Date: _____ (Current student will receive One Hour Private Lesson).

Kung Fu Rank Test Results - 9/26/16

Age 15 year old and +

Brandon Campbell - Yellow
 Miguel Cacanoin - Yellow
 Dana Rose - Yellow/stripe
 Joshua Stockton - Yellow/stripe
 Harry Eugene - Orange/stripe
 Joanna Mayo - Green
 Mathilde Le Bon - Green
 Jeffrey Villarde - Green/stripe
 James Mayo - Purple/stripe
 Magdelan Arce - Blue
 Cleotis Washington - Blue
 Charles Moore - Blue/stripe



Age 9 - 14 years old

Jeremy Rangel - Yellow
 Jayden Goudeau - Yellow
 Christine Garrison - Yellow/stripe
 Tori Archinal - Orange
 Emma Ferguson - Blue

 Age 5 - 8 years old

Paul Tang - Yellow
 Danna Caceres - Yellow
 Monet Carballo - Orange
 Nickelus Moreno - Orange/stripe
 Ian Ferguson - Green
 Jordyn Mayo - Purple/stripe



Brown & Black Belt Test - 10/15/2016

Alfred Kai Marayag - Brown,
 Ruby Abbott - Brown/stripe,
 Joel Le Bon - Brown/stripe,
 Deztanie Hellsten - Brown/stripe,
 Joseph Hellsten - Brown/stripe,
 Adela Limones - Brown/stripe,
 Chantel Barnes - Black (1st),
 Padraic Gilbert - Black (2nd).



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Web site www.WangsMartialArts.com

Sabre Class

Date : December 02, 2016 (Fri.)
December 09, 2016 (Fri.)
December 16, 2016 (Fri.)
December 23, 2016 (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)



REGISTRATION FORM

NAME: _____ DATE: _____

STREET: _____

CITY: _____ STATE: _____ ZIP: _____

e-mail: _____

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

Cell phone: _____ Amount Paid _____

Top Ten Reasons to Buy American Made

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

Top Ten Reasons to Buy USA Made Products:

10) Foreign labor standards allow unsafe worker conditions in many countries. When you buy American you support not only American manufacturers but also American workers, safe working conditions, and child labor laws.

9) Jobs shipped abroad almost never return. When you buy goods made in the USA, you help keep the American economy growing.

8) US manufacturing processes are much cleaner for the environment than many other countries; many brands sold here are produced in countries using dangerous, heavily polluting processes. When you purchase American-made product, you know that you're helping to keep the world a little cleaner for your children.

7) Many countries have no minimum wage restrictions, or the minimum wage is outrageously low. When you choose products made in the USA, you contribute to the payment of an honest day's wages for an honest day's work.

6) The growing lack of USA ability to manufacture many products is strategically unsound. When you seek out American-made goods, you foster American independence.

5) The huge US trade deficit leads to massive, unsustainable borrowing from other countries. Debt isn't good for you and it isn't good for America.

4) Foreign product safety standards are low. For example, poisonous levels of lead are in tens of millions of toys shipped to the USA. When you buy toys and other goods made in the USA, you can be confident that American consumer protection laws and safety standards are in place to protect your family.

3) Lack of minimum wage, worker safety, or environmental pollution controls in many countries undermines the concept of "fair and free trade". No Western nation can ultimately compete on price with a country willing to massively exploit and pollute its own people. When you buy only American-made products, you insist on a higher standard.

2) Factories and money are shifting to countries not friendly to the USA or democracy. When you avoid imported goods in favor of American-made items, you help ensure that the United States doesn't find its access to vital goods impacted by political conflict.

1) As the US manufacturing ability fades, future generations of US citizens will be unable to find relevant jobs. Buy American and help keep your friends and neighbors-and even yourself-earning a living wage.

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

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

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

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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.





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

Help Kids Appreciate Nature

A Nature Table brings the outside world indoors.

By: Natural Vitality

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

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

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

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

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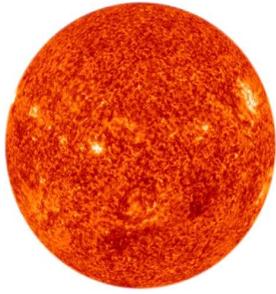
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- Propose a system** to fit your budget and reduce your electrical bills

*Mention this ad for special pricing available only to
Wang's Martial Arts
students and families*

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



2016 - Traffic violations fines.

2016年新规定

罚单各种涨价

Not carrying driver's license: \$214

忘记带驾照，罚款:\$214 (原来\$35)

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

变更地址超过10天通知DMV罚款:\$214 (原来没有罚款)

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

出车祸没有保险，罚款:\$796,并吊销驾照4年

Beyond the red lights: \$ 533

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

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

穿越双黄线:\$425

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

违规转弯或掉头:\$284 (不知道这个数字是怎麼来的。)

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

超速1-15英哩，罚金:\$224，通常来说超10迈才会给罚单

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

超速16-25英哩，罚金:\$338

Driving too slow: \$328

开太慢:\$328

Do not full stop at Stop Sign: \$ 284

Stop Sign没有完全停住:\$284

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

穿越闪灯的校车:\$675 (这个好像应该)

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

开车打电话第一次要:\$160，电话在手裡也要罚！

Parking place for buses: \$ 976

停在大巴位置罚金:\$976

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

开汽车大探照灯超30分钟:\$382

Cover car door: \$178

遮盖车门:\$178

Failing to wear seat belt: \$160

未系安全带:\$160

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

小孩没有繫安全带或者没有儿童座椅:\$436

Wear your hearing in both ears covered: \$ 178

开车两耳戴耳机:\$178

Car pool violation

汽车共乘违规\$401

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e-mail: wang3888@embarqmail.com

Web site: www.WangsMartialArts.com

Schedule:

12/02/16 - Basic Sabre class start.

12/03/16 - Kung Fu class at Octavia Fields Branch Library 2:30 pm.

12/10/16 - Kung Fu Rank Test.

12/12/16 - Kung Fu Rank Test.

12/17/16 - Tai Chi Rank Test.

12/24/16 to 12/31/16 - No class due to Christmas & New Year Holidays.

01/06/17 - Basic Bo class start.

07/07/17 - Kung Fu class at Octavia Fields Branch Library 2:30 pm.

01/21/17 - Chinese New Year Event from 10 am to 2 pm.



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



\$12.00

Sixteen Cancer Causing Foods You Should Never Eat - Article from Life'd.

1. Refined Sugar



Refined sugar, it's been affectionately known as "Poison" and "Leach." It earned the nickname "Poison" because this sweetener is totally and completely bereft of any nutritional value. The pet name "Leach" comes from the vitamins and nutrients it saps *from* the body in order to be digested. Refined sugar, like the kind you pour in your coffee, eat as sweets, or that's in store-bought tomato sauce you pour on your spaghetti, has been credited with feeding cancer cells. Now research says refined sugar might actually *cause* cancer. That ain't sweet.

2. Soda Pop



Soda pop might taste good, but that taste is the result of lots of sugar, colors and chemicals that add acid to the body that can spawn the growth of cancer cells. One study linked fructose, a type of sugar used in sodas, with pancreatic cancer. Another study found that the 4-methylimidazole in soda is a potential carcinogen. (4-methylimidazole is a bi-product of caramel color which is used to turn colas and soft drinks that *delicious* brown hue.) The study stated that drinking just one can a day routinely could be enough to cause cancer cells to develop. Oh, let's not forget the sugar, typically in the 40 grams per 12oz

can neighborhood. *Psst:* that's 10 teaspoons of sugar—in one can of pop! With so many other beverage options, maybe leave soda on the shelf...in the store.

3. Processed Meats



“Get you hot dogs!” That’s the familiar cry heard at ballparks all over, but wait just a minute. Hot dogs are a processed meat—they’ve been treated in some way to preserve their shelf life or to improve their flavor. This “processing” can be done by salting, curing, fermenting, smoking, or preserving in some other way. After reviewing 800 studies, The World Health Organization announced that process meats are a carcinogen (i.e. they can cause cancer). They reported that eating the equivalent of four slices of bacon daily (or eating four slices of bacon daily) raises the risk of getting colorectal cancer *by* 18 percent. The risk is low but present. Meats that fall into this category are not sold fresh and include ham, turkey, some deli, bacon, sausage and of course, hot dogs.

4. Red Meat



Do you remember the World Health Organization (WHO) from #3? They also looked at red meat studies and concluded that red meat is a “probable” cause of cancer in humans. They found links between eating red meat and colorectal, prostatic and pancreatic cancers. Enjoying small amounts of grass-fed red meat occasionally is very different from eating quantities of red meat daily, and the WHO parks pork in the red meat category.

5. Microwave Popcorn



What could be easier than tossing a bag in the microwave, pressing a button and then voila: delicious popcorn?! Popcorn is a healthy snack offering potassium, iron and fiber. But microwave popcorn comes with some risks, cancer being one. A chemical that lines the microwavable bag decomposes and forms a compound that has been linked to liver and pancreatic cancer. A separate chemical used to flavor the popcorn can cause the lung condition called bronchiolitis obliterans. One way to decrease your chances of developing this is to let the bag of heated popcorn cool before opening it. One way to avoid all the ailments is to use a hot air popper or the stove top to pop your kernels. Remember to go easy on the butter!

6. Dirty Fruit



Can we offer you a bowl of delicious pesticides? How about poison in a peel? Actually, the peel is good because it shields the edible fruit from the plethora of pesticides that shower the crops. 165 pesticides to be exact. Some of them have been linked to cancer. In the effort to make fruit unappealing to insects, we make the fruit unhealthy for humans. The bugs might pass because of the pesticides, but then the poisoned fruit winds up in your market and then on your table. *Uh-oh*. In the Environmental Working Group's *Shopper's Guide to Pesticides in Produce*, apples, peaches, grapes and strawberries made it to the list of the "Dirty Dozen" fruits that contained the highest concentrations of pesticides. Healthy? We think not. Best to spend a little extra on organic. Otherwise, you might pay for it later.

7. Potato Chips



It seems you can't even kick bag with a bag of chips without biting your nails with worry. Potatoes contain a chemical that's activated with high-temperature cooking. The chemical, acrylamide, is found in plastics and papermaking as well as in cigarette smoke. Does it cause cancer? In rodents, yes. In humans, probably. The National Toxicology Program and the International Agency for Research on Cancer consider it to be a "probable human carcinogen." Hmm. Can somebody pass the air-popped popcorn, please?

8. French Fries



Since French fries are potatoes, and cooking potatoes in high temps activates acrylamide (remember potato chips?), this makes French fries a hazard. It doesn't stop there. Potatoes are on the Dirty Dozen list of fruits and veggies with because of the high quantity of pesticides they retain. Then there's the obvious danger: frying. But that's more a heart-related risk than a cancer risk. So, *whew*. Go organic and save yourself a lot of potential health problems.

9. Farmed Salmon



If you enjoy eating salmon for the taste, or you eat it for the omega 3s, choose the canned kind. Farm-raised salmon are overcrowded in order to raise enormous numbers of fish, and that leads to health issues. For one, their color is not what it should be, so they're fed chemicals to ensure their meat is the reddish-pink hue you're used to seeing. They're also treated with antibiotics and pesticides that are well-known carcinogens. Check the label when you're fishing for salmon in your supermarket. Over 60% of the salmon consumed in the U.S. is from a fish farm.

10. Canned Tomatoes



In some countries, the lining in the cans of tomatoes contains a chemical known as bisphenol-A, or BPA. It is toxic, and it lines other canned foods as well. Tomatoes, however, due to their acidity, cause the BPA to leech from the lining of the can and enter the actual tomatoes. Not good. BPA in cans has been linked to several health issues including heart disease, diabetes and cancer. The danger is multiplied when tomatoes are in the can. Glass jars may not solve the problem because the metal lid often has BPA. The safest choice might be to buy fresh, organic tomatoes. Or ask the manager in your market if your canned and jarred tomatoes have BPA.

11. Hydrogenated Oil



Hydrogenated oil is liquid oil that was chemically processed to turn solid. Partially hydrogenated oil, also called trans fat, has become known as the worst fat you can put into your body. Typically, hydrogenated oils are used to preserve processed foods to increase their shelf life. . .by a lot. These oils, when ingested, can alter the structure and integrity of human cell membranes. This can lead to several health issues, one of which is cancer. A study showed that the risk of breast cancer almost doubled among women carrying around high levels of trans fats. Foods to be wary of include baked goods, snack foods, deep-fried foods and some margarines.

12. White Flour



For flour to become white, it has to be refined (which strips it of all nutritional benefits) and then bleached, typically using chlorine gas. If you eat white bread, for example, you are eating bread that is devoid of nutritional benefit, even if nutrients were put back in, called “enriching.” Thus, you’re not getting any disease-protective properties you would get from other foods. Also, white flour is high on the glycemic index which means your blood sugar and insulin levels spike after eating it. There is evidence that the process that ensues may have cancer-promoting effects. There was a study stating that refined carbohydrates were linked to a 220% increase in breast cancer among women. Whole wheat bread might be the better choice for women. . . and for men.

13. Alcohol



It should not be a surprise that drinking too much alcohol can lead to liver poisoning or liver cancer. The International Agency for Research into Cancer (IARC; part of the World Health Organization) has listed alcohol as carcinogen since 1988. And scientists have found that some cancers are more common in heavier drinkers. Mouth, throat, breast and bowels are susceptible to developing cancer as a result of drinking too much alcohol. The type didn't matter. The quantity consumed over time did matter.

14. Pickles



There's good news, and there's not-so good news. Pickles, which are cucumbers that underwent the pickling process of fermenting in salt, vinegar and seasoning, contain probiotics. That's good news. However, they also contain a high amount of sodium, and pickles that are highly salty have been linked to stomach cancer. A team of doctors in Turkey discovered that gastric cancer patients ate a lot more pickles than cancer-free patients. In general, one large standard pickle is more than enough each day.

15. Genetically Modified Organisms (GMOs)



One study (that was later retracted for unknown reasons by the journal that published it) showed a link between genetically modified corn and cancer. Genetically Modified Organisms (GMOs) are living organisms that have had their genetic material artificially manipulated to deliver a benefit. They are becoming more prevalent in markets around the country, and although the health effects of these modified foods on humans have not been conclusively determined, strong sentiment is that they are very harmful over time.

16. Artificial Sweeteners



In the 70s, saccharin studies on rats showed that high doses of the sweetener caused cancer—in rats. It was later proven that the cancer was specific to rats because of their biological make-up, and high doses of saccharin led to bladder stones and bladder cancer. Aspartame is another popular artificial sweetener. In the 90s, a report linked an increase in brain tumors to the powder. However, according to the the Cancer Council NSW's website, upon further investigation, this link was found to be no link at all, just coincidental. Then, in 2005, a study showed that rats that ingested aspartame developed lymphoma and leukemia. However, the rats ingested the equivalent of between eight and 2, 083 cans of diet soda a day! But the damage was done and the public accepted the notion that artificial sweeteners lead to cancer, even though expert agencies in the U.S. (like the National Cancer Institute and the Mayo Clinic) and elsewhere say it's safe for use.

« [Record levels of Fukushima radiation detected off West Coast — Massive plume stretches for more than 1,000 miles — Reuters: Contamination is spreading off U.S. shores — Radioactive cesium reaches 11 Bq/m3 at multiple locations \(MAP\)](#)

["Very significant" explosion at dam next to U.S. nuclear site — 'Plasma' created due to tremendous amount of heat — Same type of phenomenon as lightning — Nuclear site's fire department responds to blast \(VIDEO\)](#) »

AP: “Alarming signs of oceanic distress” on West Coast — Record number of stranded seal pups, nearly 2,000% of normal levels — “Bags of skin and bones” — “In our 40 year history we’ve never seen this many animals” (VIDEO)

[Press Democrat](#), Nov 20, 2015 (emphasis added): *Sausalito’s Marine Mammal Center sees record number of stranded seal pups* — Another species of marine wildlife has begun turning up, **emaciated and weak, in record numbers** on the California coast in what continue to be **alarming signs of oceanic distress**. Unhealthy northern fur seal pups have been found stranded on beaches in record numbers, newly weaned and weighing little more than typical birth weight for the species, marine mammal experts said. “They’re adorable, but on the other hand they’re these **little bags of skin and bones**,” said Jeff Boehm, executive director of the Marine Mammal Center... [The center has] taken in 85 northern fur seals... more than double the previous record of 31 pups in 2006... The northern fur seal strandings are the **latest in a string of alarming marine events**. Experts have been working all year to address an “unusual mortality event” among California sea lions. In addition, wildlife rescue crews have

AP

Record number of stranded seal pups in Northern California

The Marine Mammal Center.

Unusual Ocean Conditions Continue to Cause Record Strandings

been trying to rehabilitate a record number of the rarely seen and endangered Guadalupe fur seal pups.

[AP](#), Nov 21 2015: *Record number of stranded seal pups in Northern California...* experts say another species of marine wildlife has begun turning up, emaciated and weak, in record numbers on the California coast in what has been a series of **alarming signs of oceanic distress**.

[Marine Mammal Center](#), Nov 19, 2015: *Unusual Ocean Conditions Continue to Cause Record Strandings...* Like the California sea lions and Guadalupe fur seals before them, these young, starving pups are stranding in record numbers. **2015 has been a year like no other** for The Marine Mammal Center—with six weeks still remaining, we’ve already rescued more seals and sea lions than ever before in our 40-year history... All told, we have rescued more than 1,747 seals and sea lions so far this year... **raising alarming questions about the health of our ocean...** The fur seal pups we’ve been rescuing for the past month are **about half the size they should be** at this age. Our veterinary experts describe them as “emaciated,” which essentially means **they are skin and bones, and in the poorest state of nutrition...** While experts are able to explain how this is happening—unusually warm waters are affecting food availability for mothers and pups—**they still can’t explain exactly why**... What we do know

anurgent need for more science to help us all better understand what's going on off the coast of California and how large-scale human impacts, such as overfishing and pollution, may be affecting the health of these animals and their ocean environment as well...

Marine Mammal Center: In normal years, the Marine Mammal Center admits about five northern fur seals... In November of 2006, 33 fur seals were admitted to the Marine Mammal Center... **Most scientists don't believe that the fur seal strandings were due to El Niño** since other species weren't showing similar El Niño effects... there is no clear understanding of why the fur seals were unable to find food that year.

CBS San Francisco, Nov 23, 2015: The Marine Mammal Center... is full of malnourished northern fur seal pups that have been abandoned or somehow separated from their mothers. "In our 40 year history **we have never seen this many animals**. We've had **ninety one this season**," said Dr. Jeff Boehm, executive director of the Marine Mammal Center.

California Diver, Nov 22, 2015: *Record Strandings: Northern Fur Seals New Victim of Unusual Ocean Conditions; The Marine Mammal Center breaks nearly every record due to record strandings of northern fur seals, California sea lions and Guadalupe fur seals from warm ocean waters...* the Center has already rescued more seals and sea lions than ever before in its 40-year history. Now the Center is experiencing an unexpected influx of more than 80 northern fur seal pups—and more coming in every day... "Northern fur seals are just the latest victims of the warm waters off of our coast," says Dr. Shawn Johnson, Director of Veterinary Science at the Center. "And as these conditions persist, we're increasingly concerned about what this could mean for the next generation of sea lion pups too."

Comments to AP: "Alarming signs of oceanic distress" on West Coast — Record number of seal pups, nearly 2,000% of normal levels — "Bags of skin and bones" — "In our history we've never seen this many animals" (VIDEO)

Dr. Detroit

[November 26, 2015 at 1:14 am](#) [Log in to Reply](#)

Hi from the Detroit area I believe that the cancer rates are rising dramatically here. I'm 50 years old and have a small family and small circle of friends. In the past two years 1. My sister 55yo has survived pancreatic cancer type 1 diabetic and no spleen but alive. 2. A friend 54yo has had and is still being treated for colon.3. One friend's daughter 12 years old died about 3 months ago of brain cancer. 4. one friend's father in his 60s lung cancer will never leave the hospital alive (his words). 5. One 53yo close friend has skin cancer and has spread from his ear lobe into his brain. And now my girl friend only 49 years old has stage 3 breast cancer. This is only my second post here all these cancers have occurred since the first post I made a few years ago. Question is could this be why they have the southern borders wide open basically surrendering the northern hemisphere to anyone from the south? Come on up and "breathe deep the gathering gloom"?



RattleShark

[November 25, 2015 at 6:19 pm](#) [Log in to Reply](#)

From a poster on RadChick Radiation Research & Mitigation FB page

<http://outbreaknewstoday.com/avian-botulism-suspected-in-death-of-waterbirds-on-lake-ontario-47266/>

Affected birds typically die from drowning after becoming paralyzed by botulinum toxin in the fish they are eating. The most common fish being consumed is the round goby, an invasive species that accumulates toxin by feeding primarily on invasive mussels on the lake bottom

California delays commercial crab season indefinitely

By [Kurtis Alexander and Peter Fimrite](#) Updated 10:00 pm, Friday, November 6, 2015



Mike Mitchell prepares his crab pots at Pier 45, Monday, Nov. 2, 2015, in San Francisco, Calif. Mitchell is the owner of the fishing vessel Linda Noelle. It will be his 45th year fishing for crabs.

The commercial crab-fishing season was put on hold Friday to protect the public from a naturally occurring toxin detected in the crustacean, an unprecedented setback for California fishermen and chefs hoping to land the prized meat for the holidays.

The widely expected but disheartening move by state wildlife officials indefinitely grounds the traditional parade of boats that was scheduled to launch Nov. 15 in pursuit of Dungeness crabs between the Oregon border and Santa Barbara. Officials also closed the state's year-round rock crab commercial fishery.

“Crab is an important part of California’s culture and economy, and I did not make this decision lightly,” said [Chuck Bonham](#), director of the [California Department](#) of Fish and Wildlife, in a prepared statement. “But doing everything we can to limit the risk to public health has to take precedence.” Bonham’s directive follows a decision Thursday by the [California Fish and Game Commission](#) to suspend Saturday’s recreational Dungeness season opener as well as the recreational rock crab season.

The fish and wildlife agency said it will continue to monitor levels of the toxin in the crab, the result of a massive algal bloom offshore, until fishing can safely commence. Officials, though, didn't speculate on when this might happen, and crab fishermen who have come from as far as Alaska to begin prepping their pots for an annual catch worth \$60 million weren't optimistic.

"I'm no scientist, but I think this is going to take a while," said [Larry Collins](#), president of the [Crab Boat Owners Association](#) and the [San Francisco Community Fishing Association](#). "We've got to see some clouds and wind and rain and upwellings. Ocean conditions have to change."

Unusually warm water along the West Coast has been blamed for nursing an algae known as pseudo-nitzschia, which is proliferating in huge swaths off much of California. The algae produces a neurotoxin called domoic acid that accumulates in crab and other seafood and, if consumed in substantial quantities by humans, can cause memory loss, tremors and even death.

State health officials said this week they aren't aware of anyone who has been sickened by infected crab. But marine life, including sea lions, seals and whales have been reported to have suffered seizures believed to be the result of ingesting the toxin.

"Absolutely it's going to cost us some money, but the No. 1 priority is to provide safe, healthy beautiful crabs," said Collins. "Sometimes Mother Nature bats first and last. It's up to her."

The delay of the season means restaurants that serve crab will have to import the meaty wintertime staple from elsewhere.

"Really we've never experienced anything like this before," said [Dante Serafini](#), the owner of the [Old Clam House](#), a longtime fixture on Bayshore Boulevard in San Francisco that is known for its crab cioppino. "Yeah sure, it will affect my business. I don't know what we'll do, but we have to substitute something."

Serafini said he wants people to know that the crab being sold right now, much of it coming from colder waters in the Pacific Northwest, is perfectly edible.

"If you want your crab, now is the best time to eat it in view of this crisis," he said. "It's not the freshest, but it's still good."

[Kurtis Alexander](#) and [Peter Fimrite](#) are [San Francisco Chronicle](#) staff writers. E-

mail: kalexander@sfchronicle.com, pfimrite@sfchronicle.com Twitter: [@kurtisalexander](#), [@pfimrite](#)