

# Wang's Martial Arts

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

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

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

## September 2017 Newsletter Summary



09/02/17- Kung Fu class at Octavia Fields Branch Library  
09/08/17- Basic Bo Class Starts.  
09/09/17- Inner-School tournament.  
09/16/17- Tai Chi rank test.  
09/16/17- September Birthday Party.  
09/18/17- Tai Chi rank test.  
09/29/17- Kung Fu Rank Test.  
09/30/17- Lucky Land demonstration.

**Holiday. No Class on 9/04/17 (Monday) due to Labor**

### Report card point

|                   |      |
|-------------------|------|
| Conner Roll-Bush  | 3.00 |
| Joseph Alonso     | 2.25 |
| Brandon Roll-Bush | 3.00 |
| Ethan Fu          | 3.00 |

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

### 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!

1<sup>st</sup> Place-12pts; 2<sup>nd</sup> Place-9pts; 3<sup>rd</sup> Place-6pts; Participation-3pts

Inner-school tournament;

Date: September 9, 2017 (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

**No class on 9/04/17 (Monday)  
due to Labor Day Holiday.**

## **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.**

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

Oct. 10, 2017 (Tue.) 6 – 8 pm

Oct. 13, 2017 (Fri.) 6 – 8 pm

Oct. 14, 2017 (Sat.) 9 am – 3 pm

## **Guest Instructor; Master Jia**

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

Date September 8, 2017 (Thursday).

Time: 7 - 8 pm.

Cost: Paid by Wang's Martial Arts.

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

Date: August 10, 2017 (Thursday).

Time: 8 - 9 pm.

Cost: Paid by Wang's Martial Arts.

Time 9 - 10 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.

August 19, 2017 Birthday - \$10.

**Total - \$4663.98 - \$300 - \$300 - \$1000 - \$2000 = \$1103.98**

**\$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.**

**\$1000 scholarship to HISD student on 01-21-2017.**

**\$1000 scholarship to U of H student on 01-21-2017.**

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.

<sup>18</sup> The path of the righteous is like the morning sun, shining ever brighter till the full light of day.

<sup>19</sup> But the way of the wicked is like deep darkness; they do not know what makes them stumble.

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

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

Date: 9-07-17 (Monday)

Time: 8:00 – 9:00 pm

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

Age 5 –14 years old

Date: 08/17/2017 (Thursday)

Time: 8:00 – 9:00 pm

Age 15 – 98 years old

Date: 09/07/2017 (Thursday)

09/21/2017 (Thursday)

Time: 8:00 – 9:00 pm

#### **New Student:**

|                   |                 |
|-------------------|-----------------|
| Nolan Coston,     | Grant Coston,   |
| John walton,      | Xavier James,   |
| Xiomara La Verde, | Eason Loughman, |
| Legend Johnson,   | Ozny Olvera,    |
| Pedro Aquino,     | Arai Muniz,     |
| Joel Villanueva,  | Chad Dove,      |
| Charlie Dove.     |                 |

**Welcome!**

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

Date: 5-14 yrs: 11-11-2017, Saturday, 1:30-3:30 pm

15 yrs +: 11-11-2017, Saturday, 3:30-5:30 pm

5 - 108 yrs: 11-13-2017, Monday, 6:00-8:30 pm

Must register on or 11-09-2017.

Test fee : \$40.00 and up

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

September 29, 2017 (Friday) 6 – 8 pm

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

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

\* 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.

#### **September Birthday**

|                          |      |
|--------------------------|------|
| Brenis Johnson           | 9/02 |
| Cheeleng Slack           | 9/15 |
| Joshua Moricca           | 9/21 |
| Nigel Singh              | 9/24 |
| Tim Cevirgen             | 9/07 |
| Victor Makris            | 9/20 |
| Robin Whitehead          | 9-11 |
| Kevin Papa               | 9-18 |
| Julian Rosas             | 9-25 |
| Steve Alonso             | 9-07 |
| Roberto Alvarado         | 9-14 |
| Valerie Roll             | 9-22 |
| Joseph Alonso            | 9-03 |
| Jeannette Osterman-Adams | 9-21 |
| Marvin Henderso, III     | 9-23 |
| Andrew Nicholls          | 9-18 |
| Nathan Johnson           | 9-19 |
| Mike Valladares          | 9-22 |
| Cleveland Glenn          | 9-25 |
| Kendall People           | 9-26 |
| Josue Rodriguez          | 9-26 |
| Alondra Rodriguez        | 9-26 |
| Robert Widerstrom        | 9-5  |
| Chris Ocker              | 9-3  |
| Kyle Sadler              | 9-4  |
| Cynthia Pate             | 9-10 |
| Michael Quevedo          | 9-14 |
| Ryeon Fuller             | 9-15 |
| Clinton Hook             | 9-24 |
| Richard Sibley           | 9-   |
| Michael Smith            | 9-2  |
| Dana Davidson            | 9-2  |
| Jonathan Mosley          | 9-4  |
| Antonio Flores           | 9-7  |
| Luiz Munez               | 9-9  |
| Stephanie Gonzales       | 9-10 |
| Mike Valladares          | 9-22 |
| Marvin Henderson, III    | 9-23 |
| Sarah Payne              | 9-24 |
| Kimberley Limones        | 9-25 |
| Nikki Warzerka           | 9-12 |
| Wayne Colby              | 9-17 |
| Kimberly Pina            | 9-5  |
| Dora Henson              | 9-1  |
| Paul Hayes               | 9-27 |
| Nick Tiry                | 9-23 |
| Jacob Butcher            | 9-9  |
| Amy Gilman               | 9-22 |
| Bill Hargrave            | 9-24 |
| Devin Chambless          | 9/02 |
| Patrick Fraser           | 9/05 |
| Cody Walker              | 9/15 |
| Willita Payne            | 9/17 |
| DeAnte Batiste           | 9/21 |
| Carol Bond               | 9/21 |
| Verenice Mireles         | 9/28 |
| Mitchell Zeff            | 9/28 |
| Robert Winderstrom       | 9/25 |

***Happy Birthday***

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

Date: 9-16-2017 ( Sat. )

Time: 12 noon – 2:00 pm or

9-19-2017 (Tue.) 8 - 9 pm.





# 2018 Wang's Martial Arts **Fifteenth Annual Chinese New Year** & Kung Fu, Tai Chi Class Reunion

**Date:** February 10, 2018 ( Sat. )

**Cost:**

**Time:** 3:00 pm (Reception)  
4:00 pm (Dinner)  
5:00 pm - 7 pm (Demo & program)

Ages 8 years & under  
\$15.00

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

Age 9 and up  
\$25.00  
A table of 8 people  
\$200.00



**Year of the Dog - 2018**



**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 event

**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**

\_\_\_\_\_ = \_\_\_\_\_  
\_\_\_\_\_ = \_\_\_\_\_  
\_\_\_\_\_ = \_\_\_\_\_

**Total: =** \_\_\_\_\_



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

Date: September 16, 2017 (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 September. **All students & guests are invited to participate.** This is a wonderful opportunity to have a Veggie lunch. There will be demonstration of Kung Fu & Tai Chi for your guests. It is for Health, Physical Fitness, Confidence, Discipline and Self Defense. All students can participate in demonstration.

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

Time: 1:00 pm – Reception & Demonstration (Kung Fu & Tai Chi),  
Veggie lunch (Veggie Meat Ball, Veggie Chicken, Veggie Egg Roll, Veggie Dumpling.  
No soft drink/replace with Bottled water).  
Chinese Moon cake, Singing Happy birthday song in English, Chinese & Spanish.  
2:30 pm – Party end.

REGISTRATION FORM - Reservation before September 14, 2017. 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: \$ \_\_\_\_\_.

# Wang's Martial Arts

## Family Special for Kung Fu or Tai Chi

|  | 1st member      | 2nd member      | 3rd member     | 4th member     | 5th member or more |
|--|-----------------|-----------------|----------------|----------------|--------------------|
| <b>Tuition/month</b><br><small>(12 to 13 lessons in a month)</small> | <b>\$159.00</b> | <b>\$143.00</b> | <b>\$79.50</b> | <b>\$79.50</b> | <b>Free</b>        |
| <b>Easy pay/Week</b>   | <b>\$34.65</b>  | <b>\$31.18</b>  | <b>\$17.32</b> | <b>\$17.32</b> |                    |
| <b>Uniform</b>   | <b>\$49.95</b>  | <b>\$49.95</b>  | <b>\$49.95</b> | <b>\$49.95</b> | <b>\$49.95</b>     |
| <b>Registration fee</b>  | <b>\$10.00</b>  | <b>\$10.00</b>  | <b>\$10.00</b> | <b>\$10.00</b> | <b>\$10.00</b>     |

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

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Guest Name: \_\_\_\_\_, by student \_\_\_\_\_

Date: \_\_\_\_\_



# OFF-CAMPUS PHYSICAL EDUCATION INFORMATION PACKET

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

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

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

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



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

\_\_\_\_\_  
Instructor's Signature

\_\_\_\_\_  
Date

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

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

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

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

\_\_\_\_\_  
Date



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

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

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

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

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

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

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

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

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

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

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

\_\_\_\_\_  
Parent Signature

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

Address \_\_\_\_\_

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

---

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

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

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





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

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

| MIDDLE SCHOOL               | ADDRESS   | PHONE #      | FAX #        |
|-----------------------------|---|--------------|--------------|
| Atascocita Middle School    | 18810 West Lake Houston Parkway Humble, TX 77346  | 281-641-4600 | 281-641-4617 |
| Creekwood Middle School     | 3603 West Lake Houston Parkway Kingwood, TX 77339 | 281-641-4400 | 281-641-4417 |
| Humble Middle School        | 11207 Will Clayton Parkway Humble, TX 77346       | 281-641-4000 | 281-641-4188 |
| Kingwood Middle School      | 2407 Pine Terrace Kingwood, TX 77345              | 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

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

**INNER SCHOOL TOURNAMENT**

Date: 09-09-2017 (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 \_\_\_\_\_

# Kung Fu Rank Test Results - 06/24/17

|  |   |
|--|---|
| <p>Age 15 year old and +</p> <p>Devin Chambless- Yellow<br/>         Willie Payne- Yellow<br/>         Roy Tinajero- Yellow<br/>         John Prewett- Yellow/stripe<br/>         Clifton Powell- Yellow/stripe<br/>         Mathew Trimm - Orange<br/>         Rosel Rodriguez - Orange<br/>         Jackie Rodriguez - Orange<br/>         Migyuel Cacanindin- Green<br/>         Harry Eugene- Purple<br/>         Jeffrey Villarde – Blue/stripe</p>   |   |
| <p>Age 9 - 14 years old</p> <p>Damian Tinajero- Yellow<br/>         Karla Tinajero- Yellow<br/>         Jozlyn Rodriguez - Yellow/stripe<br/>         Makinzi Rodriguez - Yellow/stripe<br/>         Anthony Zorrilla - Yellow/stripe<br/>         Sergio Gonzalez - Orange<br/>         Tori Archinal - Purple<br/>         Brandon Figueroa - Blue<br/>         Hunter Figueroa - Blue<br/>         Dominic Venegas- Red/stripe</p> <p>-----</p> <p>Age 5 - 8 years old</p> <p>Desmond Alemon-Yellow<br/>         Juan Ceja - Yellow/stripe<br/>         Avairya Rodriguez - Orange<br/>         Paul Tang - Green</p> <p>-----</p> <p>Tai Chi test Result - 06/17/2017</p> <p>Monica Johnson- Yellow<br/>         Gwen Doan- Yellow<br/>         Guillermo Slack- Yellow<br/>         Carol Bond- yellow<br/>         Hai Deng - Orange<br/>         Richard Olson - Orange<br/>         Charbel Bechara - Orange<br/>         Bill Campbell - Green<br/>         Chris Duffy - Green<br/>         Richard Sibley - Green<br/>         Cynthia Pate - Blue<br/>         Sammie Pate - Blue<br/>         Ruby Abbott - Red</p> | <p>Brown &amp; Black Belt Test - 4/15/2017</p> <p>Susan Fischman - Black (2nd),<br/>         Ruby Abbott - Black (1st),<br/>         Joel Le Bon - Black (1st),<br/>         Deztanie Hellsten - Jr. Black,<br/>         Joseph Hellsten - Jr. Black,<br/>         Joseph Alonso - Jr. Black (1st),<br/>         Madeline Briles - Jr. Black (1st),<br/>         Alfred Kai Marayag - Brown/stripe,</p> <p>-----</p>  <p>Rank Test results - 07/21/2017</p> <p>Jozlyn Rodriguez - Orange<br/>         Makinzi Rodriguez - Orange<br/>         Ricky Shepherd - Orange<br/>         John Prewett - Orange<br/>         Avairya Rodriguez - Orange/stripe<br/>         Jacqueline Rodriguez - Orange/stripe</p> |



# Metabolism boosting foods!

## (Vegetarian)

**Almonds**



**Apples**



**Asparagus**



**Beans**



**Berries**



**Broccoli**



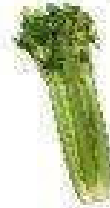
**Cabbage**



**Carrots**



**Celery**



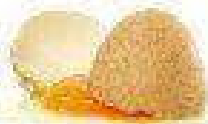
**Cucumber**



**Curry**



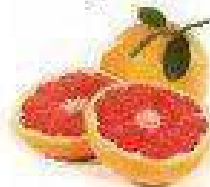
**Eggs**



**Garlic**



**Grapefruit**



**Lemons**



**Limes**



**Oats**



**Oranges**



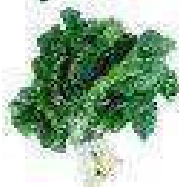
**Peanut Butter**



**Spicy Peppers**



**Spinach**



**Tomatoes**



**Yogurt**



# Top Ten Reasons to Buy American Made

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

Top Ten Reasons to Buy USA Made Products:

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

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

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

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

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

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

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

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

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

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

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

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

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

**To celebrate**

**Labor Day.**

**Buy American Made.**





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🌐 [www.LastOrganicOutpost.com](http://www.LastOrganicOutpost.com)



## Avon

Monica Piel  
Sales Associate  
Monicapiel23@gmail.com

P.O. Box 3244  
Humble Tx 77347

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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.**





# TRUE SOUTH ENERGY

*Power your Home or Business with  
100% Clean & Sustainable Solar Energy!*

## **YOU CAN**

- **Generate Your Own Electricity**
- **Offset up to 100% of your kWh Charges on your Electrical Bill**
- **Start Saving Money right away**
- **Achieve a Return on your Investment**
- **Receive Credit for Excess Energy you produce**
- **Increase the Value of your Property**
- **Qualify for Property Tax & Franchise Tax Exemptions**
- **Take Advantage of Federal Income Tax Credits (30% of System Cost in 2016)**
- **Contribute to National Security through Energy Independence**
- **Reduce your Carbon Footprint**

## **WE PROVIDE**

- **Turn-Key Systems**  
**Professional Design, Engineering, Permitting and Installation**

**Call (512) 909-3515 Today for a Free Solar Consultation**

We will:

- Assess your energy needs** based on past utility bills
- Determine the ideal location** for solar energy production
- Identify shading objects** that may impact energy production
- 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.





# Wang's Martial Arts

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

Phone (281) 548-1638, (281) 682-3387  
e-mail: [yyw3888wma@gmail.com](mailto:yyw3888wma@gmail.com)

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

## Schedule:

09/02/17- Kung Fu class at Octavia Fields Branch Library  
09/08/17- Basic Bo Class Starts.  
09/09/17- Inner-School tournament.  
09/16/17- Tai Chi rank test.  
09/16/17- September Birthday Party.  
09/19/17- Tai Chi rank test.  
09/29/17- Kung Fu Rank Test for accelerated program.  
09/30/17- Lucky Land demonstration.

10/07/2017- Kung Fu class at Octavia Fields Branch Library  
10/10/2017- Brown and Black Belt Rank Test  
10/13/2017- Brown and Black Belt Rank Test  
10/14/2017- Brown and Black Belt Rank Test  
10/14/2017- October Birthday Party  
10/28/2017 Lucky Land demonstration

**No class on 9/04/17 (Monday) due to Labor Day Holiday.**



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



**\$12.00**

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

**KUNG-FU**

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

**T'AI CHI CHUAN**

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



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

## Baisc Bo



Date: September 01, 2017 (Friday)  
September 15, 2017 (Friday)  
September 22, 2017 (Friday)  
September 29, 2017 (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: \_\_\_\_\_

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

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

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

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

Paul B. Greenwood  
Student Wang’s Martial Arts

---

# Top 20 Uses For Apple Cider Vinegar



1. Wards off flu
2. Dissolves kidney stones
3. Detoxifies the body
4. Regulates pH balance in the body
5. Aids with nausea
6. Relieves heart burn
7. Relieves allergies
8. Lowers glucose levels in diabetics
9. Natural appetite suppressant
10. Helps relieve migraines
11. Helps relieve sinus pressure and infection
12. Lowers blood pressure
13. Lowers cholesterol
14. Kills cancer cells or slow their growth
15. Reduces inflammation, relieve arthritis
16. Gets rid of buildup on scalp
17. Gets rid of fingernail or toenail fungus
18. Soothes bug bites
19. Gets rid of warts
20. Clears skin

## THIS RECIPE IS FAMOUS BECAUSE OF ITS EFFECT IN KEEPING NORMAL THE BLOOD SUGAR LEVELS.

Believe me when I tell you that it is very helpful when it comes to the problems mentioned before.

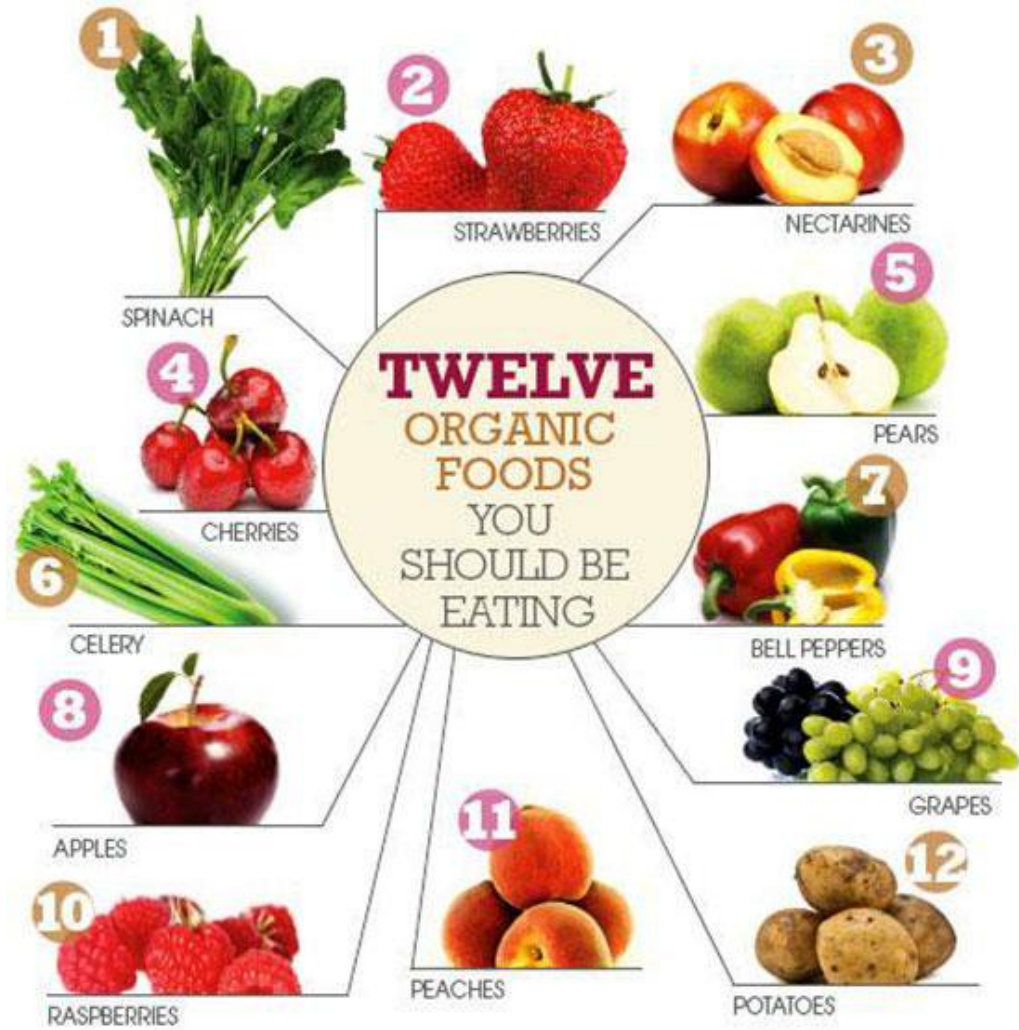
Source and image source: [healthyfoodworld.net](http://healthyfoodworld.net)



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

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











# FRUITS

Fruits are great for hydration and they' re a fantastic source of **fiber**, **potassium**, and **antioxidants**. Apples, oranges, blueberries, and blackberries are some of the most nutritious.

**Tip:** Starting your day with a **fruit smoothie** is a great way to get your daily servings of fruit.



# VEGETABLES

Vegetables are pretty much the healthiest foods on the planet. Some of the most nutrition-packed are kale, broccoli, spinach, and peppers.

**Tip:** Eat the rainbow! The varying, vibrant colors in vegetables exist because of the thousands of healthful **phytonutrients**.





## NUTS AND SEEDS

Nuts and seeds are not only a great source of **protein** and **iron**, they also support a healthy immune system. Some of the best sources are peanut butter, walnuts, almonds, and pumpkin seeds.

**Tip:** Grab a handful of almonds as a satisfying, midday snack.



## BEANS AND LENTILS

Beans and lentils provide a hefty dose of **protein**, and many are also a great source of **iron**. Kidney beans, split peas, and tofu (tofu is made of soybeans) are some of the best sources.

**Tip:** Always keep an open can of beans in the refrigerator for salads and snacks.



## GRAINS & STARCHY VEGETABLES

Grains and starchy vegetables are a great source of **fiber**, **iron**, and **protein**. Brown rice, pasta, oatmeal, and sweet potatoes are a few of the healthiest options.

**Tip:** Whole grains are less processed and more nutritious than refined white grains.

Be sure to include these key elements in your veg diet.



# VITAMINS D & B12

If you aren't eating any animal products, it's important to take **Vitamin D** and **B12** supplements, which can be found at your local supermarket or pharmacy.





# FEED OUR FUTURE

*Random Acts  
of Kindness*



## Wang's Martial Arts

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

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

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 & find box.**

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

---



Kung Fu rank test on May 19.



fights free radical formation  
 increases iron absorption  
 fights skin damage  
 prevents asthma  
 reduces wrinkles  
 good source of Vitamin C  
 helps with weight control  
 prevents kidney stones  
 reduces cancer risk  
 lemon scent reduces stress  
 antibacterial properties

## health benefits of *Lemons*



improves digestive health  
 boosts immune system  
 may protect against polyarthritis  
 may support healthy cholesterol levels  
 helps with inflammation relief  
 reduces kidney stone formation  
 natural diuretic  
 boosts energy  
 provides DNA cell protection



### **GOOD MORNING Elixir**

24 ounces of warm distilled  
 water (do not microwave  
 water)  
 juice from 1-2 large  
 organic lemons  
 1 tablespoon raw apple cider  
 vinegar  
 1-2 tsp raw honey  
 1/2 tsp organic cayenne  
 pepper  
 Stir well & drink 8 ounces in  
 glass cup first thing in AM.  
 Refrigerate remaining  
 mixture & drink through the  
 day!



**OAW**Health  
*oasis advanced wellness*





# 9 HEALTH BENEFITS OF RICE



| Nutrients*       | Minerals*     | Vitamins*     |
|------------------|---------------|---------------|
| Carbohydrate 9%  | Manganese 24% | Folate 14%    |
| Calories 7%      | Selenium 11%  | Thiamin 11%   |
| Protein 5%       | Iron 7%       | Niacin 7%     |
| Dietary Fiber 2% | Phosphorus 4% | Vitamin B6 5% |

\*% Daily Value per 100g. For e.g. 100g of rice provides 24% of daily requirement of manganese.

Helps to prevent cancer



Prevents chronic constipation



Cholesterol free and controls hypertension



Powdered rice cures certain skin ailments



Great source of energy, vitamins and minerals



Reduces risk of Alzheimer's disease



Husk of rice helps to treat dysentery



Promotes cardiovascular health



Gives relief from irritable bowel syndrome





# 10 REASONS TO DITCH DAIRY TODAY



Casein in cows milk is the most relevant cancer promoter ever discovered



Growth hormones clog your pores and cause acne, eczema, & psoriasis



Linked to chronic diseases like osteoporosis, heart disease, diabetes, etc.



Calcium from milk is poorly absorbed compared to plant-based calcium



Lactose doesn't digest properly, leaving people chronically bloated, gassy & sick



You're not a baby cow. Humans are the only species on the planet that drinks the milk of another species



Makes losing weight difficult due to high saturated fat content & inflammation



Packed with saturated fat & cholesterol, increasing cardiovascular disease risk



There are much tastier alternatives like coconut & almond based milks & yogurts



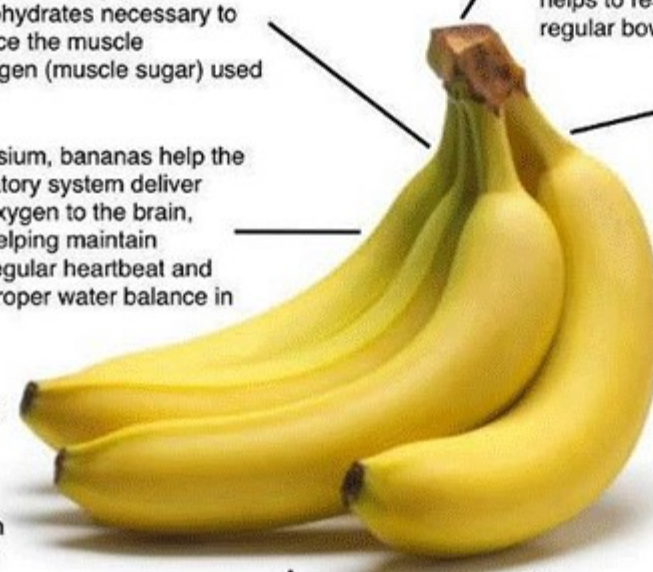
Cheese has a strong opioid effect on the brain, making it dangerously addictive




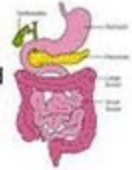
DETOX-Fit™

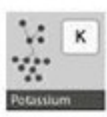



# AMAZING BENEFITS OF BANANAS





**Energy**   
Bananas supply proper carbohydrates necessary to replace the muscle glycogen (muscle sugar) used


**Bowel Health**  
Bananas are high in soluble fiber which helps stop constipation and helps to restore and maintain regular bowel function 

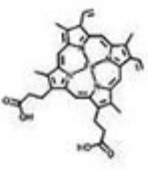
**Potassium**  
High in potassium, bananas help the body's circulatory system deliver oxygen to the brain, helping maintain regular heartbeat and proper water balance in 

**Increase happiness**   
Bananas release a mood regulating substance called tryptophan which is converted to serotonin in the brain and thus elevates mood & makes us happier!

**Help Smokers Quit**  
Bananas contain B vitamins and other minerals that lessen the effects of nicotine withdrawal both physically and psychologically 

**PMS**  
Bananas contain vitamin B6. This vitamin regulates blood glucose levels and helps us in times of stress and helps to suppress cranky moods 

**Brain Power**  
Potassium-packed fruit helps learning because it makes the pupils more alert. Students find that they have more brain power and do better on exams when they eat bananas at breakfast and lunch. 

**Iron**  
Bananas are rich in iron too, and can help individuals with anemia. Iron rich foods, such as bananas help stimulate production of hemoglobin in the blood and 

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